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Volume 58 Issue 5



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March 7, 2019

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This Issue



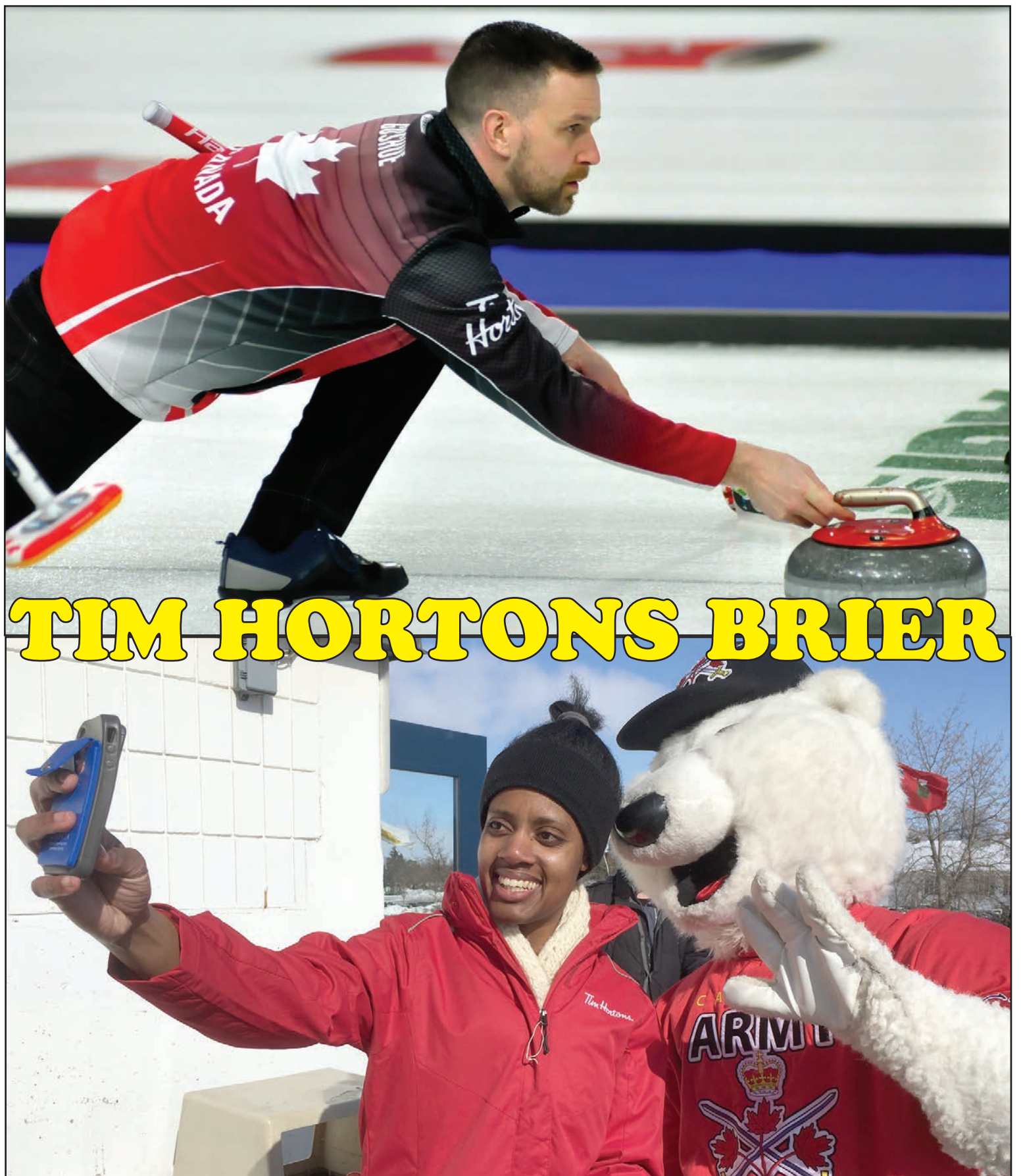
CA trains Latvians using new artillery. Page 2



Popcorn, pizza served to Base volunteers. Page 4



Army helps with rare owls at CFB Suffield. Page 8



It was military appreciation day March 4 at the Tim Hortons Brier held at Westoba Place. Team Canada skip Brad Gushue takes aim (top) with his rock during the 7 p.m. draw. Canadian Army mascot Juno takes a selfie with a Tim Hortons staffer outside the venue, where free coffee was served to curling enthusiasts. For more photos, see page 6.

