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Volume 58 Issue 14



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July 25, 2019

## INSIDE This Issue



**COEFOR training important for soldiers. Page 2**



**Local strawberries ripe for the picking. Page 6**



**Base team preparing for Ex Mountain Man. Page 7**



## Dawn of a new day on Base

On the Base early for her PT, OJT photographer Avr (B) Jade Lefebvre discovered this view looking north from the GSH towards the circa 1871 40 Pounder Armstrong gun on display, with the steam coming from the vents in the road. She captured this atmospheric-like photograph at sunrise prior to leaving to track the Base's Ex MOUNTAIN MAN team in training running on Hwy 340.

# Third Seamless Canada roundtable addresses improved health care access for military families

## Stag Special

Recently, the Department of National Defence (DND) and Canadian Armed Forces (CAF) representatives met again in Ottawa with their provincial and territorial counterparts to advance the Canadian Armed Forces' Seamless Canada initiative.

Bringing together Seamless Canada representatives for the third time since the initiative was launched, the Ottawa symposium focussed on finding ways military families can better access health care services when relocated to another province.

Participants exchanged best practices and shared current innovative approaches. Delivering health care to military families is a top priority because the greatest number of family members are affected by this particular challenge.

During this latest symposium, Minister of National Defence Harjit Sajjan emphasized his support for the Seamless Canada initiative.

"Looking after the women and men of our Canadian Armed Forces and their families is our top priority," said Sajjan.

"Moving for military postings can be a difficult experience for members and their families, and we are committed to making that easier by resolving issues around relocation. We appreciate being able to work collaboratively with the provinces and the territories to find ways to improve the lives of Canada's military families."

DND launched Seamless Canada in June 2018 with the goal of improving the coordination of relocation services across the country for CAF members and their families.

Seamless Canada continues to build on steps taken by provincial ministries in Alberta, Manitoba, Ontario, and New Brunswick which enhance services for military families. Other provinces have worked with Military Family Resource Centres (MFRC) to streamline some services in those jurisdictions.

Alberta has formally appointed a military

special envoy for the province and has set up a website with centralized information pertinent to military families. They were also the first province to launch a web portal for military families.

Ontario is maintaining a dedicated website with information to help military families settle in the province and is actively working towards improving access to primary health care in rural communities.

Manitoba has made it easier for military families to find supports and services through an updated military portal on the Manitoba government's website and has also appointed a special envoy for military affairs, MLA Jon Reyes.

New Brunswick provided additional funding for child care spaces in the province.

The next Seamless Canada roundtable will be held in spring 2020, where the focus will be twofold: Continuing the discussion on access to health care for military families, and further exploring spousal employment related issues.

# Using insurgent tactics keeps CAF soldiers safe

**Ashley Materi**  
Stag Special

Preparing to deploy on operations around the world requires dedication and a rigorous training schedule for members of the Canadian Armed Forces (CAF).

Soldiers gain valuable skills specific to their trade while working from the unit level up to the brigade level to ensure they are prepared for whatever challenges they might face.

Soldiers are qualified in their trade-specific skills, an important component of training is testing how the troops react and adapt to novel scenarios.

This is where the Contemporary Operating Environment Forces (COEFOR) contingent comes in.

A small cadre of professional insurgents made up of combat arms soldiers from across the Canadian Army provide a realistic enemy force. They test how CAF members react to scenarios they could encounter while deployed.

Small scenarios are built into the larger training exercise to meet battle task standards. These range from laying im-

provised explosive devices to direct mortar fire and abducting role players.

"The primary training audience has proven their weapons and tactics training," said COEFOR Sergeant Major MWO Jason Forth. "Now we need them to prove they can think through a scenario and pass up what they're finding so their higher headquarters can make a plan to deal with what they are seeing in the training area."

The Canadian Manoeuvre Training Centre at 3 Div's Garrison Wainwright stood up COEFOR at the height of the Afghan War. Senior Canadian Army (CA) leadership wanted to establish a permanent, professional full-time opposition force. It provided higher-level collective training opportunities for units deploying to Afghanistan, said COEFOR OC Maj Tim Day.

In the years that have followed, that cadre has modernized techniques and simulated weapons used by insurgent forces around the world and have developed more equipment and experience.

Maj Day says COEFOR remains relevant by studying the

tactics groups like Hezbollah and Da'esh employ, and training CAF soldiers how to overcome insurgent tactics, techniques and procedures.

