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Volume 57 Issue 6



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March 22, 2018

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Base hosts International Women's Day. Page 6



2PPCLI navigate snow in winter challenge. Page 7



Summer jobs offered to Reservists. Page 8



Ex FROZEN GUNNER allowed 1RCHA soldiers to hone their M777 skills for five days in the Base's training area under spring-like conditions, versus having to deal with deep snow and frigid temperatures. 1RCHA had use of a UAV which took flight over the training area and gave battery commanders an idea on how their camouflage was working from an aerial perspective. Gun placements were moved during the day, providing different terrain to fire from, including under cover of darkness.

Photos Jules Xavier

Stretches important beforehand to warm up muscles

When it comes to muscles do you know how your adductors work?

Julia Unger
Stag Special

Do you know where your adductor muscles are on your body? They are commonly referred to as the groin or inner thigh.

The hip adductors consist of five muscles — Adductor Longus, Adductor Brevis, Adductor Magnus and Minimus Gracilis, Pectineus and Obturator Externus.

These muscles make up the inner thigh and work together to bring the hip to the midline of the body otherwise known as adduction.



Location for your adductor muscles (above) and sumo squat (right).

The Gracilis, Pectineus, and Adductor Longus are the most superficial (outermost) while Adductor Brevis is located deepest.

The most common injury to the inner thigh is the groin strain. These typically occur at the beginning of a sports season when sprinting, changing direction quickly or

rapid movements of the leg against resistance such as kicking a soccer ball.

The adductor muscles are direct antagonists of the Gluteus Major and Minor as well as the Tensor Fascia Latae, a part of the muscle grouping often referred to as the Glutes.

The Adductor Magnus has a large contribution in generating force and speed needed for sprinting. Wide stance and split stance training are important for adductor strengthening.

It's important to stretch when it comes to your adductor muscles.

Warm-Up: Prior to your workout it is important to increase the core temperature of your body utilizing some light dynamic stretches to prepare your body for your workout.

Dynamic stretching uses speed of movement and active muscular effort to stretch and warm the muscles and should last three to five seconds and be repeated 10 times for maximal affect.

Cool-Down: After your workout it is essential to perform static stretching to maintain flexibility and help your muscles recover. Static stretching involves holding the stretch for 20 to 30 seconds and is repeated two to three times per side.

It is important to take the stretch position to a tension of mild discomfort but not to the point of pain. Each time the stretch is performed you will be able to move further into the stretch position as the body adjusts to the stretch movement.

Standing Groin Stretch: Stand with your legs slightly wider than shoulder width apart. Shift your weight to the left and allow your left knee to bend until it is over your left foot.

You will feel the stretch in the right groin. Keep both feet facing forward during the stretch. This stretch can be done as either a dynamic or static movement. Make sure to stretch both sides of the body equally.

Seated Groin Stretch (AKA Butterfly): In a seated position bend your knees and bring the soles of your feet together. Hold your feet with your hands and rest your elbows on your knees.

Keeping your back in a neutral position allow your knees to fall towards the ground. You can apply gentle pressure on the knees with your elbows to deepen the stretch. To increase the stretch further bring your feet in closer towards your torso.

There are a number of exercises you can do using your adductor muscles.

Side Lying Inner Thigh Lift: Lay on the floor on your side with your body straight and your right leg crossed over your left and place your right foot flat on the floor with your toes facing forward.

Raise your straightened left leg off the floor approximately eight to 12 inches. Slowly lower the foot and repeat a minimum of 10 times. To increase the difficulty add weight to straight leg.

Hip Adduction: You can utilize an adductor machine or a small ball to complete this exercise. Place the pads of the machine or ball against the inside of the knees.

Press against the item bringing the legs together. Pause for one to two seconds and then return to the starting position. Repeat this exercise 10 to 15 times.

Side Lunge: Lay on the floor on your side with your

body straight and your right leg crossed over your left and place your right foot flat on the floor with your toes facing forward.