Photos Jules Xavier/Shilo Stag

CA gunners train Latvians on newly acquired M109 self-propelled howitzers

Aviator Jerome Lessard Stag Special

Ādaži, Latvia – The Latvian Army received a huge boost in indirect fire capability when it received its final M109 self-propelled howitzer last fall.

Recently, with some help from the Canadian Army (CA), it has been developing its ability to use this powerful tool to defend Latvia.

The close work between the Royal Canadian Artillery (RCA) school and the Latvian National Armed Forces has gone further than helping develop Latvia's indirect fire capability. This strong bilateral effort has increased the interoperability between these two NATO allies — a key factor in defending Latvia and deterring aggression.

The Latvian Army acquired 47 of the howitzers from Austria as a result of a bilateral agreement between the two nations in April 2017. The last one was received last October. These howitzers augment the Latvian Army's existing indirect fire capability provided by 81mm and 120mm mortars.

With the arrival of this indirect fire capability came the need to develop and refine the tactics, techniques and procedures to employ the self-propelled howitzer in an all-arms defence, and to integrate their fires at the brigade level.

For the last three months of 2018, a Mobile Training Team from the RCA school at 5 Div's CSB Gagetown shared their artillery experience with Latvian artillery soldiers during two courses taught in Ādaži that aimed to help them develop their ability to use this new tool.

Maj Craig Cutting, Capt Matt Stickland, MWO James Aucoin and WO Jason Williams took 2Lt Edgars Eglitis and his troops through two concurrent 35-day courses in



Gunners from the Latvian National Armed Forces' Combat Support Battalion Fire Company participate in a bilateral dry-fire artillery exercise featuring one of Latvia's self-propelled M109 155 mm howitzers in Ādaži, Latvia last November. The day of training aimed at developing the Latvians' indirect fire capability and was overseen by MWO James Aucoin, Sergeant Major of the Mobile Training Team from the Royal Canadian Artillery School at 5th Canadian Division Support Base Gagetown. This photo has been digitally altered for operational security.

Photo Aviator Jérôme Lessard/Task Force Latvia HQ

the autumn of 2018.

The training was based on the Canadian Armed Forces' (CAF) Gun Area Troop Sergeant Major, Battery Sergeant Major and the Fire Support Coordination Centre (FSCC) Warrant Officer courses.

As part of the FSCC course, eight students took turns during a command-post exercise in which they each played key roles. They started with theoretical lectures, and built on them through practical training with the guns, reinforcing lessons learned and further developing

those skills.

Students de-conflicted indirect fires on the map with things like close air support and unmanned aerial vehicles, ensuring all fires were safe and properly coordinated.

They were also tasked with developing fires plans in support of the commander's intent and integrating them into the manoeuvre plan to ensure the success of the overall mission.

"Our objective here was to assist in the development of the Latvian indirect fire capability, by training gun line tactics, techniques and procedures, and the planning and coordination of fires within an FSCC," explained Maj Cutting.

He added, "The courses leveraged our experience to provide a progressive training environment. We taught them ways to support a brigade on operations through the de-confliction and integration of fires, as well as moving and sustaining the individual firing units as part of the overall fires plan."

Maj Cutting spoke highly of the students' soldier skills. He said he was impressed with their outstanding detachment-level drills, even prior to training them further towards operating as a bigger team.

"For the gun line course, our job was to help them bring it from a detachment to a troop and battery level, as well as give them some exposure to sustainment," said Maj Cutting.

"Our goal was to show them how to conduct rapid troop and battery deployments to ensure that manoeuvre units receive the fire support they need while mitigating the threat of counter-battery fire."

See **MWO** page 3



Pet of the Week



ARIES

Corey Morton says his family pet Aries is a playful companion. Aries likes to run, and toss snow. She may destroy her toys, but she will be sure to save the squeaker. 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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MWO no stranger to M109 shares his gun expertise

From page 2

Following a series of lectures and studies of Canada's artillery operations and standard operating procedures, the time soon came for 2Lt Eglitis and other members of the Latvian Combat Support Battalion Fire Company to train in the field with the newly acquired howitzers.

Last November, MWO Aucoin saw them deploy two of the howitzers to chew up the sandy grounds of Ādaži's training areas during a day of dry-fire — without ammunition — and reconnaissance-based training.

"We were there for about three months to assist the Latvian Army and support them while they went through the development of some of their tactics and capabilities, particularly in regards to sustainment and deployment with the M109 howitzer," said MWO Aucoin.

In the past, the Latvian Army had other howitzers, but not self-propelled ones, and had not used them in the capacity that the CAF had used them until 2005.

