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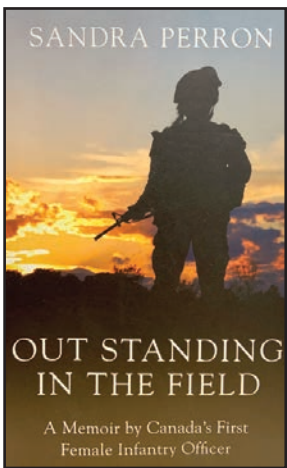
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Base rink wins Home Depot contest. Page 2



First female infantry officer shares her story. Page 7



Mr. Bubbles entertains at Winterfest. Page 12



MAKE AN IMPACT

International Women's Day

Dad's outdoor rink garners Wheat Kings' Home Depot prize

Jules Xavier
Shilo Stag

There's a reason why MCpl Kyle and wife Nicole Roux have built an outdoor rink in a field adjacent to their Frontenac Crescent PMQ.

"Nicole and I believe in our kids having outdoor play, and what's more Canadian in the winter than playing hockey," explained MCpl Roux, "not sitting around inside playing video games."

So, since moving into one of the new PMQs recently built on Frontenac Crescent, he cleared away the construction debris off the field on Larkhill Avenue with the advent of winter and the kids and their friends have had a small outdoor rink to play shinny on or just skate when not at Gunner Arena.

"This is for fun, not work," he said of building a rink, not unlike what NHL all-time leading scorer Wayne Gretzky's dad did for him at his Brantford, Ont., home. "That's why it's small, so the kids can work on their [hockey] skills. This did not cost me money, just my time."

Son Oliver, age seven, especially enjoys using the outdoor rink, acknowledged dad. He's a member of the Shilo Sentinels novice team.

"He likes hockey, As parents, we encourage [playing] hockey."

Besides a flood light put in place for night skating, MCpl Roux set up two benches for the kids to use for skate tying, or rests. And to help with skill development, whether shooting pucks at the net or honing stick-handling skills, he created two silhouette goaltenders for the net, or if brought out, static defencemen. He attached a hockey stick to give it the look of a player.

While attending a recent Brandon Wheat Kings home game, he saw an announcement on the arena overhead score clock asking for submissions to the annual Home Depot backyard rink contest.

"I sent in a photo and told them about the rink," he recalled. "I was told by the Wheat Kings the reason they liked our submission was it was a simple rink ... it was a dad-made rink."

The WHL's Brandon Wheat Kings announced during a Feb. 21 home game that MCpl Kyle and Nicole Roux from CFB Shilo were chosen this year's winner of the Home Depot backyard rink contest.

The Roux family was selected from a long list of entries received at BDO Fan Services during Wheat Kings' home games or online.

For winning the contest, members of the Wheat Kings will be visited the Roux's backyard rink March 3 to check it out, then played shinny with the kids at Gunner Arena. In addition to having the opportunity to meet members of the WHL team on the Base, the family received treats and prizes from Home Depot.

Besides Oliver, the Roux family includes three-year-old Grace and five-year-old Jordyn.

MCpl Roux, who is originally from Nanaimo, BC, currently serves with 2PPCLI and has been stationed at CFB Shilo for more than seven years. At the end of March, he's moving east to Ontario with his family to join 3RCR after being posted to Garrison Petawawa.

This year's winning entry is a traditional backyard rink which was built last fall and has been maintained throughout the winter. He expanded the width of the arena. MCpl Roux used scrap wood to give a

A big fan of the NHL's Montreal Canadiens, MCpl Roux admits that his three children are fans of both the Wheat Kings and Winnipeg Jets.

The Roux family was in attendance at the game, when the winning entry was announced.

"The kids were surprised when they heard our backyard rink had won," he said.

With the rink not having four-foot boards surrounding the ice surface, the one thing MCpl Roux made sure of was to have lots of pucks for the kids to use.

"I expect we'll find a half dozen pucks once the snow melts that the kids have fired off the rink and could not find," he said.

Home Depot Canada, with a store in Brandon, caters to do-it-yourselfers, as well as home improvement, construction and building maintenance professionals. Many customers choose to have qualified professionals complete home renovation projects for them.

Home Depot Canada offers installation services through pre-screened independent contractors for a wide range of products.

Home Depot Canada's stores offer professional customers, including repair and remodel contractors, special services and support to make them more successful on the job site. These services include a contractor loyalty program and on site tool rental department.



MCpl Kyle Roux's outdoor rink was chosen as the winner of the Home Depot backyard rink contest.

Photos Jules Xavier/Shilo Stag



Pet of the Week

DENO

Feline owner Melanie Rubiletz has two cats at home, with 10-year-old Tootsie hanging out with two-year-old Deno. This ginger coloured feline loves to sneak his owner's chicken bites. 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



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2RCHA female soldier featured in Vimy exhibit

Steven Fouchard
Stag Special

When Cpl Genevieve Lapointe, a Canadian Army image technician, was asked to photograph 40 new graduates from an artillery course last July, the only expectation was that she would take a group shot.

Cpl Lapointe, however, took the opportunity to also capture individual portraits of each graduate and that extra effort produced a stunning result which is now on display in an exhibit entitled Faces of Freedom at the Canadian National Vimy Memorial in France.

The exhibit, which features portraits of some 25 Canadians who have served in uniform from the First World War to today, will be featured at the Memorial's visitor education centre until May.

Cpl Lapointe is currently posted to the Combat Training Centre (CTC), a unit of the Canadian Army Doctrine and Training Centre at 5 Div Support Base in Oromocto, New Brunswick.