Raise your straightened left leg off the floor approximately eight to 12 inches. Slowly lower the foot and repeat a minimum of 10 times. To increase the difficulty add weight to straight leg.

Sumo/Plie Squat: This squat has a wide stance with toes pointing outward. Lower the body until the thighs are parallel to the floor while contracting your abdominal muscles, maintaining a neutral back, hinging at the hips, and bending at the and knees.

Return to the starting stance by pushing through the heels as you stand up. This can be performed with a platform under the feet in order to increase the range of motion.

Split Squat: This squat has a split stance with toes pointing forward. Place one foot behind the other approximately three feet apart. While contracting your abdominal muscles, maintaining a neutral back, and bending at the knees.

Lower the hips until the back knee is one to two inches off the floor and pause for one to two seconds. Return to the starting stance by driving through the front heel as you stand up. Ensure the front knee does not go past your toes and is not caving to the inside.

Julia Unger is with the PSP fitness department



Pet of the Week

BAXTER

This is Baxter. According to Hailey Sorenson, he is a friendly, happy and excited dog. Baxter gets a long with almost all the other dogs at the Base's dog park. His friendly demeanour means he has never had a problem with any dogs. He loves to listen to me read him stories and will usually curl up on the couch with his head on my lap. But most of all he loves chasing balls. 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

