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**Trauma teams treat helicopter 'crash' victims**

The skills of CFB Shilo's EMS and military medical personnel were put to the test May 16 in a training exercise simulating a crashed helicopter on the Base. 2PPCLI DP1 grads volunteered to be patients for the exercise. Here, medical officer Steven Nordstrom assesses a soldier who arrived in the trauma bay with leg burns and a few upper body injuries. 11 CF H Svcs Shilo CO/BSurg Maj Keith Wilson tested each of his medical teams on what they would do based on the wounds following an assessment. For more on the exercise see page 10.

*Photo Jules Xavier/Shilo Stag*

# Eating lobster is not an exercise in etiquette

**Jules Xavier**  
Shilo Stag

My first exposure to lobster came as a child when my late father was posted to a RCAF radar base at CFB St. Margaret's in New Brunswick.

Who knew dad's air force brats, fussy eaters that we were as children, would enjoy our his lobster when he offered it to us. But we did, so that meant his future lobster feasts were interrupted.

Many a morning I would discover a pile of lobster entrails and shell in the kitchen garbage can while doing my chores, which included taking out the garbage. Dad would feast after we went to bed.

If you missed out on purchasing a ticket for the 16th annual Base Commander's Downhomer Lobsterfest June 8, you are missing out on an awesome event hosted by outgoing BComd LCol David MacIntyre, who will be passing on his HQ office keys to incoming BComd LCol Jeff Lyttle during a June 18 Change of Command (CoC) parade at Canoe River Memorial Park.

This will be my sixth Lobsterfest, where I both cover for the Stag and dine on this east coast delicacy. Take note, eating a lobster is not an exercise in etiquette.

Steamed or boiled, when my lobster — and the steak I'll trade with anyone for their lobster if they are not a fan of seafood, but prefer good chunk of Canadian AAA beef — arrives I have been told to let it cool so as to avoid being scalded by boiling water when handling it.

The simplicity of eating a lobster depends partly upon the time of year. Lobsters moult — who knew they shed their shells — each year in early summer.

Just before shedding in May or June the shells are thick and hard, while the claws are difficult to break open. Just after moulting, the shells are as thin as heavy paper, the claws easy to open without tools.

The shells harden within a few weeks after moulting, but an August lobster is still much easier to eat than a May lobster.

How do you eat a lobster? Along with the hot, just-cooked lobster, you might want the following items:



There's an art to eating lobster if you are a rookie attending the annual Base Lobsterfest held at L25.

Photo Jules Xavier/Shilo Stag

- Lobster bib to protect clothing from sprays of sea water, lobster juice and butter

- Claw cracker — like a nutcracker — to crack the claws so you can extract the claw meat, which is a delicacy.

- Small fork or "lobster pick" — this slender instrument is used for extracting meat from difficult, bony places

To begin feasting on your lobster, first hold the body in one hand and the tail in the other, and break the tail off with a side-to-side motion.

Holding the tail upside-down, stick a fork (upside-down) between the bottom of the shell (now facing upwards) and the tail meat and pull the whole chunk of tail meat out.

The tail is the largest meaty portion of the lobster, but there's lots more.

Each claw should be broken and the meat taken out with the small fork or lobster pick, even from the joints that connect the claw to the body. This is the most delicious part, a real delicacy.

In larger lobsters weighing more than a pound and heavier, you will find tender little bites in other places, too.

Twist the four "flippers" off the end of the tail and chew out the delicate meat inside. Twist off each small leg: in the knuckle next to the body there's a nugget, and you can chew tender meat out of each segment in a leg.

Lobster enthusiasts will tear the carapace — hard body cover — off, split the body lengthwise, and behind where each leg was attached there is a good bit of meat.

Of the innards, the gray-coloured liver — called tomalley — is edible. Restaurant chefs sometimes use it in sauces, though not everyone likes it.

If you find a waxy red substance in your lobster, you have a female. It is roe. The eggs are edible, but not choice.

I've also learned from those attend this event annually to bring your own appetizers, and lobster utensils, while waiting to receive your seafood/steak/cole slaw/bun.

I will enjoy my lobster, and raise a claw to my father in his memory. Two days after I have filled my belly, I will mark the 36th anniversary of my father's death at age 50. Besides being a great dad, Sgt Fabio 'Swish' Xavier introduced me to lobster.

Pass the garlic butter, please!

# Take your dog for a walk raises funds for guide dog program

**Shilo Stag**

For a good cause, want to take your dog, or dogs, for a walk?

