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Volume 57 Issue 4



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February 22, 2018

INSIDE This Issue



New program for purchasing army boots. Page 2



Soldiers require lots of calories in field. Page 5



CAF offers summer work for Reservists. Page 12

SHROVE TUESDAY



The Base's Faith Centre was a hive of activity during Shrove Tuesday, with a full house — extra tables and chairs had to be brought out to provide for the overflow crowd. Regular pancakes, sausage, and pancakes with chocolate chips were a big hit for those in attendance during this annual Base activity. Net proceeds go to the Chaplain Services Fund.

Photos Jules Xavier





Cpl Devin Birkby, a member of the 36 Canadian Brigade Group Marching Team, cleans his boots at Groesbeek Cemetery in the eastern Netherlands. Safety footwear required for many jobs in the Canadian Armed Forces (CAF) are not provided by units and the organization has changed the process for reimbursing members for those purchases.

Photo WO Jerry Kean

CAF changes footwear reimbursement

Steven Fouchard
Stag Special

The Department of National Defence (DND) and the Canadian Armed Forces (CAF) has changed how they reimburse personnel, civilian and military alike, for the purchase of safety footwear that is not provided directly by the units where they work.

The change was brought about by Public Services and Procurement Canada (PSPC), which provides finance and other services to the federal government.

Reimbursements are now paid directly by DND from operations and maintenance funds and not as a taxable allowance through the larger public service's Phoenix pay system.

Employees who already have a Pay Action Request (PAR) in the system for footwear procured earlier must not re-submit them under the new system. Existing PARs are being processed and are expected to be completed by the end of December.

The office of the Vice Chief of the Defence Staff (VCDS) has also expanded eligibility for these reimbursements. Previously, only permanent employees or others on work terms of more than three months who are not contractors were eligible. Now all term employees, as well as students, will be. More detail will be provided in an upcoming general order.

This will ensure DND remains in compliance with its obligations to provide safety footwear where necessary under the Canada Labour Code and its associated Canadian Occupational Health and Safety Regulations.

Steven Fouchard, Army Public Affairs

Military seeks more clearance divers

Stag Special

Canadian Armed Forces (CAF) members interested in becoming clearance divers will be able to learn more during information sessions being held at Bases and Wings across Canada in March.

"Any CAF member interested in finding out how to become a clearance diver is invited to attend," says Lt (N) Mike St-Pierre, Executive Officer (EO) of Fleet Diving Unit (Pacific).

It has never been easier to become a clearance diver as previous restrictions have been lifted. Voluntary Occupational Transfer (VOT) is now open to any CAF member from any trade, with or without dive training.

Provided you are qualified in your current occupation, meet the medical and fitness requirements, and have 48 months continuous service, you are eligible.

Clearance divers are the masters of the underwater domain, and their primary mission is to locate, identify and neutralize explosive devices.

They operate in a variety of environments from the deep sea to the rugged peaks of mountains to dry desert climates to the frigid waters of the

Arctic, at home and abroad, and during times of peace and during war.

Clearance divers operate in the most unforgiving environments employing sophisticated equipment and the latest technologies to achieve their mission.

They are highly trained specialists who undergo intense, rigorous training, selected from the few who have what it takes to endure extreme conditions to achieve mission success.

The Clearance diver occupation has a long and storied history. The first units were formed during the Second World War to disarm sea mines throughout Europe and the South Pacific.

From their auspicious beginnings, clearance divers have been at the forefront of Royal Canadian Navy (RCN) and CAF operations throughout the world, including operations in Afghanistan, Bosnia and Herzegovina, and more recently, Ukraine.

Information session for CFB Shilo happens March 16 from 4 to 6 p.m. at a location on the Base still to be determined.

For training requirements visit <http://esquimalt.mil.ca/FDU/Training/howtobeCD.htm>

Pet of the Week



RATCHIT

Ratchit is a playful Jack Russell Terrier, who has a Facebook page. A collector of stuffed toys, especially if it comes in the shape of an elephant. Do you have a photo of your pet — cat, dog, bird, snake, hamster — you'd like to share with our Stag readers? If so, e-mail it to us via stag@mymts.net



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Photo Brandon and District United Way

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— Capt Troy Dennis



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Week's
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<p>Kraft ® Kraft Dinner</p> <ul style="list-style-type: none"> • Original • 225 g • Reg. 2.29 <p>1⁷⁹</p>	<p>Mott's ® Clamato</p> <ul style="list-style-type: none"> • Pickled Bean • 1.89 L • Reg. 5.49 <p>3⁹⁹</p>
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Deadline for submissions is the Thursday prior to the week of publication. Submissions can be sent to the Stag via email at stag@mymts.net, 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.

...



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<http://www.facebook.com/ShiloSTAG>

Working with military piques interest in job Dedicated soldiers train with Julia Unger

Sarah Francis
 Shilo Stag

Julia Unger knew she wanted a career in fitness from her days in high school.

Now a fitness and sports instructor at the GSH, this is her first employment in the field.

Alongside other fitness and sports instructors, Unger instructs fitness classes and also facilitates individual training with soldiers on this Base.

She was sitting down with a new training client as this *Shilo Stag* reporter met up with one of her co-horts for another interview.

Unger said she started running activities at a young age. However, after that her interest changed, but she couldn't put her finger on why.

"I did track during high school," she recalled. "Then after I did a lot of running. I did a half-marathon. Then I stopped liking running. I didn't really like it. I don't know what it was."

She grew up close to Morris, which is between Winnipeg and Emerson.

Unger enjoys working with a wide age range of people.

"I have a background in athletic therapy as well. I did a lot of work with older people trying to get them moving better," she said. "I also like working with athletes. Leading the fitness classes, going through and trying to teach people better form."

She said there is an array of differences when working with older groups as opposed to the military for example.

"They're extremely fit most of them, so it's a lot more hardcore. Whereas when you're working with an older population it's more simple types of things you're trying to work on like balance and stuff like that."

The appeal of working with CFB Shilo's military population was a driving factor in becoming a member of the GSH team.

