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Ex RANGER GUNNER

Each of the 1RCHA batteries had an opportunity to hone their winter survival skills alongside members of the 4 Canadian Rangers Patrol Group (CRPG) when they participated in Ex RANGER GUNNER. Besides telling stories by the open campfire, Pte Lizette Denedchezhe (left) taught soldiers with C Bty how to make bannock and shared smoked fish and caribou. MCpl Kevin Iles (right) taught his group how to build shelters, which they put to use while sleeping overnight in the field.

Photos Jules Xavier/Shilo Stag



This collage of images shows Private Kenneth Bryant Jones' portrait, his plaque on the Wall of Remembrance at the Meadowvale Cemetery in Brampton, Ont., and the Royal Canadian Army Service Corps Cenotaph in the United Nations Memorial Cemetery in Busan, Korea, which reads: "1914-1918/Sacred to the memory of those men of the Corps who gave their lives in the cause of freedom/1939-1945/1950-53/United Nations."

Images courtesy Canadian Virtual War Memorial
Graphic Shereen Ellaboudy, Army Public Affairs

February is Black History Month, a time to honour Black Canadians past, present who have served in uniform and as civilian employees in the defence and service of Canada since before Confederation

Pte Kenneth Bryant Jones represents bravery, perseverance of Black Canadians in uniform during a less inclusive time

Jeremiah Hemens
Stag Special

Pte Kenneth Bryant Jones' service forms part of the legacy of contributions that many Black Canadians have made to Canada through the military, even during times where they had to overcome great challenges just to enlist.

On Nov. 30, 1921 in Hamilton, Ont., Pte Jones was born to Charles and Milgar Lee (née Johnson) Jones. He experienced tragedy in his early life, as he lost both his parents when he was just two years old and was separated from his siblings.

He was adopted and raised by his uncle and aunt, George and Evelyn Louise Jones of Windsor, Ont., while his brother and two sisters were raised by another uncle and aunt.

At age 20, and during a time when Black Canadians struggled to even enlist in the military, Pte Jones demonstrated his bravery and commitment to Canada when he joined the Canadian Army in September of 1942.

He provided military service for three years during the Second World War, including contributing to campaigns in Italy, France and Germany.

Pte Jones was a member of the Royal Canadian Army Service Corps (RCASC). He and the RCASC played a key role in providing support to the troops, including the ground transportation and supply of food, equipment and ammunition.

However, Pte Jones' service did not end there. As Canadians returned to the battlefield for the Korean War in 1950, Pte Jones re-enlisted and joined the Canadian Army Special Force, prepared to serve and sacrifice again.

The Korean War was fought from 1950 to 1953, where Pte Jones and more than 26,000 Canadians served on land, at sea and in the air to carry on Canada's tradition of defending peace and freedom around the world.

During this bitter conflict in a rugged land far from home, 516 brave Canadians lost their lives — including Pte Jones. He was shot and killed instantly on Jan. 8, 1952 in South Korea. At age 30, he sacrificed his life for his country, and will be remembered for the courageous service he provided to Canada.

That service was honoured by no fewer than seven citations, including: 1939-1945 Star, Italy Star, France and Germany Star, War Medal 1939-1945, Canadian Korea Medal, Canadian Volunteer Service Medal for Korea (with Clasp), and the United Nations Service Medal (Korea).

He lies buried in the United Nations Cemetery in Busan, South Korea, one of 376 Canadians buried there among 2,267 other members of the United Nations coalition who fought there to uphold of peace and freedom in South Korea.

Pte Jones is only one of the many Black Canadians to serve Canada, but his story truly represents the long history of service that Black Canadians in uniform have given to Canada.

Pet of the Week



DROGO & NEEKA

Jesseka Beuckx had this to say about her family pets: "Drogo always relies on Neeka for protection and direction. Otherwise, he is completely lost. Neeka still directs Drogo to trouble." Call it brother/sister love! 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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New service provides conflict help in workplace

Stag Special

Soldiers in the Canadian Armed Forces (CAF) who are involved in workplace conflict or have a complaint can look to a new service which started up this summer.

The Conflict and Complaint Management Services (CCMS) Centre opened its doors at CFB Winnipeg in mid-July.

"We are a new service offered to members of the Canadian Armed Forces and their Chains-of-Command, where anyone with an issue — conflict or complaint — can come to talk to an agent who will listen, in a safe and confidential environment, and if necessary, offer possible options on how a member can seek resolution or to move ahead with their issue or concern," said Vinessa West, an agent supervisor with CCMS, in a release.

Service is provided to Regular and Reserve Force members throughout Manitoba and Saskatchewan.

How can the CCMS Centre help you?

CFB Winnipeg is the first stop if you feel a workplace conflict or a complaint, regardless of size, is not, or cannot be addressed in a timely and suitable manner, or if someone feels that it cannot be or is not being addressed effectively.

