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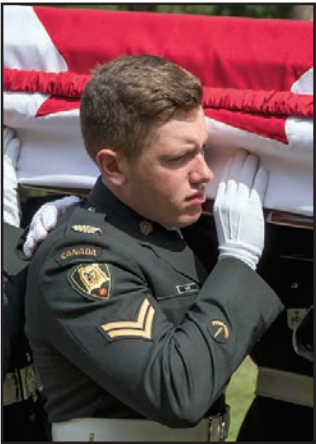
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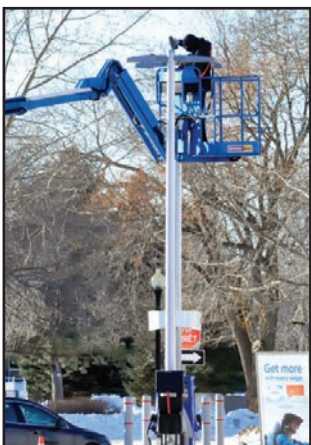
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Soldiers laid to rest after being identified. Page 5



Young dentists enjoy working at clinic. Page 6



CANEX celebrates ESSO opening. Page 12



**Gunners net block in Alberta**

Two members of the 1RCHA volleyball team go up for a block at the net during Ex STRONG CONTENDER action held at Garrison Edmonton. 2PPCLI went on to win silver in the volleyball major division. Ex STRONG CONTENDER highlights 1 Canadian Mechanized Brigade Group's (1CMBG) commitment to maintain a high level of physical fitness — a quality which is essential in ensuring our readiness to protect Canadians at home or abroad, while also building esprit de corps through friendly unit rivalry. 1RCHA earned just one medal, a gold in ball hockey, while 2PPCLI garnered four top-three placings, including gold in basketball. For more on the eight-sport event in Alberta, see page 8.

*Photo Robert Schwartz, Garrison Edmonton Imaging*

# MFRCs across Canada undergo governance review

**Sarah Francis**  
Shilo Stag

After a quarter century under the same structure, MFRCs across Canada are undergoing a governance review.

The review is to help determine if it's appropriate to continue under the current not-for-profit structure.

MFRC structure has not been reviewed since its inception more than 25 years ago, according to CFB Shilo's MFRC executive director Willemien van Lankvelt.

Five models were selected after the governance working group interviewed executive directors, Boards of Directors (BoD), staff and local military command. The governance meeting took place last fall in Toronto.

There were five models discussed, which van Lankvelt said included the unreviewed current model.

"[The] current model [is] 51 per cent family governed by Board of Directors, charitable status, provincially and federally incorporated and at arms-length from the Canadian Armed Forces (CAF)," she said. "Local Memorandum of Understanding (MOU) and Supplemental Agreement (SA) with each MFRC to detail roles and responsibilities. Shared funding through central public funds dedicated to the MFRCs; local resource provisions; BoD set strategic direction with Parameters for Practice (P4P) guiding implementation"

There were four other models discussed, including a provincial model, national model, a regional or competitive model and, finally, a partnership model.

van Lankvelt gave a quick outline of each.

- Provincial model: 51 per cent family governed by BoD, charitable status, provincially and federally incorporated and at arms-length from CAF. With seven regions across Canada, the main MFRC would serve as the hub with satellite centres available throughout the region. CAF has provincial and regional MOU and SA with individual satellite sites to detail roles and responsibilities.

- National model: Composed of 51 per cent family governed federally incorporated. Not-for-profit, charitable status at arms-length from CAF. Head office located in Ottawa with satellite sites in each CAF community. CAF, through Military Family Services (MFS) has MOU with the national MFRC.

- Regional A (competitive) model: 51 per cent family governed by BoD, charitable status, provincially and federally incorporated and at arms-length from CAF. Located in seven regions across the country. The main MFRC, based on previous year's performance would serve as the hub with satellite centres throughout. MFS would establish criteria and annually assess performance then CAF, through MFS has MOU and SA with each regional MFRC.

- Partnership model: 51 per cent family governed base, based BoD that includes a non-voting member from each military group that provides local funding; charitable status, provincially and federally incorporated. Each board in region provides representation to a provincial and regional family advisory council. In addition, a national military family executive, chaired by Chief Military Personnel (CMP) and include MFS as a member, set performance criteria and outcomes.

"The two models chosen are the current model, and

the current model with enhancements," explained van Lankvelt. "This was based on a voting system. Each MFRC had two board votes and one [executive director] vote."

As a group, each model was discussed to hash out the pros and cons.

The two models chosen entered a process of further refinement before being presented to the Chief of Defence Staff (CDS).

"In general, the majority by far feels that the current model is working well, but needs some enhancement," she said.

van Lankvelt told the *Shilo Stag*, "Our Board voted unanimously in favour of the current model."

One aspect, which was also agreed on, was the importance of keeping the not-for-profit charitable status.

"This is a significant source of income for many of the MFRCs through fundraising, donations, grants et cetera," she explained.

"There is lots of discussion on how it would effect daycare. In Manitoba, we have one of the best daycare systems in the country as far as grants, fees et cetera is concerned. There has been talk on many occasions that daycare should become a mandated service on each Base, but then the question arises, where is the money coming from to fund that."

She also mentioned that no matter what structure is chosen, the programs and services for military families should not change.

"Every MFRC feels strongly that the 'by families, for families' should continue," she said. "It may be in a different capacity somewhat, but it's important that families continue to have input."

## MFRC vote unanimously to keep current model

**Sarah Francis**  
Shilo Stag

Representatives for CFB Shilo's MFRC voted unanimously to keep the current model during last fall's MFRC governance review held in Toronto.

Five models were brought forward, including the current structure.

Shilo representatives with the MFRC Board responded to questions from the *Shilo Stag* in a statement and said models were forwarded to local boards for discussion shortly before the group meetings in September took place.

"The Toronto meetings essentially allowed for consultation with the local MFRCs by enabling discussion and further clarification into the five proposed models, including addressing the most prominent concerns pertaining to each model."

Some models were eliminated from the start as they were not seen as meeting the needs of the community and MFRC.

