Military Police are ready for holiday

Members of a “ragtag” team of Cold Lake curlers are basking in a silver victory after a four-day campaign at the Cold Lake Golf & Winter Club.

Members took the silver in the Canada West Regional Curling Tournament finals held Dec. 5 after being defeated by team Edmonton which grabbed the gold scoring 8 to 2.

Edmonton was undefeated from the start.

“Despite Cold Lake’s best efforts Edmonton would not be un-seated,” said Josey Yearley, Fitness and Sports Manager at 4 Wing Cold Lake.

“Our players did us proud and can hold their heads high with the silver medals around their necks,” said Yearley, who watched the games from the sidelines.

A Cold Lake player, before the finals, had described their team as “ragtag” explaining they had little time to practice together before the tournament, but they were thrilled and surprised they had done so well.


Yearley said it was a “great tournament.” She said the competition was fierce but friendly and “sportsmanship aplenty.”

She said the last game before the final was a “nailbiter” with Cold Lake beating Winnipeg 8 to 6 in an extra end.

Other teams in the tournament were Shilo and Wainwright.
PSP joins 4 Wing spotcheck

Members of PSP (Personnel Support Programs) joined 4 Wing Military Police for a vehicle spotcheck. While police checked drivers and warned about being impaired while driving, PSP members gave out candy canes and brochures about responsible drinking. Lisa Fisher, PSP Health Promotion Specialist, was joined on the chilly night by Tammy Buchanan, Health Promotion Manager.

The Canadian Forces Snowbirds have returned to full operations at their home base of 15 Wing Moose Jaw, Sask.

Snowbirds return to full flight schedule

ROYAL CANADIAN AIR FORCE

The Canadian Forces Snowbirds returned to full operations at their home base at 15 Wing Moose Jaw, Sask., on December 5, 2019.

The CT-114 Tutor fleet had been on an operational pause since Snowbird 5 was forced to eject prior to an air show at the Atlanta Speedway on October 13, 2019. While the Royal Canadian Air Force Directorate of Flight Safety is continuing its investigation, the return to operations follows a thorough risk assessment process.

“I have complete confidence in the Tutor aircraft,” said Lieutenant-Colonel Denis Bandet, Acting Commanding Officer and former team lead of the Canadian Forces Snowbirds.

“Our maintainers are world-class and take meticulous care of our fleet and the Royal Canadian Air Force has a robust risk assessment process to ensure we conduct operations in as safe a manner as possible.”

The aircraft returned to 15 Wing Moose Jaw on Nov. 29, during which no engine problems occurred.

The 2020 schedule for the Canadian Forces Snowbirds 50th season will be released on December 10. The season is slated to begin on June 6, 2020.

The 2020 schedule will include approximately 30 locations across North America. The 2020 season marks the 50th season for the Snowbirds.

Flight Safety investigations are a rigorous process and achieving an effective, accurate, professional investigation required time and effort. The timeline for the release of an investigation report varies with the complexity of the accident.

The Canadian Forces Snowbirds returned to full operations at their home base of 15 Wing Moose Jaw, Sask.
Storytime with Santa all for fun

THE COURIER

Storytime with Santa is a huge annual event at 4 Wing Cold Lake hosted by Military Family Resources Centre Society (MF RCS).

This year, more than 600 registered to take part and play games, try crafts, enjoy snacks and meet with Santa at MF RCS and at CANEX.

Everyone was invited including military members and civilians from Cold Lake. Costs are covered by nearly 20 sponsors.
Is it alright to complain to my manager? How do I start the discussion?

KEN ASHDOWN, CCMC WEST/NORTH (ESQUIMALT/COMOX/BC AOR)

Citizens and military members of the Defence Team ask if it’s appropriate to complain to their supervisors/managers – and if so, how to do it so it doesn’t trigger an unintended reaction. Generally, if there’s an issue that negatively affects the working environment or how you do your job – whether it’s structural, informational, or about some aspect of your working relationships, then it’s probably appropriate to discuss it with them. The real question is how to raise the issue in a way that increases the likelihood of getting better results, especially if it involves the supervisor/manager personally. The following are tips and tricks to help you have a potentially difficult conversation (this is the 1st installment in a 3-part series):

Go to the source first. If the problem is between you and another team/unit member, make it up with them first. It’s tempting to “pass the monkey” to the supervisor/manager immediately, but this can create its own set of issues. One is that the person with whom you are having the challenging relationship may be annoyed that you didn’t talk to them first – and obviously that won’t help matters if your relationship has already suffered. There are many tools to help you do this, including conflict coaching (available from your local CCMC conflict management practitioner) and training (also available via CCMCs, and other resources such as Health Promotion, DNDLearn/GCLearn, etc.). Another reason for speaking directly to the person involved is that the supervisor/manager may not necessarily have the skills to facilitate a discussion (again, help is available through CCMCS training via the Conflict Resolution for Leaders course). And finally, conflict resolution skills that you may have already learned will get rusty if you don’t use them regularly. Any time is a good time to practice them.