"[I] just like working with people that are so motivated. Most of them are super dedicated to their jobs and all have these big goals they're working towards. It's an interesting population to work with. I try to help them — they're serving our country and I get to help them do their job better."

Unger took her post-secondary education at the University of Manitoba.

This is her first employment after graduating and she said she was open to a wide range of opportunities.

"My degree is in kinesiology, with specifically athletic therapy, so I was looking for more specifically athletic therapy jobs, but then I was open to getting anything within the kinesiology field to get more experience in different stuff."



New fitness and sports instructor Julia Unger demonstrates an exercise in the GSH gym during morning PSP classes.

Photo Sarah Francis

Students in athletic therapy work with the university teams or other sports leagues to gain practical hours. They were also required to take part in clinical hours.

"I worked with the soccer teams at U of M," she recalled.

"For clinical, we got placed different places depending on where you were. I worked a lot in Steinbach. There I worked with a lot of [Workers Compensation Board] claims and more older people as well.

"Whereas, if you were just at U of M you just worked with athletes pretty much. It was a different experience doing it in different places."

Her experience working with Bison sports at the university was a good and busy experience.

"They practice all summer as well," explained Unger. "So often it was summer and during the whole school year. They would always have stuff on the weekends, even if there was no games. They would have practices and stuff on the weekends. It was pretty hectic at some points."

She also had an opportunity to drive down to Texas with the team.

One change applied to her methods when commencing work with Base soldiers and firefighters is more aggressive training.

"They're a lot more in shape and stuff like that, so you can do more aggressive training. Whereas, I know a lot of the clinical rehab that I've done is pretty simple because most people were injured or trying to do more simple exercises."

She also occasionally has an

opportunity to work with injured individuals on Base.

Working with the military in general has been a learning curve for Unger.

"I'm still learning a lot about different parts of the Army and different sections and all their different jobs. That, I find, is a bit of an adjustment for me."

Unger added she takes it into account when prepping for classes.

"If I know what kind of things they have to do in the field, it's nice to put those things into your workouts so they're getting used to doing those movements," she explained.

Unger's favourite aspect of the work is leading fitness classes.

"A lot of the spin classes I love, when people really get into it. You can tell they're enjoying it and having fun while they're working out."

"I enjoy that. Even when we're leading circuits and people come up to you after and they're like, 'That was so much fun, I really enjoyed that.' It's rewarding to see that people enjoy what you're taking time to prepare."

Patricia Keough RMT

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Are you consuming more protein than you need?

This information used to prepare soldiers' field meals

Sarah Francis
Shilo Stag

Canada's food guide was originally created when people were under-eating, a problem which has shifted to the opposite in today's world of abundance.

While taking part in Health Promotion's Top Fuel for Top Performance course, you will learn about the Canada Food Guide, eating before, during and after activity, as well as touching on supplements and individual nutrition needs.

Many of the participants had a crash course in school with one version or another of the food guide.

You're shown the "food rainbow" and how many servings a day your body requires. However, if anyone's education was near mine, you were not shown how to implement it, modify it or how to address the fine details. Or even what a serving looked like.

When it comes to a civilian or a soldier, there are many questions when it comes to fuelling the body. What do you need to keep you going during endurance? What goes into planning your meals in the field? Do you really need those supplements for performance?

If these are questions you have, this course being offered by Health Promotion is a great place for you to find out.

You may find you're under-eating. You may find you're over-eating as most North Americans. Possibly you're both under- and over-eating as this Stag journalist was. That doesn't sound possible, but apparently it is.

Health Promotion's manager Shelly Moore instructed the course. She brought along with her some examples of what a serving was by food guide standards.

The sentiment of surprise at how small a Canada's food guide serving of meat or alternatives could be heard in the classroom. I was even surprised by the small suggested serving size of vegetables.

Myself and the woman sitting next to me realized that before the end of the day, we had already consumed our daily allowance of meat and alternatives. I'd had two eggs and around four to five ounces of chicken.

While I knew many North Americans, myself included, eat more than enough protein, I did find it surprising to know I was eating above and beyond the vegetable and fruit recommendations and not enough grains.

How do you figure it out? Taking into account your age, weight and activity level, and gender Canada's food guide gives you an idea of what you need.

Yes, there is math involved, but thankfully you receive a notebook with the equations written out plainly.

As an example: a 180-pound man who is moderately active will need around 3,100 calories a day to maintain his weight. This is the approximate weight and activity level of the average male soldier.

Each person also has a Resting Energy Expenditure (REE), which for this man is approximately 1,944 calories a day. REE is your primary energy usage, which consists of about 50 to 70 per cent of your energy consumption. This accounts for the energy required to keep your heart beating, and your organs working. Basically this energy is keeping you alive.

This individual would also need around 105 grams of protein a day.

So, why is it important to take into account the food guide servings and caloric needs? Using myself as an example, the only box I wasn't checking off or exceeding was the grain products on the food rainbow.

After calculation through the Top Fuel course I realized I was under-eating by about 1,000 calories per day, for my new



A 1RCHA soldier in the field on an exercise enjoys his Individual Meal Packs (IMPs). All IMPs are prepared with careful thought to meet nutritional needs while training on an exercise. Each meal is approximately 1,200 calories based on the contents of the IMP, including the coffee whitener.

Photo Jules Xavier

level of activity. Technically, I was eating less than my REE.

The number I calculated was from a fitness app. Lesson learned, while these can be useful tools, don't follow them blindly.

I was under-eating in calories, but over-eating in protein.

If you aren't eating enough, your body enters a starvation mode and slows down your metabolism. If you don't balance out your food group intake, any extra protein, fat and carbohydrate or calories your body gets will be stored as fat.

If you're like me and many other North Americans, you are most likely getting much more protein than needed each day.

Also, like many North Americans, you probably don't want to hear that.

This information is taken into account when preparing food for soldiers in the field. All Individual Meal Packs (IMPs) are prepared with careful thought to meet nutritional needs while you're working in the field.

Each meal is approximately 1,200 calories based on everything in the box, including the coffee whitener. When you switch out or don't eat certain parts for what ever reason, you may be inadvertently sabotaging your performance and nutrition.