"Generally the participants did not see value in fixing something that wasn't broken but did see some value in greater involvement from the Chain of Command (CoC) when it came to pushing issues forward," said the statement. "In [our] opinion, some clarification was still lacking regarding the essence of many of the new proposed models. It was not easily understood what they would look like."

This decision was also quickly made locally. "We made our decision based on what made sense for the centre, the past and current needs, taking into account the limited information that we had been provided by the working group."

See **BOARD** page 3

## Pet of the Week



**TASSJA**

Tassja is a rambunctious Jack Russell Terrier, who enjoys going for long wilderness walks and chasing soccer balls. Do you have a photo of your pet — cat, dog, bird, snake, hamster — you'd like to share with our *Stag* readers? If so, e-mail it to us via [stag@mymts.net](mailto:stag@mymts.net)



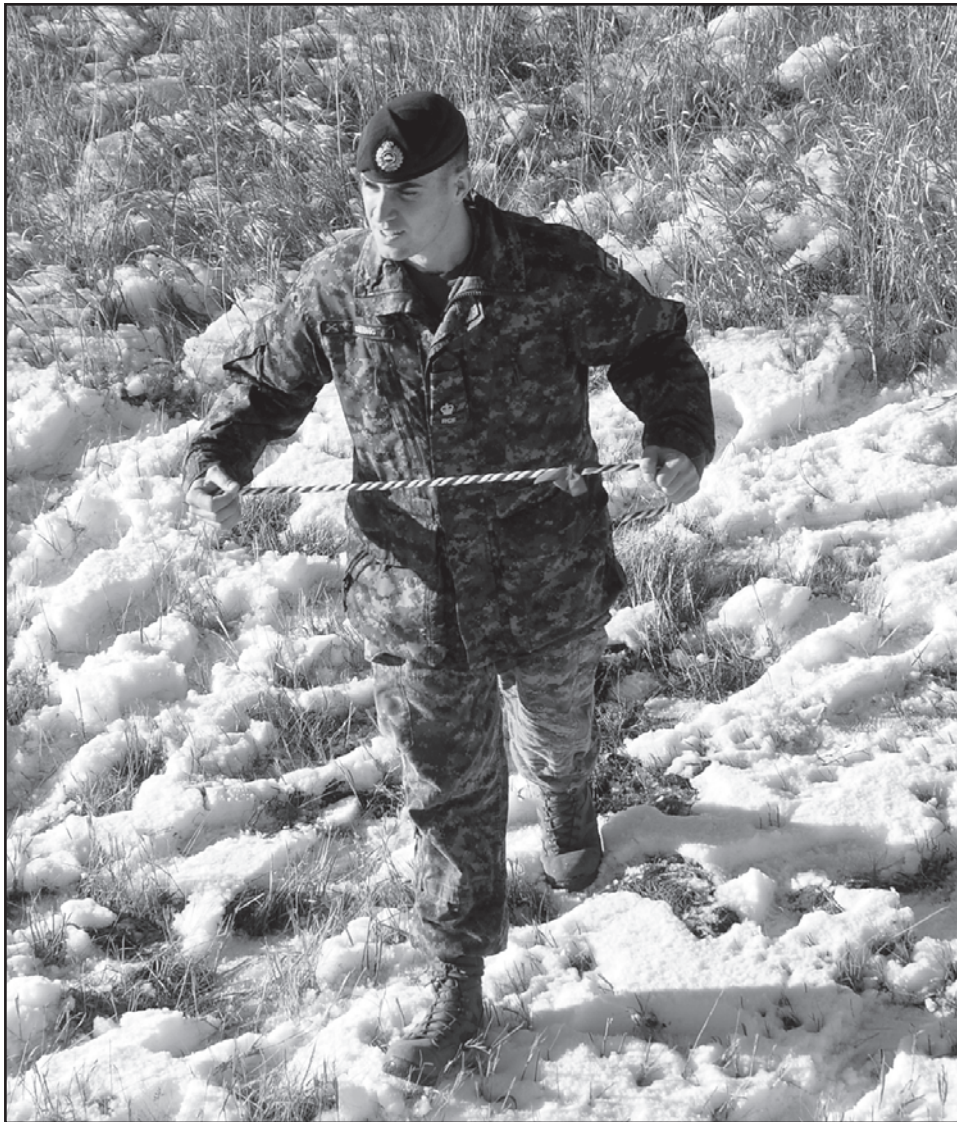
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### Winter walk

RPOU (W) Det Shilo OC Maj Jeremie Dulong watches his staff gather for a group photo taken in a field across from his building.

Photo Jules Xavier

# Board say other models difficult to understand

From page 2

These two components assisted in choosing the top two models to bring to the CDS.

"The other three models were difficult to understand with lots of questions surrounding them and they didn't make a lot of logical sense to members of the boards," according to the Board statement.

"To be truthful, the information received on the five governance models was quite minimal, even up to the point of the Toronto meetings which is the first time diagrams [and] flowcharts were seen and discussed."

The Board representatives stated, "The consensus amongst those attending the weekend meetings were to maintain the governance structure as is, with somewhat minor modifications to improve upon it."

According to Board representatives, all attendees at the meeting are very passionate about what is best for military families. Many attendees have been involved in MFRC governance for a long time and believe the structure currently in place to be quite effective.

"That said, during discussion some things noted pertaining to model one included increasing consistencies

where possible between centres, addressing issues surrounding current requirements for board composition on a quota [and] percentage basis," said Board representatives. "Ensuring adequate training for board members and better ability to recruit qualified/specialized members, rather than just filling a seat. The difficulties with constant turnover of board members, more detailed understanding of the role of MFS and differences in funding sources was also brought up.

One point made was if the governance structure changes there are concerns that the MFRCs will no longer be at arm's length from the CoC and that local needs may not be adequately captured and addressed.

"Additionally, there were concerns brought forward about too many bureaucratic layers being put in place and that there would no longer be any, or very limited, family representation regarding MFRCs."

The models are being passed on to the CDS for further review. Now the Board must wait for the final decision coming from Ottawa.

Acting interim Board chair Corey Morton told the *Shilo Stag*, "No decision has been made yet and we don't know when one will be made."

