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Volume 58 Issue 16



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August 8, 2019

**INSIDE**  
This Issue



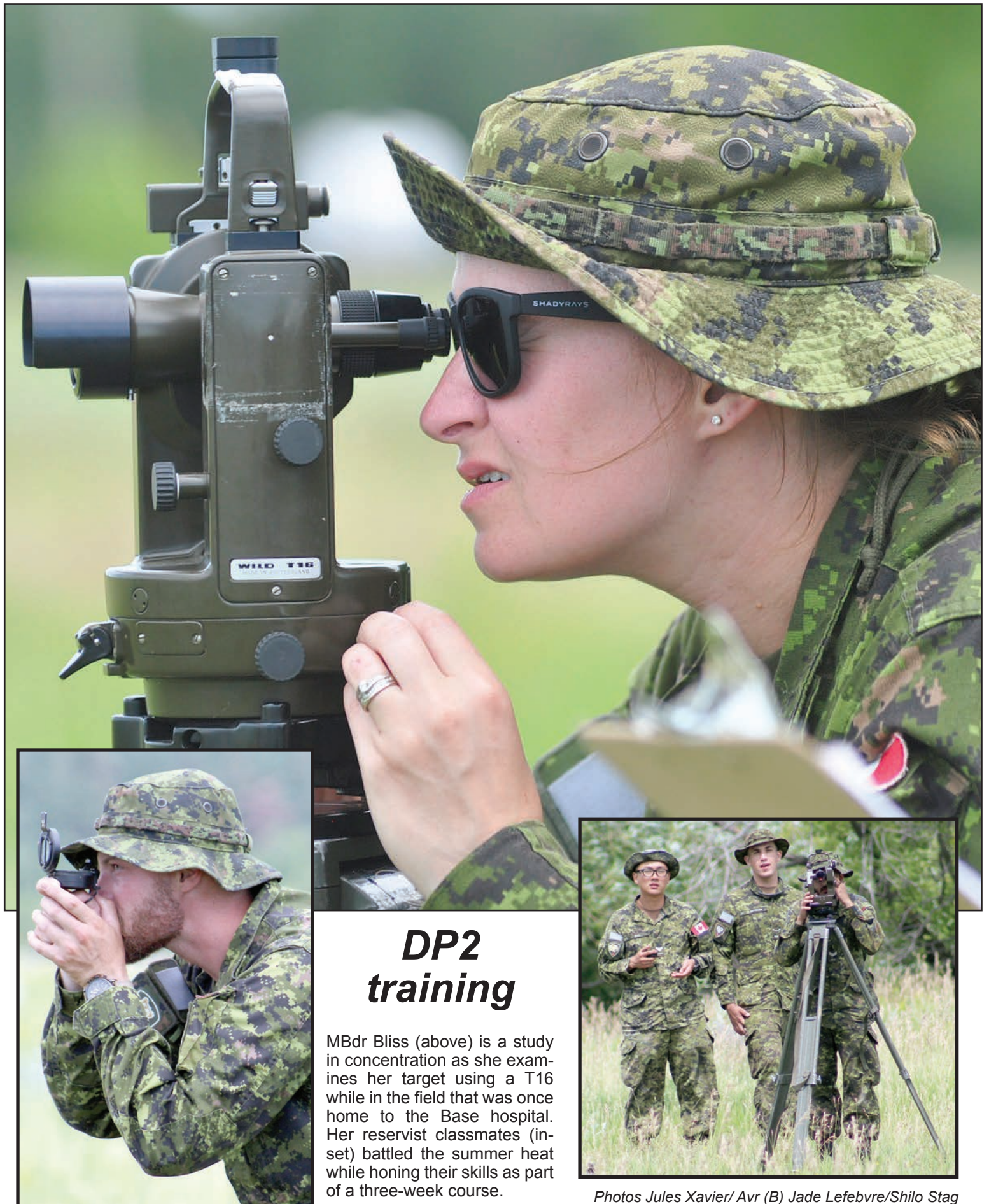
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26 Field celebrate reunion in training area. Page 7



**DP2  
training**

MBdr Bliss (above) is a study in concentration as she examines her target using a T16 while in the field that was once home to the Base hospital. Her reservist classmates (inset) battled the summer heat while honing their skills as part of a three-week course.

