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Volume 58 Issue 8



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April 18, 2019

**INSIDE**  
This Issue



Spring bulk garbage pick-up May 21. Page 2



1RCHA has new Battery Commander. Page 6



Wheat Kings skate with Base players. Page 10



With LCol Shawn Fortin, CO 38 ATG at 26 Fd Regt, waiting in the wings for another presentation, HCol Rick Felstead shares another story with his attentive audience at the Brandon armoury. After 12 years, he passed on his federal appointment to HLCOL Lori Dangerfield. Before his departure, HCol Felstead presented 26 Fd Regt with their own lectern (below).

Photos Jules Xavier/Shilo Stag



## HCol Rick Felstead bids farewell after 12 years at 26 Fd Regt

**Jules Xavier**  
Shilo Stag

There will be no more military uniforms for Rick Felstead after he left his honorary colonel role with 26 Field Regiment for Lori Dangerfield to handle the responsibilities of the position.

"I have to turn in my CADPAT, but my dress uniform I am going to donate it to the 26 Field museum," he told the *Stag* prior to his Change of Appointment (CoA) ceremony held at the Brandon armoury.

With a 30-year career with the Canadian Armed Forces (CAF), and 12 years being involved with 26 Fd Regt — as both HCol and HLCOL — Felstead had a specific person he wanted to thank for allowing him to be actively involved in the community he calls home.

"I can't promise you no more head tables," he said of the support wife Nadeen has shown since he became involved with 26 Fd Regt following his retirement from the CAF.

See **26 FD REGT** page 3





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 May 21 Use Brandon dump for appliances containing freon

**Jules Xavier**  
Shilo Stag

Mark May 21 on your kitchen calendar if you have bulk garbage collecting dust in your PMQ basement or garage. That's the day Real Property Operations Unit (West) - Detachment Shilo (RPOU-W) 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 [May 20]," said RPOU-W OC Maj Jérémie Dulong. "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](http://www.brandon.ca/sanitation/landfill/landfill-overview) If you have been collecting bulk garbage at home since it was last picked up last October, there is another alternative you can do without leaving the Base, according to Maj Dulong. "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 Maj Dulong and his staff are responsible for real property management services of 221 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.

## Pet of the Week

**XAVIER**

Maureen Walkem's pet feline is named Xavier. Aged two, Xavier likes to watch hockey, play fetch and eat broccoli. Do you have a photo of your pet — cat, dog, bird, snake, hamster — you'd like to share with our *Stag* readers? If so, e-mail it to us via [stag@mymts.net](mailto:stag@mymts.net)

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# 26 Fd Regt's new honorary colonel mentored under Rick Felstead

From front page

Starting with military cadets at age 13, Felstead has enjoyed his time with the CAF as well as 26 Fd Regt. He spends a lot of time at CFB Shilo, whether attending mili-

tary or non-military functions like Lobsterfest, or going out in the field to observe the RCA reservists out of 26 Fd Regt honing their artillery skills during weekend exercises.

He's been actively involved with Soldiers On, and has attended the annual 9/11 ceremony held at the International Peace Garden. And you will find him mingling among the alumni during the RCA reunion held every three years at CFB Shilo.

LCol Shawn Fortin, CO 38 ATG at 26 Fd Regt, presented Felstead with his final artillery shell, well polished, but still needing the engraving to be done once that machine is back functioning. It came with a special beer brewed out of Saskatchewan with an artillery theme to the packaging.

Felstead was also honoured by the RCA's Colonel Commandant, retired BGen J.J. Selbie.

"We know you will remain a friend of the regiment," said BGen (Ret'd) Selbie while addressing Felstead on his departure.

He also paid tribute to Nadeen Felstead by presenting her

No. 395 Colonel Commandant Coin for her tireless efforts "supporting him as he supported us."

Calling Felstead a mentor and champion for what he brought to his role as honorary colonel by linking 26 Fd Regt to the City of Brandon, BGen (Ret'd) Selbie added "you are such a model for all those who serve their country, and their community."

Before taking his final salute for those in attendance, including reservists on parade, Felstead presented a new lectern to 26 Fd Regt that was specific to the armoury, therefore, allowing the one being used with a CFB Shilo crest embossed on the front to be returned to the Base. Felstead and Dangerfield, as honorary colonels and honorary lieutenant-colonels, were appointed by the federal government.

Individuals are selected from retired officers or prominent individuals within a community. They take on the role for a period of three years to assist and advise their regiment on issues which might include regimental traditions, procedures and dress.



New HCol Lori Dangerfield addresses her audience.



New HCol Lori Dangerfield takes her first salute with 26 Fd Regt reservists (left) while outgoing HCol Rick Felstead (above) takes his final salute.

Photos Jules Xavier/Shilo Stag

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**Editorial advisor** Lori Truscott ext 3813  
**Proof reader** Lisa Barnes ext 3736

Fax: 204-765-3814 Email: [stag@mymts.net](mailto:stag@mymts.net)

**Mailing Address:**  
 Box 5000, Stn Main  
 CFB Shilo, Manitoba, R0K 2A0

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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](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>

# Deadline for national scholarship program May 1

## Stag Special

Currently open, the Support our Troops national scholarship program is looking to award 41 scholarships ranging from \$500 to \$2,500 to children and spouses of military and veteran Canadian Armed Forces (CAF) members.