If so, you might want to sign up and obtain a pledge form to take part in the June 2 Walk for a Dog Guides event being run by the Sprucewoods and Area Lions.

"The walk will commence at the Sprucewoods Community Hall and proceed to the rear of CANEX for a rest stop

and water, [then] return to the hall," said Guiding Lion Sharon Brooks.

She pointed out that it might cost thousands of dollars to raise and train one guide dog, one training is completed the canine is provided to clients at no cost.

Pledge forms are from Lion Brandi Riegel by dialling 204-441-4905.

"You do not need a dog to walk, but it is much more fun if you have one for the walk," said Brooks. "We have scarves

for all the dogs."

The walk starts at 2 p.m. Collect donations online or in person using the pledge form. You can provide donations to organizers of the local walk, or return by mail. Each step you take will bring someone with a disability closer to greater safety, mobility and independence.

There are seven dog guides: canine vision, service dog, autism assistance dog, hearing dog, seizure response dog, diabetic alert dog and support dog.



## Pet of the Week



### ROXY

Mickey Wilson says his six-year-old Shepherd/Lab mix is "goofy." 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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**Ward 2 - Alfriston, Sennybridge**

**Ward 3 - Kingston, Lundy's**

**Ward 4 - Esquimalt, Frontenac, Kingston, Larkhill**

**Ward 5 - Citadel, Petawawa, Kingston, Royal**

*If interested, visit [www.CAFconnection.ca](http://www.CAFconnection.ca) to learn more about the council, or contact 2Lt DiFalco to submit your name for consideration: [Jonathan.DiFalco@forces.gc.ca](mailto:Jonathan.DiFalco@forces.gc.ca)*

**OCdt JP Reil**  
Stag Special

## New PSP staff 'eager' to help soldiers with fitness

With a couple of weeks under her belt at CFB Shilo, new PSP staff member Yuko Onosato is "learning the ropes" of military fitness.

Originally from Chiba, Japan — 40-kilometres southeast of Tokyo — Onosato brings expertise in kinesiology, which is the study of human body movement. At age 13, her family moved to Indonesia until she finished high school. In 2007, she moved to Wolfville, NS, and studied kinesiology at Acadia University. After completing her undergraduate degree, she moved to Ottawa and worked for three years at a physiotherapy clinic as a kinesiologist. The beauty of the Rockies drew her to Calgary, where she completed her master's degree at the University of Calgary. Your Base newspaper caught up with her for a Q&A session about what she can bring to the table regarding fitness working out of the GSH.

**Shilo Stag (SS):** What made you decide to apply for a job working at CFB Shilo?

**Yuko Onosato (YO):** "In the military, being physically fit is a really important part of being successful in their job. Not everyone is a top athlete, but everyone has to be fit to do certain things. That's the real interesting part. Their level of fitness is so different, but how I can help them in slightly different ways in achieving the same goal."

**SS:** What specific part of your job can you offer to help us, as soldiers, improve?

**YO:** "I'm more comfortable adjusting exercises for people if they cannot do certain things. There's always different exercise people can do if they're not able to do regular exercises."

**SS:** Were you always active going through school? Did

that help you become more interested in this field?

**YO:** "In school I was in sports pro-

grams. I played basketball, volleyball and did track and field. When you like it you don't always feel that it's a workout."

**SS:** What are your goals in this new job. What do you want to aspire to while you're here?

**YO:** "Yes, people have to be here to be active, that's a part of the job. If I can educate people a little bit better, at least they're attending and they don't feel like 'I have to be there,' then I can feel like I've helped them."

**SS:** What advice would you offer for those who want to improve their fitness?

**YO:** "Come and talk to us. Figure out what your weaknesses and strengths are. If your power is good, but endurance is not, we can work around and focus on what you want to help improve."

## Our pharmacy staff does more than just fill your prescription

**We offer: on-site walk-in clinic, accept all insurance plans, medication review and consultation, over the counter medications**



Stop in and say hello to pharmacy manager Dhawi Salih — located next door to Canada Post in CFB Shilo's CANEX



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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.



Follow the Shilo Stag on Facebook by visiting:

<http://www.facebook.com/ShiloSTAG>**Ex MAPLE RESOLVE****Canadians, allies train for complexities of modern conflict****Stag Special**

More than 5,000 soldiers from Australia, France, the United Kingdom and the United States — including soldiers from 1RCHA and 2PPCLI — completed Ex MAPLE RESOLVE which began May 8 in Alberta at 3CDSB Detachment Wainwright's training area

This comprehensive and complex Canadian Army (CA) training event, designed and developed by the Wainwright-based Canadian Manoeuvre Training Centre, saw personnel from 1 Canadian Mechanized Brigade Group (1CMBG) prepare to assume the duties of the high-readiness brigade in support of the CA's operational commitments, and Canada's defence policy, Strong, Secure, Engaged.