"By adopting those tactics and using them against Canadian soldiers in a controlled training environment where it's safe, they can learn those lessons the easy way here in Canada instead of going over and learning them the hard way in combat," explained Maj Day.

The training effect COEFOR provides is available to any Army unit which requests it. They have provided a realistic insurgent capability for troops in Latvia, the Arctic, the United States and across Canada.

COEFOR member MBdr Ian Harris said the training audience isn't the only group benefiting. COEFOR soldiers understand the mindset of insurgents and can identify tactics seen in guerilla warfare.

He acknowledged they "have an extensive knowledge of the unexpected" and go on to share this unique perspective with their comrades upon returning to their home units and saving lives.

Members of the Contemporary Operating Environment Forces (COEF) take part in an urban operating exercise (right) at Garrison Wainwright. Others engage during the attack on the fictional village of Ashigli (below) during Ex MAPLE RESOLVE at Garrison Wainwright.

Photos Pte Jordyn Anderson  
Garrison Wainwright Imaging



## Pet of the Week

### MEISHA

Owned by Jeremy Peters, Meisha is a five-year-old mixed breed. She is named after UFC fighter Meisha Tate. Jeremy says his dog only ever listens to him. Do you have a photo of your pet — cat, dog, bird, snake, hamster — you'd like to share with our Stag readers? If so, e-mail it to us via [stag@mymts.net](mailto:stag@mymts.net)



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**Ward 5 - Citadel, Petawawa, Kingston, Royal**

*If interested, visit [www.CAFconnection.ca](http://www.CAFconnection.ca) to learn more about the council, or contact 2Lt DiFalco to submit your name for consideration: [Jonathan.DiFalco@forces.gc.ca](mailto:Jonathan.DiFalco@forces.gc.ca)*

## Reserves assigned new roles, responsibilities

### Stag Special

The Government is looking to strengthen the Canadian Army Reserves, according to Minister of National Defence Harjit Sajjan.

As part of Strong, Secure, Engaged, the Army Reserves have been assigned new roles and responsibilities which will deliver specific capabilities to the Canadian Armed Forces (CAF).

Mission Tasks have now been assigned to every Army Reserve Unit, and encompass a wide range of functions, both current and future, that have a clear impact on CAF operations.

"Reservists are key components of the Canadian Armed Forces. The new Mission Tasks and changes to Reserve Force pay reflect the integral part they play in the Canadian Armed Forces as a whole," noted Sajjan.

"The new equipment already delivered and coming online will assist them as they complete their continued and new tasks in today's modern and challenging operational environment. Through our defence policy, Strong, Secure, Engaged, we are working to ensure that Reservists are well-equipped and well-supported."

He made the announcement while visiting members of the Queen's York Rangers, alongside Minister of Border Security and Organized Crime Reduction Bill Blair, who highlighted two recent contract awards, one for new night vision devices and the other for new and improved gas masks, both of which will be used by Reservists.

Back in May a \$2-million contract was awarded to CA-DEX Inc. to deliver 300 monocular night vision devices. The devices will allow soldiers to see better and at further distances at night than the current model.

Last October, AirBoss Defense was awarded two contracts with a total value of \$29-million for gas masks. The new masks will provide improved filter, vision, hydration and breathing for CAF members wearing them.

Together both contracts will support approximately 60 jobs in Canada.

During the visit Blair also got a chance to see one of Canada's new Tactical Armoured Patrol Vehicles (TAPV). Delivery of all vehicles was completed on budget in December 2018.

The TAPVs are assigned to both regular and reserve units across Canada and were used during this year's spring flooding.

Blair also highlighted that Reserve Force pay is being restructured to align with Regular Force pay where the demands of service are similar, as promised in Canada's defence policy Strong, Secure, Engaged.

"The women and men of the Canadian Army Reserves come from all walks of life. They have served Canadians honourably, whether it be here in Canada, by helping support Canadians affected by recent flooding or in their service overseas in operations such as Afghanistan," he said. "The steps we are taking today demonstrate the Reserves' critical role in keeping Canadians safe."

The new methodology for the Reserve Force applies the

same base pay the Regular Force receives, plus the elements of the Military Factor that apply to reservists.

Reservists will receive more money in this new system in order to more fairly compensate them for their important service.

#### Quick Facts

- Mission Tasks have now been assigned to every Canadian Army Reserve unit. They include approximately 20 Canadian Army (CA) functions, both current and future, that have a clear operational output, such as Assault Pioneers, Cyber Protection Troop, or Light Urban Search and Rescue.