"It was the day of their graduation," she recalled, "and they were doing the last portion of the course. We wanted to get their faces at the end because they were tired. On some faces you can tell that. They look dirty, they look like they've been working hard. These were not staged at all."

The "we" in this case was Cpl Lapointe and her husband, MWO Stephane Gauvreau, who is BSM of CTC's Artillery School and helped organize the shoot, which involved 40 individuals.

"People are usually in a rush at the end of a course," said Cpl Lapointe. "They want to be finished but he said, 'No, we are doing it.'"

One might think capturing portraits lacks some of the excitement that Army image techs are routinely exposed to, but Cpl Lapointe said it never fails to stimulate her creativ-

ity.

"I like to see faces," she explained. "The eyes say something. Especially with military people. When I go in the field I like to see them when they're working hard, when they're tired. They have a story to tell just with their faces. So I always try to get that."

Cpl Lapointe's work came to the attention of officials from Veterans Affairs Canada (VAC), the agency responsible for the Vimy Memorial, via her Facebook page.

"Cpl Lapointe put this series of photos out into the world and it came to me on the same morning from three different people who forwarded it and said, 'Oh my gosh, these look like they would be perfect for the exhibit,'" said VAC program manager Amanda Kelly.

There were four images from the series under consideration, she added. The one chosen depicts Bdr Jen Wildman of 2RCHA based at Garrison Petawawa.

"The consensus was that we really wanted to have a woman in a combat role," said Kelly. "We have several women represented in the exhibit and they are predominantly nurses and signallers. This is a very different role and it's very representative, I think, of the diversity of the Canadian Armed Forces today."

Canada's military past is a large part of both the Vimy Memorial and the Faces of Freedom exhibit, but both Cpl Lapointe and Kelly noted the importance of drawing links between historical military figures and those serving today.

"Bringing the stories of the men and women who are commemorated on the Vimy Memorial to life is a challenge that we embrace fully," said Kelly. "And being able to relate them to the story of someone like Bdr Wildman is an incredible opportunity to help people understand that, whether it's the people you see in uniform today, or people that served 75 or 100 years ago, they're all individuals and we have to respect the sacrifices they made."

"There's a lot of people still serving and we're normal

people," added Cpl Lapointe. "It's people like me, like Bdr Wildman. It was and is all around us."



This portrait taken by Cpl Genevieve Lapointe of Bdr Jenny Wildman, taken in the Training Area of 5Div Support Base Gagetown in New Brunswick in July 2019, has been chosen to be on public display at the Canadian National Vimy Memorial in France.



Cpl Genevieve Lapointe, a Canadian Army imagery technician, shot a series of individual soldier portraits last summer, one of which has been chosen to be displayed as part of an exhibit at the Canadian National Vimy Memorial in France.

Photo Nicolas Alonso/ 5 Div Tactics School Gagetown

Notice from Shilo Country Club Pesticide control program starts in May

Stag Special

The CFB Shilo Country Club intends to conduct a number of pesticide control programs in 2020 starting in May, according to golf course manager Scott Ramsay.

In a public notice through the Shilo Stag, the Base golf club plans to control noxious weeds on the 18-hole course by applying pesticides from May 1 to Nov. 1. The herbicides being used include 2-4-D Amine and Glyphosate.

Further applications will control turf grass diseases including Dollar Spot, Anthracnose, Melting Out, Pink and Grey Snow Mould etc. The proposed dates of application for these programs will run at the same time, May 1 to Nov. 1, with the following fungicides being used — Banner Maxx, Daconil 2787, Heritage Maxx and Trilogy.

The public may send written submissions or objections within 15 days of the publication of this notice in the *Stag* to Environmental Approvals Branch, Manitoba Conservation and Climate, 1007 Century St., Winnipeg, MB, R3H 0W4.



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The Shilo Stag is produced every second Thursday.

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, 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 cutline which names the individuals in the photo; what's taking place; and the name, rank, and unit of the photographer.

Follow the Shilo Stag on
Facebook by visiting:<http://www.facebook.com/ShiloSTAG>**Volunteer Appreciation**Sponsored by CANEX, Base Fund
Let's celebrate with our volunteers
at the Junior Ranks Mess

March 14 9:30 - 11:30 a.m.

Are you thinking about CAF retirement?

Capt Bradley Knoll
BPSO Special

Are you ready for the future? Are you five years or less from possible retirement or thinking about a second career outside the Canadian Armed Forces (CAF)?

Or are you interested in learning about financial, education, and other benefits to prepare a long-term plan for retirement or to develop yourself professionally? The Second Career Assistance Network (SCAN) seminar is your recipe for success.

Numerous members of the CAF enter the civilian work-force following their military service; others choose to hang up their uniform and live the good life.

Either way, the CAF recognizes that this transition is a major life-event. We address this issue by providing information and guidance to Regular and Reserve CAF members and their spouses on how to effectively manage career

changes or retirement.

SCAN offers a variety of services to help you prepare for a successful transition.

This spring's three-day SCAN seminar starts April 29, and is being held at the 1RCHA theatre. The first two days are general SCAN for all CAF members, while the last half day is the medical SCAN for members who may be medically transitioning from the CAF.

This event will comprise a number of presentations by different agencies over the entire seminar packed full of useful information which you will not want to miss.

The first two days are general SCAN for all CAF members and will comprise of multiple presenters such as the Director Canadian Forces Pension Services (DCPFS) for vital pension information, SI-SIP Financial Services for financial planning and insurance, release section, medical records, education opportunities through the CAF and civilian academic partners, and many other organizations to

help your transition to civilian life.

The third day is medical SCAN and focuses on the medical aspects of release featuring transition services, medical release process, and vocational rehabilitation, clarifying of multi-services and benefits.