"Years ago when [the Canadian Army] used to employ the M109s we had a constant supply system that was running all the time," added MWO Aucoin.

"The howitzer operators never had to worry about replenishment or ammunition because it was always being taken care of through every step of the supply chain, starting with the battery echelon. That's the piece that [the Latvian Army] were really looking forward to developing."

During dry-fire training, Latvian artillery soldiers focused on the basics. From rapid deployment of the M109s and scouting suitable gun positions to live-firing procedures, 2Lt Eglitis and his team have learned the skills to operate a standard Latvian battery of eight M109 howitzers.

"Everything must be secured," said MWO Aucoin. "They must have good and rapid routes in and out of the gun positions, and they will issue orders to get the guns to those locations. Exiting the battlefield after fire is also a part of that deployment."

MWO Aucoin is no stranger to the M109. The long-time gunner cut his teeth on the self-propelled howitzer. He recalled being a brand-new gunner at CFB Shilo in 1988 — using the old iron sights during training as compared to the Latvians' digitalized capacity in their M109s.

"I worked my way up to sergeant and detachment commander on the M109," recalled MWO Aucoin. "My 10-year experience on the howitzer is part of the reason why I was picked to assist the Latvians on their procurement of the M109s."

For 2Lt Eglitis and his gunners, the CAFs' tactical approach is new. Since Latvia acquired its fleet of M109s, its gunners only had basic operational and tactical knowledge, which was passed along by their Austrian counterparts.

"Technically, I am in our mortar platoon, but now we are learning how to deal with this beast [M109] in this wild environment," said 2Lt Eglitis. "We are applying these techniques as if it were a real tactical situation where guns must be positioned in order to provide local defines."

He added, "But now we are learning how to do this in real situations and on a tactical level, which is quite new and important for us."

All those newly earned skills and operational tactics came to fruition for Latvian gunners when two M109 howitzers took positions and fired 20 155mm rounds last November with rapid redeployments in between engagements.

Each round was on target, and with that a milestone in the Latvian Armed Forces' artillery capability had been reached.

Aviator Jerome Lessard is with Task Force Latvia (TFL HQ)



MWO James Aucoin (above), Sergeant Major of the Mobile Training Team from the Royal Canadian Artillery School at 5th Canadian Division Support Base Gagetown oversees a group of gunners from the Latvian National Armed Forces during a dry-fire artillery exercise featuring the Latvians' self-propelled M109 155 mm howitzer, in Ādaži, Latvia this past November. The training day aimed at developing the Latvians' indirect fire capability. Photos have been digitally altered for operational security.

Photo Aviator Jérôme Lessard/Task Force Latvia HQ

CFB Shilo's Military Family Resource Centre is looking to fill the following position: Veteran Family Program Co-ordinator

Under the direction of the executive director, this position provides support to medically releasing Canadian Armed Forces (CAF) members, medically released veterans and their families as they transition to post-service life. You will be responsible for developing and co-ordinating the Veteran Family Program.

Responsibilities Include:

- Assist medically releasing CAF members, medically released veterans, and their families in their navigation of, and access to, relevant community programs and services, facilitate referrals to appropriate agencies/organizations as needed;
- Initiate and maintain partnerships with military units, civilian community agencies/ stakeholders, provincial and federal organizations related to program services;
- Collaborate on the co-ordination and provision of general information briefs for chain of command, CAF and VAC personnel and community agencies and partners.

Desired Knowledge, Experience and Education:

- Undergraduate degree in psychology or social work is preferred. Other social science degrees or social service diploma with relevant experience may be considered;
- Minimum of two years of recent and relevant client contact experience;
- Ability to assess individual and family needs and provide appropriate information and referral services;
- Demonstrated ability to deal with both confidential and sensitive information in a professional and tactful manner;
- Create and maintain confidential records according to legislation standards;
- Knowledge of relevant DND, VAC, MFS, MFRC and other civilian support services;
- Experience using client database software;
- Understanding of program development, implementation and evaluation;
- Experience collecting and reporting statistical data;
- Capability of creating annual budget and ensuring all activities operate within budget guidelines;
- Conduct and/or refer group and individual education sessions to support transition to post-service life;
- Strong public speaking and group facilitation skills;
- Excellent communication skills, both oral and written;
- Strong administrative, organizational and planning skills;
- Excellent interpersonal skills with the proven ability to deal effectively with community members, staff, volunteers and community partners;
- Valid Manitoba driver's license and ability to travel within the Westman region;
- Clear Criminal Record check and Child Abuse Registry check;
- Proficiency in French is considered an asset.