Separate the person from the problem. Avoid objectifying the other person and seeing them as “the enemy,” it will put unhelpful distance between you. You can seldom change the other person anyway – although you can influence their behaviour. These are two very different things. The moment you see the other person as bad, wrong, or somehow defective, it will affect how you deal with them, and show up in ways that make finding a workable solution much more difficult. But if you focus your energies on the specific issue instead, things will generally go much more smoothly and productively.

Align your intentions and desired impact. No matter how much you may be hurting from the situation, avoid the temptation to make the other party feel your pain. It won’t help resolve the problem, and may only make it worse. Check your reasons for wanting to have the discussion or lodge the complaint in the first place; if it’s to try to prove your point, or punish the other party, or anything other than actually solve the problem, then it’s probably best to walk away and rethink your approach. If your aim is simply to vent and get it off your chest, be clear and up-front about it; at least they’ll thank you for your clarity. If the goal is to genuinely resolve the issue, then make sure the impact of your words and actions have the effect of making it easy for them to want to do it with you.

The Integrated Conflict and Complaint Management (ICCM) program integrates the Canadian Armed Forces (CAF’s) previously separate existing harassment, grievance, human rights and Alternative Dispute Resolution (ADR) conflict resolution systems. Full Operational Capability (FOC) was reached on July 20, 2018 with 16 Conflict and Complaint Management Services (CCMS) centres located across Canada which are now available to provide local guidance and support. Our expert personnel provide the Defence Team with knowledge and skills to prevent or address workplace conflicts early, locally, informally, and at the lowest appropriate level. For further information visit http://intranet.mil.ca/forces/conflict-management, page where you can find links to your local CCMS office; you can contact us nationally via our General Inquiries Positional Mailbox at ICMInquiries. DemandesresequentGICPGDGP@forces.gc.ca or call Toll Free: 1-833-528-3351.

CCMS Centre Cold Lake can be reached at ++CCMS ColdLake@VCDS DGICCM@Cold Lake (CCMSColdLake@forces.gc.ca). Ken Ashdown is a Conflict Management Practitioner with the Conflict and Complaint Management Services (CCMS) Centre in Esquimalt. He is the co-author of several books on conflict resolution and group dynamics, and ran a successful private practice prior to joining the CCMS team.
LISA FISHER, HEALTH PROMOTION SPECIALIST

As December begins, the season of holiday parties and functions are in full swing. Although some may view the upcoming holiday season as being synonymous with alcohol, it’s important to realize that alcohol consumption is not necessary for having a good time. If you choose to drink, then do so with moderation to ensure you have a healthier and safer holiday.

Drinking during the holidays has been normalized and, although we oftentimes think of alcohol consumption as a season of fun, there are actually many reasons why people may choose to drink during the season. For some, the holidays may not be a source of joy; holiday sadness is a common theme. Normalized and, although we oftentimes think of alcohol consumption as a season of fun, there are actually many reasons why people may choose to drink during the season.

Quick tips for safer alcohol consumption over the holidays:

- Plan to not drink alcohol consistently throughout the day and engage in activities with friends and/or family that don’t include alcohol. Other quick tips for safer alcohol consumption over the holidays include:
  - Avoid drinking alcohol on an empty stomach.
  - Eat something before and while you are drinking.
  - Pour yourself some water to stay hydrated and alternate alcoholic drinks with non-alcoholic drinks.
  - Never mix alcohol with energy drinks.
  - Never drink and drive.
  - Never drive drunk.
  - Never try to drive if you have been drinking.
  - If you are driving to a party or function, choose to carpool and decide on the designated driver at the start of the night. Choose to use Operation Red Nose on the nights that they are operating.

For more information about alcohol in moderation over the holidays, contact the Health Promotion team at JWGHealthPromotion@forces.gc.ca or local 6958. In addition to information brochures and booklets, Health Promotion can provide mocktail recipes and a selection of standard drink measuring cups.

Moderation is the key to a happy holiday

If you are choosing to drink over the holidays, remember Canada’s Low-Risk Drinking Guidelines. For men, this means no more than three standard drinks per day and a maximum of fifteen standard drinks per week. For women, this means no more than two standard drinks per day and a maximum of ten standard drinks per week. If you are pregnant or planning to become pregnant, or about to breastfeed, the safest choice is abstaining from alcohol. To keep your drink amounts in check, pour your own standard drinks instead of free-pouring.