Photos Jules Xavier/Avr (B) Jade Lefebvre/Shilo Stag

# MP's national motorcycle relay crosses Canada

## Stag Special

This year's Military Police National Motorcycle Relay (MPNMR) riders embarking on a coast-to-coast ride includes 19 overnight stops and many transitory stops in communities across Canada to fundraise for the Military Police Fund for Blind Children.

National riders started in Victoria, BC, July 25 for an excursion through the Canadian Rockies, prairies, central and eastern provinces and Atlantic Canada. The ride stopped at CFB Shilo Aug. 6, with a visit to L25 for a pancake breakfast.

"Thanks to the dedication and will of our amazing Military Police community, we continue to make a difference in the lives of visually impaired children," said Canadian Forces Provost Marshal BGen Simon Trudeau.

"2019 marks the 11th annual Military Police National Motorcycle Relay which has become a significant national event and major contributor to the Military Police

Fund for Blind Children — I applaud the many volunteers and thank you all for your support which directly translates into the provision of equipment, services and life-enhancing experiences for visually impaired young Canadians."

Joining this year's MPNMR for one or more legs of the journey are approximately 300 members and veterans from the MP community and civilian riders.

The relay covers more than 10,000 kilometres coast-to-coast and finishes Aug. 22 in St. John's, Nfld, and Labrador.

"It takes a lot of preparation by our devoted volunteers who have again this year done a great job. I'm proud to be involved with the MPNMR for a fifth year and honoured to have taken on the role of chair," said MPNMR national chairperson Maj Dale Troia.

"The riders crossing our magnificent country know this is a worthy journey because, as a team they are committed to helping visually challenged children receive

services and support as a result of fundraising."

### Quick Facts

- The MPNMR is the world's longest annual motorcycle relay, travelling more than 10,000 kilometres from coast-to-coast with stops at CAF establishments like CFB Shilo and points of interest along the way.

- Approximately 300 riders composed of CAF members and veterans from the Military Police community, and civilian riders will participate in this year's MPNMR.

- This year's MPNMR directs funds to the Military Police Fund for Blind Children and has raised more than \$600,000 since starting in 2009.

- You can follow the MPNMR on Facebook and consult the relay schedule.

- Founded in 1957, Military Police members, both former and currently serving, as well as other CAF members volunteer to operate the Military Police Fund for Blind Children. Visually impaired children up to the age of 21 can be eligible for the funds raised.



Base padre Capt Daniel Walton blessed the motorcyclists prior to their departure for Kenora, Ont., following breakfast at L25. 1 MP Regt PI Comd Capt Geoffrey Chandler (inset right) led the way after the four riders switched to rain gear. The ride mascot (left) had a good view from one of the bikes.

Photos Jules Xavier/Shilo Stag



## Pet of the Week

### LIZZIE

Lizzie is Meisha's little sister, says owner Jessica Peters. This family pet has plenty of energy, and her favourite pastime is annoying her older canine sibling. 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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**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)*

## Supporting those who serve

# Effective soldiers need strong families

**Tim Bryant**  
Stag Special

While members of 1CMBG were working their way towards High Readiness, much was going on behind the scenes to ensure the soldiers and their families receive the support they need.

"We're really fortunate in 1CMBG that a flanking organization of ours is the 3rd Canadian Division Support Group (3CDSG)," explained 1CMBG Commander Col Bob Ritchie.

As a support formation, 3CDSG has a range of professionals at its disposal to provide needed support not only to the soldiers, but also to the soldiers' families and friends.

The support 3CDSG provides is flexible and can be tailored to each family's needs, Col Ritchie said. It serves as an extra layer beyond the planning soldiers and their families have already done in building their own support networks.

As an example, he said, the 3CDSG network can step in and step up in the immediate aftermath of an incident if the soldier's family's own network is not available. It is a 24-7 service that can muster resources if required, even if the only resource needed is someone to watch the kids so the spouse at home can deal more easily with the situation at hand.

In addition, the 3CDSG network is well-versed in the military world. While a personal network has the shared experience of knowing a family both before and after it became a military family, it might lack all the necessary background, Col Ritchie explained.