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Deadline for submissions is the Thursday prior to the week of publication. Submissions can be sent to the Stag via email at [stag@mymts.net](mailto:stag@mymts.net), dropped off at the Stag office located in CANEX or via Inter-base mail.

**Submitting articles and photos for print:**

- Please submit articles as a MS Word Document.
- Include the author's full name, rank, unit and contact information.
- Include photos with your articles whenever possible, however, do not embed photos in word documents.
- Please submit photos as high resolution jpegs (if scanned 300 dpi), digital images or in hard copy format.
- With photos, include a caption that names the individuals in the photo; what is taking place; and the name, rank, and unit of the photographer.

• • •



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**Visit from  
3 Cdn Div  
Commander**

Clockwise from bottom: 3 Cdn Div Commander BGen Trevor Cadieu visited CFB Shilo Feb. 6, handing out a number of commendations at the officers' mess. 2PPCLI DCO Maj Andrew Mitton listens as BGen Cadieu talks about his commendation. 1RCHA C Bty NCO Sgt Corey Morton is congratulated by BGen Cadieu and 3 Cdn Div DSM CWO Shawn Stevens. 1RCHA B Bty BK Capt Richard Walker received a Commander's commendation for his work on Joint Task Force Iraq. Capt Venus McInnis received her commendation following her deployment to Kuwait.

*Photos Jules Xavier*



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Soldiers carry the remains of an Unknown Canadian Soldier laid to rest with military honours at Canadian Cemetery No. 2 in Neuville-St. Vaast, France last August.  
Photos Cpl Andrew Wesley, Army Public Affairs

# Identification and proper burial of pre-1970 war dead 'a special thing', says co-ordinator

**Steven Fouchard**  
Stag Special

You would expect higher public visibility for a Canadian Armed Forces (CAF) organization created to identify and respectfully bury war casualties from conflicts dating before 1970, but CAF's Casualty Identification Program (CIP) has remained low-profile for most of its decade-long existence.

That may be changing, however, said CIP co-ordinator Dr. Sarah Lockyer, who is also the program's forensic anthropologist.

Dr. Lockyer joined the CIP, part of CAF's Directorate of History and Heritage (DHH), in August 2016. She met LGen Paul Wynnyk, Commander of the Canadian Army (CA) last August in France for the burials of four Canadian casualties of the First World War.

The meeting led to Dr. Lockyer's invitation to a formal dinner event held in Ottawa during Army Week that September, where LGen Wynnyk shone a much-deserved light on the CIP in an address.

"LGen Wynnyk just explained a little bit about my job," she recalled. "I do frequently talk to people about it, and a lot of times the reaction is, even in the armed forces, 'I didn't even know we had somebody who did that."



**Dr. Sarah Lockyer**  
that.

Among those given burials in France this summer was one Unknown Canadian soldier. While such cases cannot provide closure for the soldier's next-of-kin, who are equally unknown, Dr. Lockyer said there is considerable satisfaction in having helped ensure he has a fitting resting place.

"At the end of the day, we found this soldier who gave his life for the country and now, rather than be buried somewhere we weren't aware of, he's buried in Canadian Cemetery No. 2 in France with his fallen

comrades. That's still a good outcome."

She added, "If more information becomes available in the future, we can continue to test against the DNA profiles we have and continue to narrow down and hopefully in the future identify this individual. Then it's a simple matter of changing the headstone."

In some cases Dr. Lockyer herself contacts viable DNA donors identified through genealogical research, which offers welcome opportunities to interact with them.

"It is a very nice bonus to be able to talk to the families and see what it means to them because the vast majority of the next of kin from the First World War, they never knew the individual. So seeing them actively participate in the burial and their renewed interest in their own families is quite a special thing to be a part of."

Despite the importance of hard science, particularly DNA analysis, to Dr. Lockyer's work, anthropology falls under the humanities and social sciences umbrella.

The actual lab work is not done in-house at DHH, but it falls to her to complete the puzzles presented by the evidence. The case of the Unknown Canadian Soldier given burial honours this past summer, for example, began with incomplete remains and nothing to tie them to a particular unit.

"He was found about 500 metres away from the Zivy Crater Cemetery, which is where about 50 individuals who died between April and May 1917 were buried — around the time of the Battle of Vimy Ridge," she explained.

"The Canadians were in that area from Novem-



Forensic anthropologist Dr. Sarah Lockyer, co-ordinator of the Canadian Armed Forces' Casualty Identification Program, was instrumental in the identification of three Canadian First World War casualties, and one unknown Canadian, who were given belated burial honours in France.

Of course, the reality is always much less dramatic but Dr. Lockyer's introduction to forensic anthropology was, appropriately enough, through television.