"Throughout 3rd Canadian Division's Road To High Readiness, 1 Canadian Mechanized Brigade Group trained tactically and realistically in austere environments while making deliberate investments in our readiness, resilience and growth," said 1CMBG Commander Col Bob Richie.

"Ex MAPLE RESOLVE 19 mobilized our entire formation and challenged our combined arms teams in dynamic force-on-force scenarios using instrumented simulation. 1 Canadian Mechanized Brigade Group remains ever strong, proud and ready to respond to domestic contingencies in support of Canadians."

Canadian Manoeuvre Training Centre Commander Col Pete Huet added, "The Canadian Manoeuvre Training Centre designs and executes collective training exercises year-round to prepare forces for the challenges and complexities of the contemporary operating environment.

"Ex MAPLE RESOLVE 19 was the venue for our soldiers to maintain their war-fighting skills, conduct full-spectrum operations, and integrate with key partners and allied forces. Incorporating lessons learned from across the Canadian Army enables us to effectively train soldiers to respond appropriately and decisively."

**Quick Facts**

- Ex MAPLE RESOLVE challenges soldiers in an environment that closely models modern conflict, complete with simulated villages populated with professional actors, simulated media and social media environments
- CA soldiers serving with 1CMBG, based at Garrison Edmonton and CFB Shilo, trained with elements of the Royal



Canadian Army (CA) members conduct stability operations at 3CDSB Detachment Wainwright's training area during Ex MAPLE RESOLVE in mid-May.

Photo Pte Jordyn Anderson

al Canadian Air Force (RCAF), the British Army, the French Army and United States forces from the Army, National Guard, Army Reserve, and the Marine Corps.

• Allied and partner participation involved more than 600 soldiers from the U.S. military, approximately 150 soldiers from the British Army, 40 soldiers from the French Army, and two Observer Controller Trainers from the Australian Army.

• 3rd Canadian Division will be responsible for High Readiness from July 1 to June 30, 2020. The Road to High Readiness training program prepares CA soldiers to react at short notice to support international and domestic commitments. Ex MAPLE RESOLVE is a key component of this training program.

• Participating personnel used a wide variety of tactics, weapons, simulation technology, armoured fighting vehicles, and aircraft to hone their skills within a realistic, evolving and challenging operating environment.

• The Canadian Manoeuvre Training Centre provides realistic and dynamic training. The centre's weapons effects simulation technology, purpose-built urban infrastructure, role-playing civilians and resident opposing force contribute to the CA's readiness to conduct domestic and international operations in a variety of environments.

**Whiskey Jacks invite military to June 2 tilt****Stag Special**

The Wheat City Whiskey Jacks baseball club is hosting a CAF appreciation game June 2 at Andrews Field in Brandon, with opening pitch at 4:30 p.m.

There is free entry for all military personnel in uniform.

Regular tickets are \$12, but military price is always \$10 for future games, while children aged three to 12 pay \$8.

The Whiskey Jacks are a new expansion team in the now International Expedition Baseball League. They will be



playing the Spearfish Sasquatch.

CFB Shilo's command team encourages all Reg Force and Reservist personnel to come out and enjoy an afternoon at the ballpark and cheer on the Whiskey Jacks while they show their appreciation for the Canadian Armed Forces (CAF).

BComd LCol David MacIntyre will throw out the opening pitch to mark the occasion.

To learn more about this team featuring college players visit <http://wheatcitywhiskeyjacks.pointstreaksites.com/view/wheatcitywhiskeyjacks>

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# Blue beret returns to Canadian Army

**Maj Trevor Michelson**  
Stag Special

Earlier this month marked the return of the "Army Blue" by elements of the Canadian Army (CA).

The initiative was led by the Royal Regiment of Canadian Artillery (RCA) and worked closely with personnel in the Directorate of Land Requirements (DLR). The intent was to reconnect with our heritage much in the same way other recent initiatives to reconnect with our heritage and past history, such as official recognition of traditional titles such as "Gunner" and "Bombardier."

Although the adoption of the blue beret occurred in 1951 and only lasted a few short years, many people were interested in bringing back this piece of history.

