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9 - 20 September 2020

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Back to training for 2PPCLI

Soldiers with 2PPCLI's A Coy traversed a wire and water obstacle, the first stage of six, during EX PATRICIA ROAD held with the advent of September to promote section cohesion and physical fitness.

Photo MCpl Heather MacRae/3Div



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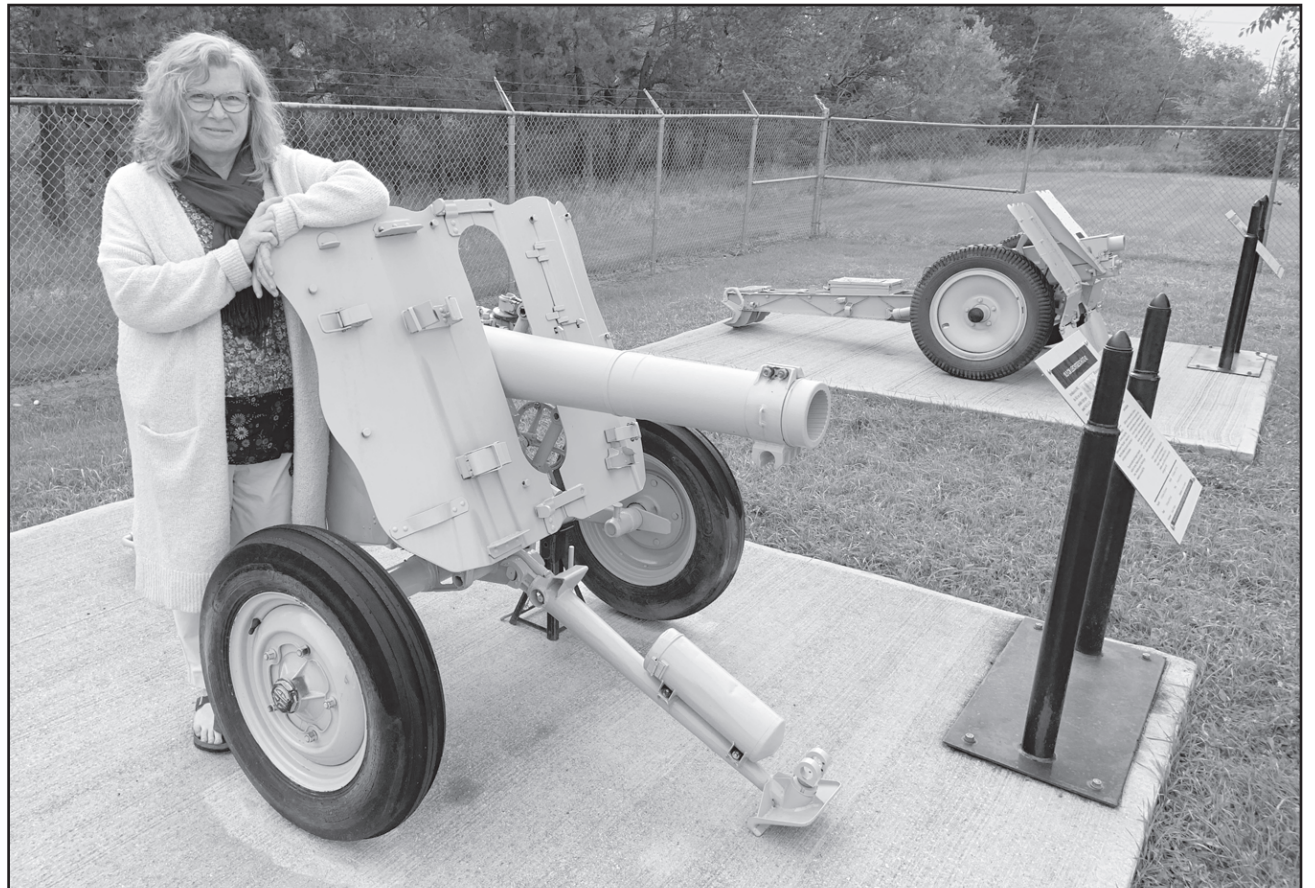
The Shilo Stag is produced every second Thursday.

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>

New Stag staffer Kimberley Kielley is looking forward to learning about the history of the Home Station of the RCA since arriving in Manitoba after her trip from New Brunswick. On her first day of work Sept. 14 she stopped by the RCA Museum's outdoor gun park.