"CCMS offers a resource to you, the member, and the chain-of-command, to ask those questions on how conflict and complaints can be resolved, early, locally and informally, when appropriate," offered West.

"How do we do this, first off, we listen. You tell us your side of the story in a confidential and controlled setting, to an impartial intake agent, who has been trained in conflict and complaint resolution processes — whether you are as a complainant, a respondent or as someone who saw or heard the conflict and wants to put an end to it [third-party]."

The advantage of tackling an issue sooner, rather-than-later, is that most conflicts and complaints start out as something which if dealt with early and informally can be resolved before spiralling out of control.

This possibly saves the soldier and the Chain-of-Command bigger headaches, as the issues become larger and less manageable, which can consume individuals and groups, creating an atmosphere of stress and anxiety and

possibly moving towards a Rights Based complaint — grievance, harassment complaint, human rights complaint etc. — which takes up time and considerable resources.

What types of conflict and complaints are we talking about?

These can include, but are not limited to Op HONOUR issues; sexual misconduct; grievance; human rights complaints; harassment complaints; official language issues, access to information/privacy requirements; general safety; workplace violence; performance evaluations; inter-office squabbles; personal differences.

Any conflict or complaint that is causing you, or someone you know, to not be giving their 100 per cent at work because their mind is somewhere else.

"Then, our agents provide you with some options, and the pros and cons of those options, to help you find the possible path to the solution you are seeking," offered West.

"These options can be as simple as a self-help aspect on how to ask the right questions and conflict coaching to help you figure it out; seeking a solution via facilitated supervisor intervention of a conflict or complaint; providing guidance on resources available; to looking at either a rights based approach; or an interest-based approach, in getting the various parties to have a dialogue in an informal or formal mediated, facilitated, or full-out Alternative Dispute Resolution process.

CCSM agents have access to conflict resolution practitioners who can assist you. Some other self-help processes could also include the option of taking various dispute resolution or health and wellness courses and other aspects of education and awareness in conflict resolution processes.

All of which can provide you the tools, to help you resolve conflict or complaints in the workplace.

The Winnipeg office provides support to Manitoba and neighbouring Saskatchewan. It is located at the Winnipeg Building 137 on the main floor in offices 116, 118. Besides West who can be reached at 204-833-2500 ext 6405, there is one other staffer, Kristine Johnston, who can be reached at 204-833-2500 ext 6403. Or you can use e-mail at ccmswinnipeg@forces.gc.ca

Frigid drive

The recent arrival of an Arctic Vortex provided chilly temperatures, and windy conditions experienced by motorists on Veterans Way after work.

Photo Jules Xavier/Shilo Stag

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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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Winter survival

Canadian Ranger Pte Lizette Denedchezhe showed soldiers from 1RCHA C Bty how a makeshift smoker can cure her fish, caribou and deer meat while out in the wilderness. She was an instructor during Ex RANGER GUNNER held in the training area. A soldier (inset) tries on homemade beaver mitts to ward off the cold.

Photos Jules Xavier/Shilo Stag



Canadian Army Comd visits soldiers in Iraq

Stag Special

Commander of the Canadian Army (CA) LGen Jean-Marc Lanthier recently completed a visit to Iraq, where he met with Canadian personnel deployed on Op IMPACT.

LGen Lanthier, along with CASM CWO Stu Hartnell, as well as CA HCol Paul Hindo, visited the Canadian soldiers who are helping to build the capacity of the Iraqi security forces, contributing to developing key leaders, and building institutional capacity in Iraq.

"It was a pleasure to meet with the Canadian Army soldiers currently serving in Iraq. The training, advice and skills our members are sharing with the Iraqi security forces will help our partners and Allies achieve their military objectives and improve stability in the region. I am proud of the role that the Canadian Army and the Canadian Armed Forces as a whole play on the international stage," said LGen Lanthier.

In addition, Canadian soldiers are providing air transportation and intelligence personnel in support of NATO and the Global Coalition to defeat Daesh.

During the visit, LGen Lanthier also met with senior CA members serving in Iraq, including Commander of Joint Task Force-Iraq, BGen Colin Keiver, and Commander of NATO Mission Iraq, the NATO training and advisory mission, MGen Dany Fortin.

As outlined in Strong, Secure, Engaged, Canada's Defence Policy, the Canadian Armed Forces (CAF) are prepared and equipped to advance Canadian international security objectives, and to operate with our Allies and partners to defeat armed adversaries and respond to instability around the world.

The aim of Canada's mission in Iraq is to help their security forces achieve long-term security and stability for Iraq and the surrounding region.

Quick Facts

- The Canadian Armed Forces' mission, in support of NATO and the Global Coalition, is helping to set the conditions for the long-term success of regional partners by enabling their security forces to plan more effectively and execute military operations aimed at degrading and defeating Daesh and improving security and stability in the region.