In 2016, the RCA began the process to return to the blue beret. As the project went through various aspects of research and approvals other corps/branches that had worn the beret were asked if they would like to return to that as part of their dress as well.

Three other branches (RCME, RCCS, INT) are also adopting the blue beret.

The Canadian Army Corps of Royal Canadian Electrical and Mechanical Engineers (RCEME) celebrated its 75th anniversary May 15 at Garrison Edmonton, with celebrations that included a Change of Beret parade, plus the unveiling of a new RCEME flag.

The beret is available through the Logistik Unicorps website.



Incoming BComd LCol Jeff Lyttle (right) — Change of Command ceremony June 18 at the Canoe River Memorial Park — proudly sports the "Army Blue" beret in Ottawa, where he is Ops Chief at CJOC HQ.



## D-Day exhibit under construction

RCA Museum senior curator Kathleen Christensen offers instruction on the placement of the pilot house for a "landing craft" being used as part of a new temporary exhibit that will be unveiled June 6. That date marks the 75th anniversary of D-Day, with the museum creating a special exhibit called D-Day '44: Canada in Normandy. The opening ceremony, featuring BComd David MacIntyre and RCA Museum board of directors, starts at 1 p.m.

*Photos Jules Xavier/Shilo Stag*

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

May 31 What Men Want Rated 14A  
June 7 The Upside Rated PG  
June 14 A Dog's Way Home (outside by bonfire) Rated PG

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

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Saturday 2 to 4 p.m.  
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Adult: **\$2.50** per game  
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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**

## Notice of AGM

June 6 at noon El Prado Club

Agenda includes: Receive the annual reports of officers and committees; receive the auditor's report; appoint an auditor; elect officers; and deal with any other business which comes before the assembly. Members have the right to attend meetings, to bring business before the assembly (make motions), to debate and to vote. If you have business to bring to the assembly, contact interim board chair Victoria Miles via e-mail [boardchair@shilomfrc.ca](mailto:boardchair@shilomfrc.ca) in advance of the meeting or bring your business to the meeting to be heard.

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# Community centre receives outdoor facelift

## Shilo Stag

Each year United Way Brandon embarks on a community project called Week of Caring, where the City of Brandon identifies a community centre or like venue in need of volunteer support.

According to United Way organizers, the nature of the work is general repairs, landscaping, painting, and clean-up to mention a few possibilities.

CFB Shilo United Way supports this great activity annually by providing volunteer support for one day.

This year, military members from CFB Shilo volunteered May 23 at Westridge Community Centre on Willowdale Crescent.

Starting at 9 a.m. and completing their final task just be-

fore 4 p.m., all materials were supplied by the Westridge Community Centre.

CFB Shilo's team of enthusiastic military members were tasked a number of work projects, including repairing and replacing outdoor rink boards, repairing chain link fencing, minor landscaping and clean-up and a small painting project that saw concrete parking lot barriers spray painted safety yellow.

A storage shed was also repaired, with the roof redone with new shingles.

BComd LCol David MacIntyre helped with the arena boards when he arrived, while BRSM CWO James Doppler co-ordinated the work parties and served Tim Hortons coffee and Timbits provided by the United Way Brandon team.

RPOU-W Det Shilo was also part of this year's work par-

ty, with 2IC Capt Peter Fullola and a number of his tradesmen offering their construction expertise, especially on the shed roofing and arena boards work.

Carpenter Cpl Aaron Legg mentored those working on removing and replacing the arena boards during this major work project, which came to fruition once additional wood was secured after the initial supply ran out.

Watching the work parties doing their various tasks, United Way Brandon CEO Cynamon Mychasiw said she's always appreciative of the contribution to the Day of Caring program provided by military members from CFB Shilo.

"It's wonderful the volunteer work being done by soldiers from CFB Shilo, especially having the construction engineers being part of this year's program. They do so much in one day when they participate."



# DAY of CARING

CFB Shilo and RPOU-W Det Shilo teamed up for the annual United Way's Day of Caring. Each year, United Way Brandon embarks on a community project – “Week of Caring” where the City of Brandon identifies a Community Centre or like venue in need of volunteer support. The nature of the work is general repairs, landscaping, painting, clean-up to mention a few possibilities. CFB Shilo United Way supports this great activity by providing volunteer support for one day. This year CFB Shilo military members visited Westridge Community Centre at 32 Willowdale Cres. They worked from 9 a.m. to just after 3 p.m. Materials were supplied by the Westridge Community Centre. CFB Shilo's team plus RPOU-W Det Shilo repaired the outdoor rink boards and chain link fencing, did minor landscaping/clean-up and a small painting project including the parking lot concrete barriers. A shed roof was also replaced with new shingles.