APRIL 5 — EVE

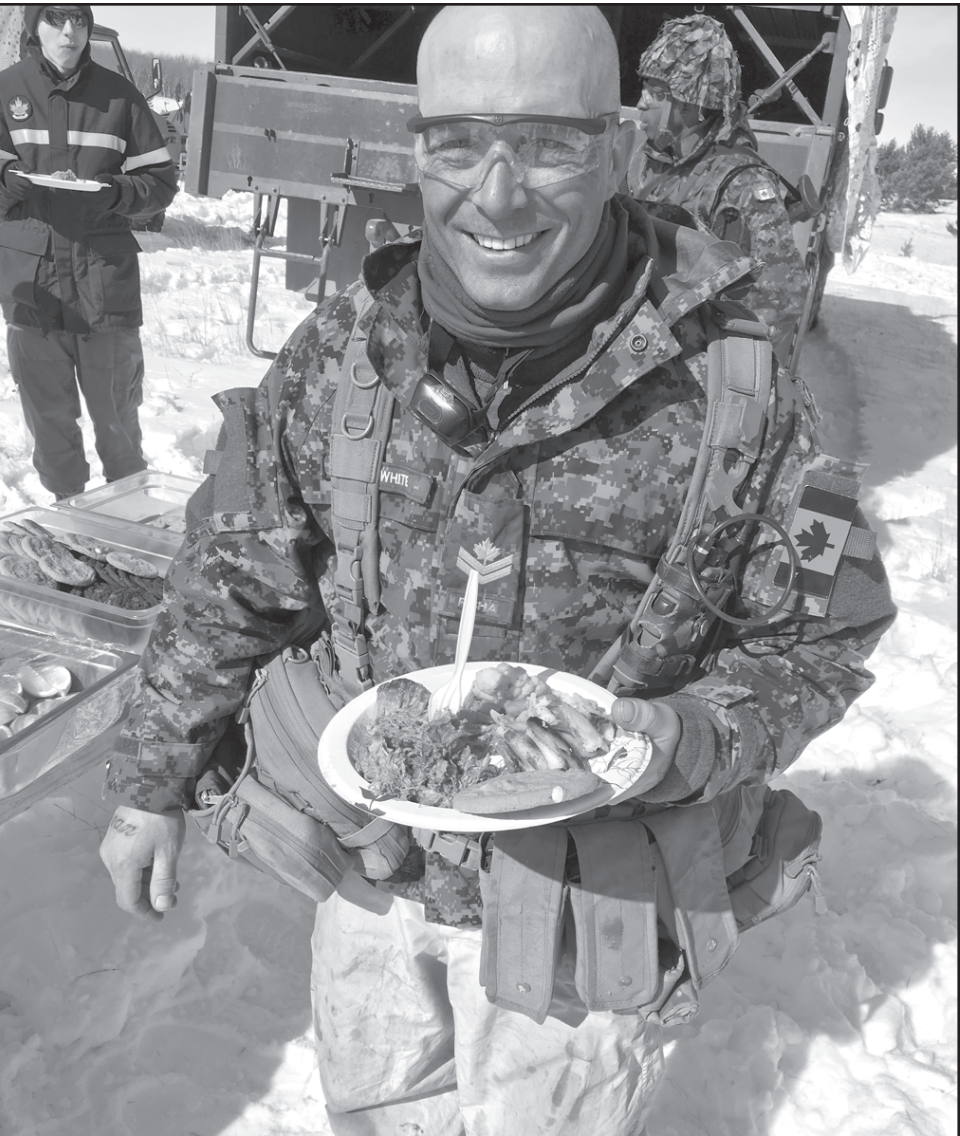


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What's for lunch

Pulled pork and fish, plus vegetables and fried potatoes were on the menu March 17 during 1RCHA's Ex FROZEN GUNNER. Cookies for dessert. Here, MCpl Jeff White is all smiles after he left the food line following a morning of having his gun crew firing their M777 in the training area.

Photo Jules Xavier

Is your tax refund burning a hole in your pocket?

Joyce Sharp
Stag Special

Ah yes, it's that special time of year when people are eagerly looking forward to their tax refund.

A time when some start dreaming of the things they think they need: a new living room, appliances or even a vacation to wash away the winter blues.

And so they start spending their refund, before they've even received it.

For some, a tax refund could potentially be a significant amount to receive all at once, and what you do with it could have considerable impact on your future finances.

So, before taking any action it is important to realize you need to have a vision for your money, in other words, an idea of what you want to do with your tax refund — large purchase, investment or simply savings?

A financial advisor might call this vision or structure your investment objective. If there is existing debt for example, why not pay it off instead of adding to it, or why not invest it as part of your retirement planning?

Therefore, be sure to put your tax refund to work for you now, to reap the

benefits later.

So, consider talking to someone who will know how your tax refund can have the largest impact on your savings, because what you don't want to do is leave this money sitting in your bank account, whittling away, earning little to no interest.

When it comes to investing, the primary deciding factors will be your investment objectives, risk tolerance, and what you want the money to do for you in the short and long term.

As investment options go, besides the universe of Mutual Funds, SISIP Financial also provides simple savings solutions with their Canadian Armed Forces Savings Plans.

Your SISIP Financial advisors have a thorough understanding of the military lifestyle as well as established expertise in pay/benefits systems, including pension and lump-sum awards and can help you decide what you want your money to do for you.

Remember to make your money work hard for the task at hand: financial stability and a healthy and successful financial future.

Visit www.SISIP.com or drop by CANEX where your SISIP Financial manager is located on the Base.

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<div>Duncan Hines ® Cake Mix</div> <div>• Assorted Varieties • 432 g - 515 g • Reg. 3.49 - 4.19</div> <div>4/10</div>	<div>Duncan Hines ® Frosting</div> <div>• Chocolate, Vanilla, Chocolate Fudge • 450 g • Reg. 3.49</div> <div>2⁵⁹</div>
<div>Quaker ® Crispy Minis</div> <div>• Assorted Varieties • 100 g • Reg. 2.59</div> <div>1⁹⁹</div>	<div>Kellogg's ® Cereal</div> <div>• Assorted Varieties • 515 g - 700 g • Reg. 8.99 - 9.49</div> <div>5⁹⁹</div>
<div>Quaker ® Instant Oatmeal</div> <div>• Assorted Varieties • 325 g - 430 g • Reg. 5.19</div> <div>2⁹⁹</div>	<div>Aunt Jemima ® Pancake Mix & Syrup</div> <div>• Table & Butter Flavoured Syrup, Original & Buttermilk Complete Mix • 750 ml - 905 g • Reg. 3.99 - 4.29</div> <div>2⁹⁹</div>
<div>Sponge Towel ® Paper Towel</div> <div>• Chose A Size • 6 pk • Reg. 12.99</div> <div>6⁹⁹</div>	<div>Purel ® One Step Hand Sanitizer</div> <div>• 473 ml • Reg. 6.79</div> <div>2/6</div>

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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.