- Joint Task Force-Iraq is responsible for the national command and control of the approximately 850 personnel deployed under Operation IMPACT, including those contributing to NATO Mission Iraq, and for the coordination of operations with the Global Coalition headquarters.

- NATO Mission Iraq consists of approximately 580 NATO personnel. Up to 250 CAF members have joined partner countries in helping Iraq build a more effective national security structure and improve training for Iraqi security forces.

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Wear your pride on your sleeve

Stag Special

The rules governing RCAF personnel wearing badges or insignia on their operational uniforms are about to change.

For those in the RCAF stationed at CFB Shilo, an upcoming amendment to the Canadian Air Division Orders (CADO) on operational dress will allow aviators who wear flight suits and Enhanced Combat Uniforms (ECUs)/CADPAT to add certain optional Velcro-backed badges and insignia on their sleeves.

This change in the CADO is intended to enhance squadron and tactical unit morale and esprit de corps. The spirit of the RCAF unit is centred on the members and how well they work together. Part of this spirit comes from the symbols they wear — the badges and crests of the unit.

The CADO amendment will allow badges, especially a unit's heraldic badge, to be embroidered in full colour as well as low visibility green.

All other badges can be embroidered in full colour, which will be up to the unit as part of their design process. Yes, a unit can design their own patch.

So, what other kinds of patches can there be?

Units can now create and wear badges to mark a special anniversary or participation in an exercise or operation. Courses could have their own patch as well.

In addition, personnel at wings, squadrons and tactical units will soon be able to wear blue t-shirts with an embroidered logo at the neck—or, on a Friday, their own squadron coloured t-shirt.

LGen Al Meininger, Commander RCAF, and CWO Denis Gaudreault, RCAF Command CWO, "recognize the fundamental importance of our squadrons and tactical units within the RCAF. As such, this forthcoming direction will serve to enhance esprit de corps and identity."

RCAF aviators are encouraged to "take the opportunity to embrace and contribute to this next chapter of our traditions."

Each new patch design must be endorsed by the Chain of Command and approved by 1 or 2 Canadian Air Division or the RCAF Aerospace Warfare Centre as applicable.

Some items will be available through the Canadian Armed Forces (CAF) supply system, while others will be available through unit kit shops or through CANEX.

This change could mean that some badges currently in use may become obsolete.

For example, the multi-colour (low-visibility green and colour mix) heraldic badge will be phased out during the coming year, to be replaced with the full-colour heraldic badge and/or the low-visibility green heraldic badge.

Thanks from Capt Walton Christmas hampers program earns kudos

Capt Daniel Walton Stag Special

On behalf of those who co-ordinated the Christmas hampers, I can't thank-you enough for your support and encouragement.

We were able to help several families this past year because of the hard work you committed yourselves to in December. Then we were able to help stock the shelves of other helping organizations with the extra items. We were completely overwhelmed by your generosity.

This endeavour was supported from the top down. Not only did the Base units prepare hampers and commit to how many they would be doing, but we had community members and organizations provide hampers as well. Your compassion for others made the season so much more enjoyable.

We have had several thank-you acknowledgements from individuals and families. Their stories were heartwarming.

Thanks to the committee and volunteers who worked on this project — your dedication was appreciated.

As the Christmas hampers chair, Bonnie Hildebrand was my right arm for this and her experience proved itself to be valuable over and over again. Thanks, Bonnie!

It's been an honour to work with you all on this project and we look forward to doing it again. Thanks, again!

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by the numbers

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

Learn more: DAOD 9004-1, Use of Cannabis by CAF Members

Fencing for Canada on world stage

Using épée Lt Belanna McLean likes idea of 'hit or be hit'

Jules Xavier
Shilo Stag

When you are talking fencing with Lt Belanna McLean it's not about barbed wire or cedar posts going up around the property.

Instead, the healthcare Ops O with 11 CF Health Svcs C Shilo enthusiastically refers to the three related combat sports, or the disciplines in modern fencing — foil, épée and sabre.

"It's hard, don't let me say it's not," Lt McLean offers the Stag regarding her chosen sport. "You need hand-eye co-ordination with your sword, plus you have tactics. It's like playing a game of chess."

In competition, fencers score points through the contact with an opponent. Fencing was one of the first sports to be played in the Olympics, and is based on the traditional skills of swordsmanship.

The modern sport arose at the end of the 19th century, with the Italian school having modified the historical European martial art of classical fencing, and the French school later refining the Italian system.

There are three forms of modern fencing, each of which uses a different kind of weapon and has different rules; thus the sport itself is divided into three competitive scenes: foil, épée, and sabre.

Most competitive fencers choose to specialize in one weapon only.

"My preference is the épée," says Lt McLean. "It's more instinctual, with more of a target to hit. And there's more risk involved with this weapon."

She added, "I guess it depends on a fencer's personality in what sword they prefer to use. For me it's a mindset. I like the idea of hit or be hit. With the sabre, it's fight and flight."