*Photos Jules Xavier/Shilo Stag*



## Emerald Ash Borer

# Base environmental teams looking out for invasive species

**OCdt J-P Reil**  
Stag Special

Climate change is a hot conversation topic these days, with more frequent episodes of flooding and forest fires. Everyone talks about what the weather is going to do next.

However, one topic that is often overlooked is invasive species. As weather patterns begin to change, different species of wildlife adapt or move into the area and begin to disrupt the normal ecosystem.

We start seeing different species that were not here before, and it's up to Base environmental teams to monitor and record these invasive species.

"The two [invasive species] we are concentrating on this year are the emerald ash borer and wild boars," said biologist Sherry Punak-Murphy.

"The emerald ash borer was found in Winnipeg. It is a beetle that lays its eggs underneath the bark of the tree, and the larvae eat the inside of the tree and kill it within a short period of time. It makes these 's-curves' underneath the bark."

"Right now it's only been found in Winnipeg – it hasn't been found in Brandon. There's an extensive monitoring program and we're in contact with Manitoba Forestry," explained Punak-Murphy.

She added, "We're putting information notes on the [ash] trees. They have them in down-

town Brandon and this shows you what trees are going to go. There's a plan on Base to start replacing ash trees, so we're planting new trees every year."

"Trees are important to the urban environment. They help cool down our streets because of the pavement and help absorb carbon dioxide," she said.

Wild boars are becoming a problem in Canada, with more encounters being reported on a frequent basis.

"They do not belong in our ecosystem," warns Punak-Murphy. "They are a feral species and nasty creatures."

She added, "Scientists from the University of Saskatchewan tracked them with radio collars. They were surprised when the boars were found north of the [Assiniboine] river."

"The boars compete for resources and not good for our native fauna and they dig up the area," she said. "They weigh on average 110 to 130 pounds, but can grow up to 400. They can be a danger to our troops."

They are mainly nocturnal animals, but here are some tips should soldiers encounter them on the ranges:

- Don't approach them – stay in your vehicles or back away slowly if out in the open; and
- Report sightings to Range Control with grid references.

"We have a pest specific strategy on how to manage pest species – wild boars would be a pest species," added Punak-Murphy.

"It's all about education and becoming more aware," Punak-Murphy offered.



Base biologist Sherry Punak-Murphy and researchers with the Canadian Food Inspection Agency (CFIA) have installed two traps (left) for the Emerald Ash Borer here on base. The traps contain an attractant to lure any of the insects (inset) that may be in the area. The invasive insect has been found in Winnipeg. The traps have been installed here at Shilo and ash trees will be banded to monitor whether the insect is expanding its territory in western Manitoba. While the trap is placed high in a tree it should not be disturbed. Punak-Murphy has also put up signage on Base ash trees.

Photos Sherry Punak-Murphy/Jules Xavier

## Keeping biodiversity 'working' says Base biologist

**OCdt J-P Reil**  
Stag Special

CFB Shilo's landscape is not as dull as you might think. For the casual observer, one would think CFB Shilo is just another prairie town – a small community surrounded by hundreds of acres of farmland and the odd group of conifers.

However, head south through the Range and Training Area (RTA) and the landscape changes quite drastically.

Instead of the typical wide-open prairie, there are sand dunes and rolling hills. Head further eastward and there are

more forested areas, outlying the Sprucewoods Provincial Forest.

"We received a request from the province," said biologist Sherry Punak-Murphy. "They came down with helicopters and we flew out to Area F [south-east RTA]. While they were flying over the Base, one of the staff from Manitoba Sustainability saw the beauty of our ranges and how pristine they were and he brought forth CFB Shilo."

Back on March 7, CFB Shilo was nationally recognized as an Other Effective Conservation Measures (OECM) area – the first Canadian Armed Forces (CAF) Base to receive such an accolade. "It is the area south of Sawyer Trail, so it's not the whole entire Training Area," explains Punak-Murphy.

"The area is indicative of good native mixed grass prairie. We've always concentrated on south of Sawyer with our bio control programs. We recognize that area is more pristine."

She added, "A couple of species at risk in the area are the prairie skink and the Sprague's Pipit bird."