"The military's a unique place to be and it's got unique challenges," he said. "It's got its own language and its own

culture. I think it draws great strength when a military spouse is able to reach out to other people who have been through those challenges before."

Bringing this necessary support to the forefront is a priority of the 3 Div leadership, particularly former 3 Div Commander Trevor Cadieu, now MGen and DOS with SJS in Ottawa. He has been dedicated to the well-being of the family and who views the family as an extension of the soldier, explained Col Ritchie.

"If we want to have an effective soldier, we need to have a strong family," said Col Ritchie. "What we're really trying to do with the Division and the Canadian Army is marshal and harness all the different resources around a soldier and the soldier's family."

One of the largest parts of that support network, but by no means the only component, is the Military Family Resource Centre (MFRC) at each Base.

For 3CDSG Commander Col Scott McKenzie the MFRCs at Garrison Edmonton and elsewhere in the Division provide an invaluable service.

"The MFRC provides exceptional services at each of the bases within the 3rd Canadian Division's area of operations," he said. "The warriors of 1CMBG are receiving outstanding support in Edmonton, Shilo and Wainwright that enables their success throughout the challenging and often stressful Road to High Readiness journey."

In addition, Col McKenzie said additional resources are being brought in to support Reserve Canadian Brigade Groups (CBGs) who will be contributing essential augmentation to 1CMBG on deployments.

Most recently, a full-time unit liaison officer was hired to assist in the Southern Alberta region and support the fami-

lies of 41 Canadian Brigade Group soldiers on high readiness training.

The MFRC is capable of providing assistance for almost any issue a soldier or family member may experience. The organization supports families before, during and after deployments and work-related absences. Staff understand the unique challenges of military life require its programs and services to be adaptable to the needs of the families.

Among the services available are one-on-one sessions with the centre's employment co-ordinator to discuss the Road to Mental Readiness, which helps with developing positive mental preparedness.

Families are also encouraged to meet with the deployment team and sign up for e-mails to find out about social and special events which are offered throughout the year.

This includes casual and emergency childcare, mental health and wellness team, services for Francophone families as well as child, youth, and parenting support which are services available to military families as they prepare for high readiness.

Meanwhile, out at CFB Shilo, former BComd LCol Dave MacIntyre had high praise for what the MFRC does.

"The Shilo MFRC and other community service providers have a lot of corporate knowledge and experience in supporting our families during high-readiness training or deployment," he said.

"Soldiers from 1RCHA and 2PPCLI should have full confidence that their families will continue to get the high level of service they've come to expect."

As of July 1 this year until June 30, 2020, 1CMBG is certified at High Readiness and has already begun overseas deployments to Latvia.



Canadian Army soldier from CFB Shilo with their children. Effective soldiers need support on many levels – on deployment, during training – and so do their family members. Families on this Base can turn to the MFRC by visiting the deployment co-ordinator, or calling ext 4555.

Photos Jules Xavier/Shilo Stag



Volume 58 • Issue 16

Regular Circulation: 3,000

Printed bi-weekly by  
Struth Publishing, Killarney MB

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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>

# Certification, settlement hearing announced regarding CAF/DND sexual misconduct class action

**Stag Special**

While not admitting liability, the Government of Canada has agreed to a settlement regarding class action lawsuits initiated by seven former members of the Canadian Armed Forces (CAF) on behalf of current and former members of the CAF and current and former employees of the Department of National Defence (DND) and/or staff of the Non-Public Funds, Canadian Forces, who experienced sexual harassment, sexual assault or discrimination based on sex, gender, gender identity or sexual orientation — sexual misconduct — in connection with their military service, and/or employment.

The Federal Court will hold a hearing Sept. 19 and 20 in Ottawa to decide if the proposed settlement is fair, reasonable and in the best interests of the class, and if approved, will certify these lawsuits for the purposes of settlement.

The proposed settlement provides financial compensation, the option to participate in a restorative engagement program, and several other measures aimed at addressing sexual misconduct in the CAF.

The Federal Court must certify these lawsuits as class actions and approve the proposed settlement before money is available and other aspects of the settlement are implemented.

Current and former members of the CAF and current and former employees of DND and staff of the Non-Public Funds who experienced sexual misconduct in the military workplace may be able to receive compensation under the proposed settlement if it is approved by the court.