The foil is the hardest of the weapons, and has the most rules. Originally a training weapon, it's lighter than the épée and hits can only be scored on the torso and from September 2009 in major competitions only on the bib of the mask.

The priority system is present in that if both fencers hit at the same time then the referee decides who to award the hit to. Basically, the attack will always receive the point. If the attack stops, with the fencer stepping forward, but you do not lunge, or is parried then the "defender" receives the point.

For Lt McLean, the épée is the simplest of the weapons. Originally the duelling sword, a hit can be scored anywhere on the body and if both fencers hit then they both receive a point.

The sabre is best known as a cavalry weapon. Hits can only be scored from the waist upwards as it was considered bad form to injure someone's horse. The



Lt Belanna McLean enjoys being part of the CISM fencing team, having had opportunities to represent CAF in Sweden and Holland. A trip to the Nordic Cup in Sweden (above) saw the Ops O with 11 CF Health Svcs C Shilo earn a team silver and a fourth-place individual placing using her trusty épée.

Photo Jules Xavier/Shilo Stag • Fencing action photos supplied

priority system exists as well, but is slightly different to the foil system.

A hit can be scored with any part of the blade. You don't stab with this weapon but "slash" with it, which is the biggest difference between the sabre and the other two.

Currently a member of the CISM fencing team, being part of this Canadian Armed Forces (CAF) sport has been a welcome distraction from work for Lt McLean. It has provided her with plenty of opportunities, including travelling overseas to represent the CAF on the international stage.

Born in Pembroke, Ont., Lt McLean had an opportunity to travel to Sweden to compete in the Nordic Cup. It was her second time wearing CAF colours, and featured five countries doing battle with three swords.

Team Canada had three fencers face each opponent from another team, in a bout which saw the participants earning a win by scoring five points first.

"In nine matches, you need five to win," she says. "We won silver, with Poland taking gold, and Sweden bronze."

Lt McLean even faced male competitors, scoring a victory over her Swedish male counterpart. That was a highlight besides the team silver. Individually, she finished fourth.

With her mother a CAF clerk, and her father a now retired imaging tech, Lt McLean is no stranger to life as a military brat.

"For the longest time I used to say I hated being called a military brat," she offers. "But by Grade 12 I looked at RMC [in Kingston] and following in my parents' footsteps, but as an officer. I went in and applied, and have not regretted my decision."

It was while enrolled at RMC that Lt McLean was introduced to fencing. RMC competes against other Ontario university fencing teams.

"I was approached by the fencing coach, who said I looked like an athlete, and asked if I would be interested in fencing," she recalls. "So, I tried it out, and four years later I am still fencing, and now I get to go off to represent the Canadian Armed Forces on the world stage."

While CISM offers team sports like soccer, volleyball and basketball, she was happy to learn CISM also had a fencing team so she could continue competing.

See WITH page 7

With the sabre, it's 'fight or flight' says Lt McLean

From page 6

Posted to CFB Shilo after leaving RMC and beginning her CAF career, she arrived here alongside her partner, 2Lt Thomas Levert, the TC D Tp with 1RCHA B Bty.

Her first international competition with CISM, a team you must make each time the CAF fly a squad overseas, was Amsterdam, Holland. The training cell is held in Kingston, where a six-person team is put together to represent Canada. Lt McLean acknowledges, besides the competition, being part of the CISM team allows you to network with other military members from other countries.

"You make new friends from other countries. You share a love for a sport, and the competitors you face are also military."

When it comes to the technical part of her sport, Lt McLean sees her strength being her "stop hit" where she lets her opponent attack, but she quickly counterattacks to hit them back for a score.

Looking at the three weapons she uses to fence, Lt McLean explained what each does: "With the sabre, you are hitting from the waist up using slashing movement. With the épée, it's head to toe. The entire body is a target you need to hit before they hit you. This is more aggressive, very fast and lots of fun. You don't think of the toe going low [for contact], but if an opponent does I'm quick to attack the upper body left unprotected. With the foil, you score by targeting major organs."

When you think of fencers from Hollywood, you think of *Zorro* or *The Three Musketeers*. However, Lt McLean is not looking to carve a Z into an opponent, nor does she want to bury an opponent with a deep thrust of her foil.

"Think of our sport like boxing, where you are trying to set up your opponent for a hit," she explains. "Your tactics come in layers — you need the hand-eye co-ordination at the same time as balance."

With France up next on the CISM schedule, Lt McLean has reached out to the Brandon fencing club

The Three Musketeers is a historical adventure novel written in 1844 by French author Alexandre Dumas. Situated between 1625 and 1628, it recounts the adventures of a young man named d'Artagnan (based on Charles de Batz-Castellmore d'Artagnan) after he leaves home to travel to Paris, to join the Musketeers of the Guard.