Photo Jules Xavier/Shilo Stag

Stag welcomes staff from East coast

Kimberley Kielley Shilo Stag

Well, I made it. Finally.

After an epic adventure crossing four provinces in a U-haul while towing a car trailer and my 2015 white Toyota Corolla, I am here.

One never knows what they're capable of until they're put to a test. This was a big test. Get a new job. Get a new apartment. Pack up my things. Leave my fur-babies behind. And go. In the middle of a pandemic.

Who would have thought such things were possible?

My sister asked me if I'd lost my marbles. Yes, assistant editor for the *Shilo Stag* is great! It's where? CFB Shilo, Manitoba? You couldn't get something closer? I asked her if she's ever tried finding a job in a pandemic before. Silence.

It felt kind of apocalyptic, you know, everyone wearing masks, or not. Staying two metres away. Deliberately giving people a broad berth. It felt weird.

And then, by Thunder Bay, it felt normal.

And now, I have masks and hand sanitizer everywhere. It's like finding Christmas gifts tucked in the back of the closet in August. Oh, goodie, there you are. I wondered what happened to you.

And hey, what a great time to think right? Five days of driving alone can make anyone a little road weary. I sorted, stored and alphabetized my entire life in five days. And I still don't have any answers.

When I was driving to Brandon, I marvelled at how flat everything is. I literally could see a truck coming to a stop two kilometres away. I chuckled.

But come sunset, the fields were awash in a golden cast from the setting sun. It took my breath away. And that moon. Oh my gosh.

New Brunswick has her moments. Fall seems to be the time she is finally allowed to celebrate the coming season with splashes of red, gold and green.

Bracing for winter storms and downed power lines or insufferable summer heat, fall seems to be the reward for tolerating the bad weather.

I will miss her as I embark on my next adventure. She served her purpose and helped me realize my goals. How does anyone discover their purpose? By stopping long enough to hear themselves think. Even if it's forced.

But here's what I do know. I'm excited to work at the *Stag*. It's a good newspaper in a time when newspaper circulation has dried up and everyone logs online to get their daily dose of gloom and doom.

I like what Jules, the editor, has created. It serves a purpose, which is what I'm all about. I especially appreciate the *Stag's* social media presence.

Working for the *Stag* is not my first rodeo, however. I'm a former military spouse, posted to CFE Lahr, Germany and CFB Galetown.

My job in Lahr was working for the CF newspaper, *Der Kanadier*, as a reporter/photographer. In Oromocto, NB, I freelanced for the *Oromocto Post*. In between, I freelanced for newspapers, magazines, and non-profit groups in public relations.

I've written for every media source in Newfoundland and Labrador and also published three books. I won't rest on my laurels, however.

As one editor pointed out early in the game, you're only as good as your last story. Point taken.

My goal is to live my best life. Doing what I do best.

Writing for a great little newspaper, meeting new people, telling stories and serving the military families and members as best as I can.

For me, it's not the end game. It's the journey.

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Shilo Theatre
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UNTIL FURTHER NOTICE DURING THIS COVID-19 PANDEMIC, THERE WILL BE NO FREE MOVIES SHOWING

Doors open at 6:15 p.m. Movie starts at 6:30 p.m.
For more info, call the community recreation office at 204-765-3000 ext 3317/3588

Prairie Mountain Health Region remains at Code Orange COVID-19 forces MFRC to cancel Sept. 17 AGM

Shilo Stag

Shilo MFRC's planned AGM at the Junior Ranks Sept. 17 has been cancelled because of the COVID-19 pandemic.

In a letter released Sept. 15, Shilo MFRC board chair James Doppler made the announcement of the AGM cancellation.

"After careful consideration of the current COVID-19 reality and in respect of government and health officials directions and recommendation ... the Shilo MFRC AGM for Sept. 17 has been cancelled," wrote Doppler.

The letter is posted on the MFRC and *Stag's* respective Facebook pages.

All documentation and reports which would have been presented at the AGM, are now available on the www.caf-connection.ca website.

This includes letters to the community, financial statement, notice of appointment of the auditor for fiscal year 2020-21, board of directors and executive director reports and board recruitment advertisement and application.

Visit the following link www.cafconnection.ca/Shilo/Facilities/MFRC/Shilo-MFRC-AGM-2019-2020.aspx

While the AGM is cancelled, Doppler wrote Shilo MFRC is still accepting applications for the board of directors "as we currently have vacancies."