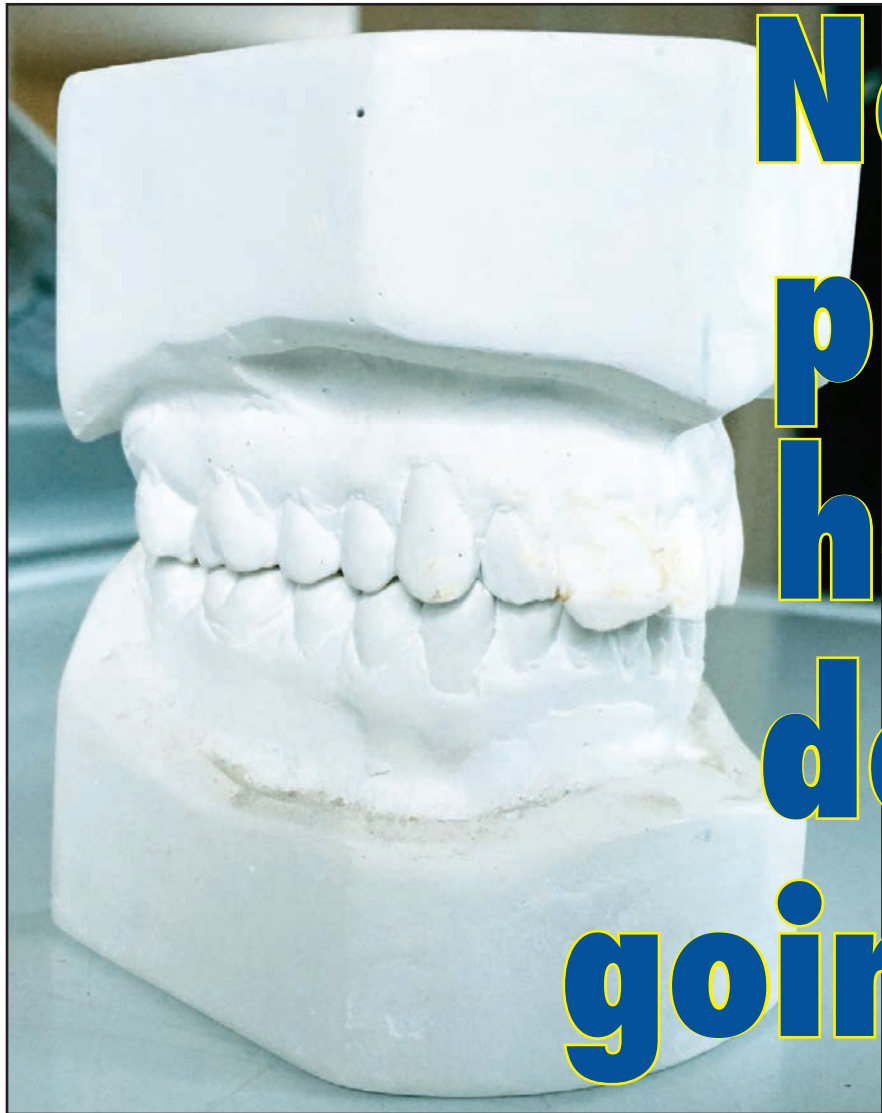
"I was 16 years old. I fell on a true crime show and a forensic anthropologist came on," she recalled. "She had determined that the skeleton found in the backyard of this house was in fact the mother who had been killed by the husband and who had not run away and abandoned her family as her husband had been saying. I remember thinking to myself, 'That is incredibly fascinating.'"

Dr. Lockyer worked in more administrative roles in the public service before joining DHH and says the experience has been a positive eye-opener.

"It's more relaxed than my pre-conceived notions of what the military were like. The environment at DHH is very collegial. There's a lot of independent work but everybody here is so helpful and so nice. From the moment I set foot in here it was just a very pleasant and welcoming environment to work in."

Steven Fouchard is with Army Public Affairs

**Casualty Identification Program brings respectful closure to families**



# New dental procedures help break down fears going to dentist

**Sarah Francis**  
Shilo Stag

At Brightside Dental Care, patient comfort is a top priority for dentists Dr. Quin Rusnak and Dr. Nathan Vercaigne.

The two dentists have been taking care of CFB Shilo residents' teeth since last August. They serve as some young blood in the dentistry world after graduating from the same class last spring.

"Dr. Mather, he was our mentor through dental school for four years," offered Dr. Vercaigne. "He approached us around February of last year and said, 'Hey you boys want to come and work for me?' We got to talking, drafted up a contract and next thing you know we're here."

A common observation heard around CANEX when the two dentists arrived was their youth. Dr. Vercaigne said there is a new generation of dentists arriving in dental offices.

"Being young is a little bit of a hurdle because everyone is used to the 60 or 65 year old dentist that everyone is used to going to see as a kid," he said. "It's kind of — you walk in the room and people are like, 'Oh wow, this guy's young.'"

"A lot [of] the baby-boomer population or whatever, they went through dental school back 25 or 30 years ago. So now it seems that all these dentists from rural Manitoba are looking towards retirement or whatnot. So, you will see a little bit more of an influx of younger kids I guess — kids [being] mid-20s coming into the area to start work."

Dr. Rusnak is also greeted with surprise at the arrival of a new dentist with a youthful appearance standing over the dental chair.

"Every patient I see it's, 'Oh you're not the old guy.' I get that every day," he said.

Four students from their class have started practicing dentistry in the Brandon and Westman area.

Dr. Rusnak told the *Shilo Stag* so far the

experience since graduation has been great.

"I love it. I guess you never know what you're going to like or dislike about it. I like treating kids [and] I like treating elderly people."

It's been a fairly easy transition for Dr. Rusnak as well.

"It seems like the people around here are pretty easy going and easy to get along with which has

made it easier."

Although they don't treat soldiers, they see a wide range of clients at Brightside Dental Care on the Base.

"We treat a lot of kids, but there are some older people around the community and parents," said Dr. Rusnak.

His dental cohort has also enjoyed the experience and looks forward to coming to work every day, even if he has to get up at 6 a.m. each day.

"As much as I say it's tough to get up in the morning, I honestly love getting up and coming to work. I love the people. Everyone is so nice around here. I really like when someone has something wrong and you're able to help them in whatever way you can to make them feel better, get them out of pain, give them more information about what's going on, or refer them off to a specialist. It gives you a lot of satisfaction in your job I think."

Both rookie dentists knew from a young age they had a desire to enter dentistry.

Dr. Vercaigne's interest in dentistry became more real after meeting the NHL's Tampa Bay Lightning dentist while on a cruise with his family in his early teen years.

"I said I was interested in dentistry at the time, but nothing too crazy. He actually, for Grade 10 or 11 work experience, I forget which one, he flew me and my dad down to come watch a Lightning game and check out his practice and what not."

It piqued his interest and Dr. Vercaigne knew he had a desire to enter the medical world.

"I went to university and explored the options, med school, pharmacy," he recalled. "Both my parents are pharmacists so I didn't really — wasn't leaning towards pharmacy so much. Dentistry I liked because it allowed me to work with my hands, but yet help people. It's in the sciences and health profession."



Dr. Quin Rusnak works on a young patient during a check-up at Brightside Dental Care located in CANEX.

Photos Sarah Francis

See **NEW** page 7

Dr. Nathan Vercaigne is a study in concentration as he looks through his dental optics while performing an oral exam on a patient at Brightside Dental Care located at CANEX.



## New procedures in place to distract nervous dental patients

From page 6

Dr. Rusnak knew from age six it was the profession for him.