Zorro — Spanish for fox — is a fictional character created in 1919 by American pulp writer Johnston McCulley, and appearing in works set in the Pueblo of Los Angeles during the era of Spanish California (1769–1821). He is typically portrayed as a dashing masked vigilante who defends the commoners and indigenous peoples of California against corrupt and tyrannical officials and other villains. His signature all-black costume includes a cape, a hat known as a sombrero cordobés, and a mask covering the upper half of his face. In the stories, Zorro has a high bounty on his head, but is too skilled and cunning for the bumbling authorities to catch, and he also delights in publicly humiliating them. Zorro is an acrobat and an expert in various weapons, but the one he employs most frequently is his rapier, which he uses often to carve the initial "Z" on his defeated foes, and other objects. He is also an accomplished rider, his trusty steed being a black horse called Tornado.

to find competition to continue honing her skills. Unfortunately, there are no other fencers posted to CFB Shilo, where she could draw her épée and fence at the GSH.

While she likes the foil in competition, it's the épée sword that garners more attention from her during training.

"I really like the épée! It's a sword that is more instinctual for me. You have more targets to strike, and there's more risk as a competitor."

She believes the personality of a competitor can lead to their personal choice of swords.

"It's mindset for some I think. With the sabre, it's fight or flight. With your epee, it takes time leading up to the attack ... I like the idea of hit or be hit. When you're facing an opponent, it's like chess. You try to catch your opponent off guard."

With the épée, Lt McLeans says the sword in her hand means she must be both physical and mental when lining up to fence. While there's no trash talking in fencing, there are things a fencer can do to give them an edge, according to Lt McLean.

"Sometimes you approach your opponent to take them off their game. Perhaps hit their blade continually in feeling them out — see if they get irritated, then use this to your advantage. Perhaps tease them, then back off. Make them annoyed."

During warm-ups or while scouting an opponent as they are fencing, Lt McLean noted observing



Lt Belanna McLean (right) eyes her opponent strategically before going on the offensive during the Nordic Cup held in Sweden. *Fencing action photo supplied*

an opponent's body language can sometimes give a competitor an edge.

"You need to dictate the pace — bring the fight to your opponent versus allowing them to control the bout," she says.

With teammates from CFB Bagotville and Garrison Petawawa, Lt McLean is looking forward to the next CISM training camp. She is thankful Ottawa has continued to financially support her sport, giving CAF athletes an opportunity to take on military opponents, who often have Olympic experience behind them.

"We are in a three-minute bout, and sometimes we're at a disadvantage on the world

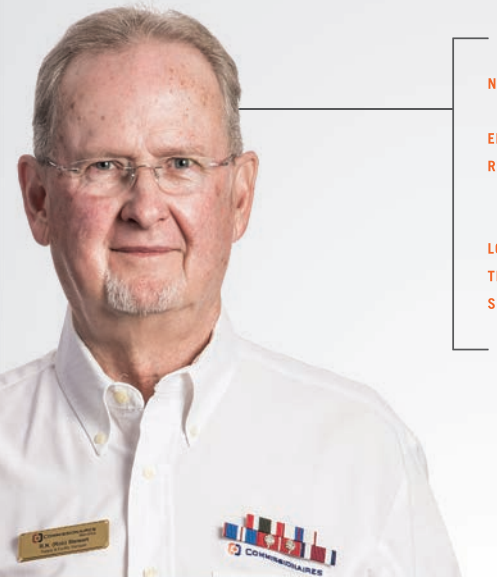
stage facing full-time fencers in the military."

She cited her experience up against a Polish fencer, where she fought hard, falling 5-3.

"That was a great learning experience for me. You're facing an Olympian who is a member of Poland's national team. Her experience showed against me ... she quickly changed her tactics and I was no longer successful in what I was doing when the score was close."

Besides her work at the Base hospital, Lt McLean is reaching out to fencing clubs in Brandon and Winnipeg, with a plan to possibly offer a fencing workshop in the near future at the GSH.

"I would love to see others become interested in fencing like I did when it was introduced to me at RMC," she says.



NAME STEWART, ROBERT //


ENROL DATE 1964 //

RETIRED AS MASTER WARRANT OFFICER //
1 CANADIAN AIR DIVISION //

LOCATION WINNIPEG //

TITLE QUARTER MASTER //

SERVICE 2002-PRESENT //



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Excel on FORCE testing will garner soldiers rewards

Stag Staff

With the advent of a new year, Canadian Armed Forces (CAF) members will experience a new rewards program which adds an incentive to excel on their mandatory fitness and operational readiness test.

The Fitness for Operational Requirements Canadian Armed Forces Employment (FORCE) rewards program was launched Jan. 1 at military bases across Canada, with the goal of providing military personnel an opportunity to garner prizes and special recognition for registering high scores during their FORCE test.

All Regular Force and Class B Reservists are eligible to participate in the rewards program.