"Environment Canada is working with people in Ottawa on other Bases," Punak-Murphy said. "We're getting recognized for what we're doing and it shows that our environmental programs are working," she offered.

Through the Defence Energy and Environment Strategy, DND and the Canadian Armed Forces are working to achieve greener and more environmentally sustainable operations.



## Vice Chief of Defence Staff LGen Paul Wynnyk

# Statistics Canada '18 survey on sexual misconduct in CAF addressed

### Stag Special

The Vice Chief of the Defence Staff, LGen Paul Wynnyk, has addressed the results of the 2018 Statistics Canada Survey on sexual misconduct in the Canadian Armed Forces (CAF).

The survey asked members about their experiences and their perceptions of sexual misconduct within the CAF, and their perceptions of the CAF's efforts to address sexual misconduct.

The survey was conducted by Statistics Canada from September to November 2018. Eligible members in both Regular Force and Primary Reserve were invited by e-mail to complete an online questionnaire.

More than 36,000 responses were collected from Regular Force and Primary Reserve CAF members, representing 44 per cent of the CAF population.

"The number of personnel who continue to be affected by sexual misconduct is completely unacceptable. We have made some positive headway in some areas but it is clear that we need to do more to change the harmful behaviours and attitudes at the root of this issue," said Vice Chief of the Defence Staff LGen Paul Wynnyk.

"While overall we are dissatisfied with the lack of improvement, we are encouraged to see that our members have confidence in the work we are doing and believe it will make a difference. This is an essential element of achieving culture change, and we will build on this momentum as we work to realign our institutional culture with our core values of dignity and respect."

The survey provides the CAF with a detailed picture of the scope, prevalence and nature of the problem of sexual misconduct, and offers some comparisons with benchmark data collected in 2016.

#### Summary of key findings

##### Sexual assault

Rates of sexual assault (sexual attack, unwanted sexual touching, or sexual activity where unable to consent) in the military workplace or involving military members in the Regular Force and Primary Reserve are not statistically different from 2016.

- 1.6 per cent of all Regular Force members and 2.2 per cent of Primary Reservists indicated they had

been sexually assaulted in the context of the military workplace during the previous 12 months.

- Unwanted sexual touching was the most common form of sexual assault — 88 per cent of Regular Force incidents; 86 per cent of Primary Reserve incidents.

- As was the case in 2016, the prevalence of sexual assault among women in the CAF is higher than that among men — 4.3 per cent Regular Force women compared with 1.1 per cent men; 7.0 per cent of Primary Reserve women compared with 1.2 per cent of men.

"The Stats Can surveys are a critical tool to inform, evaluate, and guide the CAF's efforts to address sexual misconduct. This survey highlights some positive movement, as well as a number of areas that need more work," said Sexual Misconduct Response Centre, Department of Defence executive director Dr. Denise Preston.

"The Sexual Misconduct Response Centre will work with, and provide advice to, the CAF to address these issues, to better support affected members and enhance prevention efforts."

##### Sexualized/discriminatory behaviours

Fewer members witnessed or experienced sexualized and discriminatory behaviour in the 12 months prior to the survey.

- 70 per cent of Regular Force members and 71 per cent of Primary Reserve members saw, heard or experienced sexualized or discriminatory behaviour in the military workplace, compared with 80 per cent Regular Force and 82 per cent Primary Reserve in 2016.

- As was the case in 2016, the most common behaviours witnessed or experienced were sexual jokes — 65 per cent for Regular Force members and also for Primary Reservists.

##### Knowledge/perception of policies and responses to sexual misconduct

Awareness of Op HONOUR is extremely high among Regular Force and Primary Reserve members, and most are optimistic about Op HONOUR's effectiveness:

- 94 per cent of Regular Force members and 91 per cent of Reservists continue to have very high aware-

ness of Op HONOUR.

- Almost half of both Regular Force and Primary Reserve members — 45% in each case — felt that Op HONOUR has been very or extremely effective.

- Approximately half of Regular Force members (49 per cent) and Primary Reservists (51 per cent) feel Op HONOUR will be very or extremely effective moving forward. This represents a significant increase since 2016 when results for the same question were 32 per cent Regular Force and 29 per cent Primary Reserve.

Most members have a positive view of CAF responses to sexual misconduct:

- A large majority of members felt that complaints about inappropriate sexual behaviour are — or would be — taken seriously in their current unit (94 per cent Regular Force; Primary Reserve 83 per cent); that inappropriate sexual behaviour is not tolerated in their unit (94 per cent Regular Force; 83 per cent Primary Reserve), and the CAF currently works hard to create a workplace that prevents inappropriate sexual behaviour (93 per cent for both Regular Force and Primary Reserve).