Careful planning is also considered into the macro ratios in various ration packs.

With approximately 50 per cent carbohydrates, 35 per cent fat and 15 per cent protein an IMP is designed to keep you going and fit with Canada food guide recommendations.

Moore told her group in the classroom it is ideal when people enter and leave the field be at the same weight. If they lose weight it may be an indication that person needs additional food or they are not eating a portion of their rations.

One popular eating fad is high protein, low carb — so you may be looking at the IMP ratios thinking, "Nope, I need way more protein than that."

You may also be thinking this for regular day-to-day activity.

Are you playing a sport requiring a lot of movement such as hockey or soccer? Are you spending a lot of time running around in the field? Do you spent a lot of time at the gym picking up heavy things and putting them back down? For an artillery soldier, this might be lifting rounds and carrying objects around their M777.

An interesting thing I learned was how much carbohydrates my body needed as compared to protein during and after activities.

Carbs for aerobic and protein for lifting. Sounds simple enough, but how do you know your intake is adequate?

Two similar people taking part in the same activities will perform differently depending on carbohydrate intake.

In general it is suggested that 45 to 65 per cent of your daily calories be in the

form of carbohydrates. Carbs get stored in muscles as glycogen, which is powering you through extended periods of activity. (see chart)

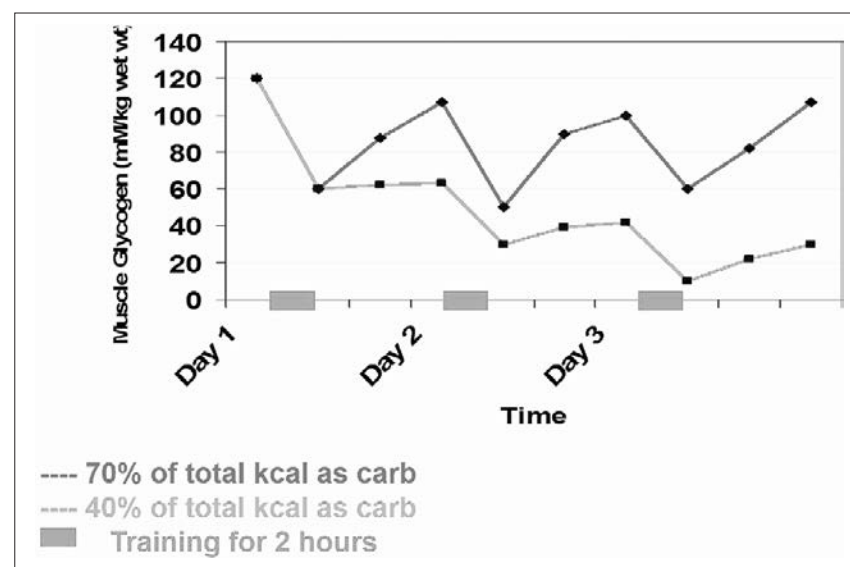
I needed to up my carbs after my two-hour roller derby practice. But it's always been drilled into my head to eat protein after a workout.

The most important concept I learned was the timing of when your body needs that fuel.

The time gauge learned was 30 to 60 grams of carbs for every hour to replenish glycogen levels.

A lot of knowledge was shared with us via Moore's course on how to calculate carbs, choosing which drinks and bars would work and how protein and carbs assist your body in recovery.

See **DO YOU** page 10



Artillery reunion offers campground on Base

Free transportation service between Brandon, CFB Shilo

Shilo Stag Special

Here's everything you wanted to know about the 2018 RCA reunion, but were afraid to ask.

Running four days starting June 28, 2018, this event is open to all members of the Royal Regiment of Canadian Artillery family.

Believe it or not three years have passed since the last Regimental reunion was held at CFB Shilo, the home station of the Royal Regiment of Canadian Artillery (RRCA), and so it is that time once again to gather together for the 2018 RCA reunion in order to renew the close friendships and relive the fine and lasting memories we have forged during our many years of service to Canada and the RRCA.

Our fellow Airborne Gunners have also opted to once again join us by holding their event in conjunction with the RCA reunion.

Reunion organizers continue to update the program based upon your feedback.

We have:

- kept the golf tournament on Friday to allow more people to attend;
- kept the change from last reunion which had an adjusted fee schedule to allow those who only wished to attend the meet and greet to do so;
- kept the change from last reunion which has a menu for Sunday's departure to sandwich fare and road type food for your convenience;
- maintained the free transportation service between CFB Shilo and Brandon;
- kept a live firepower demonstration as part of the event;
- opened the RCA Museum free of charge to reunion guests;
- opened our messes for extended hours for the entire reunion;
- not increased the registration fees; and
- for your convenience we are attempting to add the ability to pay at L25 via debit or credit card. Check reunion website for updates.

Of course we are only in the initial planning stages and while we are still firming up the exact schedule. Lots of planning in advance of the four-day reunion that ends on Canada Day. That said, there may be some minor changes in times and events before the reunion, but we will endeavour to keep the RCA website up-to-date as changes occur. We have a fun-filled and exciting reunion planned for you and hope you can make it out here to sunny CFB Shilo to meet old friends and maybe make some new ones as you reminisce about "the good old days."

As we indicated to you in the mail-out for the 2015 reunion, we will not be doing a mass mail-out for a number of reasons. Of course one reason is cost and the other is, with Artillery reunions being three years apart, we are just not able to keep up-to-date mailing lists.

That said if you or anyone you know wishes to have a package mailed out we will do mailings on a request basis — we can also send by fax or e-mail. Pass this along to anyone you know that may be interested, but does not have e-mail or access to a printer.

Requests should be sent to RCA Reunion, PO Box 214, Shilo, MB, R0K 2A0 c/o Mike McEwan or call him at 204-765-3000 ext 3073 at any time. If your call is outside of normal working hours or he is not in the office when you call, just leave



There are plenty of hugs and handshakes when reunion goers arrive on the Base for the four-day RCA reunion. This year's event starts June 28. L25 is the hub for the reunion, where former artillery soldiers and their families can gather prior to taking part in activities planned by the reunion committee.