Following the completion of the FORCE evaluation test the results of CFB Shilo soldiers are plotted on their FORCE fitness profile, then they are placed in one of four classification categories: bronze, silver, gold and platinum.

That placing is based on their performance in comparison to how others of the same age and gender score on the test.

Soldiers who place in the top-three categories receive the following prizes: silver, high-performance t-shirt; gold, high-performance long sleeve hoodie; platinum, high-performance long sleeve hoodie, certificate of recognition, and a pin to be worn on their dress uniform, not CADPAT.

The FORCE reward program was developed in consultation with members in uniform, and relies on scientific evidence about what motivates people.

More than 15,000 questionnaires and seven focus groups were undertaken to determine what motivates CAF members.

The findings demonstrated that rewards provide a sense of accomplishment for people attaining their fitness goals, as well as the pride of being recognized by their colleagues for their achievement.

The FORCE rewards program issues material rewards to CAF personnel in an effort to recognize those who achieve a high level of health-related fitness and operational fitness.

By creating a goal or incentive and recognizing individual efforts, we can increase CAF members' motivation and performance.

The FORCE rewards program allows PSP fitness staff to target a specific type of external/extrinsic motivation, called introjected regulation, in which social recognition such as material rewards can be used to motivate CAF personnel nationwide to achieve higher levels of fitness and operational readiness.

The fitness profile assesses overall physical fitness levels among CAF members. The FORCE fitness profile and incentive levels were introduced on March 29, 2016 in the CANFORGEN 052/16 and were added into the FORCE program. Components of the fitness profile include:



- Operational fitness — assessed via the FORCE evaluation
- Health-related fitness — As part of the FORCE evaluation, as per CANFORGEN 052/16, you are expected to have a measurement of your waist circumference, in a matter to obtain your FORCE fitness profile. The FORCE fitness profile will provide a score on both your Operational fitness and your health-related fitness. Your health-related fitness score is combined from your waist circumference and you predicted aerobic-capacity (VO-

2max), which moves you left and right on the graph.

- Physical fitness — your aerobic-capacity (VO2max) score is calculated based on the results of the Intermittent Loaded Shuttle (ILS) component of the FORCE evaluation, along with a measure of your waist circumference and your gender.

There are five general areas of the FORCE fitness profile that you can be plotted into based on your results:

- Red — operationally unfit which does not meet Military Physical Fitness Standard (MPFS)
- Orange — operationally fit with lower health-related fitness
- Yellow — operationally fit with moderate health-related fitness
- Green — operationally fit with higher health-related fitness
- Incentive level — bronze, who respectively represent 34 per cent of the entire CAF population; silver, who respectively represent 13.9 per cent of the entire CAF population; gold, who respectively represent two per cent of the entire CAF population; and platinum, who respectively represent 0.1 per cent of the entire CAF population.

CAF personnel who achieve silver, gold or platinum on the FORCE fitness profile will receive their material reward. Each calendar year — Jan. 1 to Dec. 31 — CAF personnel will be eligible for the FORCE rewards program upon completion of their annual FORCE evaluation.

PSP or military staff who conduct the FORCE tests will inform those eligible for a prize and how to claim it on the FORCE rewards website. For additional details about the FORCE rewards program visit www.cafconnection.ca/FORCERewards/

Soldiers taking part in their FORCE testing at the MPTF are now in line to garner rewards when they excel based on a new program.

Photo Jules Xavier/Shilo Stag



Soldiers taking part in their FORCE testing at the MPTF are now in line to garner rewards when they excel based on a new program.

Photo Jules Xavier/Shilo Stag

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Info Session for All Ranks and Family

Date: 14 February 19

Time: 1400-1600 hrs

Place: Base Theatre - GSH

NEXT HOME GAME

Feb. 8 vs Swift Current 7:30 pm

Feb. 13 vs Edmonton 7 pm

Feb. 16 vs Prince Albert 7:30 p.m.

Feb. 18 vs Swift Current 7 p.m.

Feb. 20 vs Calgary 7 p.m.

Feb. 22 vs Saskatoon 7:30 p.m.

March 13 vs Moose Jaw 7 p.m.

March 16 vs Regina 7:30 p.m.

1CMBG on 'Road to High Readiness'

Soldiers prepare to support Canada's interests at home, abroad

Tim Bryant
Stag Special

It's going to be a busy and exciting time around western Canada during the next several months as the Canadian Army's 1CMBG, a Regular Force formation, makes its way along the Road to High Readiness.

What is the Road to High Readiness?

This is the second stage of a continuous three-year cycle that sees Canadian military personnel prepare to be deployed on operations abroad and within Canada.

For 1CMBG, it runs from July 1, 2018 until this June 30.

While 1CMBG progresses along the road, its counterparts at 5CMBG at Valcartier, Que., are currently at High Readiness and deployed on missions around the world. Meanwhile, 2CMBG at Garrison Petawawa, Ont., is in the support phase, having been stood down from its deployments at the end of June last year.