The CAF is reviewing and analyzing the survey results to determine how it can enhance efforts to address and prevent sexual misconduct, better support and assist victims, and effect lasting culture change by changing harmful attitudes and beliefs.

"Sexual misconduct is incredibly harmful and corrosive to our people. For the past four years, we have been working hard to create the respectful workplace that our members both deserve and need in order to accomplish the tasks Canadians ask of us," said CWO Alain Guimond."

"Although this report shows that awareness of this problem has increased, more work is needed to solve it. In particular, we have to do a better job at looking after those affected by sexual misconduct. Those who engage in sexual misconduct are not welcome in the Profession of Arms, and with my colleagues, I will continue our work to end this threat."



**The BPSO is hosting a  
Second Career Assistance Network – SCAN  
General (Day 1 – 2) – Medical (Day 3)  
June 12 – 14, 2019  
0800 – 1600 hrs  
1 RCHA Theatre, CFB Shilo**

**Registration form available at  
the following website:  
<http://acims.mil.ca/org/Shilo/default.aspx>**

**Click on Branches – G1 – BPSO  
or call 204-765-3000 x3086  
Dress: Appropriate civilian attire**



**Shilo & Region Service Club**

Second Annual Charity Open

**SEPTEMBER 7**

Proceeds donated to  
Brandon Regional Health  
Centre Foundation  
Pediatrics Unit

Teams of four players only

Cost \$240/team (includes golf, hot breakfast  
and barbecue supper)

Four-person scramble

Cart rentals available  
Mulligans for sale

Register by calling the SCC's Pro Shop  
204-765-3623

Check-in & breakfast opens at 9 a.m. held  
At Community Centre Annex (L25)

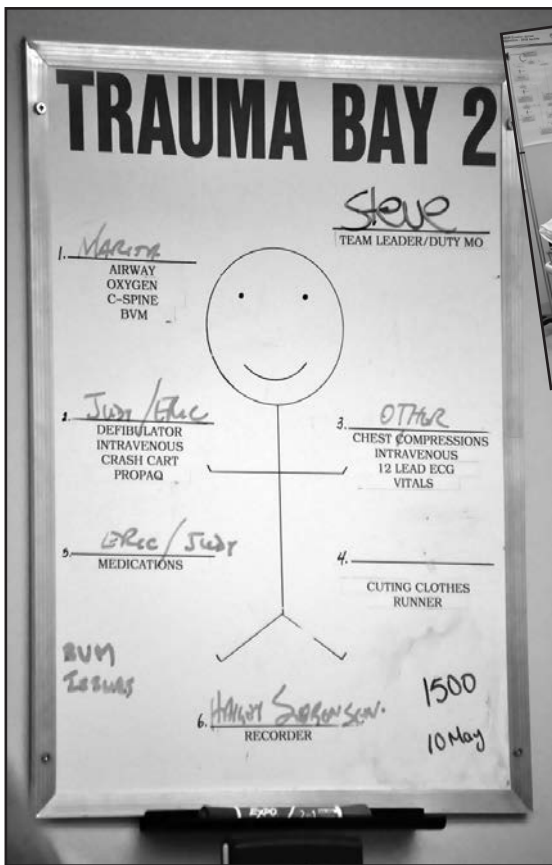
Briefing at SCC golf course at 10:30 a.m.  
Tee-off at 11 a.m.