Board recruitment advertisement and application are still available on the Shilo MFRC website, and will continue to be advertised on Facebook pages of the MFRC and *Stag*.

If you have questions or concerns, contact Doppler via e-mail by using boardchair@shilomfrc.ca

CFMWS continues Business Resumption Plan Fitness evaluations expanded

Ginger Lamoureux Stag Special

Here is information when and what we are currently doing for fitness testing due to COVID-19 reference CAF Fitness Evaluations in Response to Corona Virus (COVID-19) issued June 29 by CFMWS/PSP.

The expansion of fitness evaluations for CAF Regular and Primary Reserve FORCE personnel as it relates to the safe resumption of activities that are critical to reverse the erosion of overall readiness of the CAF (Phase 3, Pandemic Response, Stage 3).

In support CFMWS is continuing its Business Resumption Plan (BRP) and PSP is now expanding some of its programs and services efforts. The delivery of FORCE, BMSS, and CAF Specialty Trade fitness evaluations are expanded to include the following priority conditions:

- Ongoing domestic and international operation (deployment);
- recruiting (to include component-transfer and sub-component transfer for employment purposes);
- individual basic training (such as for BMQ, BMOQ, DP and BTL);
- environmental basic training;
- mission-essential individual and collective training; and
- as approved by the PSP Director Fitness, Sport, Health Promotion and Soldier On.

Any requirements for CMTFE should be directed to dfitcphvds@cfmws.com

What about FORCE evaluations?

As per previous guidance, the FORCE evaluation will be administered with the following requirements:

- CAF personnel will not demonstrate any signs and symptoms of illness, especially for COVID-19;
- CAF personnel will be asked to go wash their hands prior to the start of the evaluation and to respect social distancing amongst one another. All participants will bring

their own towel to wipe sweat out of their faces and off their hands;


- the waist circumference will not be measured. This is in response to the direction of the Government of Canada of physical distancing;

- the FORCE evaluation with no waist circumference will not allow CAF personnel to be plotted on the Fitness Profile. It will also prevent CAF personnel eligibility to the FORCE rewards program. Therefore, the FORCE evaluation will only indicate if this member is operationally deployable/employable. It will be indicated as "met standard" or "did not meet standard" in Guardian Human Resources Management System;

- rate of perceived exertion (RPE) on the Borg Scale (6-20) will not be manually selected on the FORMeFIT by CAF personnel in response to the direction of the Government of Canada of social distancing. We ask that CAF personnel provide their RPE verbally to the FORCE evaluator;

- CAF members will not receive a post debrief after the evaluation given the inability to display the FORCE fitness profile and to honour the practice of social distancing; and

- groupings will be kept to no more than four CAF personnel per session to minimize the risk of mass spreading of COVID-19 both from our employees and to protect the CAF personnel.

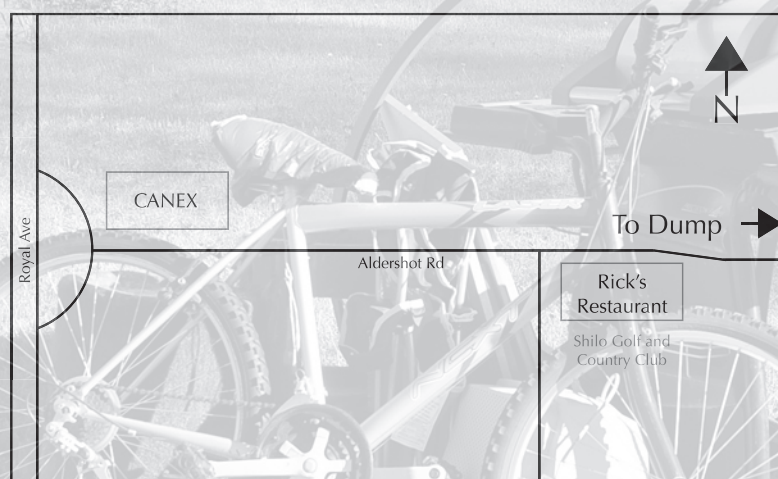


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Got Bulk Garbage?