Presenters include CAF Vocational Rehabilitation Plan (VRP), Veterans Affairs Canada (VAC), Transition Group (TG), Health Services case management, and Operational Stress Injuries Social Support (OSISS).

Register by completing the registration form at the CFB Shilo ACIMS under G1/Base Personnel Selection Officer (BPSO) April 29, 30 and May 1 SCAN registration form or call the BPSO office at ext 3086.

Submit the form to +BPSOShilo@forces.gc.ca or drop off no later than April 24.

Seating is limited, so be sure to reserve your seats early. Dress is appropriate civilian attire and we encourage your spouse or partner to attend.

Veteran Affairs Canada launches consultation to improve outreach to veterans, families

Stag Special

All Veterans and their families should be aware of the range of benefits and services which are available to them.

The Government of Canada is committed to ensuring everyone who served in the Canadian Armed Forces (CAF) knows how to access supports for which they are eligible, now or at any point in their lives.

Veterans Affairs Canada (VAC) unveiled an online consultation — www.veteranconsultation.ca — designed to involve former CAF members and their families in VAC's outreach.

The department wants to hear directly from veterans who are not currently receiving benefits and services from VAC. The consultation will explore any

possible barriers which may be preventing some retired military members from reaching out to VAC for support.

The feedback will help the department improve how it communicates to all veterans in the future so they stay informed about the benefits and services that are available to them.

The online consultation will run until the end of March at www.veteranconsultation.ca.

In-person discussion groups will take place in communities across Canada this spring for veterans who prefer to share their perspectives in person.

Details about these sessions will appear on the website www.veterans.gc.ca and the department's social media channels. The department will release its findings once the consultation is complete this summer.



Organizing filters

RPOU-W Det Shilo trades helper Bill "BW" McLean had a busy afternoon at 2PPCLI organizing the various filters used in different furnaces. He said with his job, he has stockpiles of various filters stored at the different buildings he services on the Base. When he's at CANEX, he uses filters on roof-based equipment.

Photo Jules Xavier/Shilo Stag

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Base hockey action from Gunner Arena this past 2019-20 campaign, with 2PPCLI garnering league bragging rights after finishing the season in first, with a 6-2 won-loss record, one point better than the Base team which played one game more in the abbreviated season. *Photos Jules Xavier/Shilo Stag*

Base sniper Stephan Lajoie wins scoring race

Shilo Stag

Stephan Lajoie only played seven games, but that was enough to earn community recreation hockey league bragging rights as the top sniper for the 2019-20 season.

The ELE staffer from RPOU-W Det Shilo had a league-high 26 goals and 41 points — five better than Base teammate Joe Healey, who played one game more and finished with 20 goals and 16 helpers.

The intersection hockey season was cut short, 18 games into the second half of the season due to game cancellations and forfeits. With the units in high readiness mode, teams from 1RCHA and 2PPCLI were finding it hard to dress a full team for the 5 and 6:30 p.m. ice slots at Gunner Arena Monday and Thursday.

So, a decision was made to dissolve the rest of the regular and post-season, regroup, and return for the 2020-21 season in October.

A Bty and Z Bty both folded their teams early in 2020 following Ex STRONG CONTENDER at Garrison Edmonton as both batteries were being deployed: A Bty went to Latvia

in early January, while 1RCHA's contingent, including Z Bty, is off to Ukraine in early April.

2PPCLI earned first-place honours based on a solid 6-2 win-loss record, outscoring opponents 23-7. Runner-up Base, often the doormat in previous seasons, came on strong after Christmas and finished with a 5-4-1 win-loss-tie record.

The vaunted offence of this team proved itself by outscoring opponents 67-39.

Third-place went to B Bty, with a 5-3 win-loss record. The difference between first and third, was a single point among the three remaining teams which started the campaign back in the fall.

Top female sniper, also from the Base team, was Cpl Isabelle Dubord, who finished third in scoring with a league-high 18 helpers to go with her seven goals in just eight games.

B Bty's Gnr Matthew Hammond was fourth among the top-five snipers, scoring 17 goals and 24 points in just eight games. Capt Jason Smits from the Base team was fifth, playing nine games, with 14 goals and 24 points.

2019-2020 COM REC HOCKEY FINAL STANDINGS

FINAL STANDINGS	TEAM	GP	W	L	T	GF	GA	PTS	%
1st	2PPCLI	11	6	2		23	7	12	0.545
2nd	BASE	12	5	4	1	67	39	11	0.458
3rd	B Bty	11	5	3		47	23	10	0.455

COM REC HOCKEY TOP SCORERS

	NAME	Team	GP	Goals	Assists	PTS
1st	Civ Lajoie	Base	7	26	15	41
2nd	Civ Healey	Base	8	20	16	36
3rd	Cpl Dubord	Base	8	7	18	25
4th	Gnr Hammond	B Bty	8	17	7	24
5th	Capt Smits	Base	9	14	10	24



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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:
Who is the mayor of CFB Shilo?

Clip your entry form, scan it or use your iPhone camera and e-mail it to 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.

'Make an impact' celebrating IWD March 8

On March 8 join the global community in challenging stereotypes, fighting bias, broadening perceptions, improving situations, and celebrating the achievements of women. Make an impact.

Stephanie Lacasse Stag Special

The beginnings of International Women's Day (IWD) trace back to the early 20th century, emerging from the activities of labour movements in North America and Europe and reflecting a growing movement for women to participate equally in society.

IWD was later recognized by the United Nations in 1977 to celebrate the great social, economic, cultural and political achievements of women throughout the world.

There are achievements which happen every day, big and small, and all year long, and thus, each year on March 8 we celebrate them with International Women's Day.