The range of individual compensation for most eligible Class Members is \$5,000 and \$55,000. The payment will depend on the type of sexual misconduct and an assessment of the harm suffered.

Payment amounts will also depend on how many Class Members submit claims in the proposed settlement. Class Members who experienced exceptional harm — and in the case of those who have previously been denied VAC benefits in respect of that harm, and whose application for reconsideration is also denied — may be eligible for amounts up to \$155,000.

The details are explained in the proposed Settlement Agreement. A copy of the Settlement Agreement is available here: [www.caf-dnd-sexualmisconductclassaction.com](http://www.caf-dnd-sexualmisconductclassaction.com)

If it is approved by the court, eligible Class Members may be able to receive compensation under the proposed settlement or they may choose to opt out of the proposed settlement. They have the following legal rights and options:

**• Do nothing**

If you support the settlement agreement, you do not have to do anything right now. Note that by doing nothing, you will give up any right to object to the settlement and you will give up the right to sue Canada or others on your own or bring a Human Rights complaint in relation to any sexual harassment, sexual assault or discrimination you experienced while serving in the military or as a DND/SNPF employee.

**• Opt Out**

If you don't want to be bound by the settlement if it is approved by the Court, you can Opt Out of the class action, at that time. More information about how and when to Opt Out will be provided when and if the settlement is

approved.

You will have 90 days from the date the court issues an order approving the settlement to make your decision. If you Opt Out, you will not be entitled to any financial compensation from the settlement, but you will keep your right to sue Canada or others on your own or bring a Human Rights complaint in relation to any sexual harassment, sexual assault or discrimination you experienced while serving in the military, or as a DND/SNPF employee, subject to any time or other legal limitations applying to your claim.

If you have commenced a legal proceeding against Canada for damages resulting from the sexual misconduct covered by this settlement and you do not discontinue it before the Opt Out date fixed by the court, you will be automatically deemed to have Opted Out of the settlement and you will not be able to claim compensation.

Class Members who died before March 15 of this are not eligible for compensation under the settlement. Estates of Class Members who died before March 15 of this that wish to seek compensation should seek legal advice promptly regarding their options.

**• Submit a statement of support**

If you do not wish to attend the hearing, but you would like to explain why you support the settlement, you can complete a participation form. This form will include your name, address, and the reasons why you support the settlement.

The participation form can be found at [www.caf-dnd-sexualmisconductclassaction.com](http://www.caf-dnd-sexualmisconductclassaction.com). You must mail this form to CAF DND Sexual Misconduct Class Action c/o Deloitte, Bay Adelaide Centre, East Tower, 8 Adelaide St. W., Toronto, ON M5H 0A9, or e-mail it to [cafndmisconduct@deloitte.com](mailto:cafndmisconduct@deloitte.com) and it must be received or postmarked no later than Aug. 30.

**• Object to the proposed settlement**

If you do not wish to attend the hearing, but you would like to explain why you object to the settlement, you can also complete a participation form. This form will include your name, address, and the reasons why you do not support the settlement.

The participation form can be found at [www.caf-dnd-sexualmisconductclassaction.com](http://www.caf-dnd-sexualmisconductclassaction.com). You must mail this form to CAF DND Sexual Misconduct Class Action c/o Deloitte, Bay Adelaide Centre, East Tower, 8 Adelaide St. W., Toronto, ON M5H 0A9, or e-mail it to [cafndmisconduct@deloitte.com](mailto:cafndmisconduct@deloitte.com) and it must be received or postmarked no later than Aug. 30.

**• Participate at the settlement hearing**

You can attend the approval hearing at the Federal Court in Ottawa, 90 Sparks St., Sept. 19 and 20 at 10 a.m. to participate in the proceeding and voice your support or objection to the proposed settlement in person.

The court will decide if you will be permitted to make oral submissions at the time of the hearing. However, in order to be eligible to participate, you must have completed and submitted the participation form setting out your reasons for supporting or objecting to the proposed settlement.