- The first deployment of a Mission Tasks capability will occur this February, when a mortar platoon comprised of 50 members of the Loyal Edmonton Regiment and the Calgary Highlanders will deploy as part of the Canadian-led NATO enhanced Forward Presence battle group in Latvia.

- The Queen's York Rangers have been assigned the task of Chemical Biological Radiological and Nuclear Reconnaissance.

- CAF members' pay includes a Military Factor compensation for conditions and requirements that are unique to military service, such as potential separation from families and turbulence caused by geographic postings.

<sup>a</sup> Previously, Reserve Force pay was a simple 85 per cent calculation of the total Regular Force pay. Regular Force pay is composed of two parts: base pay and Military Factor.

The Military Factor is a percentage added to the base salaries of CAF members that compensates them for additional requirements that don't affect most public servants.

## Reserve Force pay: what's in your paycheque?

### Stag Special

As promised in Canada's defence policy, Strong, Secure, Engaged, the Canadian Armed Forces (CAF) has changed how it calculates Reserve Force pay so it aligns with the Regular Force.

While not a pay increase per se, reservists will now receive 7.8 per cent more money in their paycheque. Reservists will begin receiving the new rate by the end month pay this August. That rate will be retroactive to April 1 of this year.

What's changed is the methodology used to calculate pay. Regular Force pay is composed of two parts: base pay plus Military Factor. In the past, Reserve Force pay was a simple 85 per cent calculation of the sum of that total. The new methodology means the Reserve Force will have the same base pay as the Regular Force, plus the elements of the Military Factor that apply to reservists.

The base salary that all members of the CAF receive aligns with the salary earned by public servants in comparable roles. The Military Factor is a percentage added on top of the base salary that compensates members for additional requirements that do not affect most public servants.

The difference between Reserve and Regular Force members' pay is the amount of that extra percentage.

The Military Factor is calculated using three military and two additional elements. The military considerations

are: personal limitation and liability, separation, and posting turbulence. The two additional elements are overtime and acting for supervisors without an increase in pay.

Reservists cannot be posted to a different geographic location or sent away from their families on an operation or exercise without their personal consent.

This is different from Regular Force members, who are expected to move or deploy when directed, often frequently and on short notice. That is reflected in the Military Factor.

The Military Factor for Regular Force members includes all five elements. For Reserve Force members, it includes three: personal limitation and liability, overtime, and acting for supervisors.

The Reserve Force is an integral component of the CAF. Reservists come from all walks of life, and include students, civil servants, labourers, business people, academics, and former members of the Regular Force.

The restructuring of pay is part of an overall vision outlined in Canada's defence policy, Strong, Secure, Engaged, which includes increasing the Reserve Force by 1,500 members and further integrating reservists into operations.

Reservists on Class A and Class B periods of service are paid a daily rate, based on their rank and time in that rank. Reservists on Class C periods of service, such as those who deploy on operations, receive the same pay as Regular Force members, which is calculated at a monthly rate.



### Kiss for dad

Sgt Scott Lawrence received a kiss from his daughter following his promotion to Officer Cadet (OCdt). Formerly the senior med tech, now OCdt Lawrence is off to CFB Borden where he'll be part of Banting Coy with CI Svcs SFC as a Physician Assisant (PA) student.

Photo Avr (B) Jade Lefebvre



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The Shilo Stag is produced every second Thursday.

Deadline for submissions is the Thursday prior to the week of publication. Submissions can be sent to the Stag via email at stag@mymts.net, dropped off at the Stag office located in CANEX or via Inter-base mail.

**Submitting articles and photos for print:**

- Please submit articles as a MS Word Document.
- Include the author's full name, rank, unit and contact information.
- Include photos with your articles whenever possible, however, do not embed photos in word documents.
- Please submit photos as high resolution jpegs (if scanned 300 dpi), digital images or in hard copy format.
- With photos, include a caption that names the individuals in the photo; what is taking place; and the name, rank, and unit of the photographer.

• • •

Follow the Shilo Stag on  
Facebook by visiting:<http://www.facebook.com/ShiloSTAG>

## Loyal service recognition

Now a corporal, Helene Roy was recently recognized by her Commissionaires bosses for "17 years of loyal service" in the Canadian Corps of Commissionaires. You might see Roy working out of the GSH, or on occasion the south gate when it's manned.