• • •



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Free skate at Gunner Arena affords youngsters an opportunity to test their mettle skating on the large indoor ice surface, with help from an apparatus that provides balance as they skate.

Photo Jules Xavier

CAF introduces new online career transition tool

Stag Special

Members of the Canadian Armed Forces (CAF) have a new tool to help facilitate their transition into the civilian workforce. MNET, which officially launched last October, is a new, free to use, online career transition tool that matches military occupations with civilian occupations and job openings.

MNET is short for Military Occupational Structure ID (MOSID) to National Occupational Classification (NOC) equivalency tool.

To use MNET, CAF members and Veterans just need to enter information about their military career and a matching civilian occupation with job description, as well as a link to relevant civilian employment opportunities on the Government of Canada's Job Bank is produced.

Employers are also able to use MNET, which can help them to understand a particular military occupation and lets them post forecasted job openings specifically for Veterans.

"It is exciting to see the implementation of this great initiative well ahead of schedule. It would not have been possible without the commitment from interdepartmental cooperation throughout this process," said BGen Mark Misener, the General Officer leading the creation of the CAF Transition Group.

"CAF members often think little of the training and experiences that they have amassed during their careers and the weight it can carry over into the competitive labour market."

MNET is the result of co-ordinated efforts by the CAF's Directorate of Casualty Support Management, the Military

Personnel Generation Learning Support Centre, Veterans Affairs Canada (VAC), and Employment and Social Development Canada (ESDC).

For example, in order to allow for the translation of military occupations to civilian equivalents, ESDC provided access to its vast catalogue on occupational information in Canada, which categorizes more than 30,000 occupational titles into groups that are organized according to skill types and levels.

The online tool, based on a United States Department of Labour application, was created and customized for Canadian military needs in large part using existing resources and therefore at a low cost of \$18,000.

"The small cost of this system, when you look at how it will simplify job and personnel searches and make life easier for transitioning members, is really incredible!" said Capt (Ret'd) Andy Choquette, one of MNET's creators.

In addition to MNET, Veterans also have access to VAC's Veterans in the Public Service Unit, which was formed to help Veterans navigate the federal public service hiring process.

This new unit assists Veterans by providing them with possible public service opportunities that match their skills and education, and also works with managers from across the public service to promote the training and experiences of Canadian Veterans for employment.

Other components for MNET, such as a military skills translator and a mobile app, will be introduced in the coming months to continue enhancing member readiness for a successful military to civilian transition.

Access to MNET is now available at <http://caface-rface.forces.gc.ca/mnet-oesc/>

Shilo Theatre
 (Located in General Strange Hall)

March 23 Pitch Perfect 3 Rated PG
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New citizens

MPTF on the Base was the venue for a Canadian citizenship ceremony that saw 50 new Canadians take the oath of citizenship in front of presiding official Dwight MacAulay. Also attending were Brandon Mayor Rick Chrest, BComd LCol David MacIntyre, Brandon MP Larry Maguire and acting BRSM MWO Sean Davis.

Photo Lori Truscott

Military leaders must listen to cultivate innovation, says BGen Carignan

Steven Fouchard
Stag Special

The Canadian Army (CA)'s Chief of Staff for Operations says senior officers must always be open to ideas from the ranks in order to ensure the organization is as innovative as it can be.

BGen Jennie Carignan offered this and other insights during her opening address at a conference on the subject of Innovation Methodologies for Defence Challenges held in Ottawa earlier this year.

Featuring a wide range of speakers from both military and academic circles, the event was organized by the Centre for National Security Studies (part of the Canadian Forces College), Royal Military College Saint-Jean, and the University of Ottawa's Centre for International Policy Studies.

BGen Carignan said soldiers are naturally less inclined to question or criticize their orders in the interest of completing assigned tasks in a timely manner, but this approach "limits our knowledge and the more we act the less we know."