For more information, visit [www.caf-dnd-sexualmisconductclassaction.com](http://www.caf-dnd-sexualmisconductclassaction.com), call 1-888-626-2611, e-mail: [cafndmisconduct@deloitte.ca](mailto:cafndmisconduct@deloitte.ca), or write to CAF DND Sexual Misconduct Class Action c/o Deloitte, Bay Adelaide Centre, East Tower, 8 Adelaide St. W., Toronto, ON M5H 0A9.

**Shilo Theatre**  
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Aug. 9 The Hustle Rated PG13  
Aug. 16 Avengers - End Game Rated PG13  
Aug. 23 NO MOVIE Aug. 30 Aladdin Rated PG

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## Lone elk watching

Traffic on Hwy. 340 just south of the the Base's south gate entrance might have noticed a lone female elk standing in the field near the fence. Where her herd was bedding down in the late morning summer heat is any guess for those motorists looking into the field. From a distance you might have thought the Base had a horse pasturing on the land, but using a 200mm Nikon lens told the *Stag* it was an elk. *Photo Jules Xavier/Shilo Stag*

## 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), Battery 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](mailto:cdnig19@hotmail.com)

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New to the Base? Your copy of the summer edition of the Base's quarterly magazine **AT A GLANCE** is available on the Base, including CANEX

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Tee-off at 11 a.m.

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# At A Glance

## CFB SHILO



Visit RCA Museum's gun park

[www.CAFconnection.ca](http://www.CAFconnection.ca)  
SUMMER 2019





Photos Avr (B) Jade Lefebvre

# Austin hosts 1RCHA RCA Museum



Individuals from across Canada and the United States took part in the four-day Austin Threshermen's Reunion and Stampede. All ages could enjoy the different festivities which took place, one of which was the RCA Museum's, and 1RCHA's display. These two CFB Shilo venues allowed visitors to Austin what each had to offer, from what artillery soldiers do to what the award-winning museum offers during visits. There were also parades, and tractor enthusiasts showed off their machines.






# Out with a bang during artillery reunion



Artillery artwork  
Avr (B) Jade Lefebvre



26th Field Regiment's reunion featured former and current members and their families coming together for a museum tour, a live field exercise everyone observed in CFB Shilo's training area, and dinner that included live entertainment. More than 100 members and their families attended the weekend activities, with lots of memories and laughter shared during the various activities. Some of the weapons on display, and used by reservists for demonstrations, included the C7, 81mm mortars, C9 and the artillery's trusty C3 Howitzer.



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There is no cost

Sessions provided in Shilo are intended for members of the Military and Veteran communities and aim to provide a peer based network. Sessions are led by DND staff trained in the program.

Dates: Thursday afternoon Sept 12 - Oct 17  
Location: L-106 Shilo, MB  
Time: 1300hrs  
To register: Brandi.Sheppard@forces.gc.ca

Follow what's happening on this Base by visiting our social media platform [www.facebook.com/ShiloSTAG/](http://www.facebook.com/ShiloSTAG/)



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I volunteer to (have fun)

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For more information or to become a leader, contact:  
Kelsey Morgan at [arndt.kelsey@gmail.com](mailto:arndt.kelsey@gmail.com)  
or  
Danielle Gillam at [djoygillam@gmail.com](mailto:djoygillam@gmail.com)



Girl Guides  
Everything she wants to be.



## Promoted to 2Lt

We learned at Base HQ that 3CDSG Sig Sqn ASM Tech Taimoor Kahn speaks four languages. He was promoted twice, his final rank of 2Lt being applied by BComd LCol Jeff Lyttle. The RCAF member will continue honing his skills on this Base, but in the future will continue his military career on an air force base.

Photo Jules Xavier/Shilo Stag

# Fifth year of Op REASSURANCE sees 2PPCLI, 1RCHA soldiers deployed

## Shilo Stag

The Canadian Armed Forces (CAF) has members, including soldiers from CFB Shilo, serving on Op REASSURANCE in Central and Eastern Europe.

They are there as part of NATO assurance and deterrence measures. These measures aim to reinforce NATO's collective defence. It also shows the strength of Allied solidarity.

During this operation, the CAF is conducting training, exercises, and some NATO-specific tasks.

The CAF support to NATO helps make Central and Eastern Europe more secure and stable. It also shows that the CAF is a professional force that is ready for any task.

