CAF full of unsung heroes

CLIFF KENYON

It’s quite unexpected to be hailed as a hero, says PO2 Daniel Lavoie of 4 Wing Cold Lake, but even more important is recognition of the Canadian Armed Forces.

“I’m not a person who takes compliments well, like most Canadians.”

He said it was “quite an honour” to be the Edmonton Oilers “Warrior of the Game” during February’s match.

“People stopped in the hallways (at the game) looked me in the eyes and said: Thank you.”

It was gratifying, he said, to learn that Canadian Armed Forces members are so well received and greeted warmly by the public.

PO2 Lavoie, who has been at 4 Wing for about a year, is Forward Air Evac Specialist Team Lead with 417 Combat Support Squadron which is on call for search and rescue missions. It’s the kind of job he dreamed of as a child as he discovered he was driven to help others.

Lavoie grew up in Prince George, B.C., and for as long as he can remember wanted to be a paramedic. Also, he loves outdoor activities.

“When I looked into joining the military it seemed to be a win-win.”

If you are involved in a successful mission rescuing someone “there’s no better feeling.”

PO2 Lavoie said that for him, Cold Lake is a perfect posting; “I like it here. I’m pleasantly surprised at how much I like it. People here are very supportive of the military.”

As far as being honoured as Warrior of the Game, Lavoie says: “I’m just an average guy. The military is full of ordinary people doing extraordinary things. We’re all the same. There is no super soldier.”

He said the military offers “the opportunity to do extraordinary things.”

“That’s why I joined. For the experiences. I had great fun in the army jumping out of planes.”

He admits some of the activities he is involved in are risky.

“There is always some risk. But it’s easier to do and accept the risks when you realize there is a good reason for it. Our motto is: Aiding the Soldier.”

“If you know that taking a risk is going to help others, it is more acceptable.”

“You need an inner need to experience things and challenge yourself. You do it for the love of your country and the people you serve with.”

PO2 Lavoie joined the Canadian Armed Forces in Calgary in 2002 as a Medical Technician. He had obtained his Primary Care Paramedic diploma in Chilliwack, B.C., and his Emergency Medical Technician Licence in Alberta in 2005. He obtained additional training in Edmonton taking courses such as Basic Parachute, Tactical Medicine, Armoured Vehicle Crew Commander and Forward Air Evacuation Specialist.

PO2 Lavoie served three tours, two in Afghanistan and one in Poland. In Op Athena, he was attached to the Third Princess Patricia Canadian Light Infantry as a medical technician. After multiple successful missions, his platoon lost eight members including their platoon commander in two separate improvised explosive device occurrences. In 2011, he was part of the Mission Transition Task Forces as a crew commander aiding in the closure of operations in Kandahar. In 2017, he was deployed to Poland on Op Reassurance.

PO2 Lavoie is also a high performance athlete with Canadian Armed Forces National Running and Triathlon Teams. In 2014, he competed in the Canadian Armed Forces Triathlon Championship and placed second in his age group.

PO2 Lavoie says his goal in the Canadian Armed Forces is to become a hero, says PO2 Daniel Lavoie of 4 Wing Cold Lake.

PO2 Lavoie of 4 Wing Cold Lake 417 Combat Support Squadron was named Warrior of the Game by the Edmonton Oilers.
RV Compound Renewals

KAYTIE EDNEY

The 4 Wing Recreation Department is pleased to announce that RV Compound renewals will now be done online to make the process easier for you.

Online renewals will be available from April 14 to May 29, 2020. You will be asked to update your address, phone number(s) and email address. You will also be required to upload proof of your current insurance. Use the following link to access our website https://www.cafconnection.ca/Cold-Lake/ Facilities/4-Wing-RV-Storage-Compound.aspx. If you are a current RV site holder, please watch for an email with more information.

For any questions or concerns, please email edney.katylyn@cfsnorth.com.

Our PSP staff is hoping you are staying safe and we are looking forward to seeing all of you when we are back to normal operations!


PSP busy launching virtual programming

CLIFF KENYON

For many of us, the current new reality creates several challenges around how to spend our time at home. How do we put this time to good use?

Your local Personnel Support Programs (PSP) team is quick to offer solutions. You can check out a growing array of available options on Facebook at 4 Wing Connection. Other social media platforms are being utilized as well, such as YouTube and Instagram.