To have a day set aside to recognize and reflect on the contributions of women allows for a conversation about the

advancements of gender equality, the progress made so far and the challenges which still remain.

It is an important moment to showcase commitment to women's equality and raise awareness. This year the global IWD campaign theme is #EachforEqual.

For 2020, the Department of National Defence (DND) selected "Make an Impact".

In many parts of the world there is still much room for improvement, advocacy is still needed, but in 2020, living in Canada, can you imagine not being able to vote or run for office, to drive a car, or own property based on your gender? Of course not.

Previous movements have put a spotlight on basic human rights such as education and safe and secure employment.

The term gender parity means that each gender is represented equally. It is an instrument at the service of equality, which corresponds to ensuring the access of women and men to the same opportunities.

Everyone deserves to be valued and respected equally, regardless of gender. We are all parts of a whole. Our individual actions, conversations, mindsets, and behaviours have an impact on our larger society.

Work remains to be done on resolving some of the sys-

temic issues that may still be adversely affecting the full contributions that women can make. We can actively choose to challenge stereotypes, fight bias, broaden perceptions, improve situations, and celebrate the achievements of women.

On March 8, take some time to reflect on the gains and impacts made so far and those still to come.

• • •

To celebrate International Women's Day, CFB Shilo's DAG invited you to submit nominations for Women in Distinction in order to recognize women in our community. You were asked to provide a 200-word resume which included who she is, what she has accomplished and why it makes her a "Woman of Distinction."

The submissions are being shared in the Stag as part of IWD. DAG was looking for any kind of stories which includes: military women, military spouses, civilians, work colleagues, neighbours, mothers, et al.

It is the mission of the DAG to celebrate women on this International Women's Day.

Women's day is an opportunity to celebrate women's rights as well as recognize women in our community who reflect courage, kindness and resilience. On this page are the women you nominated.

WOMEN of DISTINCTION



ANGELA
MECHAM



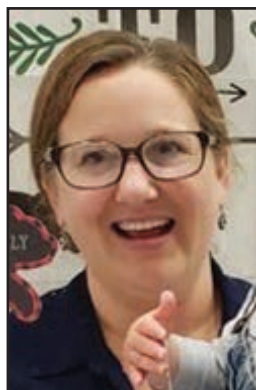
CHRISSY
DAVIDSON



NATASHA
ROBICHAUD



CHRISTINE
HOWELL



MELISSA
FULLOLA



CPL ISABELLE
THIBODEAU



CPL CINTHY
JESSOP



MWO DEBORAH
ATTRUX



CPL CARALYN
BOHM

CHRISSY DAVIDSON

Chrissy Davidson is a computer specialist at 3CDSG Sign Sqn Det Shilo. If you have ever called 7777 you have no doubt talked with her. She is a consummate professional and her talents for all things Blackberry and Android has kept phone users in 3Div connected. She is extraordinarily patient and that makes her an effective mentor for new staff and co-op students. 3CDSG Sigs says they are lucky to have her on their team.

CPL ISABELLE THIBODEAU

Cpl Thibodeau has already been recognized for her efforts encouraging people at CFB Shilo to get out and explore Manitoba. Her enthusiasm and spirit in promoting "What to Do" earned her a "coin" from the Office of the Special Envoy for Military Affairs in Manitoba. But she is also a tireless volunteer and participant. The United Way and Op HONOUR already benefit from her work, but if there is something going on here, Cpl Thibodeau will be there with a ready smile and an offer of help.

MWO DEBORAH ATTRUX

With 30 years of service in the Reg and Reserve Force MWO Attrux is a true woman of distinction. She is the first woman to serve as a Battery Sergeant Major (BSM) in a Reg Force Artillery unit and was one of the first three women to join as a Gunner when the combat arms trades opened to women in 1989. She genuinely cares about her soldiers and makes sure they are looked after, trained and get the supports they need. Her daily display of grit and determination has made her an excellent command team partner and leader.

ANGELA MECHAM

Angela Mecham is a military spouse and mother of, soon-to-be, five children. She has picked up and moved her family many times and manages the demands of the military lifestyle with grace and agility. A typical Mom, she puts others first, without recognition — except for today. The true impact of Mecham's efforts will only be fully understood in the coming years as the children she works so hard to raise mature and become a force for good in the world.

CPL CINTHY JESSOP

Cpl Jessop grew up as part of a military family in Peru. Worried for her safety, her parents enrolled her in dentistry in Peru, where she graduated as a dental surgeon in 2013. She came to Canada shortly after where she completed her schooling in 2016 to work in Canada as a dental assistant and to become a Canadian citizen. The week after becoming a citizen she joined the Canadian Armed Forces (CAF) and is very proud to wear the Canadian uniform. Cpl Jessop has always desired to serve her country and after years of being told she could not because she was a female she has finally achieved her goal in the CAF.

CPL CARALYN BOHM

Cpl Bohm is an excellent vehicle technician whose commitment to her work and her personal well-being sets a high standard. Her affectionate and bright personality directly impacts her co-workers by creating a positive work environment at Base Maintenance. Her artistic alter ego comes out when she takes photos for events and activities as Cpl Bohm also holds a Bachelor of Arts - Photography from the Ontario College of Arts and Design.

CHRISTINE HOWELL

Christine Howell has been a dedicated employee of the Operation Stress Injury Social Support (OSSIS) program for 12 years. Howell offers understanding and compassion to military families struggling to navigate their new reality and to assist soldiers and veterans suffering with Operational Stress Injuries (OSI). In 2013, she had a vision to establish an annual retreat to help teach resiliency to her peers in a group setting. The OSISS/MFRC resilience training weekend is now heading into its eighth year and has also been adopted nationwide.