Bulk items, yard waste, tires, and electronics may be disposed of Monday to Friday from 8 a.m. to 4 p.m. at the Shilo dump located two kilometres east of Rick's Restaurant on Aldershot Road



Items may be placed for curb-side pick-up the following dates ONLY for fall clean-up:

Oct. 13 & 14


Items should not be placed earlier than the evening prior to pick-up

#RESTARTMB Pandemic Response System

Restricted Level - Prairie Mountain Health Effective Monday, August 24, 2020

Manitobans in the Prairie Mountain Health region must:

- Wear a mask in all indoor public places and at all indoor and outdoor public gatherings
- Limit indoor and outdoor gatherings to a max. of 10 people
- Follow public health guidance on travel and self-isolation

www.manitoba.ca/restartMB 



Students provide treatment for 'Pri Red' casualty during combat medic course working in Battalion Aid Station.



Sgt Chris Payne observes tactical field care protocols during their participation in Op UNIFIER.

Photos WO Cheryl Belanger & Sgt Chris Payne

Ukraine medics mentored by Roto 9 members

Lt(N) Kevin Moffat
Stag Special



WO Cheryl Belanger observes tactical field care protocols.



WO Cheryl Belanger observes and assists with IV therapy skills and techniques with Ukrainian medics.

Op UNIFIER Medical Training Group (MTG) personnel advised and mentored students and instructors at the 205th Tactical Medical Training Centre (TMTC) in early August.

The 205th TMTC currently conducts a 2.5-month long combat medic course, involving both clinical and field related knowledge and skill sets.

Joint Task Force – Ukraine (JTF-U) Roto 9 members WO Cheryl Belanger and Sgt Chris Payne observed and assisted during an intense three-day portion of the combat medic course held at 205th TMTC.

Students partook in Platoon and Company level Casualty Collection Point (CCP) and evacuation staging training with Combat First Aid (CFA) as well as Tactical Field Care (TFC) and treatment protocols.

WO Belanger and Sgt Payne were involved with Observer Controller Training (OCT) tasks, engaging with instructors, expediting the training schedule and providing course feedback to 205th Command. The two medical technicians were also involved with observing and assisting with training-station skills, such as Intravenous (IV) therapy.

The MTG Command Team also had the opportunity to observe an Armed Forces of Ukraine (AFU) combat medic skills competition, where eight qualified 205th TMTC medics volunteered to showcase their skills.

The competition was held in late July at the school in Desna. Medics were evaluated on their holistic performance at multiple training stands. The stands evaluated were: weapon disassembly and assembly; care under fire and combat drag; tactical field care and treatment protocols; casualty evacuation with stretcher carry; and patient load into armoured ambulance and patient handover.

After a competitive, fun-filled afternoon, a winner was declared. The best overall score led to an award being presented and the unofficial title of 'Best Medic in the AFU' — not to mention bragging rights.

The realistic field scenarios offered by the 205th TMTC are designed to prepare AFU students to become qualified medics in a combat environment.

Royal Canadian Medical Services medical technicians provide medical capacity building so AFU medical personnel continue to have the education and tools required to treat wounded on the battlefield.

AFU combat medics are a force multiplier in Eastern Ukraine that save lives.





Former 1RCHA CO and current JTF-U Roto 9 CO LCol Ryan Stimpson (far left) and the Task Force Sgt Major, CWO Chris Rigby (outer right) pose with Cpl Etienne Krou (middle left) and Sgt Onions at the Canadian compound at IPSC Sept. 3. Sgt Onions and Cpl Krou (and several other TF members) earned the Badge of the National Army Academy of Ukraine for high performance on the mission and for strengthening military co-operation between Ukraine and Canada while on Op UNIFIER. *Photo JTF-U PA*



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At A Glance
CFB SHILO

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SUMMER/FALL 2020

Op UNIFIER members earn badge from National Army Academy of Ukraine

Lt(N) Kevin Moffat
Stag Special

Sgt Jeff Onions and Cpl Etienne Krou are both familiar faces at the International Peacekeeping Security Centre (IPSC) in Yavoriv, Ukraine.

Both men are part of Joint Task Force-Ukraine (JTF-U), Roto 9's Service Support Group (SSG), which is a cadre of highly skilled technicians and logistics personnel that work tirelessly to expedite materials, support facilities and maintain equipment integral to the success of Op UNIFIER, Canada's training mission in Ukraine.

"The bulk of my time has been spent maintaining and rebuilding the electrical infrastructure at IPSC" said Sgt Onions, an Electrical Generating Systems Technician (EGS Tech) and 13-year veteran of the Canadian Armed Forces (CAF).