For 1CMBG Comd Col Ritchie, and former 2PPCLI CO, the thrust and importance of the Road to High Readiness is "to ensure that all elements that could be tasked to deploy abroad in support of the Government of Canada have been properly trained, assembled and certified to go and undertake those commitments."

In order to achieve that end, Col Ritchie explained, the training process has been designed to follow the military objectives laid out by the government, while also seeking to provide balance for the soldiers.

The first stage is training at the unit level. The first part of the training will be decentralized, he said.

The eight units in the brigade will do their own unit-level training, following the brigade's overall objectives. This training regimen is scheduled to run until March 30.

The eight units of the brigade are: include 1RCHA, Lord Strathcona's Horse (Royal Canadians), 1PPCLI, 2PPCLI, 3PPCLI, 1 Cbt Eng Reg, 1 Service Battalion and 1CMBG HQ and Signal Squadron.

The second stage focuses on brigade-level training. Starting this April, training will shift to a full brigade format at CFB Wainwright in Alberta.

There, 4,500-plus soldiers will train in live and simulated scenarios, by day and by night, to be prepared for almost any situation.

This second stage of the training will culminate at the end of April when it transitions into the Army-directed Ex MAPLE RESOLVE.

"Ex MAPLE RESOLVE is the platform exercise for the Canadian Army," said Col Ritchie, acknowledging it is not a live-fire exercise, but it provides an excellent chance to test the training regimen the soldiers would have just completed.

"It's force-on-force, so it's got that human dimension where elements of the brigade will train against elements that are representing an opposing force," he added.

"It's intended to try and train in a very dynamic environment so you can really see if your tactics, techniques and procedures are effective."

And if not, the lessons learned on this authentic training environment can be used to adapt the training to become more effective, he added.

The third stage is achievement of High Readiness state and task force-level training. After the completion of Ex MAPLE RESOLVE, 1CMBG will be reconfigured into task forces, which are assembled and deployed to different theatres of operation around the world, said Col Ritchie.

Those deployments would begin on or shortly after July 1, as 1CMBG moves off the Road to High Readiness and into the High Readiness state itself.

"That's when the elements that just finished spending a year training will either deploy to a specific mission on a named operation, or they will remain at High Readiness waiting for the government of Canada to provide new contingencies, and we would be prepared to go and deploy on those," said Col Ritchie.



As soldiers begin training for 'Road to High Readiness' expect to see 1CMBG Comd Col Bob Ritchie out to observe them in the field.

Photo Jules Xavier/Shilo Stag

ness waiting for the government of Canada to provide new contingencies, and we would be prepared to go and deploy on those," said Col Ritchie.

Even in High Readiness state, priority one is Canada's interests at home. All that said, just because 1CMBG is on the Road to High Readiness for a year doesn't mean it will disregard its duties and responsibilities domestically.

"We have a standing mandate to provide support to Canadians in need when directed by the federal government," said Col Ritchie.

The most vivid example of this is the recent Op LENTUS 18-05, where soldiers fought forest fires in British Columbia last summer.

"That's a classic case, despite being on the Road to High Readiness getting ready to train for High Readiness operations abroad," he said.

"Our number one priority for the Government of Canada is domestic operations and at all times, we will support Canadians."

Through all of this, the soldiers and command teams work from a single, overarching philosophy.

"We all want to serve," said Col Ritchie. "We will make sure they are fully prepared so when the Canadian Armed Forces (CAF) and the Canadian Army (CA) look to the Third Canadian Division, we'll be ready to answer the call on behalf of all Canadians."



Soldiers with 1PPCLI – a unit within 1 Canadian Mechanized Brigade Group – and 39 Canadian Brigade Group search for and extinguish burning material near Lumby, BC last August during Op LENTUS.

Photo MCpl Gerald Cormier



A soldier with 2PPCLI – a unit within 1 Canadian Mechanized Brigade Group – gives the thumbs-up after clearing a trench during Ex IRON RAM at CFB Wainwright's training area in October 2017.

Photo Jay Ekin



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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: _____
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Page #, ad: _____

Answer skill-testing question:
What is the favourite sword used by CISM fencer Lt Belanna McLean during competition?

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.

**Army Reserve soldier inspired by 'Linc' to Black history
Corporal met pioneer as a teenager**

February is Black History Month, a time to honour Black Canadians past and present who have served in uniform and as civilian employees in the defence and service of Canada since before Confederation

**Cpl Cody Misner
Stag Special**

Cpl Corbin Monaco joined the Canadian Army Reserve with The Royal Hamilton Light Infantry (Wentworth Regiment) when he was 22, just a few years after meeting a pioneering local veteran with whom he shared much in common.