MELISSA FULLOLA

Melissa Fullola radiates kindness. She generously shares of her time and talent as a board member, volunteer, and second soprano with the Canadian Military Wives Choir - Shilo. Many a potluck, bake sale or community gathering at CFB Shilo has benefited from her baking and cooking. Wherever there is a need — from baking, to fundraising, to tying skates at a school event — she is there. Anyone who is brave enough to volunteer with a two-year-old in tow deserves an award.

NATASHA ROBICHAUD

A service spouse, mother of two young children and a Chartered Professional Accountant (CPA), Natasha Robichaud loves a challenge. Which is why she has somehow found the time to further her education as a tax specialist while also volunteering to help business students with their projects at Assiniboine Community College (ACC). She has coached her daughter's soccer team and acted as treasurer for a not-for-profit organization. All this while her spouse was deployed and the flu rampaged through her household this winter.

Women in uniform Why not?

Stag Special

The Canadian Armed Forces (CAF) did not invent International Women's Year (IWY), nor did they wait for it to come along before opening then ranks to femininity.

For years women have been part of the military scene, but IWY just happened to coincide with a new policy whereby a quota ceiling was removed.

That meant women were welcome in 62 of 121 classifications and trades, instead of the previous 48.

The change enables them to serve now, for example, as land ordnance engineers, Protestant chaplains, truck drivers, firefighters and electricians. Combat trades, sea-going duties and isolated postings, necessarily, remain open to men only.

But under the new policy most other positions are being filled by selecting the best applicants available, male or female.

And women have accepted the opportunity with a will. Last year, Louise Chevalier, 24, of Montreal, an aviation engineering graduate of McGill University, was enrolled in the CAF as a lieutenant. Following almost a year's specialized instruction and on-job training, she will shortly be posted to a flying squadron as an aeronautical engineer.

Officer Cadet Nancy-Jean Monseler, 19, of Saskatoon, attending university under the Regular Officer Training Plan (ROTP), became the first woman to receive parachutist wings in the Forces since seven RCAF nurses took para-rescue training courses in 1951-52.

Privates Jane Brunton, 20, of Sioux Lookout, Ont., and Karen Weisenberg, 19, of Petawawa, Ont., were the first women posted to Military Police (MP) duties at National Defence headquarters in Ottawa, after 10 weeks of rugged military police training.

Capt Vi Conner, 37, of Kingston, Ont., and Sgt Maire Timoney, 50 of Glasgow, Scotland, were the first two women selected for service with the United Nations Emergency Force in the Middle East. They were the forerunners of about 50 women who will be posted to the Canadian Contingent in the Middle East force this year.

Graduating classes of women airframe technicians now are being assigned to Air Force Bases around the country as riggers. They will work on aircraft ranging from a Musketeer trainer to multi-engine C130 Hercules and the Boeing 707.

Women in the Forces have always received equal pay for equal work, but not they're more equal than ever as they take their place alongside male counterparts in ever increasing numbers.

At the end of March there were 655 women officers and 2,420 female other ranks in the Forces.

This article appeared in the Comox Totem Times in 1975. The photo accompanying the words featured CAF recruit 21-year-old Jan Abernathy, who was believed to be the only full-time professional woman firefighter in Canada. The "pretty blonde" has proved her firefighting skills to fellow co-workers during several months on-job training at an Alberta CAF Base. Once she graduates, the newlywed planned to continue with the fire department, saying her job offers a challenge and a sense of purpose.

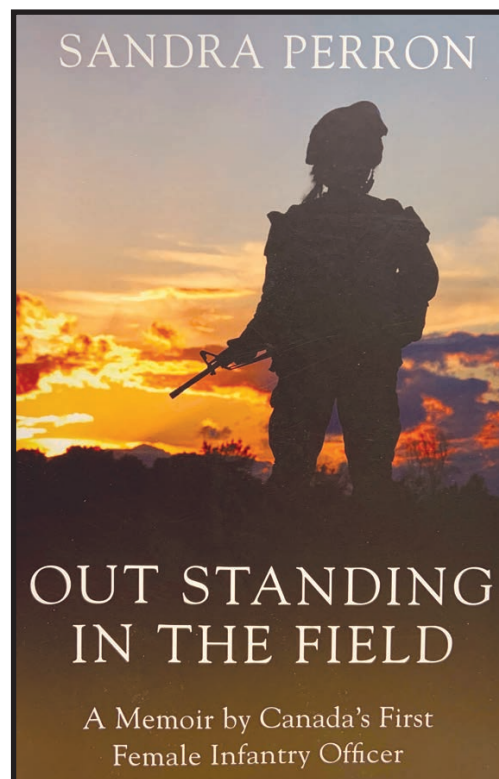


Three women with 1RCHA took part in the rigorous Sealfit program.

CFB Shilo's Defence Advisory Group (DAG) and MFRC are hosting a coffee break March 6 from 10 to 11 a.m. to mark International Women's Day (IWD) at the T114 (Community Centre) in the public lounge.

This morning event includes a speaker from Brandon YMCA, plus video highlighting women from CFB Shilo's workforce. There's also a Women of Distinction slideshow.

As part of IWD, there's an optional collection of clothing and much-needed supplies in support of local transitional housing facilities and shelters.



"The Canadian Forces can only hope to repair, grow, and thrive if it embraces the incredible, diverse potential available to it among its entire population. Women like Ms. Perron not only have the necessary traditional skills to be great soldiers and officers, but bring hosts of new and essential skill sets. We continue to repel them at our own foolish peril."