Salary range: \$39,321 - \$46,000

Anticipated start date: April 8, 2019

Please submit resume by **March 15, 2019** to Shilo MFRC executive director Willemien van Lankvelt via e-mail willemien.vanlankvelt@forces.gc.ca

We thank all who apply, but only those applicants invited for an interview will be contacted.





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Fax: 204-765-3814 Email: stag@mymts.net

Mailing Address:
 Box 5000, Stn Main
 CFB Shilo, Manitoba, R0K 2A0

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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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Base volunteers dine on popcorn, pizza before watching Wheat Kings game

Shilo Stag

Pizza and popcorn greeted those who attended the annual volunteer appreciation event held at the Keystone Centre.

Following dinner and recognition certificates being handed out by Fitness, Sports and Recreation manager Jim MacKenzie, alongside BComd LCol David MacIntyre and BRSM CWO James Doppler, volunteers were treated to a Brandon Wheat Kings game at Westoba Place.

According to recreation co-ordinator Kristen Lucyshyn, there were 142 volunteers who were involved on the Base in 2018, with 95 attending the pizza, popcorn and Wheat Kings event.

Here are your 2018 volunteers:

Scott Aikens Auto Club Elvira Albangco MFRC Kiley Anderson Minor Soccer Amber Aube Minor Hockey Truman Badcock Op Red Nose Jeremy Bates Recreation Department Sierra Bates Recreation Department Linda Beauchemin Our Lady of Shilo Suzie Beaudoin Minor Soccer Kathy Beaven Minor Soccer Michelle Bedard Op Red Nose Ben Berkowski Wood Hobby Club Erin Beverley Girl Guides Ernest Bezaire Op Red Nose Bobby Billard MFRC Peggy Blakely Karate Club, MFRC, Our Lady of Shilo, Scouts Cathy Bouchard MFRC Laun Brown RCA Museum Shelly Burton Minor Hockey Joanne Campbell MFRC Jason Carey Minor Hockey Dr. Marc Casavant RCA Museum Wilfred Casey Minor Hockey Ken Cashin RCA Museum Christie Chabot Girl Guides Chris Chapman Minor Soccer Frank Charles Scouts Kim Charles Scouts Jenifer Chelkowski MFRC Maury Chometsky Auto Club Cam Clark RCA Museum Paige Clarke Minor Soccer Jean-Pierre Cliché RCA Museum Jim Davidson Shilo Women's Volleyball Alex Dionne Minor Hockey Danny Dowdall Minor Soccer Jacob Dreyer Op Red Nose Camille Duval Our Lady of Shilo Marilyn Duval Our Lady of Shilo Rick Felstead RCA Museum Bob Ferguson RCA Museum Adam Finn MFRC Kent Forman RCA Museum Josh Fowler Minor Hockey Sarah Fowler Minor Hockey Jason Froude Minor Hockey Jonathan Gagnon Archery Club Callie Gardiner Minor Hockey, Minor Soccer Gail Geilen Minor Hockey Jon Geisel Wood Hobby Club Jared Gossen Minor Hockey, Shilo Golf Darryl Gould MFRC Marilyne Gray Community Library Jennifer Greg Scouts Sean Greg Scouts Mike Griffey Op Red Nose Dwayne Guymier Op Red Nose Irwin Hennie Men's Oldtimer's Hockey JC Houle Minor Hockey Rob Hutching Minor Hockey Darold Innes Minor Soccer Brad Jeaurond Minor Hockey, Minor Soccer Dominique Jeaurond MFRC Melissa Johnston Minor Soccer Ryan Johnston Minor Soccer Christy Keach Girl Guides, Minor Hockey Rory Kelly Minor Hockey Cole Kirkpatrick Op Red Nose Justin Kirkpatrick Auto Club Natasha Kirkpatrick Op Red Nose Demitry Klimenko Shilo Men's Soccer Brad Knoll Scouts Lana Knoll Scouts Alex Kuefler



Fitness, Sports and Recreation manager Jim MacKenzie serves up a box of popcorn to five-year-old grandson Bentley Johnston during the volunteer appreciation event held at the Keystone Centre. Besides pizza on the menu, hockey-themed cookies (below) were served.