Each week, check out the Courier News website at www.couriernews.ca/cfmws-virtual-programming/ to see the full schedule of upcoming events as well as useful facility information during this time of self isolation.

How about fitness training, yoga sessions, painting or testing your cooking skills? That’s just a selection of programs available.

In response to COVID-19, PSP is offering tele-fitness to Canadian Armed Forces members. By using social media platforms, the tele-fitness classes tailored to Canadian Armed Forces personnel become accessible to all. Prior to participating in this session, and to make an informed decision on whether you should seek advice from a qualified exercise professional or health care provider, consult the ‘Get Active Questionnaire’ of the Canadian Society of Exercise Physiology and its Reference Document. Get Active Questionnaire: https://www.csep.ca/CMFiles/GAQ_ExercisePhysiologyReferenceDoc_2pages.pdf.

For example, you can join Fitness Instructor Luke live for a great workout. Bring a weighted object to the class, anything you can find around the house will work - milk jug, weighted back pack, a plastic tote, etc. By continuing with this tele-fitness class, you understand and agree that there is a possibility of physical injury and you agree that you do so voluntarily, at your own risk. You also assume all risk of injury and agree to release the Canadian Forces Morale and Welfare Services from any and all claims related to your participation in this tele-fitness class.

Also, the PSP team and fitness professionals across Canada have put together 12hrs of virtual fitness per day. You can find links on the Facebook page.

Stress can be an issue in difficult times. Try TUNE5day! Each week of April, Health Promotion Administrative Assistant, Taylor, will share a Spotify playlist with a theme to help with stress.

Last week’s theme was Calm. This playlist was to inspire a relaxing mood. Whether you are needing a moment to breathe or you find that soothing music helps you complete tasks, the hope was that these songs not only help with your stress, but also inspire you to play other songs that you enjoy listening to! Each week, a PSP staff member will provide a helpful tip that they use to manage their stress. PSP Fitness Instructor, Sara turns to drawing to relieve stress. "This drawing took about 15 minutes to do using felt markers," she says on Facebook. "Drawing is something I do as a break throughout my day to clear my head and start fresh. It doesn’t take long to do and it’s fun starting new projects and challenging myself."  

PSP Recreational Supervisor Nikki talks about paint and how to decorate your windows at home for all to see. "Have you taken a walk around your neighbourhood and found some beautiful paintings in the window? Wondering how you can make your windows a little more festive, too?"

Nikki shows you how and in a video shows you the materials you will need. The Health Promotion Team’s April Campaign is ‘Self-Care to Stress Less’ and they are bringing it to you virtually. Considering all that is going on, it’s a great time to remember to take care of yourself to help bring those stress levels down. Overall, self-care is about leading a healthy lifestyle which results in optimal physical and mental well-being. This month, the PSP Team will focus on stress management tips, tricks and techniques.
How stress affects our bodies

LISA FISHER,
HEALTH PROMOTION SPECIALIST

When we perceive that an internal or external stressor is too great for us to handle, the physiological and psychological response we experience is stress. During these uncertain times, you may be experiencing stressors that are completely new to you, are out of your control and/or are draining your resources, whatever that resource may be. It is important to acknowledge that there are additional stressors in your life, and it is normal to feel affected by it. It is equally important to learn how to manage this stress so that you can mitigate its effects.

Tension seems to jive with stress. Whether it is a headache or muscle tightness, our body tenses up. With acute stress, these muscles will relax and the headache will ease. If you are chronically stressed, however, your muscles may not have the opportunity to relax and therefore, you may constantly experience headaches, body aches and pains in your neck, shoulders and back. When we are stressed, the airways between the nose and lung constricts, leading to rapid breathing or shortness of breath. For an individual who already has a respiratory issue, such as asthma, stress can exacerbate it.

Most people are aware of the fight or flight response. During this period of acute stress, heart rate increases and the heart muscles experience stronger contractions. Blood vessels dilate which increases the amount of blood elevated to large muscles and the heart, thereby increasing blood pressure. If we are unable to decrease our stress level and it instead becomes chronic, it can lead to long-term cardiovascular problems with increased risk for heart attack or stroke.