— LGen (Ret'd) Romeo Dallaire

"Capt Sandra Perron thought she was the problem because she wanted to be the first woman in the infantry, the first to wear the proud Van Doo patches. But outstanding talent, dedication, and determination, which show her superior officers described her, is not why she was left out, standing in the field. It was the culture of misogyny that still exists and still guides promotions in the ranks that ended the career of a woman the Chief of the Defence Staff Gen Baril called 'an astronaut — one in a million.' This book is a must-read for anyone interested in the future of Canada's military forces."

— Sally Armstrong

Out Standing in the Field

Capt (Ret'd) Perron shares her story as first female infantry officer

Stag Special



Capt (Ret'd)
Sandra Perron

In 2017, Canada's first female infantry officer Capt (Ret'd) Sandra Perron offered a personal account about her time in the Canadian military.

A decorated and highly commended member of the Royal 22e Régiment — the legendary Van Doos — and a veteran of peacekeeping missions in the former Yugoslavia, Perron had much to be proud of. Yet, as time passed, she began to add up the personal cost of her military career.

"Throughout my whole career there were blips of indications that things were not right, but I accepted them knowing that I was in an environment that was male dominated and that it was just [a gap] I had to bridge, a road I had to pave as I went. It never struck me until I left the military that there were so many things that happened to me that were wrong."

Now in her 50s, Perron has unburdened herself. In her memoir, *Out Standing in the Field*, she traces a career that was exhilarating and horrifying. From a military family where both her parents served, Perron never had a second thought about what a life in a combat unit would be like for a woman.

Out Standing in the Field was listed in the Canada Reads 2018 long list by CBC Books. To preview the memoir and learn more about how Perron found the courage to tell her story, visit www.cbc.ca/books/out-standing-in-the-field

Her memoir is the story of a soldier who refused to let her comrades or her country down, even while serving in an institution which failed her repeatedly.

Though consistently identified as atop of her class throughout her training, Perron was subject to harassment by her male colleagues, which continued over two deployments to Bosnia and Croatia.

Despite this, Perron served her country with courage and compassion, and forged lasting friendships with the men and women she served alongside.

Her determination helped to pave the way for women's inclusion in the Canadian Armed Forces (CAF).

Beautifully written, Perron's memoir is a testament to her fortitude and patriotism. It stands as proof that the spirit of a true hero cannot be bent or broken.

Following her military career, Perron specialized in advanced quality engineering with General Motors and Bombardier Aerospace, then rounded out her skills with trauma-informed practices, neuro-linguistic programming, and mind mapping techniques, all of which have made her a unique and popular keynote speaker.

Be the first female soldier on the Base to stop by the Shilo Stag's office in CANEX and we will provide you with our single copy of Capt (Ret'd) Sandra Perron's memoir, *Out Standing in the Field*.

Changes in CF for women started in 1980

Shilo Stag

It was 1980, when the first servicewomen were selected for trial employment at sea.

They joined Maritime Command's fleet diving support ship HMCS Cormorant, the eight-member group included one officer, one sergeant and six other ranks. The project was part of the Canadian Forces (CF) three-to-five year trial to evaluate the

performance of women in military roles traditionally assigned to men. The trial also involved assignment of women to "near-combat" units, support units, aircrew positions, geographically-isolated locations and as students at Royal Military College in Kingston and Esquimalt. The ship selected for the trial, HMCS Cormorant, was commissioned in 1978, to provide underwater activity support for Maritime Command.



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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 Defense

OTTAWA, CANADA
17630-77



Shrove Tuesday



It was a hive of activity at the Base's Faith Centre for Shrove Tuesday, as soldiers and their families visited the facility to enjoy pancakes smothered in strawberries, bananas and syrup. This year the Base kitchen staff cooked the pancakes and tangy sausage, while Chef Dan was responsible for the special pancakes made on site, sprinkled with chocolate chips. For some, like Shilo Mayor Lt Jonathan Di Falco (above), tradition for Shrove Tuesday saw him bring his own bottle of Canadian maple syrup to pour on his fluffy pancakes.

Photos Jules Xavier/Shilo Stag

CFMWS renews partnership with BMO

Stag Special

CFMWS has recently signed a 10-year extension of its partnership with Bank of Montreal (BMO).

With the extension, BMO continues to be the official bank and exclusive provider of banking services and financial products to members of the Canadian defence community.

Since 2008, BMO has served as the official bank of the Canadian Defence Community Banking (CDCB) program, designed to serve the banking needs of regular force personnel, reserves, recruits, military families, veterans and retirees, as well as DND and Staff of the NPF civilian personnel, the RCMP and the Canadian Coast Guard.

The CDCB program offers products and services specifically designed to meet the needs of the defence community, such as free banking with the performance plan and the

BMO Support Our Troops MasterCard.

A portion of each transaction made with the BMO MasterCard goes to Support Our Troops, the official charitable cause of the Canadian Armed Forces (CAF), and has generated more than \$519,000 so far.

"Over the past decade, our partnership with BMO has allowed us to improve the lives of members, veterans and their families, and we are excited to continue delivering a wide range of benefits specifically designed for our Defence Community," said CFMWS CEO Sean Cantelon.

"We look forward to working with BMO in this renewed partnership to enhance services that meet the needs of the Defence community, today and tomorrow."

To learn more about the CDCB program and other financial services offered by CFMWS visit www.cafconnection.ca/National/Programs-Services/Financial-Services.aspx

1RCHA fought in Korea

Andrew Oakden
Stag Special

In the fall of 2016, 1RCHA sent over a bankers box full of historical documents including, essays, Change of Command reports and Regimental histories.

I found a number of interesting essays, one on post-traumatic stress disorder and Vietnam veterans, and a couple of very interesting 1RCHA Regimental histories.