Last year, 45 scholarships were awarded to individuals pursuing higher education in provinces across Canada.

"I am incredibly honoured to have received this award. It will assist me

greatly towards earning my degree in engineering," said Sarah Hildt, an engineering student at the University of Alberta and a 2018 recipient. "Throughout my life, the military has been extremely supportive of my family. I am looking forward to accomplishing my goals."

Support Our Troops launched the national scholarship program in 2015 to address the increasing need for education opportunities for military family members.

Since its inception, Support our Troops has provided more than 150

military family members with some form of financial assistance for their post-secondary education.

"The Support Our Troops scholarship program is a clear demonstration of the Canadian community's support for the military family constituency," said Col Dan Harris, the director of Military Family Services (MFS).

Applications for the National Scholarship Program are available until May 1.

Find more information or to apply visit [www.supportourtroops.ca/Get-Support/Scholarships](http://www.supportourtroops.ca/Get-Support/Scholarships)

# SARP review releases preliminary findings

## Stag Special

The Canadian Forces Provost Marshal (CFPM) is announcing the initial results of the work completed by the SARP External Review Team (ERT).

The review was conducted during a 10-day period last December. Along with facilitators from the CFNIS, members of the ERT included a civilian crown prosecutor specializing in Sexual Assault prosecutions, a victim/violence against women advocate, a team leader from the Sexual Misconduct Response Centre (SMRC) and a primary care nurse with the Canadian Forces Health Services Group.

"The implementation of independent file reviews is quickly becoming recognized as a best practice in sexual assault investigations across Canada. It's heartening to see the Canadian Forces working, along with other levels of policing, for transparency and accountability to survivors who take on the difficult task of reporting," said Project Lead - Violence against Women (VAW) Advocate Case Review Sunny Marriner.

"During the review we saw many strong examples of CFNIS rapport-building with complainants, and a commitment to deepening the service's knowledge of trauma-informed interviewing to support victim ability to come forward."

Marriner added, "My goal as an advocate is to ensure that regardless of where or to what force a survivor of sexual violence reports in Canada, the same standards of investigation and transparency are applied. The work of CFNIS' External Review Team is a good first step in that direction."

"I am very pleased at the progress of the ERT to date and their professionalism and commitment to assist us in continuing to elevate investigative standards and quality of services to victims," added Canadian Forces National Investigation Service Commanding Officer (CO) LCol Kevin Cadman. "Their efforts will in no small part assist us in continuing to improve our investigative processes and support to victims"

All members of the team underwent initial training and were subsequently provided access to all unfounded sexual assault investigative files from 2010 to 2016 for their review.

"Being part of the External Review Team was a unique opportunity to share feedback and make recommendations regarding best practices in the field of sexual violence and trauma," said Sexual Misconduct Response Centre Team Leader Elizabeth Cyr.

"Trauma-informed investigations are beneficial both for the individual who is reporting the sexual assault, as well as for investigators, in helping them lead more productive sexual assault investigations. The Sexual Misconduct Response Centre looks forward to future collaboration with the CFNIS in this capacity."

The ERT reviewed 67 of the 113 files. Their initial findings reaffirmed that for the most part files were properly coded as unfounded at the time of conclusion.

However, due to recent changes in clearance coding from the Canadian Centre for Justice Statistics (CCJS) they made recommendation to amend the clearance status of some files.

During the course of the file review the ERT commented that MP investigators developed very good rapport with the victim, validating the continued need for trauma informed sexual assault investigation training, which was proactively adopted by the CFNIS in 2016.

Preparations are now underway for the ERT to conduct its second review session, which will include the remaining 46 files from 2010 to 2016 as well as all unfounded sexual assault files from 2017 and 2018.

"This was one of the most rewarding experiences I have had in the CAF as an advocate for forensic nursing. The multi-disciplinary collaboration provided an opportunity to share different perspectives and to support future endeavours," said Primary Care Nurse Canadian Forces Health Services Capt Teresa Rodd

"Even though it is a difficult subject matter, it was uplifting to work with likeminded individuals who instantly gelled into a cohesive review team."

### Quick Facts

- The intent of the SARP is to implement an open and transparent case review model of unfounded sexual assault investigations to include an external review team of stakeholders with case file access.

- The goals of SARP are to validate the unfounded coding and conduct a substantive review of the investigation.

- A majority of CFNIS investigations are for allegations of criminal sexual offences. The Sexual Offence Response Team (SORT), created in 2016, provides investigators with a nucleus of expertise regarding historical investigative techniques; new trends in law enforcement concerning sexually based offences; and best practices for future sexual related investigations.

- In addition to standard training received by all investigators in the CFNIS, members of the SORT also receive specialized training in investigating sexual assault; physical abuse and child death; investigating offences against children; investigative and forensic interviewing techniques; and trauma informed care training.

- Frontline Military Police remain a key part of the investigative process as they are often the first point of contact for victims/complainants in the reporting of any offence. Military Police often interact with victims as they attempt to deal with their trauma. The primary task in those situations is to support and protect the victim.

- Any member who has experienced or witnessed harmful and inappropriate sexual behaviour of any kind in the Canadian Armed Forces (CAF) has a range of options available to him or her.