At any time, there can be up to 915 CAF members deployed on Op REASSURANCE, making it Canada's largest current international military operation. This includes approximately 240 sailors onboard a frigate, operating with NATO; 540 soldiers leading a NATO enhanced Forward Presence Battle Group in Latvia; 135 members of the RCAF and approximately five CF-188 Hornet aircraft participating in NATO enhanced air policing.

NATO agreed upon and began to enact a series of military measures related to Op REASSURANCE on April 16, 2014. They are based on the principles of defence, deterrence and de-escalation meant to: reinforce NATO's collective defence; and demonstrate the strength of allied solidarity. The CAF offered assets and members to NATO on April 17, 2014.

The CAF is a major contributor to NATO operations and exercises. It has been fully engaged since NATO was founded in 1949.

The CAF is committed to unity, security, and stability on both sides of the Atlantic. In recent years, Canada has been an active participant in NATO-led missions in: the Balkans (Op KOBOLD) and Libya (Op MOBILE).

Mission timeline includes on June 19, 2017 - Canadian-led NATO enhanced Forward Presence battle group Latvia was stood up during a ceremony at Camp Adazi, Latvia. On July 10, 2018 - Prime Minister Justin Trudeau announced the renewal of Canada's contribution to NATO's enhanced Forward Presence until March 2023.

The CAF will also increase the number of members deployed to Latvia from 455 to 540.



2PPCLI CO LCol Mike Reekie was interviewed by CBC Winnipeg prior to deploying to Latvia.



# CAF releases outcomes of administrative action to victims of sexual misconduct

## Stag Special

Sexual misconduct has no place in the Canadian Armed Forces (CAF).

Establishing an environment in which our people have confidence that they can raise concerns about sexual misconduct and that those concerns will be addressed appropriately is essential for the organization and a key tenet of Op HONOUR.

While recent studies, including the 2018 Statistics Canada Survey on Sexual Misconduct in the CAF, indicate a growing level of trust among personnel that the chain of the command will appropriately address incidents of sexual misconduct, improving support for those who bravely come forward to report sexual misconduct remains our top priority.

We are listening to them and learning from their experiences, so that we can strengthen our approach to addressing harmful behaviour in our ranks.

"Supporting victims of sexual misconduct continues to be a top priority for the Canadian Armed Forces. We recognize the importance of keeping them fully informed throughout the complaint and investigation process," said Director General, Professional Military Conduct/Op HONOUR (formerly the CAF Strategic Response Team-Sexual Misconduct) Commodore Rebecca Patterson.

"This amendment brings consistency to our processes for both harassment and sexual misconduct and addresses an unfortunate information gap that was eroding victims' trust that complaints were taken seriously."

She added, "We will continue to listen to all those affected by sexual misconduct to understand their concerns and identify areas where we can improve our policies and processes."

The CAF issued direction to personnel July 25 indicating that commanding officers can now provide victims with information about the outcomes and conclusions of administrative reviews related to their complaint, as well as administrative actions imposed by the chain of command on the person who caused them harm.

This change in process closes a critical information gap identified by complainants in cases of sexual misconduct and victim advocates.

This gap was also highlighted by the Auditor General of Canada, who noted in his fall 2018 *Report on Inappropriate Sexual Behaviour – Canadian Armed Forces* that "due to obligations" in the Privacy Act, in many cases, the chain of command did not tell victims whether administrative actions had been taken and why.

"The Sexual Misconduct Response Centre aims to ensure the needs of affected members are taken into considerations at all times by advising and guiding the CAF," said Sexual Misconduct Response Centre, Department of National Defence executive director Dr. Denis Preston.

"We are pleased to see that the process has been amended to now allow affected members to be aware of the outcomes of actions taken against perpetrators. We believe it is a critical step in the healing and closure processes.

"It is something that affected members have been asking for, and this amendment will help build confidence in the reporting process."

The CAF had worked with privacy experts to find a solution to this issue.

The new approach respects due process and fairness to all, and prevents the release of highly sensitive personal information, such as medical or psycho-social assessments or treatment.

This is consistent with the current approach used by the CAF in relation to harassment cases, and aligns with feedback provided by victims.

The amended approach reflects the CAF's commitment to support those affected by sexual misconduct and to develop policies and procedures that are informed by victims and victim advocates.