"My Grade 1 girlfriend, I was at her house and I told her mother that I was going to be a dentist when I was six. I was one of those kids that knew what they wanted to be. Since I was six, that was the plan."

While he doesn't remember the specifics, he does recall having an unpleasant dentist experience.

"That must have happened when I was about four or five. After that I started going to a different dentist and just loved it. I absolutely loved going to the dentist. I don't know if it had something to do with it, but I wanted to be that guy. The guy that I enjoyed going to as opposed to the bad experience."

A good experience is a top priority when you sit in the dental chair, according to Dr. Rusnak.

"Every kid [is] different. You have to get on their level. Distract them, if they're the type of kid that needs to be distracted. You find a way to talk with them in that way. There are kids that are really interested in it. So you need to explain everything and tell them what you're doing."

He said whether it's children or adults, it's a matter of connecting with them to find out if they're more of a hands-on patient.

Patients are often only concerned with two things when it comes to dentist visits, said Dr. Vercaigne.

"The only thing you're concerned about is, if it hurts and how long it takes. Now that [I'm] on the other side of it, there's a lot that goes into this. You can really appreciate the guys who can do it really quick and really well."

When not treating patients on Base, they work out of the Brandon location, which has some differences acknowledged Dr. Rusnak.

"Brandon is two or three times the size and two or

three times as busy just because there are so many people, so many staff members and everything. Here it's kind of cool. It's got that kind of small-town atmosphere," said Dr. Rusnak. "Everyone in the mall knows each other. You get two patients back-to-back, where you'll have one kid in the chair and another kid coming in for a check-up and a cleaning, and the kids say 'Hi' to each other on the way out and stuff."

He added, "That smaller atmosphere is really cool in Shilo. Definitely something that is fun about Shilo for sure."

Dr. Rusnak said it makes it worth it when you can create a good experience for a patient — adult or child.

"It makes the whole week of people telling you they don't like you. All the time, you get people every day you get someone that comes in and says, 'Hey nothing against you, but I really don't like you, because I don't like the dentist.'"

There have also been instances of young patients falling asleep during dental exams or treatments.

"When a kid falls asleep during treatment because they're so relaxed," explained Dr. Rusnak. "That might be my all-time favourite thing ... when a kid falls asleep and they walk out of there smiling. Same with adults, when an adult has a good experience, that makes your week."

Some kids fall asleep so deeply they cannot wake them up.

"I had to close their mouth for them to bite, to check the fillings," he said as he motioned closing his mouth with his hand. "I was closing his jaw. It's hilarious, you can't wake them sometimes."

The techniques and procedures used nowadays have changed since the dentistry you often associate with being brutal, said Dr. Vercaigne.

"One of the things we have to battle with is getting middle-aged people over those stigmas and fears they developed when they were a kid. What I like to

tell my patients when we're in there is, you're always in control, let us know. Just raise your hand if something is bugging you."

He added, "If it's painful, you're not just going to sit there and suffer through the pain."

They will also avoid using certain words such as needle, pain, pinch or clamp. Words that may have a negative connotation with young children, or even adults.

Changing a child's dental perceptions also includes discouraging parents from using scare tactics such as saying, "if you don't brush your teeth you will have to get a needle."

"That's a big one we're trying not to do right now because they come in with the pre-emptive notion that, 'Oh man, I'm going to have to get a needle,'" said Dr. Vercaigne. "And everyone hates needles, right?"

Both dentists are working toward having children not associate going to the dentist for a check-up with negatives.

"We'll say, we've got to get some sugar bugs out with our pressure washer," he said.

Hygienists may also call the drill a power toothbrush instead.

Along with two new dentists, the clinic on Base is offering new services.

"We are now doing crowns and root canals here, [Dr. Vercaigne] and I" explained Dr. Rusnak. "Which gives patients a lot more flexibility for sure, not having to go into Brandon. We can definitely offer people a lot when it comes to that."

He added, "The majority of your dental work you can have done [in Shilo] now."

The clinic also has new hours to increase convenience for patients.

You can now call to book your appointment Wednesday through Friday from 8 a.m. to 5 p.m. Dial 204-765-2199.



1RCHA CO LCol Stephen Haire (middle) offers encouragement to a Gunner during the tactile athlete competition hosted by Garrison Edmonton.



2PPCLI (in white) battled the Lord Strathcona's Horse (Royal Canadian) during ball hockey action (above) in the major division. 1RCHA went on to win gold.

2PPCLI had little trouble winning basketball gold during Ex STRONG CONTENDER (right) after bouncing Combat Engineer Reg 57-29 in the final.



## 2PPCLI finish third overall at Ex STRONG CONTENDER

### Shilo Stag

Bragging rights among major units went to 3PPCLI following the annual Ex STRONG CONTENDER hosted by Garrison Edmonton.

Of the eight events contested, 3PPCLI teams placed top-three in seven, including winning four golds, and easily captured the team title.

2PPCLI finished a distant third, with four top-three placings, including a gold in the major basketball final. 2PPCLI, coming off its semi-final loss to eventual winner Garrison Edmonton at the Canada West tournament the previous week, prevailed 57-29 facing 1

Combat Engineer Reg.

2PPCLI's other top-three finishes included a bronze in curling and powerlifting, and silver in volleyball.

Ex STRONG CONTENDER highlights 1 Canadian Mechanized Brigade Group's (1CMBG) commitment to maintain a high level of physical fitness — a quality which is essential in ensuring our readiness to protect Canadians at home and abroad, while also building esprit de corps through friendly unit rivalry.

Besides basketball, the other sports included ball hockey, volleyball, hockey, curling, powerlifting, indoor soccer and tactical athlete.

1RCHA's placing in the major division was a three-

way fifth-place finish with 1PPCLI and 1 Svc Bn after garnering just one top-three placing, a gold in ball hockey.

Bdr Harte earned three top-three finishes during the powerlifting competition.

He was first in squat with a lift of 317.5 kilograms. He was second in both deadlift and bench press, with lifts of 297.5 and 175 kilograms, respectively. Despite his finishes, 1RCHA placed sixth as a team.