When you are stressed, your liver produces extra blood sugar to provide additional energy to deal with the stressor at hand. This can increase your risk of developing type 2 diabetes long-term. You may also experience digestive upset, including nausea, vomiting, diarrhea and/or constipation, and stomach-ache, as well as heartburn and/or acid reflux. We are also more likely to reach out for “comfort” foods during times of stress, which are those foods higher in sugar, fat or salt. An increased consumption of food, specifically the ones that bring us “comfort”, can lead to weight gain.

Men and women alike can also experience low libido when stressed, as well as fertility problems. Men can experience erectile dysfunction, as their brain is occupied by the stressor(s). The fluctuating hormones that accompany chronic stress can also disturb the menstrual cycle. Given the current circumstances, one thing that is of specific concern is that stress can weaken our immune system. With acute stress, we experience increased immune system activation, which is valuable at the time. Chronic stress disrupts communication between the immune system and the HPA axis (the interaction between the hypothalamus, pituitary gland and adrenal glands). The future development of physical and mental health conditions (e.g. depression and immune disorders, diabetes and obesity) has been linked to this communication disruption.

Stress can also disrupt our sleep and it has been shown that lack of sleep in both quantity and quality can weaken our immune system. Essentially this means that we are more likely to get sick and, when we are sick, it can take longer for us to bounce back. This may seem like doom and gloom, in a time where we may be feeling restricted, lacking control and overwhelmed. It’s important to distinguish between what we can control and what we cannot control. For those things that we cannot control, we need to take a step back, take a breath and realize that it is doing us more harm than good. Stress affects us from the outside and from the inside, which is why it is important to practice stress management techniques. It’s important to take a step back, take a breath and realize that it is doing us more harm than good. Stress affects us from the outside and from the inside, which is why it is important to practice stress management techniques. It’s important to take a step back, take a breath and realize that it is doing us more harm than good.
Conflict and Complaint Management Services (CCMS),
Alternative Dispute Resolution (ADR) and COVID-19: Part 2 of 3

Are courses like Resolving Conflict Effectively (RCE) and Conflict Management for Leaders (CML) affected by the pandemic? Yes. In keeping with current health guidelines recommending against gatherings of multiple individuals, all trainings offered by CCMS have been postponed until further notice. Information about rescheduled dates will be shared as soon as possible once normal business returns.

Are there other limitations to the services you are currently offering? Most, if not all, of the services offered face-to-face can still be offered at a distance by phone, email, or videoconference, including (but not limited to) general or specific inquiries, consultations, conflict coaching, facilitation, and mediation.

Certainly, communication can sometimes be more challenging in a virtual environment but there can still be many benefits to proceeding for the resolution of conflicts and complaints in this way. Our Conflict Management Practitioners are specially trained to deal with the challenges of interpersonal communication and will provide you coaching and guidance for options about how to move forward in these mediums.

I had a consultation/facilitation/mediation/other intervention scheduled prior to being told to work from home. What happens now? Where appropriate, your Agent or Conflict Management Practitioner will reschedule the intervention for when things return to normal, make suggestions to all parties about alternative methods for moving forward.

I have a particular situation that I will need to deal with when we resume normal operations, but I need some specific help. What else can you do to help me prepare?

CCMS Conflict Management Practitioners offer conflict coaching, which can be done over the phone, via videoconference, and/or via email. As the term implies, this is a customized, one-on-one service in which the Practitioner’s role is to provide targeted guidance, support, and encouragement to help clients manage or resolve conflicts on their own. It typically begins by identifying specific goals the client may have, then creating a plan for acquiring the necessary skills or developing strategies for approaching the situation more effectively.

As with all other CCMS services, conflict coaching is available to Chain of Command, management, employees and non-commissioned CAF members alike.

Conversation; contact us to learn more about this and other tools and strategies for more effective problem-solving, and/or take advantage of the many online courses available to government employees and CAF members noted above.

Services de gestion des conflits et des plaintes (SGCP), Mode alternatif de résolution des conflits (MARC) et COVID-19: Séries: 2 de 3

Est-ce que les cours ‘Résoudre les conflits efficacement’ et ‘La gestion des conflits à l’intention des leaders’ sont touchés par la pandémie? Oui. Conformément aux lignes directrices de santé publique d’éviter les rassemblements de plusieurs personnes, ces formations sont reportées jusqu’à nouvel ordre. Des renseignements additionnels seront communiqués dès que possible.