Photo Jules Xavier/Shilo Stag

# Approval from Treasury Board

## Changes to compensation, benefits for CAF members

**Stag Special**

The Treasury Board has approved a number of changes to compensation and benefits for members of the Canadian Armed Forces (CAF).

Many of these changes are major, and most are effective immediately and backdated.

For most increases affecting pay or allowances, members should begin receiving the new rates on their end of August pay.

The Department of National Defence (DND) and the CAF review pay and benefits on a regular basis to ensure members are being compensated in a fair manner. These changes are being made to ensure pay and benefits remain competitive in the labour market.

"The women and men of the Canadian Armed Forces and the families that support them are at the heart of everything we do in the Department of National Defence," said Minister of National Defence Harjit Sajjan.

"Ensuring a compensation policy that is fair and equitably shows that Canada values our military members who work tirelessly to defend Canada and promote Canadian values and interests abroad."

**Quick Facts**

- Rates of pay will increase for officer cadets in the Regular Officer Training Plan (ROTP). In addition, allowances

will increase for search and rescue technicians to more accurately reflect the requirements of the job.

- Chief Warrant Officers (CWO) and chief petty officers appointed to a strategic level position, such as a Command Chief Warrant Officer, will be paid at the highest level for the rank. In addition, the most senior non-commissioned member, the CAF CWO/Chief Petty Officer, will receive an annual special pay differential.

- Rates of pay will increase for medical and dental officers. Further, the annual special military differential will increase for medical and dental officers and pharmacy officers will now also receive the differential. A special military differential is an amount paid on top of a salary, which recognizes the unique skills and education required for a particular profession.

- The Military Foreign Service instructions have been amended to preclude the concurrent payment of hardship allowance with environmental allowances whose purpose is to compensate for substantially the same adverse environmental conditions. This is to correct the omission of sea duty and submarine allowances from the "no entitlement" clause. This change will not result in any recovery of pay.

- Members of the CAF who are not yet trained in their chosen occupation who choose to leave the CAF through Voluntary Release (known as Item 4(c) – on request) will not be entitled to relocation benefits.

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## Catching up on Shilo news

During some down time while honing his French language skills in Quebec at CFB St. Jean this summer, OCdt JP Reil catches up on the news from CFB Shilo while perusing a copy of the Stag he received in the mail.

*Photo submitted*

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# At A Glance


## CFB SHILO

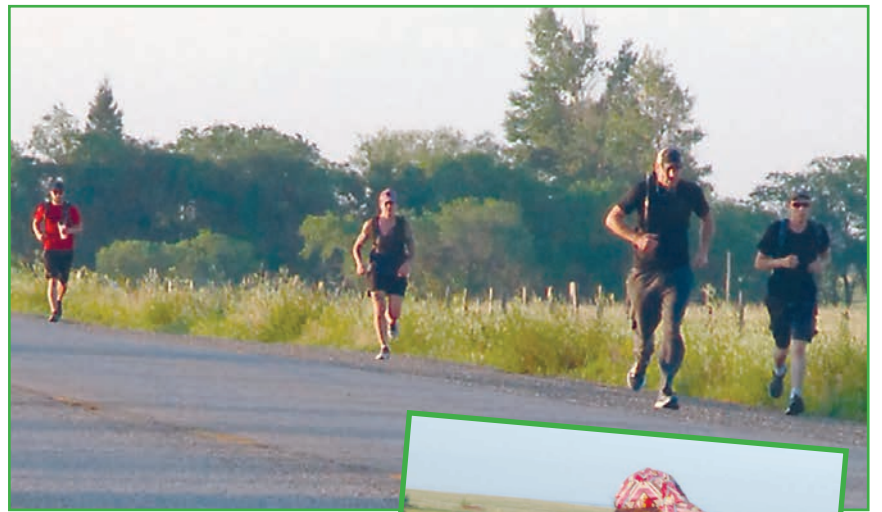


Visit RCA Museum's gun park

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

SUMMER 2019





Preparing for this fall's Ex MOUNTAIN MAN in Edmonton, the Base team enjoyed a dawn run from the Base to Douglas, and back, as part of their ongoing training. The team will also canoe in Ninette this summer on nearby Pelican Lake. *Photos Avr (B) Jade Lefebvre*



# Dawn Run

# Summer Strawberries



Nothing can top fresh strawberries on a summers day. They were sweet and ripe for the picking. You had all ages come together at farmer George Neudorf's Grand Valley Strawberries located west of the Base en route to Brandon. At \$13 per basket you could not ask for a better deal to supply dessert following the family barbecue on the Base.