• • •

For more information regarding available services, visit the Op HONOUR website.

**Shilo Theatre**  
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# Base pet owners should see their vet about tick protection

## Stag Special

On this Base and its hinterland, many of us may have lost the battle dealing with wood or “dog ticks” in early March while enjoying hikes through grassy areas with our dogs in and around the PMQ area or the Sprucewoods trails.

Thinking our battle is finally done, several media outlets such as CBC and CTV have recently reported on the range expansion of yet another “blood sucking” tick which is invading all areas of Manitoba — the deer or “black-legged” tick.

Both types of ticks — wood or deer — cannot fly and they hang on tall grass with their little front legs outstretched and grab on when someone or something brushes past unsuspectingly.

The wood tick is a parasite which does not transmit diseases, but the deer tick does carry a bacterium called *Borrelia burgdorferi* which can cause Lyme disease. This bacterium is spread to the host when the tick bites.

What makes this tick more of a pest is that the deer or black-legged ticks are active during the spring months and well into the late fall months — remaining active until the first permanent snowfall or when air temperatures are consistently below four degrees Celsius.

What about tick removal?

The majority of people are unaware they have been bitten by a tick as the bites are usually painless.

When a tick is found attached on your body, removal can

become tricky, especially if you are alone and the tick is on a hard-to-reach area.

Ticks are most effectively removed with a fine pair of tweezers. The tick should be grasped as close to the skin as possible.

The feeding site should then be cleaned after the tick is removed.

Other methods such as using Vaseline, a match or soap is not recommended and can cause the insect to burrow deeper and release more saliva, which increases the chances of disease transmission.

The tick can then be placed in a small crush-proof bottle with a piece of moistened paper towel and taken to the Preventive Medicine Department — Base hospital — for identification.

Take note of where you get bitten by any tick. If you see any unusual or extreme reaction to the bite, see your family doctor.

Occasionally some people may develop a secondary infection from a wood tick bite which requires medical attention.

If the tick does carry the bacteria, approximately 70 to 80 per cent will develop a rash three to 30 days after a bite from an infected tick.

This rash, known as Erythema migrans (EM), resembles a “bull’s eye” and is not tender or itchy.

The other early symptoms of Lyme disease include: a rash other than EM, headache, fatigue, chills, fever, muscle

aches, joint pain or swollen lymph nodes.

Lyme disease is successfully treated with antibiotics.

How can an outdoor enthusiast avoid picking up a tick hitchhiker from latching while out in the wilderness this fall?

When walking or hiking in wooded or grassy areas take these precautions:

- walking down the center of trails rather than the trail margins;
- wearing shoes, long pants tucked into socks and long-sleeved shirts;
- wearing light coloured clothing to make it easier to spot ticks crawling on you;
- using spray repellents containing DEET on your clothes and exposed skin;
- using a “buddy” system for checking each other; and
- finally, showering within two hours of returning from a risk area inspecting for ticks, particularly in the arm pit and groin.

Unfortunately, ticks are a part of our environment and although we may not always appreciate their subtle beauty and highly specialized way of life, care and attention will help you work and relax more comfortably in the spaces we share.

For more information on Lyme disease and deer ticks, call the Preventive Medicine Department at 204-765-3000 ext 3159 or 4405 or online at [www.phac-aspc.gc.ca/id-mi/lyme-fs-eng.php](http://www.phac-aspc.gc.ca/id-mi/lyme-fs-eng.php)

## Watch out for deer ticks

## Stag Special

Lyme disease is caused by a bacterial infection that people can get from the bite of an infected blacklegged (deer) tick.

Manitobans can reduce contact with deer ticks by avoiding wooded or forested habitat, wearing long pants and a long-sleeved shirt, tucking in clothing, using an appropriate repellent (it should state ‘for use against ticks’ on the product label), looking for and removing ticks as soon as possible. For more information about Lyme disease, its symptoms and how to prevent it, visit our website at [www.manitoba.ca/health/lyme/You can help/](http://www.manitoba.ca/health/lyme/You%20can%20help/)

You can help in the study of Lyme disease in Manitoba by collecting and submitting deer ticks for research purposes.

Deer ticks are smaller than the more common wood tick.

Unlike wood ticks, they do not have white markings on their bodies.

If you find a deer tick, remove it slowly from skin or clothing using tweezers and steady pressure; avoid twisting. Cleanse area with soap and water or a disinfectant.

Place the tick in a small, crush-proof container (for example, a pill bottle) with a piece of slightly damp paper towel (to help keep the tick alive). Firmly tape the lid shut.

Check the pictures and additional information on the website to determine if your tick might be a deer tick.