Photos Jules Xavier

a message on his voice mail with a contact number to get back to you.

For those wishing to register early we are accepting forms starting Nov. 1.

As in the past, your 2018 RCA reunion organizing committee is made up of volunteers, featuring the following:

Chairperson Chuck LaRocque @ 204-726-5138; vice-chairperson (Hon) Col Rick Felstead, 26 Fd Regt @ 204-725-3397; secretary Chuck Roeder @ 204-765-3000 ext 4385; treasurer Mike McEwan @ 204-765 3000 ext 3073; publicity Don Simpson/Ross Robinson; RHQ RCA rep MWO Ken Hood; golf rep Sonny O'Donnell; Shilo and Region Service Club rep Ken Wells; Sam's Trailer Park manager Paul Dolomont; 1RCHA rep TBD and Airborne Gunners rep Paul Parsons.

You will be given a welcome package on arrival. As well, you will find some further details by visiting www.artillery.net/beta/canadian-gunner-associations/

The RCA Reunion will be "hubbed" at L25, the old drill hall. Most activity will take place there. A map of the Base will be included in your welcome package to assist you in navigating the travel to and from CFB Shilo is the responsibility of those attending. However, there will be a free bus service set on a fixed schedule that will be co-ordinated around the main activities. The schedule will be posted online once finalized and it will be based on your returns regarding where the majority of people are staying.

Reunion organizers will also be attempting to arrange discounted local taxi fees between Brandon and CFB Shilo and in the vicinity of the Base.

There are numerous hotels/motels available in the Shilo/Brandon area. Those attending the reunion are asked to book accommodations in advance and indicate if possible where they will be staying on the registration form. This will assist us when arranging transportation.

There are also a limited amount of rooms available on Base. Contact Base accommodations for information. Sam's Trailer Park with electric power, chemical toilets and water will also be available at CFB Shilo. Unlike past years, it is a new, permanent full-service campground which will be block reserved for the reunion. There are only 14 full-service sites so it will be first come, first served so book early to avoid disappointment.

The best way to do that is to register early and request a spot on the registration form. You will be contacted with confirmation of your booking. General Strange Hall (GSH) will be open for showers during normal operating hours. Finally, you should also ask local hotels/motels if they offer a military discount because retirees are now eligible in most places. Dress will be discretionary "within the limits of good taste." Suitable civilian attire is requested at all functions. There will be a memorial service July 1 to which medals may be worn. Also, just a reminder the Shilo Country Club and the messes have a dress code, so adhere to them.

Registration fees will cover the cost of "rations" at the following events: Barbecue supper June 29 at the meet and greet; banquet supper June 30; brunch at the farewell July 1; and coffee and tea service throughout the event.

Other dining establishments are available at various locations on or near the Base.

See **RENEW** page 7



1RCHA will put on a fire power demonstration June 30 in the field.

SCHEDULE OF EVENTS

June 28

1300 - 1700 hrs Registration desk open at L25
1800 - ? hrs Airborne Gunner meet and greet – Club rooms of the Army, Navy and Air Force Veterans in Canada, Unit 10, 31 - 14th St., Brandon

June 29

1000 - 1700 hrs Registration desk open at L25
1000 hrs - golf tournament at Shilo Country Club. Be there for 0900 hrs
1800 - 0100 hrs Meet and greet barbecue at L25. ID tags to be worn. Tickets required for dinner

June 30

1200 - 1600 hrs Registration desk open at L25
1000 - 1400 hrs Fire power demo. Busses depart from L25 for the training area
1800 - 0100 hrs Banquet and dance at L25. ID tags to be worn. Ticket required for dinner.

July 1

1000 - 1030 hrs Memorial service at Artillery Park located adjacent to CANEX
1035 - 1050 hrs Afghanistan Memorial dedication service
1100 hrs Light lunch, good-byes, departures.



Plenty of photo opportunities during the four-day RCA reunion.



During your visit to the Base, reunion goers are invited to explore the RCA Museum and peruse the latest exhibits. For the golfing enthusiast, the annual golf tournament tees off June 29 at 10 a.m.



Renew old acquaintances by returning to Base

From page 6

When it comes to medical issues, CFB Shilo has an on-Base 911 ambulance service. They will provide on-site medical services and evacuate to the Brandon General Hospital if required. To contact them simply dial 911. RCA tours and souvenirs — the RCA Museum will be open daily, free of charge to all reunion guests. The RCA Kit Shop will be open during the reunion for members to stock up on regimental memorabilia.

Says reunion chairperson Chuck LaRocque, "I want take this opportunity to express, on behalf of the Commander of the home station, LCol Dave MacIntyre, the Commanding Officer 1RCHA LCol Stephen Haire, your reunion 2018 committee and indeed all members of the home station community our sincere hopes you can attend the RCA reunion 2018. Rest assured we will be here working tirelessly to ensure your visit is a memorable one."

Here are other points you need to be aware of prior to the reunion:

- No receipts will be issued on receipt of payment. If you require a receipt one will be issued on arrival.
- Tickets and other information will be issued at the registration desk on arrival.
- The reunion application along with payment

must be received by May 1, 2018.

This schedule of events will be updated, expanded and re-issued at the registration desk. Visit www.artillery.net/beta/canadian-gunner-associations/

While on the Base for the reunion, if you want to golf drop by the Shilo Country Club. This is an excellent 18-hole course with two on-site professionals working out of the pro shop.

There's a driving range, cart rentals, club and pull cart rentals, on-course bar and food service and a full service restaurant called Rick's Restaurant and Bar, which offers takeout and delivery. Reduced golf rates are also offered for our visiting CAF golf course members.

If you want to experience mess food and cold beverages again, why not drop by any of the Base's three messes: Hours of operation Junior Ranks 1300 - 0100 hrs; WO's and Sgts' Mess 1300 - 1800 hrs or Officers' Mess 1300 - 1800 hrs.

Free admission is offered for all reunion attendees who visit the RCA Museum. Hours of operation for both the RCA Museum and RCA Kit Shop will be 01000 - 1500 hrs daily. The RCA Kit Shop will also be open during the reunion for members to stock up on regimental memorabilia. An array of hats, t-shirts and other reunion souvenirs will also be on sale at L25 throughout the weekend. Further info will be includ-

ed in your welcome package.