Other efforts underway will ensure that victims remain informed, respected and heard throughout the process when cases of sexual misconduct are being prosecuted, and will create clear statutory rights for victims of service offences, including sexual misconduct within the military justice system.

### Quick Facts

- Administrative actions include remedial measures, such as initial counselling, a recorded warning, or counselling and probation. If the incident is serious enough or involves repeat offences, the member can be released from the Forces.

- Op HONOUR is the Canadian Armed Forces' mission to eliminate sexual misconduct in the Canadian military. It was launched in 2015.

- The Sexual Misconduct Response Centre (SMRC), was established as part of Op HONOUR under the Department of National Defence (DND) and independent from the CAF chain of command. The SMRC ensures the provision of timely, compassionate, and comprehensive support to CAF members affected by sexual misconduct. The SMRC also provides guidance to the chain of command on supporting victims, as well as expert advice, and recommendations to the CAF to guide its response to sexual misconduct.



**Putting prowess**



It was a quiet afternoon at the Shilo Country Club with a handful of intersection competitors on the links competing for league bragging results.

Photos Avr (B) Jade Lefebvre/Shilo Stag




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Health Promotion workshop  
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**CANADA WEST REGIONAL  
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TBD JANUARY 2020  
COLD LAKE



If interested contact PSP Sports Coord Bretta Olson • ext. 5894



Shilo's MFRC hosted a barbecue for newcomers to the Base, with the summer of '19 posting season well underway. Part of this outdoor event featured office chair racing, not unlike Indy Cars, but no motors required on the four-wheel chairs. Base COS Maj Howard Nelson (above) tested his driving skills in an office chair, as did a number of curious participants who wore head protection (right).  
Photos Avr (B) Jade Lefebvre

On  
your  
mark,  
go!



# Ruling allows military justice system to start again

**Gen Jonathan Vance**  
Stag Special

The Supreme Court of Canada recently released its decision in the Stillman appeal — also known as Beaudry.

Through these appeals, the court examined the constitutionality of the section of the Code of Service Discipline that allows for the prosecution in the military justice system of persons alleged to have committed offences under military law which are punishable by five years of imprisonment or more.

The court thoroughly considered the issues at play in these appeals, and I encourage all Canadian Armed Forces (CAF) members to read the decision, which is available on the court's website: <https://scc-csc.lexum.com/scc-csc/scc-csc/en/item/17891/index.do>

The court's ruling means that the prosecution of such offences in the military justice system can now resume. Through this decision, the Supreme Court has again recognized the critical role that the military justice system plays in assisting military commanders in maintaining the discipline, efficiency and morale of the CAF.

Our military justice system is highly relevant to our operational effectiveness. The military justice system fosters discipline and accountability so our profession of arms delivers on the operations demanded of us.

Our military justice system will continue to evolve to serve the interests of Canadians and our armed forces, and I know that all independent actors in the military justice system will continue to perform their duties with the highest degree of professionalism, fairness and respect for the rule of law.

*Gen Jonathan Vance is the CDS*

## THE PRINCESS PATRICIA'S CANADIAN LIGHT INFANTRY 105<sup>TH</sup> ANNIVERSARY COMMEMORATION



### FAMILY DAY

- 1400-1800 MPTF
- Weapon and vehicle displays
- Vehicle rides
- Camo face painting
- Weapon simulator shoots
- And much more!



105<sup>th</sup>

Friday  
09 August 2019

Please contact 2Lt Sutton for all questions  
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### The Better 'Ole

- 2PPCLI LAV barn
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CFB SHILO

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CAFconnection.ca  
#GetConnected

# Put in the work to attain your goals

**MCpl David Sadai**  
Stag Special

Rodger Bannister gave us one of the biggest lessons in human history.

For those who have never heard the story, you're in for a treat. Back before the 1950s scientists and world public opinion was that the four-minute mile was something that absolutely could not be achieved by a human.

It was attempted by many and thought to be impossible. Some health professionals were saying that your heart would explode from running at that pace.

So, you could understand that most stayed away from the idea of attempting or took the public opinion as gospel and wouldn't risk death for such a feat. Bannister was not like everyone else. He desired to do it to become the best version of himself.