Hand-deliver or mail the sample to the address below. If mailing, place the container in a sealed plastic bag

then in a cardboard box labeled: RESEARCH SPECIMENS – FRAGILE – HANDLE WITH CARE


Include your name, telephone number, email address and information about where, when and on whom (e.g. a dog, a person) the tick was found. Deliver or mail to: Department of Entomology/Animal Science/ Entomology Building, Room 214, Fort Garry Campus, University of Manitoba, Winnipeg, MB R3T 2N2

### CANNABIS

# by the numbers

Cannabis consumption is prohibited by a CAF member during the following periods:

Period of Prohibition	Duty
<b>8HRS</b> Cannabis consumption during the 8 hours before any known or expected performance of ...	<ul style="list-style-type: none"> <li>• any duty (defined as any duty, training, exercise, parade or service that is military in nature.)</li> </ul>
<b>24HRS</b> Cannabis consumption during the 24 hours before any known or expected performance of ...	<ul style="list-style-type: none"> <li>• operation or handling of a loaded weapon, ammunition, explosive ordnance or explosive;</li> <li>• operation or handling of a weapon system;</li> <li>• a scheduled base emergency response duty, including firefighting or medical first response by military police, a firefighter or a medical technician assigned to medical first response duty;</li> <li>• a scheduled operational exercise or collective training;</li> <li>• operation of a wheeled or tracked vehicle, or mobile support equipment;</li> <li>• servicing, loading, testing or involvement in maintaining a military aircraft or a component of a military aircraft;</li> <li>• training as a candidate for the basic military qualification or basic military officer qualification and not restricted from leave;</li> <li>• parachuting, rappelling or fast roping activities;</li> <li>• maintenance or packing of parachuting, rappelling or fast roping equipment;</li> <li>• operation of a laser of class 3B, 3R or 4, as classified under the American National Standards Institute Z136.1, Safe Use of Lasers; or</li> <li>• operation of a fuel farm or handling of bulk petroleum.</li> </ul>
<b>28DAYS</b> Cannabis consumption during the 28 days before any known or expected performance of ...	<ul style="list-style-type: none"> <li>• operating in a hyperbaric environment, i.e. diving, submarine service or use of a hyperbaric chamber;</li> <li>• high altitude parachuting from a height of or above 13,000 feet (3,962 metres) above mean sea level;</li> <li>• service as a member of a crew of a military aircraft as a pilot, air combat systems officer, flight engineer, airborne electronic sensor operator, observer, loadmaster, jumpmaster, search and rescue technician, air technician, air gunner, air marshal, tactical aircraft security officer, flight test engineer, flight attendant, flight steward, flight surgeon, flight nurse or aeromedical evacuation technician;</li> <li>• controlling or directing an aerospace platform or asset; or</li> <li>• operation of an unmanned aerial system.</li> </ul>



## Pet Vaccination Clinic


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Local women held a market every month at Camp Phoenix, the NATO military base where Maj Melissa Marshall (right) worked during her deployment to Afghanistan in 2013. These events provided the opportunity for military members to interact with civilian women and children and gain a deeper appreciation for the important security and stability work they were doing. Op ATTENTION was Canada's participation in the NATO Training Mission–Afghanistan (NTM-A), which delivered training and professional development support to the national security forces of Afghanistan: the Afghan National Army (ANA), the Afghan Air Force (AAF), and the Afghan National Police (ANP). Maj Marshall (left) was part of Roto 3, and worked as the Task Force adjutant while in Kabul. Alongside friends and colleagues at Garrison Edmonton playing women's slo-pitch, Maj Marshall (middle) was ecstatic when her team won gold during the championship game at the 2018 national tournament held in August.

*Photos supplied by Maj Melissa Marshall*

# Gritty artillery officer currently Canada's second female Battery Commander returning to 1RCHA this summer

## Ashley Materi Stag Special

The Canadian Armed Forces (CAF) was one of the first militaries in the world to open all of its positions, including combat roles, to women.

Introducing women into the combat arms in 1989 increased the recruiting pool by about 100 per cent.

The combat arms are the four combat-focused branches of the Canadian Army (CA): armour, artillery, infantry, and engineering. Each now has a small but powerful contingent of women, including artillery officer Maj Melissa Marshall.

Immediately after graduating from St. Thomas University in 2007 with a political science degree, Maj Marshall enlisted. She completed artillery officer training the next year and was posted to the Canadian Artillery School in Gagetown, New Brunswick.

It was there, on the large military base in the small maritime province, that Maj Marshall received her Forward Observation Officer (FOO) qualification. Thereafter, she could work within a combat team, advising in offensive and defensive maneuvers to ensure safe and tactical firing of artillery.

In a field that's less than 10 per cent female, old misconceptions can make work challenging for a



As an artillery officer, Maj Melissa Marshall has the opportunity to work with a broad range of weapons, such as the C6 machine gun pictured here. She said her time working as a Forward Observation Officer (FOO) was one of the highlights of her career, and she loved the "new and encouraging challenges" that working with different units presented.

woman. Maj Marshall said they inspired her to go the extra mile to "prove" herself physically. She began weight training and became passionate about fitness, exercise, and nutrition.

"I am constantly pushing myself to be stronger, to be faster, and to be better," she explained. "Fitness teaches me to focus my mind and push myself well beyond perceived limitations."

Maj Marshall continues pushing her body to extremes, from breaking trail through waist-high snow while carrying a 150-pound rucksack to completing the 26-mile Bataan Memorial Death March across New Mexico's White Sands Missile Range.

You have to be physically fit to accomplish these feats, but Maj Marshall believes mental resilience is equally important. Strategies like positive self-talk, setting specific goals for each workout, and focusing on how amazing the human body is when properly fuelled and trained have helped propel her over any hurdle in her path.