**At Shilo Golf & Country Club**

Brandon Regional  
Health Centre  
FOUNDATION

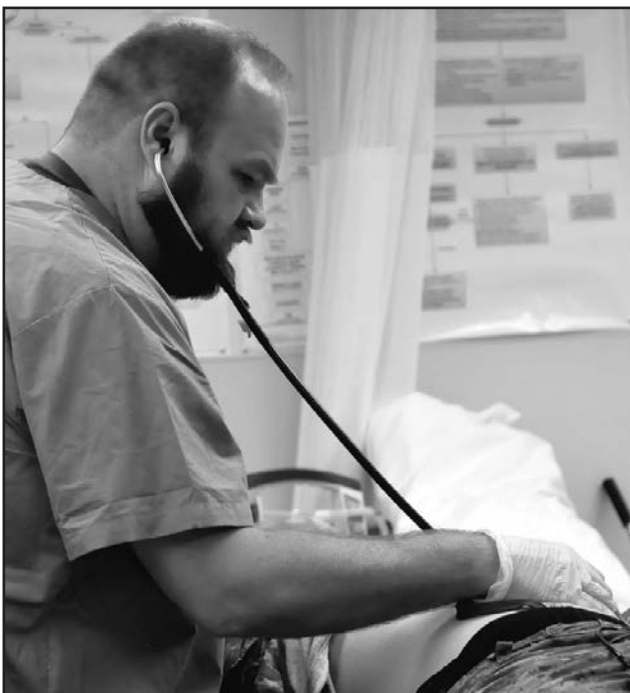
**Great Prizes to be won!**

# SIMULATED TRAINING EXERCISE



The skills of CFB Shilo's EMS and military medical personnel were put to the test May 16 in a training exercise simulating a crashed helicopter on the Base. Realistic exercises develop and maintain important skills, with the Base's Operations staff, and Base Auxiliary Security Force also tested. 11 CF H Svcs C Shilo CO/BSurg Maj Keith Wilson monitored the trauma room simulations, quizzing staff like medical officer Steven Nordstrom, senior med tech Sgt Scott Lawrence and PA Lt Marc Descoteaux on what they were doing, how they would do it, and the assessment of each patient arriving (2PPCLI DP1 grads volunteered to be the patients). Lt Belanna McLean was the OPI for this training exercise.

*Photos Jules Xavier/Shilo Stag*



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CFB SHILO

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# Ready for your future after CAF career?

**Capt Bradley Knoll**  
Stag 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.

Many members of the CAF enter the civilian workforce 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 runs from June 12 to 14 at 1RCHA's theatre. The first two days are general SCAN for all CAF members and 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 general SCAN for all CAF members 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 medical SCAN focuses on the medical aspects of release featuring transition services, medical release process, and vocational rehabilitation, clarifying of multi-services and benefits.

Presenters include Canadian Armed Forces Vocational Rehabilitation Plan (CAF 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)/June 19 SCAN registration form or call the BPSO office at ext 3086.

Submit the form to BPSOShilo@forces.gc.ca or drop it off no later than June 10. Seating is limited, so reserve your seats early. Dress is appropriate civilian attire and, we encourage your spouse or partner to attend.

## Shilo Stag Home Station Regiment Senate needs you

The newly-established Home Station Regiment Senate (HSRS) 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.

Senate membership is open to the following: Past Commanding Officers (serving and retired), Seconds in Command (2ICs) (serving and retired) and Regimental Sergeants Major (RSMs) (serving and retired) of 1RCHA and 3RCHA; Past Home Station Commanders (serving and retired) and Base Sergeants-Major (BRSMs) (serving and retired); Past

Battery Commanders (serving and retired), Bat-

ttery Sergeants-Major (serving and retired) of 1RCHA and 3RCHA; Past Detachment Commanders (serving and retired), Detachment Sergeants-Major (serving and retired) of 3rd Canadian Division Training Centre - Det Shilo; Past Regimental Majors RCA (serving and retired) and Regimental Headquarters Sergeants-Major RCA (serving and retired).

If you'd like to be involved, contact the HSRS's president Col (Ret'd) Peter Williams via e-mail at cdnig19@hotmail.com

# CLASSIFIED ADS

Email: 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:**

**June 6 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 6836  
Padre Walton - ext 3088  
Padre Smallwood - ext 3089

**Our Lady of Shilo Roman Catholic Chapel**  
Sunday at 10:30 a.m.  
Confessions by appointment  
Padre Nnanna - ext 3090  
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. Visit social media page [www.facebook.com/gregsteelehunterfirearmsafetymanitoba/](http://www.facebook.com/gregsteelehunterfirearmsafetymanitoba/) Dial 204-729-5024 E-mail [gsteele4570@gmail.com](mailto:gsteele4570@gmail.com)

### Services

**Need your taxes done?** Fast, friendly, and personal service. Located outside the gate. For all your income tax needs contact Ingrid Wasserberg at 204-763-4357. OPEN ALL YEAR.

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OR  
look for our logo at a local business and ask about their military discount.

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[www.brandonsalutes.ca](http://www.brandonsalutes.ca)

### Employment

**CANEX needs you:** Sales associate part-time position with 13 to 32 hr /week required. Must be available days/evenings, and weekends. Starting salary is \$11.98 per hour, progressing to \$14.13 per designated pay band. Under the direction of the department supervisor, a clerk/cashier scans customer purchases, processes transactions, and accepts payment. sHe/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.

### 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)



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