Event planners Bill Tremain and Paul Parsons have this message for the Airborne Gunners attending the 2018 Gunner reunion in Shilo.

"We are planning to have a meet and greet style evening with those of us that served with the Artillery and at some point as an 'Airborne Gunner.' This event takes place June 28 at ANAVET Unit 10, 31-14th St. in Brandon.

"It is our intention to get together as 'Airborne Gunners' to give us an opportunity to renew old acquaintances, enjoy a meal, and tell a few jump stories.

"We would like everyone to spread the word to all 'Airborne Gunners and their spouses' with strong encouragement for them to attend.

Those of us that have attended the past Shilo Artillery reunions will attest to such a great time we always have when we reunite, share some drinks, food, and a few stories.

"We are very grateful to Chuck LaRocque and his 2018 reunion organizing committee for allowing and assisting us in the event we are planning.

"You will find a section on their registration form that speaks to our function, and when completed will assist us in planning our Thursday night dinner. To cover the meal costs we will charge a fee of \$12 per person attending."



GSH Bowling Alley

Open bowling for all ages
Saturday 2 to 4 p.m.
Sunday 2 to 4 p.m.

Adult: **\$2.50** per game
Youth: **\$2.25** per game
Child: **\$2** per game
Shoe rental: **75** cents

Prices subject to tax

Ask about Glow bowling birthday parties!

For more info call the community recreation office at **204-765-3000** ext **3317** or **3588**

March 9
7:30 p.m.
vs Swift Current

March 13
7 p.m.
vs Saskatoon


March 17
7:30 p.m.
vs Moose Jaw

...
Playoffs start with end of WHL season



Where's Willie?

Somewhere on the pages of this *Shilo Stag* is a picture of Willie, the Wheat Kings mascot. Tell us on what page, in what particular advertisement Willie was found and correctly answer the following skill-testing question for your chance to win two tickets to an upcoming Wheat Kings home game in Brandon.



Entry Form

Name: _____

Address: _____

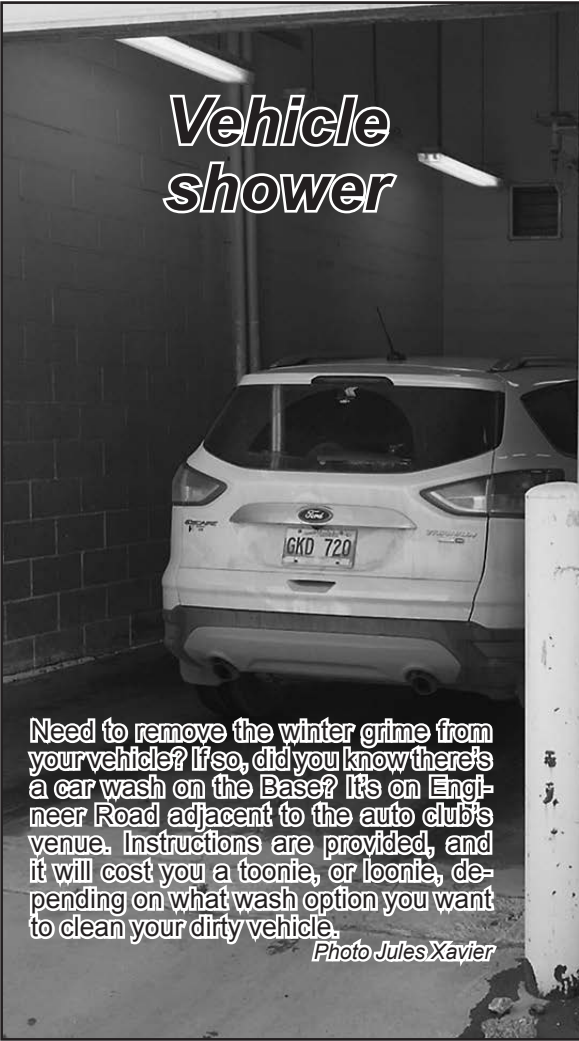
Phone: _____

Page #, ad: _____

Answer skill-testing question:
When a soldier is on exercise in the field how many calories are in the IMPs soldiers have for meals?

Cut out your entry form and fax it to 204-765-3814, or scan it and e-mail to stag@mymts.net or drop it off at the Stag's office at CANEX. Draw will be made on the Monday prior to game day.

Vehicle shower



Need to remove the winter grime from your vehicle? If so, did you know there's a car wash on the Base? It's on Engineer Road adjacent to the auto club's venue. Instructions are provided, and it will cost you a toonie, or loonie, depending on what wash option you want to clean your dirty vehicle.

Photo Jules Xavier

CAR WASH RULES:

- MOTOR VEHICLES ONLY
- NO RECREATIONAL VEHICLES ALLOWED, INCLUDING ATVS
- NO FARM MACHINERY OR TRAILERS ALLOWED
- NO OIL CHANGES OR DUMPING OF ANY HAZARDOUS MATERIALS
- ALL EXCESS MUD MUST BE REMOVED FROM BAY
- ENSURE DOORS ARE CLOSED WHEN YOU LEAVE

CONCERNS OR MISUSE
204-765-3000 EXT 3317

PLEASE ENSURE YOU CLOSE THE OVERHEAD DOOR UPON EXITING THE WASH BAY
THANK-YOU

Base generosity appreciated

MFRC
Stag Special

The spirit of giving and generosity is overwhelming on this Base. OPIs and families volunteering for the Adopt a Family hamper program worked diligently to provide non-perishable food for 23 families. These items, along with additional support from the Support Our Troops Fund, CANEX, Good Food Box, RCMP, and Landmark Cinemas allowed Shilo's chaplains and MFRC staff to provide Christmas dinner for families in our community. In addition, surplus food items were used to fill the cupboards of food banks in Glenboro, Douglas, Wawanesa, as well as Brandon. Moreover, kudos to the IPSC for their assistance in distributing food items to our surrounding communities. CFB Shilo's chaplains and MFRC staff are extending a heartfelt thanks to all those who participated in last year's Adopt a Family campaign — your generosity this past Christmas season was appreciated.