Photos Avr(B) Jade Lefebvre



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## CANNABIS

# by the numbers

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

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

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



### CoC for new OC

11 CF H Svcs C's new OC Maj Anjolie Hogan (below) smiles for family members taking photos after signing her CoC paperwork with outgoing OC Maj Keith Wilson (left). Reviewing officer Col Scott Malcolm (above) addressed the CoC ceremony held at the Officers' Mess. Maj Wilson will be working as an emergency medicine physician in Brandon.  
*Photos Jules Xavier/Shilo Stag*





# Chaplains 'gift' new table to Officers' Mess

**Capt Daniel Walton**  
Stag Special

CFB Shilo's chaplain team has taken the plunge and created a table to "gift" to the Officers' Mess.

During the fall of 2018, the team began to discuss the possibility of building a table which would reflect who we are and what we stand for. Excitement quickly began to grow.

Under the direction of the former Base Chaplain Maj Johnston, the team took the financial responsibility for the project. We felt it was necessary the table symbolize what we believe our job to be in the Canadian Armed Forces (CAF) and to reflect our constantly changing lives as we mature and grow.

The crest for the Royal Canadian Chaplain Service (RCCChS) is a tree. In a few months, this will be the only cap badge that chaplains will wear.

It is an inclusive symbol which everyone can relate to. Ev-

eryone is rooted in some type of belief system and we grow from there — not unlike a tree would. In the center of the table you will find the RCCChS crest, in colour, inset in the table.

It was important for us to choose a table top that looked natural. Because of this, we choose a slab of wood with living edges.

We believe, as people, it reflects our growth process. Many of the small imperfections were intentionally left in the wood because none of us are perfect, chaplains included.

We all have bumps, bruises and make mistakes. It's part of growing and learning from our unfortunate circumstances and decisions.

This particular piece of wood came all the way from Venezuela, South America in one piece. It's a type of wood which is native there — called Monkey Pod.

You will notice the legs of the table look like a tree. Again, this was to reflect our crest and the fact we grow and change

as we mature.

It would be unfair for the team to take full credit for the finished product. Although some of the chaplains did the sanding and preparation of the wood, Cpl Mace and Sgt Collen from 2PPCLI did the finish work with several coats of varnish and the delicate sanding work between each coat.

Pte Schwieger and Pte Maltais from Base Maintenance took the picture we gave to them and fashioned the legs from aluminum.

These four men helped to create a masterpiece with their abilities. We can't possibly thank them enough or justly express our gratitude to them.


The finished product was in place at the Officers' Mess just in time for July 5's TGIF. Although he wasn't still here to see the final product, Maj Johnston has seen pictures and is excited about the outcome.

The incoming Base Chaplain Maj Lazerte will be able to reap the benefits.



There's a new table to sit at while enjoying finger foods and sipping on a cold beverage following work on Friday at the Officers' Mess. Military members making use of this special table, which features unique legs (inset), can thank the Base chaplains. The wood used for the table is from South America. Unveiling the table for the Stag were chaplains (l-r) Capt Walton, Capt Shanahan, Capt Dennis and Capt Walton.

Photos Avr (B) Jade Lefebvre




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# CDS apologizes after Afghan Memorial Hall opens

**Gen Jonathan Vance**  
Stag Special

To our beloved Memorial Cross Families, our honoured Veterans and all Canadians — the best of intentions have led to unintended harm.

When it comes to the opening of the Afghanistan Memorial Hall at the new National Defence headquarters, we unintentionally went down that path. We owe the family and friends of our Fallen, all who served in Afghanistan, and Canadians an apology for not properly including you and not properly communicating with you.

I am truly sorry for our insensitivity and the pain, anger and frustration that this decision caused you. I accept full responsibility for it all.

You also deserve an explanation, and a changed approach. When the monument, once known as the Kandahar Airfield (KAF) cenotaph, needed a permanent home, we considered several options, but ultimately decided to have it reside within the headquarters lines on our new campus at Carling.

Our concern was to keep the monument accessible, but also safe from the elements and vandalism, so we decided to protect it within our Base in a space custom-designed to house it in a dignified and peaceful setting, where people could pay their respects.