Y a-t-il des limites aux services que vous offrez actuellement? La plupart des services normalement offerts en personne sont toujours disponibles par contre ils sont offerts par téléphone, courrier électronique ou vidéoconférence. Les demandes de renseignements, les consultations, le coaching, la facilitation et la médiation sont compris dans ces services.

Certes, la communication peut devenir plus difficile dans un environnement virtuel toutefois il est possible d’y avoir de nombreux avantages à procéder de manière plus efficace. Tous les services de médiation, de coaching et d’encadrement quant aux défis de communication interpersonnelle.

Également, ils offrent des services de coaching, des conseils et des options qui aident les clients à gérer des conflits de manière plus efficace. Autrement, l’intervention sera reportée jusqu’à nouvel ordre.

J’ai une situation à laquelle je devrais faire face lorsque je reprenrais mes activités normales et j’ai besoin d’aide à me préparer. Est-ce que vous offrez d’autres services qui pourraient être appropriés à ma situation?

Les praticiens du SGCP offrent un service de coaching de résolution de conflit. Ce service personnalisé peut être réalisé par téléphone, par vidéoconférence et/ou par courrier électronique. Le rôle du praticien est de fournir des conseils, un soutien et des encouragements ciblés pour aider le client à gérer et/ou à résoudre elle-même le conflit. Cela se fait par le biais de contacts réguliers avec des objectifs spécifiques dont le client peut avoir, puis créer un plan pour acquérir les compétences nécessaires ou encore développer des stratégies pour aider le client à aborder la situation de manière plus efficace. Tous les services du SGCP y compris le coaching sont offerts et disponibles pour la chaîne de commandement, la gestion, les employés et les membres des FAC.

Integrated Conflict and Complaint Management Programme de gestion intégrée des conflits et des plaintes
Find the way ahead • Trouver la voie à suivre

Message from the 4 Wing Chaplain Team

During the last few days many of us have enjoyed Easter, a celebration of the Resurrection of Jesus Christ and the victory of life over death. The Coronavirus outbreak, however, has affected different spheres of our lives: many of us have been working remotely, our children have been staying at home, our routine has been disrupted and special measures have been imposed on us. We live in unusual times.

Some of you might actually enjoy this “down time”. Others amongst us might feel lonely, anxious, even desperate because of the fear brought by so many uncertainties despite the fact that our leadership and chain of command do their best to keep us informed and optimistic.

Although we might not be able to participate physically in many religious activities and family gatherings this year, let us try to make the best of this time, let us be generous towards each other, let us look out for those who are in need and reach out to those who might be lonely by telephone and social media.

Despite the requirements of physical distancing we can still be creative in many resources to give you strength, faith, hope and comfort.

Be assured that I and all our padres keep you and your families in our prayers. Let us pray for each other.

May the Love and Peace of God be with you and your families during this Easter season and the days to come. God bless.
**Crossword**

**ACROSS**
1. Canadian law enforcers
2. Actor Idris
3. Cut or bruise
4. Observed
5. Within
6. Walk in a slow pace
7. Cries
8. About Andes
9. Expresses delight
10. Fishermen use it
11. Vegetables
12. Feudal agricultural laborer
13. Aircraft delivery
14. To make obsolete
15. Small Eurasian willows
16. Things similar to those already noted
17. Columbus is a famous one
18. S. American native
19. Age group
20. Extreme disgust
21. Denotes nature of sound
22. Klutz
23. Uninteresting
25. Computer manufacturer
26. 2,000 lbs.
27. Genome of seabirds
28. Weds secretly
29. Emerges
30. Pop singer
31. Baseball stat
32. Reproductive cells
33. Witnesses
34. Having two poles
35. Yankee hero Bucky
36. Satisfy
37. Building
38. Per __, each
39. Small Eurasian deer
40. Six (Spanish)
41. Wife of Sparta’s king
42. Makes amends
43. Scoundrels
44. Ballplayer accessory
45. Baseball’s best pitchers
46. A religious doctrine
47. Some are scrambled
48. Arguments that justify a religious doctrine
49. Emit coherent radiation
50. Singer Redding
51. Break
52. Thick cloud of tiny water droplets
53. Widens
54. Detection
55. Institute legal proceedings against
56. Period of inactivity
57. Tomato and vodka are two
58. Greek war god
59. Urinates