Plan to not drink alcohol consistently throughout the holidays. It’s important to have some alcohol-free days and engage in activities with friends and/or family that don’t include alcohol. Other quick tips for safer alcohol consumption over the holidays include:

- Avoid drinking alcohol on an empty stomach.
- Eat something before and while you are drinking.
- Pour yourself some water to stay hydrated and alternate alcoholic drinks with non-alcoholic drinks.
- Never mix alcohol with energy drinks.

Look out for your drink amounts in check, pour your own standard drinks instead of free-pouring.

PSP celebrates National Child Day

On November 16, 2019 bases across Canada and Europe celebrated National Child Day. A variety of events were held around the globe but with one commonality; a wooden heart art project. Each participant painted their own wooden hearts, making them unique, where they were shipped to the Canadian War Museum for display on November 27.

4 Wing Cold Lake participated in this special event with sponsorship support from BMO Financial Group. The Personnel Support Programs (PSP) Community Recreation team hosted yoga, kickboxing, Open Play, lunch and of course decorated their universal heart crafts to complete the day’s activities.

The Community Recreation team works hard to offer a variety of affordable recreational activities for children and families of the community. Free events, programming, and subsidized family activities, such as bus trips, Open Play and craft classes are offered for all to enjoy.

PSP believes in every child’s right to learn, play, do sport, socialize and have access to recreation regardless of ethnic background, gender, religion, financial or social setting.

Follow the Facebook page at 4 Wing Connection and bookmark CAFConnection.com/Cold-Lake, for the most up-to-date information in all events regarding recreation at 4 Wing.

The Welcome Desk (local 7825) can also be reached for details and information.

Background Information

National Child Day is a celebration of the United Nation’s adoption of two important documents: the UN Declaration of the Rights of the Child (1959) and the UN Convention of the Rights of the Child (1989). November 20 celebrates Canada’s commitment to the rights of all children, regardless of situation and circumstance. Alberta National Child Day coalition organizes celebratory events across the province and this year marked their 26 year.

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PSP celebrates National Child Day
Those in darkness have seen a great light

This will be my first winter in Cold Lake, my first winter so far north. So you veterans know, better than I, the darkness that is creeping up on us, robbing from the day to feed the night, leaving us away from the sun’s warmth and leaving it for our neighbours below the equator. The darkness will continue relentlessly in its march against our land until about December 21, when the last bastion of light will inevitably halt its advance. Oh, its damage is done, and we will settle into the siege of winter until the sun pushes aside the darkness inch by inch like a rugby scrum, into its rightful place. As the sun marches on, it must spend its energy reversing the freeze, melting the snow, before it can eventually bring back the green grass and fruitful garden of the Earth. But it will march faithfully forward to the victory, as it does every year.

This natural phenomenon has inspired hope in our ancestors for all of recorded history. The Romans called it “Sol Invictus” – “the unconquerable sun”. Some worshiped the sun as a source of light and heat and life, providing the energy to grow the food we depend on. Others saw it as a metaphor for an underlying spiritual reality as dark struggles against light, evil against good, death against life. The solstice reminds us that when darkness seems to prevail, light will always overcome and life goes on.

As with Narnia’s unending winter, or Sauron’s overwhelming power at the last battle of the Lord of the Rings. As with irreplaceable menace of the Death Star and Darth Vader’s hardened, dark heart. It seems all hope is lost, but somehow the sun overcomes. Sometimes the world can feel hopeless like that: the evil oppresses the innocent and never face justice. War and famine increase, cancer strikes and no one can stop it. At those times, we (humans) need something to look forward to, for hope. I suppose that is why our ancestors celebrated at the darkest part of the year. It is a turning point – like the sun’s D-Day. The significance of Christmas, appropriately, is one of light coming into a dark world and bringing hope. In the time of advent, we remember the prophecy of Isaiah, who said, “The people walking in darkness have seen a great light; a light has dawned on those living in the land of darkness.” (Isaiah 9:2, CSB) In that time, when God seemed silent and darkness seemed to be steadily gaining without anyone or anything to stand in its way, the long hoped for promise was fulfilled, bringing peace between God and man, and the promise of healing and life to a land of corruption and death. That is what we in the Christian tradition celebrate at this time of year.

I pray we may all have joy and cheer in this season. I pray you find enough light to get you through the long cold winter; that the light will shine into whatever darkness you face and give you hope to last till the summer. Merry Christmas to all. Talk to you again in the New Year.

andrew.whitman@forces.gc.ca
**CAPRICORN** - December 22 - January 19
Capricorn, you may need to delegate when demands at home start to feel a little overwhelming. Any free time you can muster will be put to good use.