Nomination deadlines loom for CAF sports achievement awards

Shilo Stag
Special

The call for nominations for the 2018 sports award ceremony is underway. Nominations will be accepted in the following categories for the Canadian Armed Forces (CAF) sports achievement awards — based on 2017 sports achievements only — male and female athlete, military coach, official and team. The Shilo PSP deadline to receive and review nominations is March 2. The process and forms for nominations for these awards are found at www.cafconnection.ca/cafspor-sawards and blank form Annex C. For the CAF Hall of Fame, CAF honour roll and dedication to CAF sports award nominations, the deadline is May 4. The PSP deadline to receive and review the nominations prior to being forwarded to the CAF sports

co-ordinator is April 6. Of note, a military member must have completed her/his sporting career to be able to be considered for the CAF Hall of Fame and CAF honour roll. The dedication to CAF sports awards is a new category that recognizes individuals or groups who have gone above and beyond to provide time, effort and support to the promotion and development of CAF sports. Nominees may include persons who have served or are serving in the CAF, persons who have been employed or are currently employed as NPF staff, civilian or corporate sponsors. Nomination forms for these awards can be found at www.cafconnection.ca/cafspor-sawards as well as the blank form Annex D for CAF Hall of Fame and CAF honour roll, and Annex E for dedication to CAF sports award. For additional information and/or assistance completing the nomination form contact CFMWS Shilo fitness, sports and recreation manager Jim MacKenzie at ext 3316.



Winterfest guests

Youngsters signed up for this event during annual Winterfest Family Day had an opportunity to spend time with Cinderella and superhero Spiderman at L25.

Photos Sarah Francis

From training pro athletes, Darris Hardern now works with soldiers

Sarah Francis

Shilo Stag

New fitness and sports instructor Darris Hardern is becoming accustomed to the differences training pro athletes versus military personnel.

Hardern attended Brandon University and completed his degree at the University of Manitoba where he studied athletic therapy. This offered him the opportunity to train Bison varsity athletes as well as professionals with the Winnipeg Jets and Blue Bombers. He spent a lot of his high school career juggling various sports and activities.

"In high school I played almost every sport imaginable. Any time I could fit it into my schedule a new sport kind of got plugged in."

As many children do he started playing hockey at a young age and strapped on his skates for the first time around the age of four. In high school he competed in track, hockey, basketball and baseball.

"In my typical high school year I was playing five or six sports over 12 months," he recalled.

During his last two years of high school he became more interested in pursuing athletics as a career. His interest piqued after becoming more aware of a physiotherapy practice in Killarney, where he grew up.

"[The physiotherapist] did training with people and she had a lot of different fitness programs going and all that kind of stuff. I got injured once and she helped me there and I thought, hey, that's kind of a cool job."

Although he couldn't continue to play sports as avidly in university, he still spent a considerable amount of time within the university sport community.

"Between four or five courses and 15 to 20 hours of field and clinic work on top. It just got too busy," explained Hardern. "And weekends when you're covering a team they're always playing on the weekends and every other team you want to play on always plays weekends."

Each student is required to gain a certain amount of clinic and field hours each year shadowing professional athletic therapists and working with sports teams.

"You request what teams you want. The university's main goal is to fill the Bison sports."

Hardern said students are also able to set up their own placements.

"I got placed with Bison football. On top of that you can get your own. So I was with the [Winnipeg] Jets for two seasons as a student on game days. I was with the [Winnipeg Blue] Bombers for three years as a student, [and] two years after."

Working with professional athletes in a university setting versus the NHL and CFL gave him the opportunity to see what it's like working at various levels of sport.

After two years working with the Bombers he found himself applying for an opening at the GSH for a fitness instructor.

Hardern said there has been an adjustment period coming from working in a stadium environment to a Base that is home to 1RCHA and 2PPCLI.

The experience has been good so far and he said that having a fixed schedule helps with planning.

"It's easy to plan for ... it's easy to do all that. Working with the guys has been for the most part easy going and they all want to get better at certain things. Everyone's got their own goals and it's easy to see that and structure things, especially the more you work with the same group."

He has been working at the GSH since December and said it's nice seeing the facility packed in the morning.

"You show up at 730 a.m. You have people running around the track, volleyball going on one side, soccer on the other, basketball in the far gym, guys working out. It's a good environment," he said. "I like that you see these full grown adults at 45 or 50 or 55 years old still playing floor hockey like they're 17. To me that's awesome. That's what we need to see more of across the board. I like seeing that, I like being a part of that and trying to keep these people active and healthy."

He can be found leading CFB Shilo firefighters and soldiers in classes as well as individual training at the GSH.

Hardern said putting an emphasis on strength and conditioning training the past few years working with the CFB Bombers has been a benefit for him working in this position.

It was also something the head athletic trainer for the Blue Bombers put emphasis on.

"He was saying, people that want to be employed in pro sports, for people who want to be employable, having the strength and conditioning side, is a huge thing," he recalled. "The last two years I've gone well out of my way to go above and beyond that strength and conditioning role."

Hardern said it's a huge component of what they do at CFB Shilo based on how many physical training sessions they do as well as individual training.

Being confident in his abilities and knowledge is an aspect he said is important when working with physical training.

"I think I'm pretty confident with what I do know ... I stick to what I have a good knowledge in and what I



New fitness and sports instructor Darris Hardern demonstrates proper lifting technique while instructing Base firefighters at the GSH.

Photo Sarah Francis

have a good base from my past experiences. I think I do a good job of playing to that strength — my educational strength."

He added, "Typically when you're working with somebody, even these [soldiers] if you bring something up, but you're kind of unsure about it, they're kind of like, 'Okay, well what are we doing?'"

Hardern said it can be a challenge working with individuals with a more varied and functional fitness need as opposed to a sport-specific training.

"Hockey wasn't so bad because most of the athletes have a similar role, all of the guys have got to be able to skate, shoot and pass."

He added, they all have a similar level of athleticism off the ice. Whereas, if you look at football, it's completely different.