"As long as your heart and mind are always a part of the journey, your body will follow suit," she said.

In 2013, Maj Marshall deployed on Op ATTENTION Roto 3 in Kabul.

This was the CAF contribution to the NATO Training Mission–Afghanistan (NTM-A), which delivered training and professional development to the national security forces of Afghanistan.



**Battery Commander humbled by new opportunity**

# Maj Marshall will 'celebrate' achievements of soldiers

From Page 6

As Task Force adjutant she co-ordinated administration, while also providing administrative and disciplinary advice to the commanding officer of the National Command Support Element, the command-and-control centre for CAF members in Afghanistan.

This element was a hub for security, mentoring sessions between Canadian and Afghan soldiers and police forces, and governance efforts in Kabul. One day she would be advising the commanding officer when misbehaving soldiers were brought to a summary trial; the next day she'd be the Master of Ceremonies for an American-led Sept. 11 memorial parade; and the day after that she was conducting live fire ranges with Canadian Special Operations Forces members mentoring their Afghan counterparts.

The best part, Maj Marshall said, was interacting with Afghan civilians. NTM-A forces were there to lend support and security to the Afghans, and meeting with locals let soldiers get to know the people who most benefit from improved stability. Regular contact also allowed citizens to maintain friendly relations with the military personnel.

Camp Phoenix, the NATO military base where she worked, held a monthly market set up by Afghan women and children.

During the course of her nearly seven-month tour, her "desire changed from wanting to buy scarves to giving something back to them, even if it was little."

Maj Marshall began collecting some of the bulk items that came in from overseas, including shampoo, deodorant, and toothpaste. She also started taking snacks from the dining hall to give to the children.

"One day I asked a woman if I could give her daughter a Popsicle. She said yes, hugged me, and cried. She didn't speak English but her daughter translated that she was emotional because she would have never been able to give her daughter something like that," she recalled.

Maj Marshall didn't really sleep that night.

"I found it incredibly sad to think that there were children in the world who would never be able to enjoy something as simple as a Popsicle on a warm day," she said.

"That always stood out to me, because you never actually realize how good your life is until you see what life is like 'on the other side.'"

Maj Marshall has been the executive assistant to the Commander of 3rd Canadian Division (3Div) since 2017.

The role, vital to day-to-day command group opera-

tions, has largely kept her from the field for the past two years.

But this year she's been posted to Manitoba to take over as a battery commander, in charge of the functioning of the artillery group, at CFB Shilo.

Starting in August, she'll handle everything from discipline and administration to ensuring that soldiers are prepared for deployments in her role as BC of HQ Bty.

This summer 3Div will be in the high-readiness phase, poised to deploy in Europe, in the Middle East, and domes-

tically.

Maj Marshall will be one of two female battery commanders in Canada, and she says she's humbled by the opportunity to set an example of leadership that soldiers can emulate.

"Whether it's in terms of their physical or mental resilience, I want to show the people I'm responsible for that I absolutely want to be a part of their lives," she said.

"I will celebrate their achievements and also support them through hardships."

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**April 25 10 - 4:30**

Get a quote for tires and fill out a ballot for your chance to WIN a \$100 CANEX Gift Card!

Also, enter to win a FREE wheel alignment from Fountain Tire (\$115 value).

See the ON-SITE VENDORS at CFB Shilo's CANEX Mall

**Fountain Tire**

**OK TIRE**  
Honestly driven.

**no interest credit plan**  
plus no money down, not even the taxes! O.A.C.

your choice of **12 · 24 · 36** month terms

Special conditions apply. Ask a CANEX associate for details.



# DND, VAC release 2018 reports on suicide mortality

## Stag Special

The Government of Canada must provide the best possible care and support to Canadian Armed Forces (CAF) members and to veterans.

Every suicide is a tragedy and is a complex issue we take very seriously. The Department of National Defence (DND) and Veterans Affairs Canada (VAC) continue to explore ways to enhance our support and programs and services to CAF members, veterans and their families.

"Our government recognizes the sacrifices our women and men in uniform make on behalf of our country. Taking care of people is our top priority," said Minister of Defence Harjit Sajjan. "These reports will help us further understand this issue and find effective ways to support our military members, Veterans, and their families."

Surgeon General BGen Andrew Downes added, "I know that the Canadian Armed Forces has highly capable and compassionate leaders, medical personnel, and others who work hard to improve our support programs and services.

"They are as committed to the health and wellbeing of our military personnel as I am. The Joint Suicide Prevention Strategy will help guide this work, and will help to ease the

stressors that some experience during transition to civilian life."

DND released the 2018 Surgeon General Report on Suicide Mortality in the Canadian Armed Forces and VAC published its 2018 Veteran Suicide Mortality Study.

The 2018 Surgeon General Report has been released annually since 2008, and aims to better understand suicide in the actively serving CAF population.

"When it comes to suicide, there is no simple solution or easy answer. But we must do everything we can to better understand the issue, so we can prevent suicide amongst Canada's Veterans," said Minister of Veterans Affairs and Associate Minister of National Defence Lawrence MacAulay. "This research – along with other research projects on Veterans' well-being – will allow us to continue to improve our services and supports for Veterans and their families."