For game scores, standings and photographs, visit the Ex STRONG CONTENDER website:

<http://strongcontender.ca>

*Photos Robert Schwartz, Garrison Edmonton Imaging & Lt Ken Jacobson, PAO Garrison Edmonton*



## Where's Willie?

Somewhere on the pages of this *Shilo Stag* is a picture of Willie, the Wheat Kings mascot.

Tell us on what page, in what particular advertisement Willie was found and correctly answer the following skill-testing question for your chance to win two tickets to an upcoming Wheat Kings home game in Brandon.



### Entry Form

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Page #, ad: \_\_\_\_\_

Answer skill-testing question:  
 What are the names of the two young dentists working out of Brightside Dental Clinic?

Cut out your entry form and fax it to 204-765-3814, or scan it and e-mail to [stag@mymts.net](mailto:stag@mymts.net) or drop it off at the Stag's office at CANEX. Draw will be made on the Monday prior to game day.

# CAF committed to mental health

## 11 CF H Svcs C Stag Special

During Bell Let's Talk Day held Jan. 31, the Canadian Armed Forces (CAF) once again partnered with Bell to demonstrate its commitment to mental health by joining the conversation.

Commanders at all levels took part in this initiative by planning one or more activities to promote dialogue on mental health and stigma reduction.

Many people living with a mental illness report that negative stereotypes about mental illness, and the resulting potential for discrimination, causes them more suffering than the illness itself.

As a result, two thirds of those suffering from mental illness are too afraid to seek the help that they need. Mental illness affects people of all ages and from all walks of life.

It can take many forms, and most individuals find ways to live with their illnesses but how they are treated by others often proves to be more of a challenge than the illness itself.

That's why we are joining the conversation around mental health during On Bell Let's Talk Day.

Stigma surrounded many diseases in the past, but concerted efforts to confront these attitudes resulted in change for the better, including better treatment, more funding for research, and greater understanding from family, friends and colleagues.

The goal is to achieve the same level of acceptance and understanding regarding mental illness.

You can make a difference and help. It's easier than you think.

Here are six ways you can help end the stigma around mental health.

- Language matters: The words you use can make all the difference. Words can help but they can also hurt. Explain to others who use words like "psycho" or "crazy" without thinking, that their comments may be hurtful.

- Educate yourself: Stigma has been around for a long time and knowing the facts and myths about mental illness can be a great way to help end stigma.

- Familiarize yourself with the Mental Health Continuum Model and attend events sponsored by CAF about mental health.

Learn about your local resources such as: CAF local peer supporters/Sentinel program; CFMAP (CF Member Assistance Program) 1-800-268-7708; Medical clinic ext 3153; mental health team and addictions ext 3177; padre or after 4 p.m. ext 3044 for Duty chaplain; Westman Crisis Services covering Brandon and area 1-888-379-7699; Shilo's MFRC ext 3352; and Bell Let's Talk website <https://letstalk.bell.ca/en/>

- Be kind. Simple kindness can make the world of difference. Whether it's a smile or being a good listener, these simple acts of kindness can help open up the conversation and let someone know you are there for them.

Expressions like "You'll get over it" and "Just relax" can minimize how a person is feeling.

Instead offer your support and say "I'm sorry you aren't feeling well."

Remember the ACE Model, of Asking if the Member is okay, show you Care by listening and Escort the Member if further help is needed.

- Listen and ask. You don't have to fix the problem. Just be there. Here are a few examples of what to say: "I'm sorry you aren't feeling well. I've noticed you've seemed down lately. Is everything okay? If you think that you might be having a mental health issue or a friend is, please reach out to them. Being a good listener and asking how you can help, sometimes just being there for people you care about, can be the first step in recovery."

- The final simple way to end stigma is talk about it. Break the silence. Talk about how mental illness touches us all in some way directly or through a friend, family member or a colleague. Start the conversation.

### Get involved with your Home Station Regiment



The newly-established Home Station Regiment Senate exists to advance the welfare of members who are currently in service at the Home Station Regiment, as well as retired and former serving members of the Home Station Regiment. If you'd like to get involved, contact the president, Col (Ret'd) Peter Williams, at [cdnig19@hotmail.com](mailto:cdnig19@hotmail.com)

### LENT / EASTER SCHEDULE

**SHROVE TUESDAY / PANCAKE LUNCH TUESDAY, FEBRUARY 13<sup>TH</sup> 1130-1300**  
 Come celebrate the beginning of Lent at The Faith Centre, Bldg T-119

#### OUR LADY OF SHILO CHAPEL

**February 14<sup>th</sup> – Ash Wednesday**  
 1830hrs (6:30pm) Mass

**Stations of the Cross**  
 Fridays at 1830hrs (6:30pm)  
 February 16<sup>th</sup> until March 23<sup>rd</sup>

**March 25<sup>th</sup> – Passion (Palm) Sunday**  
 1030hrs Mass

**March 26<sup>th</sup> – Reconciliation Service**  
 1830hrs (6:30 pm)

**March 29<sup>th</sup> – Holy Thursday**  
 1830hrs (6:30pm)

**March 30<sup>th</sup> – Good Friday**  
 1500hrs (3:00pm)

**March 31<sup>st</sup> – Holy Saturday**  
 1900hrs (7pm) Easter Vigil

**April 1<sup>st</sup> – Easter Sunday**  
 1030 Mass

#### ST. BARBARA'S CHAPEL

**March 25<sup>th</sup> – Palm Sunday**  
 1030hrs Service

**April 1<sup>st</sup> – Easter**  
 1030hrs Service





# CFB Shilo's Winterfest Family Day

Join us for a hot beef lunch, face painting, bouncy castle and snowmobile rides courtesy of Spruceswoods Snowdrifters. **EVERYONE WELCOME!**

Plus, you can register your child for a Cinderella or Spiderman Party!

## Saturday, February 10

### 11:00 am – 2:00 pm

## Community Centre Annex, Bldg L-25

#### Cinderella Party

Session 1 11:15 am – 12:15 pm  
 Session 2 12:30 pm – 1:30 pm

#### Spiderman Party

Session 1 11:15 am – 12:15 pm  
 Session 2 12:30 pm – 1:30 pm

Registration for the Cinderella Party and Spiderman Party opens on January 15. A \$10 deposit is required to hold your spot and you will be issued a refund once your child has attended the party.