We wanted to honour the Fallen — Canadian, U.S., military and civilian — by protecting this legacy of theirs carved in stone. In our headquarters, it will serve as a daily remind-

er to us of the true, and ongoing, cost of war: much like it did on the airfield in Kandahar.

We also made this decision to install it within the secured zone of the headquarters in light of plans to create a publicly accessible National Monument to Canada's Mission in Afghanistan in Ottawa. This new monument will recognize the commitment and sacrifice of Canadian men and women who served in Afghanistan, as well as the support provided to them by Canadians at home.

Our colleagues at Veterans Affairs Canada are working with the Department of Canadian Heritage and the National Capital Commission on this important project and we look forward to standing with them, the families of the Fallen, and our veterans, on the day of its unveiling and dedication.

Sadly, in trying to do the right thing by getting the hall opened quickly so people, especially families of the Fallen, could arrange to visit, we alienated and angered these same people.

Importantly, we also utterly failed to communicate the intent to hold an inclusive event in the future, following the opening of the hall, to properly dedicate the memorial.

To each and to all, we offer our deepest apologies, and ask for forgiveness. We will be seeking input from the families of the Fallen on how best to conduct the dedication.

More importantly, an apology is meaningless unless the wrong it seeks to address is mitigated, and this is how we will make things right — the Afghanistan Memorial Hall will become accessible to all who come and wish to see it. All members of the Canadian Armed Forces (CAF) and their families can see it whenever they want by presenting their

military identification card for access.

While we must balance security and access, know that we have already established a system for personal escorted access to the memorial for the families of the Fallen. Indeed, several families have already reached out to us via the e-mail address established for them: AfghanistanMemorial@forces.gc.ca

We are now co-ordinating their visits. Families and veterans may also attend the headquarters, and they will be immediately escorted for a visit.

Details for timing will be forthcoming on a website to be launched shortly.

In the coming month, we will begin providing continuous scheduled visit-opportunities to all who wish to visit, and we encourage you to do so.

This letter will be sent by e-mail or courier to known addresses of the families of the Fallen. Any family members of our Fallen, military or civilian, who would like to confirm their contact information are invited to contact us at: VisitorAfghanMemorial-visiteurmorialafghan@forces.gc.ca

Canadians entrust us with their security and defence. Families of our Fallen and our veterans entrust us with the honour of remembrance. Both are our sworn duty.

We are a visible symbol around the world of what this great nation represents, and we constantly strive to be worthy of the support you give us, and we must return that support with professionalism in all we strive to do. That remains our pledge to you.

Lest we forget.

Gen Jonathan Vance is Chief of the Defence Staff (CDS)



Stag editor Jules Xavier covered the Afghan Memorial display when it visited this Base in September 2014.



## Kandahar Cenotaph being rededicated Aug. 17

**Stag Special**

The Canadian Armed Forces (CAF) will rededicate the Kandahar Cenotaph in the Afghanistan Memorial Hall at National Defence headquarters Carling in Ottawa during an Aug. 17 ceremony.

The ceremony will recognize and pay tribute to the sacrifices of Canada's Afghanistans fallen. Families of Canada's fallen in Afghanistan have been invited to attend the ceremony as guests of the CAF. The ceremony will not be open to the public.

"On 17 August, we will conduct the formal rededication of the Kandahar Cenotaph. The Canadian Army (CA) is working diligently to create a dignified and enduring moment for families of our fallen to share the solemn pride that honours the legacy of those they loved and lost," said CDS Gen

Jonathan Vance.

"Many others will be invited individually including veterans, serving members, media who covered the war and special stakeholders. More details will follow in the days and weeks to come."

Added CA Commander LGen Jean-Marc Lanthier, "This ceremony will mark the solemn rededication of the Kandahar Cenotaph in its new location on Canadian soil. The Cenotaph will forever recognize the sacrifices of those whose images are engraved on it, and it gives all Canadian Armed Forces members, veterans, families of Canada's fallen in Afghanistan and the public a place to pay tribute to our fallen."

### Quick Facts

- Information about the rededication ceremony was provided June 24 to primary and secondary next of kin (families) of Can-

ada's fallen.

- Family members who may not have been contacted by DND about the Aug. 17 event should contact a local Canadian Armed Forces Transition Centre. Details are available by visiting [www.canada.ca/en/departement-national-defence/services/benefits-military/transition/understanding-transition/transition-centres.html](http://www.canada.ca/en/departement-national-defence/services/benefits-military/transition/understanding-transition/transition-centres.html)

- Under DND regulations, DND is able to pay travel costs for up to six family members of each of the 161 fallen Canadians. DND maintains a database with contact details for families of the fallen. Queen's Regulations and Orders 209.02 details entitlements of next of kin of fallen Canadians.