The higher ranks are often viewed as the main source of knowledge and new ideas may get shut down when they come from lower ranks, she added.

"I would like to remind you that Charles Darwin was 22 years old when he developed the theory of evolution. Let's remember ideas don't necessarily come from age and experience. We need to allow a certain level of dissent and questioning of assumptions and not feel threatened by our brilliant subordinates."

While noting the battlefield may not always be the place for such discussions, BGen Carignan urged leaders to

find the time for them.

"If you accept, you allow questioning to a certain degree and then you're in a mode where people's ideas are respected. It doesn't mean that everything goes. It doesn't mean you're paralyzed and not moving forward because you're listening to everyone's ideas. We're not always in crisis. In garrison, there's time for that exchange."

BGen Carignan joined the CA in 1986 and commissioned into the Canadian Military Engineers in 1990.

"I am your typical engineer," she said. "I am very much attracted to science because it provides me answers."



BGen Jennie Carignan

Despite that certainty, she explained, many of her planning and tactical tasks were a substantial challenge and she often felt disappointed in the results. In search of answers, BGen Carignan took on post-graduate studies 10 years into her career.

Those studies included areas of the humanities such as history and philosophy, which offered a fresh perspective. That, she said, "freed my mind" and "tore down walls" she'd built in her own mind, allowing her to see the CA more in terms of people than organizational structure.

"Structures are the fruit of our imagination," she offered. "The Army doesn't exist. Only the humans within the Army exist. When we rebuild those structures, we don't focus on humans. Things are centralized, de-centralized, and re-centralized in a cycle."

Structure is still key in organizing large organizations with common goals such as a military, BGen Carignan added, "but we have to think about it differently and we have to understand the limitations."

Steven Fouchard Army Public Affairs

Message from CDS

Charges laid against civilian following overseas flight

Gen Jonathan Vance
CDS Special

My primary concern as your Chief of the Defence Staff (CDS) is the morale, safety, and well-being of the women and men who serve our nation as members of the Canadian Armed Forces (CAF).

Let there be no doubt, any incident that jeopardizes the safety or dignity of our personnel gets my full attention and the consequences that might entail.

In early December 2017, a member of the Royal Canadian Air Force (RCAF) was allegedly sexually assaulted while the aircraft was on its way to Greece to bring members of Team Canada to entertain our deployed personnel overseas.

This is a serious matter, and a Military Police (MP) investigation was commenced resulting in charges being laid against a civilian member of the Team Canada trip.

The circumstances that gave rise to this incident also merit attention. Within days of the aircraft returning to Canada, the Commander of the RCAF

ordered an administrative investigation to determine what transpired on that flight, and what conditions existed that either permitted or exacerbated the alleged misconduct.

In this matter, I must make determinations based on formal and thorough administrative investigations and ascertain if further investigation is warranted.

This takes time, but prudence and due process demand nothing less.

Today, I received the results of the RCAF Commander's report, and will study its findings closely. In the interim, I have ordered the following:

- Alcohol will not be served aboard RCAF service flights for Team Canada trips in the future; and

- Team Canada visits are suspended until a thorough review of their intent and conduct is completed.

The Commander of the RCAF and I are deeply concerned and disappointed about what is said to have transpired aboard this service flight, and we will sponsor the necessary changes to prevent reoccurrence and ensure the safety and morale of our members.

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All the strong
women of the
world! Because
we all have
a special
strength inside of
us! :)



International Women's Day

Shilo Stag assistant editor Sarah Francis spent the day at the Base's Junior Ranks covering an array of events as part of International Women's Day. Yoga classes run by PSP staff from the GSH was popular, as were discussions conducted by the Military Police and Health Promotion manager Shelly Moore.