"You look at your centre [offensive] lineman, who is 350 pounds to your wide receiver who came in at 165 pounds. These two have very different jobs."

Working with football players gave him some experience with this variation of athletes, which is

often the case for the military.

While working in the stadium setting they would see the same people every day for eight months and could really hammer down issues and weaknesses.

Hardern said it has been an adjustment not having so much control over the soldiers training here on Base.

"The hardest part is when you get a group of 40, 45 or 50 guys, you might see them once a week or once every couple weeks because we all rotate that group. It's hard to sit there and not have that control what these guys are doing for their training."

He added as an example, "I'll get crew four firefighters this week [to work with] and I might not see them for two or three weeks."

Along with Julia Unger, another new addition to the fitness team, he is working on completing final CFMWS courses and PSP qualifications.

They will be completing their Bronze Cross and Medallion certification in life guarding as well as completing a course on the FORCE fitness test at CFB Borden, with a road trip to Ontario.

"I want to keep doing schooling, I want to keep learning more, [with] podcasts or reading, or whether is formal learning through university. Eventually bringing that info (sic) and trying to apply it here."



Do you know your supplements?

From page 5

Moore told us, for workouts under an hour, water will do you just fine. On that note we touched on supplements. How do they benefit you? What are the risks? Do you really need them? We were given a handy little book with this information. Products ranged from harmful steroids, to protein powders, and information on using caffeine for performance enhancement. Also discussed was knowing the difference between a dietary supplement and a nutritional supplement, and why that distinction is important. The course has given me the tools to make smarter food choices backed by information on how your body uses nutrients to keep going. I've added snacks during workouts and adjusted what I eat before and after and have added extra calories to my day. Health Promotion offers this course a few times a year and takes two days. To sign up for any courses offered on the Base e-mail shilohealthpromotion@forces.gc.ca

The food items displayed to your right are approximately 3,500 calories, covering breakfast, lunch, supper and snacks.

Photo Sarah Francis



Fencing going up

Work continues on the new security fence being built around the Base, with fencing going up at the south gate.

Photo Jules Xavier



WARNING SHILO RANGES

Day and night firing will be carried out at the Shilo Ranges until further notice.

The range consists of DND controlled property lying approximately 32 kms SE from Brandon and N of the Assiniboine River in Townships 7, 8 and 9; Range 14 WPM, Townships 8, 9 and 10; Ranges 15 and 16 WPM and Townships 9 and 10; Range 17 WPM in the Province of Manitoba. If required, a detailed description of the Shilo property may be obtained from the Base Construction Engineering Office at Canadian Forces Base Shilo.

All boundaries, entry ways, roads and tracks into the Range are clearly marked and posted with signs indicating that there is to be NO TRESPASSING. Hunting is no longer permitted on the Shilo Ranges.

STRAY AMMUNITION AND EXPLOSIVE OBJECTS

Bombs, grenades, shells, similar explosive objects, and their casings are a hazard to life and limb. Do not pick up or retain such objects as souvenirs. If you have found or have in your possession any object which you believe to be an explosive, notify your local police and arrangements will be made to dispose of it.

No unauthorized person may enter this area and trespassing on the area is strictly prohibited.

BY ORDER
Deputy Minister
Department of National Defense

OTTAWA, CANADA
17630-77



AVERTISSEMENT POLYONES DE TIR DE SHILO

Des tirs de jour et de nuit seront effectués aux polyones de tir de Shilo jusqu'à nouvel ordre.

Les polyones de tir sont des terrains sous le contrôle du MDN situés à environ 32 km au sud-est de Brandon et au nord de la rivière Assiniboine dans les cantons 7, 8 et 9; polygone 14 OMP, cantons 8, 9 et 10; polygone 15 et 16 OMP et cantons 9 et 10; polygone 17 OMP, dans la Province du Manitoba. Au besoin, une description détaillée de la propriété de Shilo peut être obtenue du Bureau du génie construction de le Base des Forces canadiennes Shilo.

Toutes les limites, voies d'accès, routes et sentiers menant aux polyones sont clairement marqués et ornés d'écriteaux d'ACCÈS INTERDIT. La chasse est dorénavant interdite aux polyones de tir de Shilo.

MUNITIONS ET EXPLOSIFS PERDUS

Les bombes, grenades, obus et autres engins explosifs similaires et leurs enveloppes peuvent causer des blessures ou entraîner la mort. Ne ramassez pas ces objets et ne les gardez pas comme souvenirs. Si vous avez trouvé ou si vous avez en votre possession un objet que vous croyez être un explosif, signalez-le à la police locale, qui prendra les mesures nécessaires pour l'éliminer.

Aucune personne non autorisée ne peut entrer dans ce secteur où tout accès est strictement interdit.

Par ordre du
Sous-ministre
Ministère de la Défense nationale

Ottawa, Canada
17630-77

Get involved with your Home Station Regiment



The newly-established Home Station Regiment Senate 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. If you'd like to get involved, contact the president, Col (Ret'd) Peter Williams, at cdnig19@hotmail.com

LENT / EASTER SCHEDULE

SHROVE TUESDAY / PANCAKE LUNCH TUESDAY, FEBRUARY 13TH 1130-1300
Come celebrate the beginning of Lent at The Faith Centre, Bldg T-119

OUR LADY OF SHILO CHAPEL

February 14th – Ash Wednesday
1830hrs (6:30pm) Mass

Stations of the Cross

Fridays at 1830hrs (6:30pm)
February 16th until March 23rd

March 25th – Passion (Palm) Sunday
1030hrs Mass

March 26th – Reconciliation Service
1830hrs (6:30 pm)

March 29th – Holy Thursday
1830hrs (6:30pm)

March 30th – Good Friday
1500hrs (3:00pm)

March 31st – Holy Saturday
1900hrs (7pm) Easter Vigil

April 1st – Easter Sunday
1030 Mass

ST. BARBARA'S CHAPEL

March 25th – Palm Sunday
1030hrs Service

April 1st – Easter
1030hrs Service



www.rcamuseum.com
Call 204-765-3000 extension 3570
CFB SHILO

EXPERIENCE HISTORY WITH A BANG!
THE RCA MUSEUM
 CANADA'S NATIONAL ARTILLERY MUSEUM



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CAFconnection.ca
 #GetConnected



Your source for Army news in Manitoba

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 or Sarah about the job. Or call 204-765-3000 ext 3013/3093. Be part of the award-winning *Shilo Stag* team.