- The Kandahar Cenotaph was created by members of the CAF during the Afghanistan mission as a battlefield memorial to honour military and civilian personnel who died

during Canada's mission in Afghanistan.

- The Kandahar Cenotaph was transported to Canada in 2011 and is now housed in the recently constructed Afghanistan Memorial Hall at National Defence headquarters Carling, located at 60 Moodie Dr. in Nepean, Ont.

- Visits to the Kandahar Cenotaph by families of Canada's fallen in Afghanistan began May 26 of this year and continue under special arrangements for the families.

- CAF members and veterans can visit the Cenotaph during regular business hours or during a public tour. Further details are available at Afghanistan Memorial Hall website.

- The rededication ceremony will be followed by a special public visit day Aug. 18. More details on the special public visit day will be made available in due course.

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# Asking better questions provides better answers

**MCpl David Sadai**  
Stag Special

The night before leaving for the deployment, the family and I decided to go out to dinner. We chose a restaurant that suited all our wants and got a nice booth by a window.

You could cut the tension between us with a knife because we all knew what that meal meant. It became the year that summer ended in July for us.

As I was sitting next to the window, I was looking out and saw a van pull up covered in bugs, and on the front grill had a British Columbia plate. The man driving looked about 55 years old, got out of the car and started walking towards the door.

I took a second look because I couldn't believe what I saw. This man had both legs made of plastic. They looked like those of a barbie doll. He walked into the restaurant with a smile on his face, got his take out order and got back into the van.

I noticed he had a friend around the same age sitting in the passenger seat. I started to think if the other man had two legs or not, and I realized that didn't even matter.

As I sat with my family enjoying a nice dinner I had an unreal experience and revelation of the future. I realized that life sometimes seems unfair. It feels like its happening to you and not for you.

The important thing to understand is it becomes the perspective that you choose to take on. If you think it happens for you, then it is such way.

For me it was leaving my family behind, and why is this happening for me? I started asking myself better questions and had better answers and results.

When we got back home, I told my spouse this is not what we've been thinking it is, it's an opportunity for us. An opportunity for growth, independence, new routines, to boost our quality of life and, oh yeah, that tour money is sweet too.

It became something that we can look back on 20 years from now and see it as the moment we decided to live life on our terms and develop the attitude we can grow through this and start to project our lives, habits and abilities towards the life we want.

It can be the start point to the moment we said no more to the "woe-is-me" mentality and the beginning of a life lived with better routines, better questions, better results, better days.

Days fade and they seem to just slip by and now we can develop the awareness that no matter the situation we will see it as happening for us, and never again to see life happening to us.

We realize that it takes work, its hard to wake up with purpose, it's hard to put effort into personally developing and making better decisions thats lead to better outcomes.

However, it's a fact that the more you put into something the more benefits you reap from it. So, sow and reap the rewards of a life lived on your terms.

Start to ask: Why is this happening for me, and see how different life seems to be.

For more information and a free 30-minute consultation for one-on-one sessions, e-mail davidleesadai@gmail.com

MCpl David Sadai is a Core 100 graduate from the Robbins-Madanes training program. He specialize in strategic intervention and would like to help you reach your potential or help you understand and find the nectar out of your life.

**"It can be the start point to the moment we said no more to the 'woe-is-me' mentality and the beginning of a life lived with better routines, better questions, better results, better days."**

— MCpl David Sadai

## CLASSIFIED ADS

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**Deadline for next issue: August 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 Lazerte - ext 3381  
Padre Dennis - ext 6836  
Padre Walton - ext 3088  
Padre Smallwood - ext 3089

**Our Lady of Shilo Roman Catholic Chapel**  
Sunday at 10:30 a.m.  
Confessions by appointment  
Padre Nnanna - ext 3090  
Padre Shanahan - ext 3698

### Services

**Greg Steele Canadian Fire-arms safety course instructor/examiner offering Red Cross first aid training. Manitoba hunter safety instructor. CFSC, CRFFC safety courses offered at least monthly and on demand. Firearm/hunter safety courses planned seasonally. Restricted and non-restricted. Visit social media page www.facebook.com/gregsteelehunterfirearmsafetymanitoba/ Dial 204-729-5024 E-mail gstele4570@gmail.com**

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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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Prairie girl has returned to her roots surrounded by canola — OJT photographer Avr (B) Jade Lefebvre will hone her skills at the Stag before leaving for Ontario, where she will be taught at the Canadian Armed Forces (CAF) imaging tech school at CFB Borden.