The 2018 Veteran Suicide Mortality Study is the second report published by VAC and seeks to better understand suicide among veterans. Both studies are important so programs and services can be better aligned to meet the needs of CAF members, veterans and their families.

The findings from these studies, along with other ongoing research initiatives contribute to the enhancement of pro-

grams and benefits that will ultimately improve the health and well-being of CAF members and veterans.

### Quick Facts

- The CAF has been tracking suicide mortality since 1996 and making the results public.

- The Canadian Forces Health Services publishes an Annual Report on Suicide Mortality to examine suicide rates and the relationship between suicide, deployment and other potential suicide risk factors.

- The Surgeon General's annual Suicide Mortality Report for 2018 is an update covering the period from 1995 to 2017. Between 1995 and 2017, there were no statistically significant increases in the overall suicide rates.

- The Veterans Suicide Mortality Study tracked Veterans who released from the CAF between 1976 and 2012. In 2017, the study looked at suicide risk by age and sex, and trends over time. This year, the same Veterans were examined in more detail including: suicide risk by component (Reserve Force versus Regular Force), rank, age at release, reason for release, and how many years after release Veterans were at greatest risk of dying by suicide. The 2019 Veterans Suicide Mortality Study is expected to add 2013 and 2014 to its findings.

# Battle of Atlantic sacrifices recalled during May 5 service

## Shilo Stag

Imagine treading water in the North Atlantic in late November, an oil slick surrounding you along with debris and fallen comrades floating face down.

There's no rescue in sight, and your chance of survival diminishes every second you remain immersed in the frigid water. Hypothermia will claim your life before drowning, or enemy fire from a nearby German U-Boat if they are not interested in taking POWs. Such was the life of an individual who served in the Royal Canadian Navy (RCN) or Merchant Navy and their ship sunk in the Battle of the Atlantic.

Each year, traditionally on the first Sunday in May,

Canada's maritime community pays tribute to the courageous Canadians who joined with the Allies during the Second World War to fight — and win — the Battle of the Atlantic.

This year's parade and service involving NLCC Stan Hawitt, RCSCC Swiftsure and 82 RCACS at the Brandon Armoury is May 5 starting at 11 a.m.

The Battle of the Atlantic started on Sept. 3, 1939 when the Athenia was sunk off the coast of Northern Ireland.

A week later, we were officially at war. From that day until the last of the German U-Boats surrendered after V-E Day, in May 1945, the Allies navies could not for a moment relax their vigilance.



# MINOR HOCKEY AGM



April 28 6:30 p.m. — GSH Theatre

Be part of organizing team for 2019-20 season





## Base Maintenance offer spring car care three-day clinic

### Shilo Stag

It's that time of year when one thinks about giving your vehicle a spring check-up.

Look no further than the three-day spring car clinic which starts April 24. You can have an oil change (\$15), tire rotation (on rims \$15), balance and tire rotate (\$25) or tire mount, balance and install (\$40). Call local 3255 to make an appointment between 8 a.m. and 4 p.m.

Customers must provide their own oil and filter if you want an oil change. There's a barbecue April 26.

Funds will be donated to the Padre Fund.

## NOW OPEN



GOLD  
Best Golf Course - Westman

### 2019 Membership Rates:

- Regular Adult — \$649
- Student (18-25) — \$399
- Junior (under 18) — \$149
- Regular Family — \$1,299
- Golf and ride — \$399

Customized tournament and corporate outing rates available upon request.

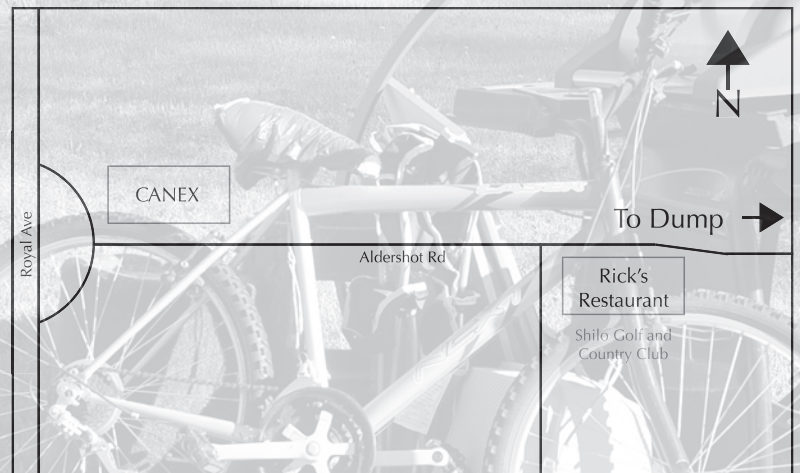
CPGA Head Professional Dave Scinocca available for lessons.

Whilst golfing enjoy the CFB Shilo Memorial Tribute to Canadian Military History where each hole has a memorial dedicated to a significant historical Canadian Armed Forces achievement.

To book tee-times call 204-765-3623 or online at [SHILOCOUNTRYCLUB.COM](http://SHILOCOUNTRYCLUB.COM)   

## 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 date ONLY for spring clean-up:

## May 21

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



Your 2019 Base calendar has arrived. If you'd like a free copy to hang in your office, or at home, drop by the Stag and see the editor.