**AQUARIUS** - January 20 - February 18
Some situations are beyond your control, Aquarius. Fixating on the things you cannot change will not prove productive. Surround yourself with friends.

**PISCES** - February 19 - March 20
Enjoy the moments that you have with family members in the weeks to come, Pisces. These are the most reliable people in your life.

**ARIES** - March 21 - April 19
Take some time to think a response through before saying the first thing that comes to mind, Aries. It’s not easy to take the words back once they’re out there.

**TAURUS** - April 20 - May 20
Taurus, even though it can be difficult to cede control, sometimes you have to hand the reins over to someone else. You can still be involved from a distance.

**GEMINI** - May 21 - June 21
Gemini, sometimes it can be challenging to figure out what other people are thinking. Focus on yourself instead of trying to get into the heads of those around you.

**CANCER** - June 22 - July 22
A focus on finances takes priority this week, Cancer. Holiday spending may force you to reevaluate your budget. It could be time to scale back.

**LEO** - July 23 - August
Put all of your energy into one line of thought or project. Leo, this way you’re fully behind the idea. You’re a force to be reckoned with when you are motivated.

**VIRGO** - August 23 - September 22
Time is running out to get an important job done, Virgo. This is not a week to procrastinate, but to bear down and finish your tasks. You’ll breathe easier afterward.

**LIBRA** - September 23 - October 22
Big changes are on the horizon, Libra. You may have wanted a certain outcome, but another arrived instead. It could take some time getting used to a new situation.

**SCORPIO** - October 23 - November 21
Sometimes you have to table the things you want to say in the interest of consensus, Scorpio. Focus your energy on positive things this week.

**SAGITTARIUS** - November 22 - December 21
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Is it time for your mammogram?

Screen Test is coming to Cold Lake on Jan 7 – 14, 2020.

Here are some common myths and facts about breast cancer screening:

Myth #1: Breast cancer isn't very common.

In fact, 1 in 8 Alberta women will develop breast cancer in their lifetime.

Myth #2: Women with small breasts can't get breast cancer.

Women with breasts of all shapes and sizes are at risk of developing breast cancer. Breast cancer doesn't discriminate according to size.

Myth #3: Regular mammograms can't find small tumors any sooner than women could find themselves.

Screening mammograms find many small tumours approximately 2-3 years before they can be felt. That's why screening is so important — it can find cancer before it has a chance to become more serious.

Alberta Health Services – Screen Test brings breast cancer screening to women across Alberta with its mobile mammography clinics.

Call 1-800-667-0604 (toll-free) to book a mammogram.

Who should get a screening mammogram?

Women 50 – 74 should plan to have a mammogram every 2 years and may self-refer. Women 40 - 49 should discuss the risks and benefits of screening with their doctor, and need a referral for their first appointment. There is no cost for this service. For more information visit: www.screeningforlife.ca/screentest.

Military Christmas Deals

For detailed quotes for military & families Active & Retired, Call today! “You’ll be glad you did”

780-594-2277

The SCREEN TEST mobile mammography unit will be in Cold Lake Jan 7 - 14, 2020

Call for an appointment 1-800-667-0604 (toll free) screeningforlife.ca/screentest

Alberta Health Services

Screen Test

SCREEN TEST

A screening mammogram is the best way to find breast cancer early.

And it can truly save your life.

CFB PRICE $68,095
YOUR PAYMENT 0 Down $384 B/W Includes Interest

2019 Ram All-New 1500 Truck Crew Cab Laramie

CFB PRICE $71,305
YOUR PAYMENT 0 Down $402 B/W Includes Interest

2018 Jeep Grand Cherokee SUV Trailhawk

CFB PRICE $53,325
YOUR PAYMENT 0 Down $301 B/W Includes Interest

CFB PRICE $68,325
YOUR PAYMENT 0 Down $301 B/W Includes Interest

MSRP $34,210
2019 Dodge Grand Caravan CVP/SXT

CFB PRICE $27,910
YOUR PAYMENT 0 Down $157 B/W Includes Interest

CFB PRICE $42,522
YOUR PAYMENT 0 Down $240 B/W Includes Interest

CFB PRICE $44,985
2019 Dodge Grand Caravan CVP/SXT

CFB PRICE $34,235
YOUR PAYMENT 0 Down $193 B/W Includes Interest

MSRP $56,695
2019 Ram 1500 Classic Truck Crew Cab Express

All payments based on 96 month term financing at 3.99% OAC. All prices and payments are plus doc fee ($599) and GST.