"Luckily, we had some other technicians arrive as part of a TAV (Technical Assistance Visit). We were able to finish a lot of overdue repairs by overhauling the IPSC electrical grid."

JTF-U Roto 9's SSG staff made maximum use of the operational pause at the beginning of the tour — due to COVID-19 — to effect repairs and complete overdue maintenance around IPSC.

This hard work paid off for the Task Force — not to mention subsequent rotos — by increasing safety and the operational efficiency at the SSG compound. However, the team never took their foot off the gas — literally!

Cpl Krou, originally from the Ivory Coast and former resident of Italy, can often be seen manning the zoom-boom, forklift and five-tonne truck — as well as other mobile equipment — putting in long days alongside his SSG colleagues.

Cpl Krou, a qualified Supply Technician who came to Canada via Europe in the mid-2000s is not only mechanically inclined, but is exceptionally fluent. He can speak English, French, Italian and two African dialects — a huge

tactical asset for CAF operations.

"The hidden talents and unique abilities possessed by Task Force personnel is what allows the CAF to be so successful on international missions" said Op UNIFIER Roto 9 CO LCol Ryan Stimpson. "Simply put, our diversity is our strength".

When asked why he decided to join the Canadian Army's logistics branch six years ago and serve Canada, Cpl Krou simply stated "... it was a lifelong dream of mine to join the Army. I took a trade I knew I would be good at and that would grow me as a professional. It's been very good so far."

For their efforts, both Sgt Onions and Cpl Krou were awarded the Badge of the National Army Academy of Ukraine by the academy's Commandant, LGen Pavlo Tkachuk, on Canada Day.

The medal is awarded to members recognized for assisting, contributing and strengthening military co-operation between the Armed Force of Ukraine and the Canadian military. Three other JTF-U members would also be awarded the badge July 1 — MBdr Brett Morgan, MCpl Holly Noel and Cpl Tyler Foote.

"...it's hard to believe it's almost getting to be time to re-deploy back to Canada..." said Sgt Onions. "It has been a good tour, we got a lot accomplished and worked through the pandemic safely. I'll never forget Ukraine. That being said, it will be nice to get home and spend time with loved ones."

"It was busy and interesting time in my life. The tour went by quick..." added Cpl Krou. "I made new friends and will have a lot of great memories to share with family when I get back to Alberta."

When Sgt Onions and Cpl Krou are not hard at work on Op UNIFIER, they have similar hobbies back home in Canada — spending time with those that matter most, their wives and daughters.

...

From 1CMBG at Garrison Edmonton, Lt(N) Kevin Moffat is JTF-U's PAO



Ensure you place your bulk garbage out the night before RPOU-W staff arrive to collect your items.
Photos Jules Xavier/Shilo Stag



Bulk garbage pick-up on Base scheduled for Oct. 13, 14 Use Brandon dump for appliances containing freon

Jules Xavier
Shilo Stag

Mark Oct. 13 and 14 on your kitchen calendar if you have bulk garbage collecting dust in your basement or garage. Those are the days RPOU-W Det Shilo OC Maj Duncan Conrish said workers will be out to collect your items left out at the end of the driveway. "Items are not to be placed earlier than the evening of [Oct. 13, 14]," he explained. "As per the CFHA notice, all appliances that contain freon — fridges, A/Cs, water coolers etc — will not be picked up by the fall bulk garbage pick-up. Residents may disposed of those items at the Eastview

landfill site." Further information can be found at the City of Brandon landfill overview website www.brandon.ca/sanitation/landfill/landfill-overview If you have been collecting bulk garbage at home since it was last picked up in the spring, there is another alternative you can do without leaving the Base, according to Maj Cornish. "Shilo dump remains available for bulk garbage drop off throughout the year." It is located three kilometres east of CANEX following Aldershot Road and is open Monday to Friday 8 a.m. to 3:30 p.m. Formerly Engineering Services (CE), RPOU-W Det Shilo

provides the infrastructure and municipal services found in most cities. Under the guidance of the OC, all activities pertaining to the design, construction and maintenance of works, buildings, roads and grounds as well as the operation of utility systems — heat, water and sewage treatment are looked after by RPOU-W Det Shilo. Maj Cornish and his staff are responsible for real property management services of more than 220 buildings encompassing 165,188.83 m² of floor space and an additional 100,000 acres of range and training area. If you have trouble calls dial 204-721-3000 ext 3111/3117. After hours call ext 3383.