OP KAPYONG CHALLENGE

For those 2PPCLI soldiers not involved in Op NUNALIVUT, they took part in a two-day Ex KAPYONG CHALLENGE. Think of the popular show Survivor, but this time you have soldiers on a wintry landscape, not a tropical island where there's extreme heat, snakes and big spiders. They had to contend with snow pulling a sleigh ladden with equipment and a tent, which they set up after reaching the top of the bunker. Then make a cup of steaming coffee for the judges. Earlier, they marched from their HQ, out to the ranges, where they fired their C7 at targets. Then the trek back to the bunker pulling their sleigh. Points were awarded, plus time considered in the overall mark given to the winning team.

Photos Jules Xavier



Are you a Reservist?

Defence Minister launches full-time summer employment program

Shilo Stag Special

Minister of National Defence Harjit Sajjan officially announced the launch of the full-time summer employment program for Reservists in Kelowna, BC.

The Government of Canada is standing by its commitment of creating additional, high-quality jobs that will directly benefit Canada's middle class and Canadian youth.

As outlined in Canada's Defence Policy: Strong, Secure, Engaged, the Canadian Armed Forces (CAF) is committed to employing new and recently enrolled members of the Reserves.

"Our Government's commitments to employment initiatives, such as the Canadian Army's full-time summer deployment program, demonstrates another investment not only in Canadian youth, but also in the Canadian Army Reserves, as outlined in Canada's Defence Policy: Strong, Secure, Engaged," he said.

Starting this summer, Canadian Army (CA) Reservists in their first four years of service can partake in the full-time summer employment program, from May 1 to Aug. 31.

During this time they will gain unique and relevant

work experience while learning valuable life and leadership skills.

Through this initiative, Army Reserve members will receive competitive pay, learn valuable military skills, and gain experience that will set them up for success.

"I am proud to serve an organization that has committed to providing full-time summer employment to every Army Reservist during their first four years of service," said BGen Rob Roy MacKenzie, Chief of Staff Army Reserve.

"The Canadian Army wants to create an Army Reserve that can meet our changing operational requirements and fully integrate with the Regular Force. The first step towards that is to ensure the growth of the Army Reserve and continue to provide exceptional training to our Reservists."

Furthermore, Army Reserve members will conduct training within a selected military occupation that could lead to various employment opportunities in support of Canada's defence commitments at home and abroad.

Guaranteed annual summer employment from May 1 to Aug. 31 will also provide Army Reservists the training necessary for career progression. If certain members are identified as potential future Army Reserve junior leaders, they will also undergo leadership

training during this period.

Quick facts

- On June 7, 2017, Canada's Defence Policy: Strong, Secure, Engaged was unveiled. The Policy directed the Department of National Defence (DND) and the Canadian Armed Forces (CAF) to increase the size of the Reserve Force to 30,000 — an increase of 1,500 — and reduce the recruitment process to a matter of weeks.

- The full-time summer employment initiative is available to new recruits, and also available to current Army Reservists who joined as of 2015.

- In order to make full-time summer employment available to some Reservists who joined the Canadian Army prior to 2015, additional employment will also be available for cadre staff, instructors, and trainers supporting the full-time summer employment program.

- Reservists in their first four years of service who wish to take part in the program are not required to participate for the full four months. While encouraged to volunteer for as much time as possible, the Canadian Army will support its members and work to find meaningful employment for all Reservists who qualify for the program for the dates they are available.



MCpl Neil Mitchell (centre) of the Royal Winnipeg Rifles, calculates the enemy position with Cpl Kyle Vermette and MCpl Anthony Justin Duke during a reconnaissance patrol while involved in last summer's Ex BISON WAR-RIOR held in CFB Shilo's training area.

Photos DND



Minister of National Defence Harjit Sajjan announced the launch of the full-time summer employment program for Reservists while visiting Reservists based in Kelowna, BC.

CAF plan to increase, sustain strength of Canada's Reservists

Shilo Stag Special

In accordance with Commander Canadian Army direction and in line with Strong, Secure, Engaged: Canada's Defence Policy, the Canadian Army (CA) will offer full-time summer employment to Reservists in their first four years with the Army Reserve (ARes) commencing this year.