Photo Jules Xavier/Shilo Stag

## Military rookie honing photography skills on OJT with Shilo Stag

### Avr (B) Jade Lefebvre Stag Special

I'm back — home sweet home — following a journey east to join the Canadian Armed Forces (CAF).

It's good to be back in Manitoba after being away for 10 weeks on basic training at CFLRS, in St. Jean, Quebec. It was a big step, going into my basic training and to be honest, a bit of a shock at first.

Disembarking from the plane in Montreal, then boarding a shuttle with 20 other strangers, all talking about our lives and wondering what to expect in the next two and a half months.

I would tell them I was an only child, born in Edmonton, Alberta. Lived there until age 10 before moving to Brandon. Several years later, my mother and I moved to Waskada, a little town 90 minutes south of Brandon, tucked away in the southwest corner of Manitoba.

It is a very small community, where you really get to know everyone. It was quite a surprise to leave my high school of more than 900 to attend a new school with less than 100 students enrolled in K-12.

I finished high school in Waskada and graduated in one of the biggest classes the school has seen in years — a whopping eight graduates. After high school I studied photography online and moved back to Brandon working as a photographer for more than three years.

Now I have joined the CAF, pursuing a “purple” trade as an Image Tech. For anyone who wonders what an Image Tech does, they provide photography and videography for the military to be used in a variety of ways, such as media

and training purposes.

People always ask me why the CAF? I do not have any family in the military. I come from a quiet, small farming community where nothing really extreme ever happens.

Sometimes I think “That’s a good question, why did I actually join?” One reason was the job security which the military brings. Another was working in an exciting environment, using new technology.

But mostly, I love photography and I wanted to use my photo skills for something worth while. I have been taking photographs since I was a child, going around with my mom’s Canon Rebel T3 at Christmas trying to capture everything.

From there my excitement and willingness to learn about photography grew. Now joining the CAF became an opportunity to do what I love everyday. The images I capture could help people learn a bit more about the military world and all the incredible work its dedicated members do.

This was just one of the many stories shared on that hour-long shuttle ride to basic training. But as we pulled up to the Base, the bus suddenly grew silent and everyone was surprised by how big it was.

At that moment, I could see on people’s faces they had no idea what they had gotten themselves into. I remember the first night: no one knew anyone, everyone was nervous, and we were all wondering what tomorrow would bring.

At first, 10 weeks seemed like it was going to be a long journey. I soon found out everything that had to be accomplished and began thinking we wouldn’t have enough time to do it all.

Our instructors took 56 civilians, although we lost a few people along the way, and moulded us into 44 CAF mem-

bers in just 70 days. It wasn’t easy for anyone. Our sister platoon lost 28 recruits by the end of the course.

We had to learn everything from scratch — how to talk the proper way, how to do proper drill, and how to be all around CAF members. Luckily, we had amazing instructors who pushed us all to achieve our goals.

Personally, I achieved more than I ever thought possible. One of the biggest learning experiences for me was going beyond what I thought my limits were. Being pushed every day, to work hard and be the best I could be, taught me more about myself than anything else I had done before.

In the end, this helped me win the top female athlete award and saw me appointed the platoon’s pennant holder. This was something I never envisioned when the shuttle bus pulled up to the Base that first day.

As the end of basic drew nearer, I was offered on-the-job-training (OJT) while I wait for my next course to begin and they asked where I wanted to be posted. It was a no-brainer for me. I wanted to be at CFB Shilo, closer to my family while I waited. Which was also great on the military side of things because it would be a no-cost move.

It took awhile to hear back if my offer was accepted. I remember in class, our instructor was reading out everyone’s postings and as they got to my name, I hear: “Lefebvre, who knows where you are going!”

It was two days before graduation before I heard the good news I was indeed posted to CFB Shilo. I am excited to be now working at the Stag on my OJT under the tutelage of editor Jules Xavier.

So, if you see a no-nook Aviator (B) with a Nikon camera running around Base, it’s just me taking pictures for your Base newspaper. Hopefully I don’t get lost along the way.