To register your child for either party, you can drop by the GSH Monday-Friday between 7:00 a.m. – 4:00 p.m. or you can give us a call at 204-765-3000 ext. 3889 to register over the phone with a credit card.

Space is limited, so register early!

Please note: Military families take priority.  
 If you are not a military family, your name will be placed onto a waiting list

For more information, please contact the Recreation Office at 204-765-3000 ext 3894



**The Shilo Stag is online!**

@ShiloStag

www.facebook.com/ShiloSTAG

**Follow us!**

**Shilo Theatre**  
(Located in the General Strange Hall)

Feb. 9 Justice League Rated PG  
Feb. 16 Daddy's Home 2 Rated PG  
Feb. 18 Coco (shown at pool 6-7:30 p.m.) Rated G  
Children aged 10 and younger require adult supervision at all times.  
All movies start at 6:30 p.m. Doors open at 6:15 p.m.  
FREE GSH popcorn — h2o from CANEX

For more info, contact the community recreation office at 204-765-3000 ext 3317/3588

**GSH Bowling Alley**

Open bowling for all ages  
Saturday 2 to 4 p.m.  
Sunday 2 to 4 p.m.

Adult: **\$2.50** per game  
Youth: **\$2.25** per game  
Child: **\$2** per game  
Shoe rental: **75 cents**

Prices subject to tax  
Ask about Glow bowling birthday parties!

For more info call the community recreation office at **204-765-3000** ext **3317** or **3588**



**Would you like a Base calendar?**

The 2018 Base calendar is fresh off the presses at Leech Printing in Brandon. This year's cover features the Base receiving Freedom of the City, with a parade to City Hall. Drop by the Stag's office in CANEX and see the Stag Team about acquiring your copy which would look great in your office or wall of your PMQ kitchen.

Photo Jules Xavier

**National Defence / Défense nationale**

**WARNING SHILO RANGES**

Day and night firing will be carried out at the Shilo Ranges until further notice.

The range consists of DND controlled property lying approximately 32 kms SE from Brandon and N of the Assiniboine River in Townships 7, 8 and 9; Range 14 WPM, Townships 8, 9 and 10; Ranges 15 and 16 WPM and Townships 9 and 10; Range 17 WPM in the Province of Manitoba. If required, a detailed description of the Shilo property may be obtained from the Base Construction Engineering Office at Canadian Forces Base Shilo.

All boundaries, entry ways, roads and tracks into the Range are clearly marked and posted with signs indicating that there is to be NO TRESPASSING. Hunting is no longer permitted on the Shilo Ranges.

**STRAY AMMUNITION AND EXPLOSIVE OBJECTS**  
Bombs, grenades, shells, similar explosive objects, and their casings are a hazard to life and limb. Do not pick up or retain such objects as souvenirs. If you have found or have in your possession any object which you believe to be an explosive, notify your local police and arrangements will be made to dispose of it.

**No unauthorized person may enter this area and trespassing on the area is strictly prohibited.**

BY ORDER  
Deputy Minister  
Department of National Defence

OTTAWA, CANADA  
17630-77

**Canada**

**National Defence / Défense nationale**

**AVERTISSEMENT POLYGONES DE TIR DE SHILO**

Des tirs de jour et de nuit seront effectués aux polygones de tir de Shilo jusqu'à nouvel ordre.

Les polygones de tir sont des terrains sous le contrôle du MDN situés à environ 32 km au sud-est de Brandon et au nord de la rivière Assiniboine dans les cantons 7, 8 et 9; polygone 14 OMP, cantons 8, 9 et 10; polygones 15 et 16 OMP et cantons 9 et 10; polygone 17 OMP, dans la Province du Manitoba. Au besoin, une description détaillée de la propriété de Shilo peut être obtenue du Bureau du génie construction de la Base des Forces canadiennes Shilo.

Toutes les limites, voies d'accès, routes et sentiers menant aux polygones sont clairement marqués et ornés d'écriteaux d'ACCÈS INTERDIT. La chasse est dorénavant interdite aux polygones de tir de Shilo.

**MUNITIONS ET EXPLOSIFS PERDUS**  
Les bombes, grenades, obus et autres engins explosifs similaires et leurs enveloppes peuvent causer des blessures ou entraîner la mort. Ne ramassez pas ces objets et ne les gardez pas comme souvenirs. Si vous avez trouvé ou si vous avez en votre possession un objet que vous croyez être un explosif, signalez-le à la police locale, qui prendra les mesures nécessaires pour l'éliminer.

**Aucune personne non autorisée ne peut entrer dans ce secteur où tout accès est strictement interdit.**

Par ordre du  
Sous-ministre  
Ministère de la Défense nationale

Ottawa, Canada  
17630-77

**SHROVE TUESDAY PANCAKE LUNCH**

Come celebrate the beginning of Lent

**TUESDAY February 13<sup>th</sup>**  
At the Faith Centre, Bldg. T-119

**Time: 1130 — 1300hrs**

**COST: \$5/ Person or \$15 for Family 4+ (Children 5 and under free)**  
Net proceeds for the  
Chaplain Services Fund


WiFi  
Forbidden Flavours  
CANEX  
A division of CFMWS  
Une division des SBMFC

www.rcamuseum.com  
 Call 204-765-3000 extension 3570  
 CFB SHILO

EXPERIENCE HISTORY WITH A BANG!  
**THE RCA MUSEUM**  
 CANADA'S NATIONAL ARTILLERY MUSEUM



NEW SITE,  
 NEW CONNECTION.