After he became the first in history to accomplish this extraordinary achievement at the 1954 Olympics, he was asked how he made the impossible, possible. He visualized.

He said he would close his eyes and picture himself crossing the finish line at 3:59. So once he broke the thought process and was no longer allowing the outside noise of the world to cloud his desires, he began the gruelling training that was required and shocked the world.

Understand that you can't just close your eyes and see something and expect the world to bend for you. Hard work is necessary.

The point I'm trying to drive home here is — if you have a goal, and you feed your brain with the possibility of it happening — such as visualization and impactful self-talk — and you put in the work, you can accomplish anything you want out of this world.

I keep this philosophy in the back of my head almost everyday.

My self-talk sometimes gets the better of me and when I recognize and become aware of it, I think back to Bannister and the mindset he adopted to create his legacy.

As I keep this thought in my head, I see examples of it weekly, if not daily.

I joined a friend on a fishing excursion yesterday for example. He couldn't catch any fish on the first two places we stopped and as we were heading back he asked if we could stop one more place because he didn't like the idea of not catching at least one.

So, we found a different place and he caught three fish, and as he caught them they became bigger and bigger. I asked him what he did differently to make it happen and he said he just pictured himself catching a small one and would work up from there.

Exactly how he visualized it is how it actualized. Now, this is a very small goal and example, but imagine if you applied this to your greatest talents and desires.

Imagine if you shut the world off that said your dreams are impossible, imagine you could shift your internal idea of what's possible.

What do you think you could achieve? Is greatness in your hands, within your talents? Only you know the answer, only you can create the actions.

Only you can put in the work, believe in yourself, visualize the outcome. Close your eyes and see yourself crossing your finish line and shock the world.

MCpl David Sadai is a Core 100 graduate from the Robbins-Madanes training program. He specializes in strategic intervention and would like to help you reach your potential or help you understand and find the nectar out of your life. For more information and a free 30-minute consultation for one-on-one sessions, send him an e-mail davidleesadai@gmail.com. Or visit his social media platform @necr\_athletics

***"If you have a goal, and you feed your brain with the possibility of it happening — such as visualization and impactful self-talk — and you put in the work, you can accomplish anything you want out of this world."***

**— MCpl David Sadai**

## 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: August 29 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 Lazerte - 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/ 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.

**CHILDCARE**

**Strong Roots Childcare** a licensed home in Sprucewoods. Music, crafts, outdoor play offered. Wait list on Manitoba online registry. Call Jennifer Gregg at 204-730-0338.

**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 OR for more detailed information on the jobs offered at CFB Shilo visit: www.cfmws.com




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**We want you on our team**


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

# At A Glance

## CFB SHILO



**Terry Fox Run Sept. 13**  
[www.CAFconnection.ca](http://www.CAFconnection.ca)  
 FALL 2019




### Army lessons in Austin

A youngster grills a soldier from 1RCHA during the four-day Threshermen's Reunion and Stampede held in Austin. 1RCHA had a large static display set-up for this popular summer event, as did the RCA Museum. Soldiers and museum staff were able to showcase what they do by being in the rural community located east of CFB Shilo, just off Hwy. 1.

*Photo Avr (B) Jade Lefebvre/Shilo Stag*

**There is no Stag Aug. 22**  
**We return Sept. 5**  
**following summer R&R**

New to the Base? Your copy of the fall edition of the Base's quarterly magazine AT A GLANCE arrives Sept. 1.



Government of Canada / Gouvernement du Canada

### VETERAN FAMILY PROGRAM

For Medically Releasing CAF Members, Medically Released Veterans and their Families



### LE PROGRAMME POUR LES FAMILLES DES VÉTÉRANS

Pour les membres des FAC en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille

The Veteran Family Program supports medically releasing Canadian Armed Forces members, medically released Veterans and families. If you are transitioning visit your local Military Family Resource Centre, [CAFconnection.ca](http://CAFconnection.ca), or call the Family Information Line at **1-800-866-4546**.

Ce programme appuie les militaires en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille. Si vous êtes en transition, visitez [ConnexionFAC.ca](http://ConnexionFAC.ca) ou votre centre de ressources pour les familles des militaires, ou appelez la Ligne d'information pour les familles au **1-800-866-4546**