The son of a Jamaican mother and Italian-Canadian father, Cpl Monaco's goal was to expand his skill set while also finding out just how far he could be pushed out of his comfort zone. From Hamilton, Ont., he is not the first in his family to have joined the Canadian Armed Forces (CAF). His parents, although somewhat apprehensive at first about the career move, were proud that their son became another member of the family to join; Cpl Monaco's aunt had served in the Royal Canadian Air Force (RCAF) during a long career before retiring recently.

He says he was also inspired by the story of the Lincoln Alexander, the first Black person ever elected to the House of Commons, among other firsts achieved by him. Toronto-born Alexander has had numerous awards and schools named in his honour, in addition to a major freeway in Cpl Monaco's home town of Hamilton. The "Linc," as it is known locally, was named for Alexander, who became the 24th Lt Gov of Ontario. The son of West Indian immigrants also served with the RCAF, just like Cpl Monaco's aunt, during the Second World War.

He also served as Honorary Colonel of 2 Tactical Aviation Wing (later 2 Air Wing) from November 1985 to December 1996. A Royal Air Cadet Squadron, 876 Lincoln Alexander Squadron, in Scarborough, Ont., is named in his honour and he was an honorary director of the Air Cadet League of Canada. Alexander died on Oct. 19, 2012 at the age of 90 in Hamilton.

Cpl Monaco met the pioneering leader when he was a teen, and aspired then to "become something more than an ordinary citizen," just as Alexander had.

An avid athlete and soccer player currently working as a sheriff with the Ontario Public Service, Cpl

Monaco believes that joining the Army Reserve provides regular citizens with a valuable background of discipline and duty that serves them well in to-



Cpl Corbin Monaco takes up his position during training in Ontario. Photo 2Lt Andrew McLaughlin/31CBG

day's tough job market and provides service to the communities in which they live, as well.

"It's a great place to develop as a person," he said. "It's also a great place to give back."

It is not always easy balancing the life of a citizen and the part-time job of a Reserve infantry soldier, as summers are often spent training full-time. "The Army is truly one of the places where you get back what you put into it," he said. "The best part about being a Reservist is being able to maintain my civilian career and still gain the skills that the Army offers."

Cpl Monaco links his military career to that aspiration to "be more." In his short three years of service, he has done some remarkable things, such as participating in the Canadian Patrol Concentration — a gruelling endurance and soldiering competition in the freezing temperatures of Northern Alberta in November — as a member of the 31 Canadian Brigade Group (CBG) team. The feeling of accomplishment is a regular occurrence in the Army, according to the young soldier.

"My best day in the Army was back when I graduated from my infantry trade course. It was the first challenge that I had to overcome," he recalls with a smile. "There is nothing quite like the feeling of knowing that you and some of your closest friends had just finished doing something great."

Speaking about why Black history is important to him as a soldier, Cpl Monaco reminds us that Black History Month is a great time for historical reflection.

"It means a lot to me because it provides an opportunity to showcase the contributions that Black Canadians have provided and the sacrifices that they made during conflicts throughout history. It also highlights the heroism of Black soldiers that may have been skipped over in history classes being taught in school."



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

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11am-2pm
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Contact the Recreation Office at 204-765-3000 ext 3318/3588 for more info.
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CAF seeks Indigenous members for sports

Stag Special

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

Such events may include participation at the following events:

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

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

Nominate a peer for sports achievement

Shilo Stag

Nominations for the 2019 sports awards ceremony will be accepted in four categories.

The Canadian Armed Forces (CAF) sports achievement awards consider 2018 sports achievements only — male and female athletes, coach and team.

Deadline for the '19 command achievement awards nominations for PSP to receive and review nominations prior to being forwarded to RCN Command is March 1. The process and forms for nomination for these awards can be found at www.cafconnection.ca/cafsportsawards

For the 2018 CAF Hall of Fame, CAF honour roll, dedication fo CAF sports award and outstanding contribution award nominations, the deadline for PSP to receive and review the nominations prior to being forwarded to the CAF sports co-ordinator is April 12.

The dedication to CAF sports award recognizes individuals or groups who have gone above and beyond to provide time, effort and support to the pro-

motion 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, civilians or corporate sponsors.

Nomination forms for these awards can be found by visiting www.cafconnection.ca/cafsportsawards

The outstanding contribution award recognizes the outstanding contributions of a civilian to the CAF sports program over the year.

This award recognizes an individual who has gone above and beyond to provide time, effort and support to CAF sports.

The nomination form for this award can be found by visiting www.cafconnection.ca/cafsportsawards

For further information or assistance completing the nomination form contact CFB Shilo's fitness, sports and recreation manager Jim MacKenzie at ext 3316 or e-mail james.mackenzie@forces.gc.ca or call sports and recreation co-ordinator Brette Olsen at ext 3894 or e-mail brette.olsen@forces.gc.ca

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February 14 at noon

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 Padre Walton - ext 3088
 Padre Smallwood - ext 3089

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 Confessions by appointment
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 Padre Shanahan - ext 3698

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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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