Financial Services Fitness Morale Military Family Resource Centres  
 Sports Health Promotion DFIT.ca Messes Training Recreation  
 Veterans Family Support Housing Mental Health CAF Members  
 Personnel Support Programs Volunteers Facilities Military Families  
 Education Daycamps Family Information Line Employment

CAFconnection.ca  
 #GetConnected



1947 - 2017  
**Shilo Stag**  
 70 YEARS

Your source for Army news in Manitoba

**We want you on our team**

The *Shilo Stag* is looking for another sales consultant for its team. Help us sell the Brandon business market on advertising in the *Stag*. They have a captive audience — especially with people here who are new to the community after being posted here from elsewhere in Canada. Where do you shop for new glasses; groom your dog; take the wife out for an anniversary dinner; buy a new car or have winter tires put on the van with the advent of winter; shop for back to school clothes and supplies? Working on commission, you can set your own hours. The more you hustle and sign advertisers up to promote their business in the *Stag*, the more you earn. Drop by the *Stag's* office in CANEX and see Jules or Sarah about the job. Or call 204-765-3000 ext 3013/3093. Be part of the award-winning *Shilo Stag* team.



## Peers observe promotion

PO2 Ernest Bezaire of 1 MP Regt Shilo PI was promoted to PO1 at the Jr Ranks during a ceremony attended by his CO, Maj Shawn Cooper from Garrison Edmonton's 1 MP Regt, and his fellow MPs. The newly promoted PO1 Bezaire is now the 2IC under Lt Geoffrey Chandler, the platoon commander..

Photo Jules Xavier

# CLASSIFIED ADS

Email: [stag@mymts.net](mailto:stag@mymts.net) • Phone 204-765-3000, ext 3013 • Fax 204-765-3814

**\$10 for first 20 words,  
 10¢ for each additional word  
 Deadline for next issue:**

**February 15 at noon**

*Free ads (non-profit only)  
 restricted to members of the  
 CAF, employees of CFB Shilo and the  
 residents of the surrounding area.*

### Services



#### St. Barbara's Protestant Chapel

Sunday at 10:30 a.m. with Sunday school & nursery  
 Padre Johnston - ext 3381  
 Padre Dennis - ext 3088  
 Padre Neil - ext 6836

#### Our Lady of Shilo Roman Catholic Chapel

Sunday at 10:30 a.m.  
 Confessions by appointment  
 Padre Ihuoma - ext 3089  
 Padre Shanahan - ext 3698

### Services

**Greg Steele Canadian Firearms** safety course instructor/examiner offering Red Cross first aid training. Manitoba hunter safety instructor. CFSC, CRFFC safety courses offered at least monthly and on demand. Firearm/hunter safety courses planned seasonally. Restricted and non-restricted. Dial 204-729-5024. E-mail [gsteele4570@gmail.com](mailto:gsteele4570@gmail.com)

**We buy and sell** good used furniture/appliances. We also deal in coins and coin/stamp supplies. People's Market Place, 32-13th St., Brandon, 204-727-4708.

### Services

**NEED YOUR TAXES DONE?** Fast, friendly, and personal service. Located outside the gate. For all your income tax needs contact Ingrid Wasserman at 204-763-4357. **OPEN ALL YEAR.**

### Employment

**Looking for a job** on the Base? Submit resumes to NPF HR office via e-mail quoting competition # to [npfhrshilo@cfmws.com](mailto:npfhrshilo@cfmws.com) OR for more detailed information on the jobs offered at CFB Shilo visit: [www.cfmws.com](http://www.cfmws.com)

### Employment

**CANEX needs you:** Clerk/cashier part-time position with 13 to 32 hr /week required. Must be available days/evenings, and weekends. Starting salary is \$11.90 per hour. After two-month probation salary increases to \$12.15. Under the direction of the department supervisor, a clerk/cashier scans customer purchases, processes transactions, and accepts payment. He/she prices, stocks shelves, counters and display areas with merchandise and keeps stock in order. He/she performs cleaning duties as required. Apply in person at CANEX admin office, or NPF Human Resources office at base HQ.

### For Rent

**Half duplex two-bedroom** 1.5 km from Ninette, 30 minutes from Shilo, on pavement. Quiet area. Large deck, fridge, stove, microwave, dishwasher, washer/dryer. Full basement for storage. No smoking, no pets. References required. \$700/month plus hydro (\$150 EPP). 204-721-3226

# CANEX celebrates ESSO opening

## Stag Special

CFB Shilo's CANEX celebrated its long anticipated re-opening of the CANEX/ESSO gas bar for five days last month. The celebration for CANEX patrons included saving five cents per litre of fuel, giveaways at the checkout counter and cake and coffee. CANEX wants to congratulate the following grand prize daily winners — each winner garnered a \$100 ESSO fuel gift card — Ed Seward, Doug Wilkinson, Martina Armstrong, Mario Jean and Lindsay Jackson.

Casey Gamble won the wireless headphones courtesy of The Personal Insurance. The new CANEX gas bar is open the same hours as the CANEX SuperMart. Motorists now have the convenience of paying for their gas at the pumps. CANEX also awards Aeroplan or ESSO points, along with your CANEX rewards points. CANEX manager Rick Kehler wants to thank everyone who helped celebrate its re-opening event, with his staff looking forward to continuing to "Serving Those Who Serve" with these enhanced new services.

# OUR SOCIAL MANDATE

To promote the cause of Commissionaires by the creation of meaningful employment opportunities for former members of the Canadian Armed Forces, The Royal Canadian Mounted Police and others who wish to contribute to the security and well-being of Canadians.

Canada's largest private sector employer of veterans.

commissionaires.ca COMMISSIONAIRES



There's a new look to the ESSO gas bar offered at CANEX following construction that started last summer (above), and was finished last month when the lights were installed (top). *Photos Jules Xavier*

**Valentine's Day Gifts**

A division of CFMWS  
Une division des SBMFC

- FRESH CUT FLOWERS • PLANTS (ARRIVING FEB. 12)
- GREETING CARDS • CHOCOLATES
- PLUSH ANIMALS

**BRANDON WHEAT Kings**

- Feb. 9 @ 7:30 p.m. vs Saskatoon
- Feb. 17 @ 7:30 p.m. vs Prince Albert
- Feb. 19 @ 2:30 p.m. vs Moose Jaw
- March 2 @ 7:30 p.m. vs Moose Jaw
- March 6 @ 7 p.m. vs Lethbridge
- March 9 @ 7:30 p.m. vs Lethbridge
- March 13 @ 7 p.m. vs Saskatoon
- March 17 @ 7:30 p.m. vs Moose Jaw

*Photo of player CLAGUE with number 10*