Because the ARes is a vital enabler to the Canadian Armed Forces (CAF) and key to force readiness in regional, domestic and international operations, in 2015, the federal government directed the Department of National Defence (DND) and the CAF to strengthen the Primary Reserves (PRes).

The result is a plan to increase and sustain the strength of the PRes. Strengthening the Army Reserve (StAR) is a detailed strategy to achieve this goal. It includes recruiting initiatives, unit taskings, and an analysis of funding allocation.

The CA recognizes the valuable contribution of its

ARes to the success of the CA and is committed to ensuring the ARes grows and develops as part of the CA team. The StAR strategy outlines 12 Lines of Effort (LoEs). Full-Time Summer Employment (FTSE) is one of the most important of these in supporting the Commander's intent to optimize the ARes.

The aim is to initiate an FTSE program for the ARes as one of the means of ensuring the long-term health and strength of the ARes.

Sustained and stable employment is a key reason why young Canadians seek out the ARes in the first place. StAR is a comprehensive program to enhance the ARes, including recruiting additional troops, assigning specific mission tasks, synchronizing training, providing appropriate equipment and matching the right funding. At its core, StAR is about "Operationalizing" the CA Reserve Force. The end result is a full-time capability from a part-time force.

The Government is ensuring the success of FTSE through long-term funding commitments as outlined in Strong, Secure, Engaged: Canada's Defence Policy.

What are the benefits of working in the Army Reserve?

The ARes is a professional and integrated force achieving operational excellence at home and abroad. It offers a variety of exciting employment opportunities with flexible work schedules. It also offers opportunities to develop a career, receive professional development and growth, get new and unique work experience, get on-the-job training, achieve work-life balance, gain new life skills, have an opportunity to serve our country and be part of something bigger, all while earning competitive salaries.

What if I'm a student?

The ARes is also an interesting choice for students. As a Reservist, some of the benefits to students are receiving financial support for education, flexible work schedules during the school year with full-time summer employment, an opportunity for real-life work experiences in their field of study and to build their resumes.

Visit 26 Field in Brandon for information on joining.



BASE SUMMER SPORTS

PSP offers two summer sports for the youngsters calling CFB Shilo home. T-ball is offered starting May 9, while soccer is played Tuesday and Thursday from May 8 to June 21. *Stag* assistant editor Sarah Francis covered some action from the pitch last summer, with her T-ball coverage moved indoors to the GSH on a rainy June evening. Check your spring edition of the *At A Glance* magazine for costs. Register in person at the GSH. Deadline for soccer and T-ball is April 13 at 4 p.m. — no exceptions. Soccer and T-ball are played on the field and diamonds south of the GSH. For registration information call 204-765-3000 ext 3588/3317.



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Your source for Army news in Manitoba

We want you on our team

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



Tent building

2PPCLI officers observe (left) a team departing after building their tent (above) during Ex KAPYONG CHALLENGE.

Photos Jules Xavier

CLASSIFIED ADS

Email: stag@mymts.net • Phone 204-765-3000, ext 3013 • Fax 204-765-3814

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

March 29 at noon

*Free ads (non-profit only)
 restricted to members of the
 CAF, employees of CFB Shilo and the
 residents of the surrounding area.*

Services



St. Barbara's Protestant Chapel

Sunday at 10:30 a.m. with
 Sunday school & nursery
 Padre Johnston - ext 3381
 Padre Dennis - ext 3088
 Padre Neil - ext 6836

Our Lady of Shilo Roman Catholic Chapel

Sunday at 10:30 a.m.
 Confessions by appointment
 Padre Ihuoma - ext 3089
 Padre Shanahan - ext 3698

Services

Greg Steele Canadian Fire-arms safety course instructor/examiner offering Red Cross first aid training. Manitoba hunter safety instructor. CFSC, CRFFC safety courses offered at least monthly and on demand. Firearm/hunter safety courses planned seasonally. Restricted and non-restricted. Dial 204-729-5024. E-mail gsteel4570@gmail.com

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

Services

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

Employment

Looking for a job on the Base? Submit resumes to NPF HR office via e-mail quoting competition # to npfhrshilo@cfmws.com OR for more detailed information on the jobs offered at CFB Shilo visit: www.cfmws.com