Ready to ride!

Unlike past winters when frigid conditions or lack of snow did not allow for snowmobile rides, this year's annual Winterfest Family Day allowed for youngsters to experience the cool breeze as they went for rides around L25.

Photo Sarah Francis

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:

March 1 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 3088
Padre Neil - ext 6836

Our Lady of Shilo Roman Catholic Chapel

Sunday at 10:30 a.m.
Confessions by appointment
Padre Ihuoma - ext 3089
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. Dial 204-729-5024. E-mail gsteel4570@gmail.com

We buy and sell good used furniture/appliances. We also deal in coins and coin/stamp supplies. People's Market Place, 32-13th St., Brandon, 204-727-4708.

Services

NEED YOUR TAXES DONE? Fast, friendly, and personal service. Located outside the gate. For all your income tax needs contact Ingrid Wasserman at 204-763-4357. OPEN ALL YEAR.

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

Employment

CANEX needs you: Clerk/cashier part-time position with 13 to 32 hr /week required. Must be available days/evenings, and weekends. Starting salary is \$11.90 per hour. After two-month probation salary increases to \$12.15. Under the direction of the department supervisor, a clerk/cashier scans customer purchases, processes transactions, and accepts payment. He/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.

For Rent

Half duplex two-bedroom 1.5 km from Ninette, 30 minutes from Shilo, on pavement. Quiet area. Large deck, fridge, stove, microwave, dishwasher, washer/dryer. Full basement for storage. No smoking, no pets. References required. \$700/month plus hydro (\$150 EPP). 204-721-3226

RENTED



Cpl Andrew Noel, of 41 Service Battalion in Alberta, confirms sentry responsibilities during Ex WILD MUSTANG at Camp Worthington, west of Caroline, last spring.

Photo Capt Derrick Forsythe



Candidate Heather Kitson (left) of Portage la Prairie has her foliage adjusted by fellow course member Mercedes Pinch of Okanagan, BC, prior to a stalking exercise at Camp Aldershot in Nova Scotia, in which the candidates have to advance on an observation position from 100 metres away without being detected.

Photo WO Jerry Kean

Army Reserve offers new full-time summer employment program

Krysthle Poitras
Steven Fouchard
Stag Special

The Canadian Army Reserve (ARes) is already well-known for giving youth valuable work experience and steady employment, but is going a step further still.

This year will mark the start of a Full-time Summer Employment (FTSE) program in the ARes, through which new recruits will be guaranteed full-time summer work for the first four years of their service.

This is an ideal opportunity for students, who will now have reliable, predictable income to support their educations while exploring the wide range of trades that make the ARes an integral part of Canadian Army operations.

"FTSE gives our new soldiers the opportunity to explore stimulating careers in the Army Reserve, including non-combat careers that could potentially relate to their field of study," said LCol Sonny Hatton, who is in charge of implementing the FTSE initiative nationally.

FTSE is not just good news for students, though. A number of instructor and support jobs will also be allocated to those who have joined the ARes since 2015.

"Reservists in their first four years, who so desire, can expect to be employed for the whole summer where they will primarily participate in individual training and various summer tasks typical of the ARes, such as participation in exercises and ceremonial duties," explained LCol Hatton. "All while earning a very decent wage and gaining valuable work experience."

He added, "Our recruiters work with local units to offer opportunities to potential recruits that match their interests and can greatly expand their experience, knowledge and future employability after they finish high school, college or university. The ARes also creates opportunities to obtain valuable on-the-job-



A Reservist sets up a C3 105 mm Howitzer during an Army Reserve basic artillery course at 4th Canadian Division Training Centre in Meaford, Ont. last summer.

Photo MCpl Precious Carandang

training, to network and gain references in the technical trades."

The ARes is a highly skilled and diverse workforce with a wide range of employment opportunities — and not all of them are combat roles. The ARes also needs engineers, cooks, mechanics, and communications and information systems specialists, to name just a few.

"For a musician, the ARes is a unique opportunity," said Cpl Thomas Argent, a young Reservist who has been part of the Governor General's Foot Guards (GGFG) for nearly three years.

The GGFG is an Ottawa-based Reserve infantry unit that also supports official ceremonies in the nation's capital, where members can be seen in their distinc-

tive scarlet tunics and bearskin hats.

"A lot of my musician friends are going from gig to gig just to make ends meet, and it seems a little stressful for my liking," Cpl Argent added. "Even as a part-time Reservist, I was able to make good money just playing in the band. I've also been given a lot of opportunities to work in different places, including administrative roles, public duties on Parliament Hill, and in a music library."

The ARes offers opportunities to serve Canada in a meaningful way in an equal-opportunity work environment — one that is stable, but has flexible work arrangements.

Reservists are vital to the Canadian Armed Forces (CAF) and members of the ARes can volunteer to deploy on short notice, particularly in domestic operations, such as battling forest fires, floods and ice storms.

For example, in 2017, Reservists supported provincial authorities in responding to an ice storm in New Brunswick, forest fires in British Columbia, floods in Quebec and Ontario, and provided shelter to asylum seekers in Quebec.

Many more have deployed on international operations to Ukraine, Latvia, Kuwait and other places where the CAF is engaged in operations abroad.

This year also marks the 20th anniversary of one of the largest Canadian natural disasters and peacetime deployments of troops in Canadian history: thousands of Reservists responded to the 1998 ice storm that affected Ontario and Quebec. During that crisis, Reservists provided shelter and medical care, and assisted in the restoration of the power grid.

The FTSE program is offered from May 1 to Aug. 31. For more information, visit your local unit as soon as possible and talk to a recruiter or visit www.forces.ca where you can find a wealth of information about joining the Canadian Army Reserve.

Krysthle Poitras, Steven Fouchard, Army Public Affairs