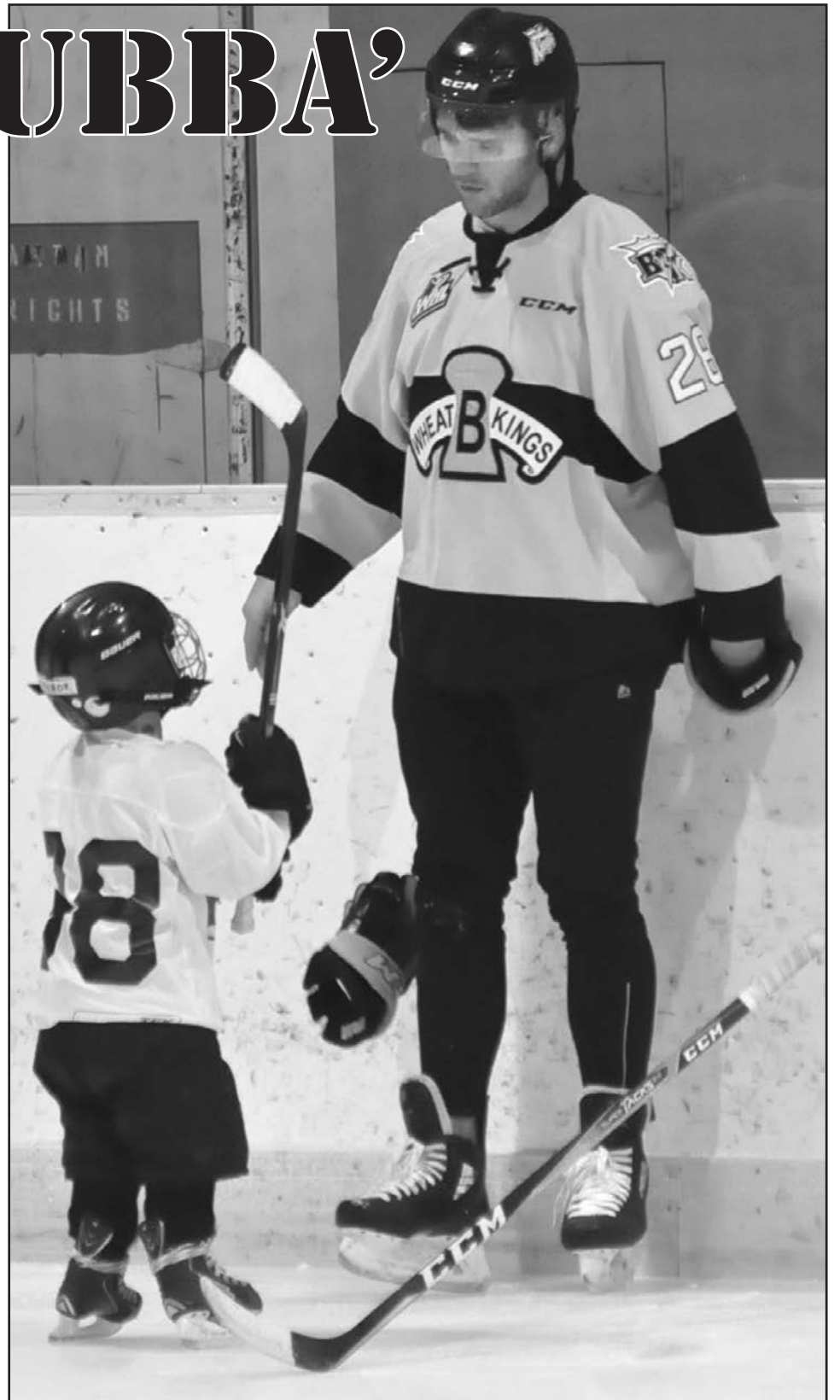


# SKATING WITH

# 'BUBBA'



From Minnesota, six-foot-five Brandon Wheat Kings winger Baron Thompson is a fan favourite on the WHL club, especially when it comes to skating with minor hockey players as he did during a visit to Gunner Arena. The young players were enthralled to skate alongside the genial giant nicknamed 'Bubba.'



PHOTOS JULES XAVIER/SHILO STAG





Our organization is committed to enhancing the morale and welfare of the military community, ultimately contributing to the operational readiness and effectiveness of the Canadian Armed Forces (CAF). We pride ourselves on being part of the Defense Team.

**Warehouse Clerk – Permanent Part-time**

Under the supervision of the assistant manager, the warehouse clerk loads and unloads merchandise, unpacks/packs goods, and ensures that perishable merchandise is moved to coolers upon receipt. She/he ensures the security of merchandise located in the receiving area, counts merchandise received, verifies its condition, obtains signature of carrier and reports to supervisor if any shortages or damages. She/he conducts checks on refrigeration units and maintains a temperature control log, prices merchandises as per policy and procedures, assists with ordering store supplies, assembles and disassembles merchandise, and sets up displays and signage. She/he performs shelf stocking duties, routine maintenance jobs, and maintains an orderly warehouse.

**Salary: \$11.98/hr - \$14.13/hr**

Employment Equity: NPF is strongly committed to building a skilled and diverse workforce reflective of Canadian society.