Employment

CANEX needs you: Clerk/cashier part-time position with 13 to 32 hr /week required. Must be available days/evenings, and weekends. Starting salary is \$11.90 per hour. After two-month probation salary increases to \$12.15. Under the direction of the department supervisor, a clerk/cashier scans customer purchases, processes transactions, and accepts payment. He/she prices, stocks shelves, counters and display areas with merchandise and keeps stock in order. He/she performs cleaning duties as required. Apply in person at CANEX admin office, or NPF Human Resources office at base HQ.

CANEX POST OFFICE PICK-UP CHANGE
 As of March 1 parcels and mail will be collected from your
 Base post office at 2:15 p.m. Monday to Friday

Op NUNALIVUT

A soldier with 2PPCLI honed his ice wall making skills under the tutelage of Rangers as part of Op NUN-ALIVUT training. Stag assistant editor Sarah Francis has just returned from Nunavut and will share stories and photos in future editions of your Base community newspaper. See photos on our Facebook page.

Photo Sarah Francis

National Defence and Canadian Forces Ombudsman
Ombudsman de la Défense nationale et des Forces canadiennes

MEET YOUR OMBUDSMAN
RENCONTREZ L'OMBUDSMAN

MARCH • MARS

20 Town Hall with Junior Non-Commissioned Members General Strange Hall Theatre 1-2:30pm Rencontre avec les sous-officiers subalternes Théâtre Général Strange Hall 1-2:30pm Meeting with spouses and the Military Family Resource Centre (MFRC) 5-7pm Rencontre avec les conjoints/conjointes et les familles au Centre de ressources pour les familles des militaires (CRFM) 17 h - 19 h	21 Town Hall with Senior Non-Commissioned Members General Strange Hall Theatre 9-10:30am Rencontre avec les sous-officiers supérieurs Théâtre Général Strange Hall 9-10:30am Meeting with spouses and the Military Family Resource Centre (MFRC) 9-10:30am Rencontre avec les conjoints/conjointes et les familles au Centre de ressources pour les familles des militaires (CRFM) 9 h - 10 h 30	22 Town Hall with Civilian Employees General Strange Hall Theatre 9-10:30am Rencontre avec les employés civils Théâtre Général Strange Hall 9 h - 10 h 30
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POSTPONED

① www.ombudsman.forces.gc.ca / 1-888-828-3626

Ombudsman
Canada



At A Glance
CFB SHILO

Soccer starts in May
www.CAFconnection.ca
SPRING 2018

Available now

Your copy of the spring edition of the quarterly At A Glance magazine is currently available for pick-up at various locations on the Base, including the units. There are AAG stands located in CANEX and the GSH, as well as Shilo's MFRC. Take a copy home so you can plan your spring activities.

CFB Shilo

15th Annual **BASE COMMANDER'S** Downhomer

LOBSTERFEST

Community Centre Annex (Bldg L25)

Saturday June 9th

Tickets are on sale to the general public at Shilo CANEX, Shilo Messes, Douglas General Store and Carberry Signs.

\$40/ea

Price of the ticket also gets you one entry into the draw for a one week all-inclusive trip for two to Mexico!
Additional tickets are available to purchase at the event. Entrant does not have to be present to win.

Doors open at 5:30 pm;
Meal from 7 - 9 pm
Band starts at 9 pm

*Full trip details will be available at the event.

FREE Knight-Line Transportation!

Busses depart from the CFB Shilo bus stops next to McDonalds (Richmond) at 5 & 7 pm and downtown (8th & Rosser) at 5:45 & 7:45 pm * Return trips at 10 pm and 1 am. Knight-Line taxis also available to reserve/book at 204-717-6570

For group reservations (12 and over) or more information call 204-765-3000 ext 3073. Limited reservations accepted until 11 May. Plenty of rush seating available.

ONLY 800 TICKETS AVAILABLE!

Appearing Live...

OUTH BUT TROUBLE