**DOWN**
1. Churned
2. Seal bottles
3. Million barrels per day (abrv.)
4. Meat from a pig (French)
5. Within
6. Walk in a slow pace
7. Cries
8. About Andes
9. Expresses delight
10. Shouts
11. Churned
12. Fishermen use it
13. Expresses delight
14. Seal bottles
15. Million barrels per day (abrv.)
16. Meat from a pig (French)
17. Walk in a slow pace
18. Shouts
19. Expresses delight
20. Churned
21. Fishermen use it
22. Expresses delight
23. Shouts
24. Seal bottles
25. Million barrels per day (abrv.)
26. Meat from a pig (French)
27. Walk in a slow pace
28. Shouts
29. Expresses delight
30. Seal bottles
31. Million barrels per day (abrv.)
32. Meat from a pig (French)
33. Walk in a slow pace
34. Shouts
35. Expresses delight
36. Seal bottles
37. Million barrels per day (abrv.)
38. Meat from a pig (French)
39. Walk in a slow pace
40. Shouts
41. Expresses delight
42. Seal bottles
43. Million barrels per day (abrv.)
44. Meat from a pig (French)
45. Walk in a slow pace
46. Shouts
47. Expresses delight
48. Seal bottles
49. Million barrels per day (abrv.)
50. Meat from a pig (French)
51. Walk in a slow pace
52. Shouts
53. Expresses delight
54. Seal bottles
55. Million barrels per day (abrv.)
56. Meat from a pig (French)
57. Walk in a slow pace
58. Shouts
59. Expresses delight

**SUDOKU**

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 1 2 3 |
 4 5 6 |
 7 8 9 |
---|---|---|
 6 7 8 |
 9 1 4 |
 2 3 5 |
---|---|---|
 3 4 1 |
 5 6 2 |
 7 8 9 |
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Level: Intermediate

**How they SAY that in...**

ENGLISH: Laugh  
SPANISH: Reír  
ITALIAN: Ridere  
FRENCH: Rire  
GERMAN: Lachen  

**Weekly Answers**

For this week’s answers, check out our website at www.couriernews.ca
As Defence Team members continue the fight to limit the spread of COVID-19, working remotely has become the new normal for many across the country. Canadians continue to practice physical distancing and listen to guidelines put forth by public health authorities across the country. The changes to everyday life as a result of COVID-19, have led to a unique and challenging time period for all.

As the Employee Assistance Program (EAP) Co-Champions, we want to remind all Defence Team members of the free mental-health resources available through the program should they need them. Whether you are struggling with the transition to work from home, feeling socially isolated, or are simply interested in learning more about combatting mental health issues, we encourage you to utilize these free resources. If you’re feeling overwhelmed and need someone to talk with, the EAP is here to help!

For those who have not yet taken advantage of the LifeSpeak service, I encourage you to do so. LifeSpeak is a web-based service that gives both military, through the Canadian Forces Members Assistance Program (CFMAP), and civilian Defence Team members, and their families, anonymous access to hours of video and informative content.

In reaction to COVID-19, LifeSpeak has recently launched content tailored to helping individuals through this challenging time.

We invite you to check out a Q&A session with Licensed Psychologist, Narni Amsellem, Ph.D Social Distancing: What it means and how can you manage it in day-to-day life and many other topics that may be of interest.

How do I access LifeSpeak? You can access LifeSpeak in several ways:

- Go to the LifeSpeak website: canada.lifespeak.com or
- Download the app (Apple App Store or Google Play).

When logging into the App, please follow these steps. For:

- Client name, input Canada;
- Client password, input Canada.

Once complete, employees must then:

- Scroll down to accept terms and conditions;
- Then select Canadian Armed Forces (CAF) or Department of National Defence (DND) - Civilian;
- Then click Access through group account.

If you or a loved one is struggling, please remember EAP is here to help!

Julie Charron,
EAP Co-Champion
Des Rogers,
EAP Co-Champion

As a reminder: Health Canada – Employee Assistance Services (EAS) is available 24/7, 365 days a year, by calling 1-800-268-7708 or 1-800-567-5803 (hearing impaired).

You can also access a variety of mental health resources and updated information related on how Defence is responding to the COVID-19 pandemic on the DND/CAF COVID-19 web site, the DND and CAF social media accounts, and the HR GO App.