Virtual classes offered online
Shilo Stag

CFMWS is offering virtual services during the COVID-19 pandemic. This organization continues to offer virtual programs and services and remain committed to helping everyone stay connected. The longer social and physical distancing measures are in place the more important virtual services become. Stay connected by participating in a program which contributes to yours and your family's well-being. There are numerous webinars, trainings, information sessions, scheduled event, and much more available by visiting www.cafconnection.ca/National/Virtual-Services.aspx



Will that be water, or Pepsi?

Junior Ranks hosted its final summer drive-thru, with East Side Marios providing the pasta dish and garlic bun for lunch. A long line-up ensued as soldiers stopped by to fill their bellies with Italian carbs.
Photo Jules Xavier/Shilo Stag



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<https://bkk.cfmws.com/shilopub>

Due to COVID-19, an online booking system has been developed for General Strange Hall (GSH) facilities and services. This is to help ensure physical-distancing and control attendance numbers within the CFB Shilo facilities. An online profile and account must be created to access the online booking system. This will allow GSH account holders to book facilities and services within the GSH.

How do you book a GSH facility?

- There is a limit of two bookings per day. Note: although your booking is for an hour and 15 minutes, the last 15 minutes is reserved for proper cleaning of the equipment and to allow your group to exit the facility without interactions between you and the next booking,
- No back-to-back bookings of the same facility spaces is permitted. Example: you cannot book two sessions in the weight room, but you can book one in the weight room and one in the cardio room directly after.
- After booking a facility online you will receive a pending confirmation e-mail for your booking. A review of your booking will be done to ensure it conforms to regulations. Once the review is completed, you will receive an e-mail confirming your booking(s).

Soldiers asked to download COVID Alert app

Gen Jonathan Vance/Jody Thomas
Stag Special

As Defence Team members, our default setting is to act.

As we head into fall within the new COVID-19 environment, our collective action to prevent a resurgence will be especially significant.

One of many tangible actions we can take is to download the Government of Canada's new COVID Alert app onto our devices — either personal or work-issued device. Both of us strongly encourage you to do so.

We understand that many of you have privacy or security concerns.

Our teammates at ADM(IM), ADM(DIA) and Director Access to Information and Privacy have tested the app and have no concerns.

Your privacy is protected — COVID Alert does not use GPS or track your location.

It has no way of knowing: your location; your name or address; your phone's contacts; your health information; or the health information of anyone you're near.

Moreover, nobody will get any information about you or the time you were near them.

The app uses Bluetooth to exchange random codes with nearby phones that also have the app installed, and it never shares any

data that would identify an individual, their personal information, or the location where a potential exposure occurred.

How it works — the app uses Bluetooth to exchange random codes with nearby phones. Every day, it checks a list of random codes from people who tell the app they tested positive.

If you've been near one of those codes in the past 14 days, you'll get a notification.

You can read more about the app in the information by visiting the following link www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/covid-alert.html

While use of the app is voluntary, for the sake of your continued health and safety we strongly encourage you and your friends and families, to download and use the app.

By using the app as one of many risk mitigation measures, we can be a tremendous force for good.

Thanks for your continued hard work and diligence. We are enormously proud to lead this Defence Team.

Jody Thomas, Deputy Minister & Gen Jonathan Vance, CDS

By using the COVID Alert app on your cell phone you can be notified if you were in close contact with an individual who has had a diagnosis of a COVID-19 positive test.

Photo Jules Xavier/Shilo Stag



BATTLE OF BRITAIN **80TH** **BATAILLE D'ANGLETERRE**

Battle of Britain Service
St Barbara's Chapel
Sept. 20 at 10:30 a.m.
Remember to bring and wear your mask

Visit RCA Museum, Canada's national artillery museum has re-opened
To book an appointment to visit, call 204-765-3000 ext 3570

Sales consultant required to sell advertising for Stag

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

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\$10 for first 20 words, 10¢ for each additional word

Deadline for next issue: **SEPTEMBER 24 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

Greg Steele Canadian Firearms safety course instructor/examiner. Manitoba hunter safety instructor. CFSC, CRFFC safety courses offered at least monthly and on demand. Firearm/hunter safety courses scheduled monthly. Restricted and non-restricted. Dial 204-729-5024 E-mail gstele4570@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.