In a military report from July 16, 1992, I found a fascinating history of 1RCHA that included the Korean War.

Canadian Gunners representing RCHA fought in the Korean War from April 1951 to April 1953; 2RCHA arrived in Korea in April 1951, and was replaced by 1RCHA a year later in April 1952.

1RCHA stayed in Korea for approximately one year until April 1953. This report from 1992 added more detail: "In the spring of 1952, 2RCHA was replaced in Korea by 1RCHA under the command of LCol E.M.D. McNaughton.

The unit distinguished itself particularly during the enemy assault on the 1RCHA position on Hill 355 in October 1952. During the conflict the Regiment fired 247,182 rounds."

Before reading this report, I was not aware that Canadian Gunners distinguished themselves during battles on Hill 355, notably in October 1952.

In another report, written in the late 1980s, titled An Introduction to the 1st Regiment Royal Canadian Horse Artillery, I found more information on the battle for Hill 355 in October 1952. Regarding 1RCHA the report states:

While supporting the Royal Canadian Regiment (RCR) during the intense fighting for Hill 355, the Regiment's fire plan contributed greatly to saving the RCR positions. A bond of mutual admiration which rapidly grew between

the RCR and A Battery RCHA was cemented by painting the RCR crest on the Battery's guns.

To this day A Battery proudly bears the RCR crest on all its guns. The Regiment was relieved in Korea in April 1953 and returned to Winnipeg.

Indeed, display of the RCR crest, or VRI cipher, on A Battery, 1RCHA guns is a badge of honour in the defence of Hill 355.

After reading this passage, I was able to locate one example of the RCR crest on a gun in the RCA museum's collection. One of our M109s, originally from A Battery, 1RCHA, bears the RCR crest, pictured here.

There is not a lot written on Hill 355 during the Korean War. Throughout the war, Canadian soldiers defended Hill 355, and others, from enemy assault, most notably in October 1952.

Hill 355 was located 40 kilometres north of Seoul, near the frontlines and close to the 38th Parallel. The hill is currently near the Korean Demilitarized Zone between North and South Korea.

Every Canadian Battalion that served in Korea spent some time at Hill 355. Throughout the war, it was of high strategic importance to the United Nations (UN) forces because of its prominent size and key defensive position.

In October 1952, this hill was the scene of fierce fighting between the RCR stationed on the hill and the Chinese to the North that were periodically bombarding the hill.

On Oct. 23, the Chinese launched an offensive attack, first with a heavy artillery barrage, and then with infantry soldiers advancing on the RCR; 18 Canadian soldiers were killed, with 35 wounded and 14 taken prisoner.

A day later, due in large measure to the artillery support from 1RCHA, Hill 355 was retaken by UN soldiers.

The 18 fallen soldiers at Hill 355 are among the 516 Canadians who died in service during the Korean War.



1RCHA's Gunners operating a QF 25-pounder gun under United Nation Mandate during the Korean War in 1952. Photos RCA Museum



The picture here shows a composite detachment consisting of 1RCHA/2 RCHA during the handover period in May 1952. The author found this picture in the museum archives.



Another photo from our archives shows 1RCHA firing their first round in Korea in April 1952.



Five years

CANEX assistant manager Melissa Kelly received her five-year service award. According to CANEX manager Rick Kehler, Kelly is instrumental in the daily affairs of "running the business" and has been effectively doing this for the past three years. She served as a sales associate for the two years prior.

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March 18 vs Warriors
7:30 p.m.

What do you know about postpartum depression?

The Mental Health Services team at Canadian Forces Health Services Centre (Atlantic) has produced this article to spread awareness of a common, but not often talked about mental illness which impacts many of our Defence Team members and their families: Postpartum Depression.

Melissa Poirier Stag Special

The birth of a baby is a life-altering experience for women — and families. It comes with the belief that a new mother will be happy, excited and will fall madly in love with their baby.

But, what happens when that belief does not hold true for a new mother?

Instead, the mother struggles to bond with her child, distances herself from her partner, experiences uncontrollable anxiety and/or feelings of guilt and worthlessness; maybe begins to wonder “Am I crazy; What is wrong with me?”

In Canada, studies have found that almost one quarter of new mothers experience postpartum depression (PPD), but what exactly is PPD? What are the implications? What causes it? How do we treat it?

The first few weeks after delivery can be described as an emotional roller-coaster where the new mother is experiencing significant hormonal changes, along with trying to adjusting to a life with a new baby.

The female body is working overtime to return to its pre-pregnant state, while the mom trying to figure out “How, in God’s green earth do I care for this new little being?” “They should really come with a manual!”

Baby Blues versus Postpartum Depression — there is a difference.

During the first week or two after birth, a new mom may experience baby blues, which is common. The mother is happy, but may experience emotional lability that may be the result of rapid hormonal changes that occur after delivery.

The mom could be happy one moment and rapidly shift to tearful, irritable, weepy, anxious and/or have appetite and sleep issues. No medical interventions are required, just ongoing support and reassurance.

In contrast, postpartum depression (PPD) is a form of depression that occurs within the first four weeks after delivery. It impacts the bond building between the mother and child and can impact parenting abilities, which directly impacts child development.

As result, it is quite important to diagnose and treat PPD, as soon as possible, to prevent further complications. So, what does postpartum depression look like for women?

- Depressed mood — sad, tearful, numb. The mother may voice feelings of inadequacy regarding her ability to be a mom; voice concerns over being a bad mother.

- Anxiety — the mother may express anxiety around the baby’s health and/or question her ability to care for her new baby. It is possible, in PPD, to only have anxiety and no other depressive symptoms.