Therefore, we promote employment equity and encourage candidates to voluntarily self-identify on their application if they are members of a designated group (i.e. a woman, an Aboriginal person, a person with a disability or a visible minority).

For more information or to apply, visit our website at [www.cfmws.com](http://www.cfmws.com) or send your confidential résumé by April 21, 2019 to: CFMWS, NPF Human Resources, Box 5000, Stn Forces, Shilo, MB R0K 2A0, by fax to 204-765-3815, or by e-mail to [nprshilo@cfmws.com](mailto:nprshilo@cfmws.com)

# JOB POSTINGS

Our organization is committed to enhancing the morale and welfare of the military community, ultimately contributing to the operational readiness and effectiveness of the Canadian Armed Forces (CAF). We pride ourselves on being part of the Defense Team.

**Sales Associate – Temporary Part-time**

Under the supervision of the assistant store manager, the sales associate operates the Point of Sales (POS) system, lottery terminal, video rental computer, data wave and debit/credit machine and maintain a float. She/he fills in credit plan documentation and processes customer credit authorizations as required. She/he operates the self-serve gas equipment, including gas console and tank monitoring system, and monitors fills for safety and gas run-offs, as required.

**Salary: \$11.98/hr - \$14.13/hr**

Students aged 16 and older are encouraged to apply.

Employment Equity: NPF is strongly committed to building a skilled and diverse workforce reflective of Canadian society.

Therefore, we promote employment equity and encourage candidates to voluntarily self-identify on their application if they are members of a designated group (i.e. a woman, an Aboriginal person, a person with a disability or a visible minority).

For more information or to apply, visit our website [www.cfmws.com](http://www.cfmws.com) or send your confidential résumé by April 21, 2019 to: CFMWS, NPF Human Resources, Box 5000, Stn Forces, Shilo, MB R0K 2A0, by fax to 204-765-3815, or by e-mail to [nprshilo@cfmws.com](mailto:nprshilo@cfmws.com)

# CAF seeks Indigenous members for sports

**Stag Special**

The office of Military Personnel Generation is looking into the possibility of forming Canadian Armed Forces (CAF) Indigenous teams or Indigenous Members to compete in regional, national and possibly international events.

Such events may include participation at the following events:

- <http://arcticwintergames.org/>
- <http://mastersindigenousgames.ca/about/about-the-games/> (adults)
- <https://ascnwt.ca/north-american-indigenous-games> (cutoff age 22)

If you are a CAF Indigenous member on this Base, and are interested in the possibility of representing the CAF at such events, e-mail the following information — to the Base COS' executive assistant Karli Allen at [Karli.Allen@forces.gc.ca](mailto:Karli.Allen@forces.gc.ca) — SN, rank, name/initials, Base location and sports or events interested in being part of as an athlete.

# CLASSIFIED ADS

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

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

**April 25 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 Fire-arms** 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 [gstele4570@gmail.com](mailto: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.

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.

**Brandon Salutes**  
[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 [nprshilo@cfmws.com](mailto:nprshilo@cfmws.com) OR for more detailed information on the jobs offered at CFB Shilo visit: [www.cfmws.com](http://www.cfmws.com)

## FOR SALE — \$175,000 Perfect Family Home in Wawanesa, MB

This house is on a large, spacious lot on a quiet street. A detached single car oversized garage is found at rear of house, with back lane access. The lot size is 75x120 feet. Total square footage of this 1 1/2 storey home is 1,702. Affordable property taxes. Town water and sewer. Twenty minute drive from CFB Shilo. The house features an east facing deck off the front door and a concrete-covered patio at the side entrance. Metal roof. Vinyl sided. There's no basement as house sits on an insulated crawl space. Baseboard heat. Four bedrooms, 1 1/2 baths, main floor laundry room, laminate flooring in kitchen, carpeted throughout. All appliances included: two full-size refrigerators, 30-inch stove, built in dishwasher, microwave, washer and dryer, portable air conditioner, small chest freezer. Other furniture remains making this an easy transition to move right in. Wawanesa is a pretty town with lots to offer: K-12 school, daycare, medical clinic, recreation centre with hockey and curling ice, waterpark, ball diamonds, campgrounds. A variety of businesses include: grocery/liquor vendor, gas station, car/truck wash, bank, post office, restaurants, garage/auto mechanic, Sipiweske Museum, Guild Insurance, Wawanesa Mutual. This is a private sale. Contact Wayne Gullett at 204-724-4671 to arrange a viewing.







## **PENSION FOR LIFE FOR VETERANS WITH SERVICE-RELATED INJURY OR ILLNESS**

The new Pension for Life helps you transition to life after service with the recognition and income support you need.

Learn more: [veterans.gc.ca/pensionforlife](https://veterans.gc.ca/pensionforlife)  
1-866-522-2122

## **PENSION À VIE POUR LES VÉTÉRANS ATTEINTS D'UNE BLESSURE OU D'UNE MALADIE LIÉE AU SERVICE**

La nouvelle pension à vie vous aide à faire la transition à la vie après le service grâce à la reconnaissance et au soutien du revenu dont vous avez besoin.

Apprenez-en plus : [veterans.gc.ca/pensionavie](https://veterans.gc.ca/pensionavie)  
1-866-522-2022