Services

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

For Sale

Pride Quantum 6000Z POWER TILT WHEELCHAIR (reclines) 20"x20" seat cushion with tall ultra back Vicair adjuster LG fixed headrest, mounting bracket Auto style seatbelt Two Interstate batteries In very good condition, used in a Personal Care Home \$3,250 or reasonable offer Call Merle 1-204-727-8521 or text at 1-204-724-9528



COVID-19 UPDATES for CFB SHILO

www.facebook.com/ShiloSTAG/



Shilo Country Club golf professional Dave Scinocca helped with ball drive and chipping skills prior to the tournament featuring six Soldier On golfers. Photos Jules Xavier/Shilo Stag

Soldier On golfers receive golf tips from pro Dave Scinocca

Jules Xavier
Shilo Stag

Being part of a Soldier On golf tournament held on the Base provided six participants with golfing tips prior to hitting the links.

Shilo Country Club golf professional Dave Scinocca offered his expertise for the Soldier On golfers before their 1 p.m. tee-off.

Under ideal late summer weather conditions, Scinocca initially had the golfers — Brett Mandryk, Ron Adams, Ian Tait, Damon Morris and Jennifer Greer — hone their chipping skills, an important skill to possess when you are looking to drop the ball into a good putting position from the fairway onto the green. Think of Tiger Woods and some of his highlight shots chipping to the green, from how he spins a ball or reaching the green placing his ball a few inches from the cup.

The veteran golfer patiently went over the best way to use the various clubs in a golfer's bag which would be used to chip onto the green with a precision hit.

This was followed by individuals putting those golfing tips to work, practicing, with Scinocca walking among them and adding further technical advice.

Following chipping, it was time to hone driving skills from the driving range. Scinocca initially showed the best biomechanics to use with a driver or an iron, then observed as each of the golfers had their turn driving balls into the far-off netting.

As Scinocca pointed out, golfing is not always easy, and

comes with luck when it comes to crushing the ball off a tee down the fairway en route to the greens. By practicing with the different clubs and spending some time on a chipping/putting range or the driving range, a golfer will become more comfortable on the links.

Moreover, he advised try to be relaxed when gripping the club so as to let it do the work, not your body. Yes, you will slice a ball left or right, but when practice makes perfect, there will be those times on the golf course that your strike will see the ball fly over the fairway in a straight direction.

According to golfer and Dan Whittaker, Soldier On's regional co-ordinator, Soldier On provides resources and opportunities for veterans and serving members to accept and adapt to their mental health or physical injury/illness through active participation in physical activity and sport, promoting an active lifestyle.

Thus the reason why Soldier On organized its golf tournament at CFB Shilo, where a few dozen might participate in past years. But during the COVID-19 pandemic, putting a half-dozen golfers on the links still worked for those interested in golfing.

Since 2007, Soldier On has supported more than 6,000 members to obtain sporting or recreational equipment such as bikes, golf equipment, alpine ski packages, fishing gear and kayaks. This has allowed them to participate in group structured activities from alpine skiing to fishing to hiking and multi-activity events.

"To ensure all participants are able to continue using sport, physical fitness and recreational activities to lead an active lifestyle, Soldier On has a grant program," noted Whittaker.

"A Soldier On grant will allow continued participation in an activity after an event eliminating any financial barrier to being active."

He pointed out Soldier On has provided individuals with road bikes, mountain bikes, recumbent bikes, skis, kayaks, canoes, trekking equipment and golf clubs. And why organizing a golf tournament on a military Base works for those interested in golfing.

Supported through a combination of government allocated public funding and Soldier On fund, Soldier On is an official financial assistance program of the Canadian Armed Forces (CAF).

Whittaker acknowledged Soldier On administers Canada's teams for both the Warrior Games and Invictus Games.

What is the eligibility criteria to be eligible for any Soldier On initiative?

You have to be a current or former CAF member, who acquired a permanent or chronic illness while serving, but not necessarily attributable to their service.

Soldier On uses the following to determine eligibility:

- Category 1 - You have received a Veteran Affairs Canada (VAC) disability award, lump sum or monthly;
- Category 2 - Have a 3B medical release;
- Category 3 - PCAT;
- Category 4 - Posted to CAF Transition group, formerly JPSU/IPSC;
- Or you fit into the criteria, but do not fall into categories one through four.

For more visit www.soldieron.ca

Or contact Whittaker at dan.whittaker@forces.gc.ca or 204-583-1163.