- Anhedonia — lack of interest in activities previously enjoyed.

- Weight change — significant weight gain or loss.



- Sleep disturbances
- Fatigue
- Psychomotor retardation or agitation — feeling sluggish, slowed down OR feeling restless, jumpy.
- Excessive feelings of guilt or worthlessness
- Difficulty with concentration – slowed thinking, difficulty focusing on a task.
- Thoughts of death or suicide

Some of these symptoms can be difficult to identify because of the normal challenges that women and men face with having a new baby in the home, i.e. sleep difficulties, fatigue or general worry about being a new parent and ensuring the child is safe and cared for.

But, being open and honest with yourself and the family, along with your medical team can lead to early detection of PPD.

Unfortunately, there is no specific cause for PPD in women; however, there are factors that may predispose women to this issue, such as: decreased self-esteem; prenatal depression; child care stress; prenatal anxiety; lack of support; relationship issues; history of depression; infant temperament; low socioeconomic status; and unplanned/unwanted pregnancy.

Interestingly, there is limited research on PPD in active military members, especially in Canada. Studies completed in the United States have suggested that active duty members may experience higher rates of PPD than their civilian counterparts.

It is unclear why this may be; however, some possible reasons may include working longer into pregnancy, fear of career implications if difficulties are disclosed, and partner deployments.

Those of you reading this article may be now questioning if postpartum depression is treatable, and the answer is yes. Women should attend their post-delivery check-ups with their physician.

As with any mental health concern, early detection is ideal. I cannot stress this enough — disclosing some of the above symptoms is difficult, and in the moment, will possibly add to the feelings of inadequacy or of feeling like a bad mother; however, these discussions can put a person on the road to recovery.

It can give women the opportunity to experience the joy and happiness that comes with having a child, along with strengthening the mother-child bond that is so important to development.

Treatment for PPD is decided between the mother and doctor and may include a combination of medication, psychotherapy and support groups.


For military personnel reading this article: if you are concerned you or a loved one may be experiencing postpartum depression, visit your Care Delivery Unit (CDU), or your local hospital. There are many resources to help treat and manage PPD; however, the most difficult part will be to speak up and say, “Something is wrong, I need help.”

It was called the “Baby Blues” when Avr Doreen Sampson had her first of five children, her son born in 1959. At the time, the RCAF had a policy in place that a woman in the military who was pregnant or wanted to be married, their military career ended. For Avr Sampson she was prescribed medication to alleviate her “Baby Blues,” with no mental health strategies in place at the time in the RCAF. It was not until 1972 that the CAF became liberated when it came to serving women. Under current policy that year, a married woman with or without children “may apply for enrolment in the Canadian Forces.” Women in the military who become pregnant “are not prohibited from continuing to serve and may apply for LWOP.”



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What should you know about Coronavirus disease (COVID-19)

BGen Stephen Lacroix
Stag Special

To all members of 3Div One Team — with the current situation, there have been no confirmed cases of the virus to Canadian Armed Forces (CAF) members of 3 Div.

The Public Health Agency of Canada (PHAC) has assessed the public health risk associated with COVID-19 as low for Canada. Public health risk is continually reassessed as new information becomes available.

As of March 2, 27 cases of COVID-19 have been confirmed in Canada: Ontario 18; British Columbia eight and one presumptive case reported in Quebec.

What should you be looking for when it comes to symptoms? Those who are infected with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu.

Symptoms may take up to 14 days to appear after exposure to COVID-19. This is the longest known infectious period for this disease.

Symptoms have included: fever, cough, difficulty breathing, and pneumonia in both lungs. In severe cases, infection can lead to death.

There are preventative measures you can take:

- Washing hands often, with soap and warm running water for 20 seconds, or use an alcohol-based hand sanitizer if soap and water are not available;
- Proper cough and sneeze etiquette;
- Avoid large crowds or crowded areas
- CAF members are restricted all travel to China (CANFORGEN 020/20 VCDS 001/20 030737Z FEB 20)

- Be informed — see travel advisories

For CAF members travelling abroad, it is always good practice to monitor your health after return — informal self-monitoring with a low threshold for seeking medical care particularly for fever, cough, or shortness of breath. If an individual becomes sick, they should inform their health care provider of their travel history.

If you do become ill and have not had any recent travel: stay home, minimize contact with others; and if you develop fever, cough or difficulty breathing in the next 14 days, see your health care provider.

If you have had recent travel to locations which have confirmed cases of COVID-19 and/or contact with sick people while travelling: seek medical attention as soon as symptoms begin.

During normal work hours: contact the Base medical facility and inform where you have been travelling.

Telephone directory of medical facilities across the CAF are available by visiting <https://www.canada.ca/en/department-national-defence/services/benefits-military/health-support/medical-dental-centers.html#Alberta>

Then wash your hands, put on mask and report immediately to the Base medical facility.

After hours: Contact local health care providers, inform where you have been travelling and follow their direction.

For more information visit Public Health Canada's website <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

BGen Stephen Lacroix is Comd 3Div JTF(W)

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Deadline for next issue: March 12 at noon

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


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<p>Many local businesses offer discounts to military members. Check out our website for a list of offers OR look for our logo at a local business and ask about their military discount.</p>  <p>Brandon Salutes www.brandonsalutes.ca</p>			



WINTERFEST '20



It was a hive of activity during the Base's annual PSP Winterfest held at L25. Besides a great meal for those in attendance, youngsters had a chance to take in the farm petting zoo or have their faces painted or glittered. Karl Heinz, The Bubble Man, shared his "creative bubbling" with an attentive audience. Some were placed in a large bubble on stage.





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— *Derrick Grant, Mobile Security with our Manitoba Division*

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