Photos Jules Xavier/Shilo Stag

lene Roy MFRC Julia Rusch Our Lady of Shilo Bree Slavinsky Minor Soccer Taylor Slavinsky Minor Soccer Angela Smith-Gould Girl Guides Mark Staples Minor Soccer Carmen Stimpson Girl Guides Peggy Stock MFRC Donald Therrien Op Red Nose Jason Van Damme Men's Slo-pitch Kimberley Villeneuve Community Library Allen Voisin Wood Hobby Club Norm Weibe Minor Hockey Travis Weibe Auto Club Connie Wilson Op Red Nose Glenda Wilson Op Red Nose Jonathan Wilson Minor Hockey Seanna Wilson Minor Hockey Mike Wiseman Minor Hockey Riley Wiseman Recreation Department Nickie Witham Op Red Nose Shauna Wright MFRC Neil Yeo RCA Museum Scott Youngson RCA Museum Tiffany Zhang Minor Soccer



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 March 15 The Hate U Give Rated PG
 March 22 Bad Times at the El Royale

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For more info, contact the community recreation office at 204-765-3000 ext 3317/3588

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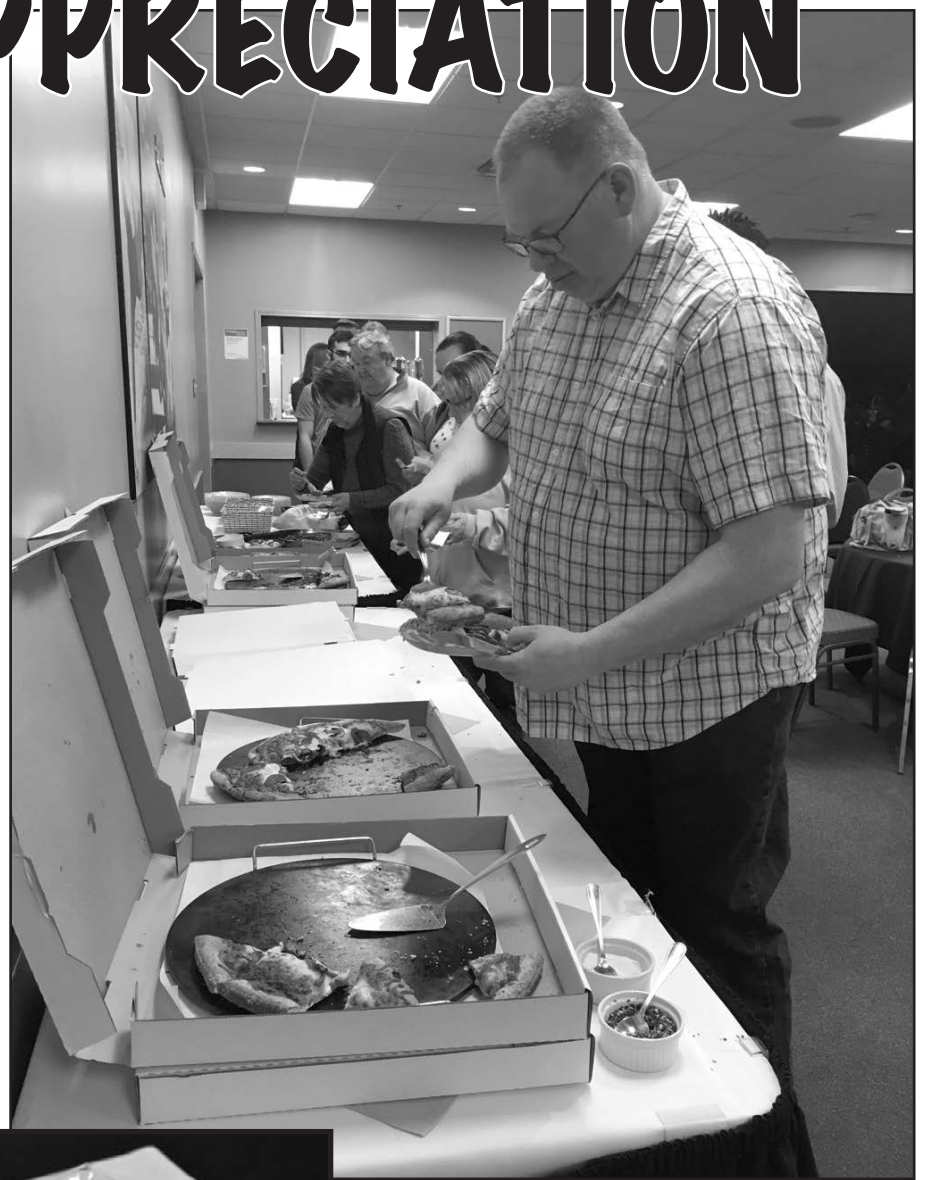
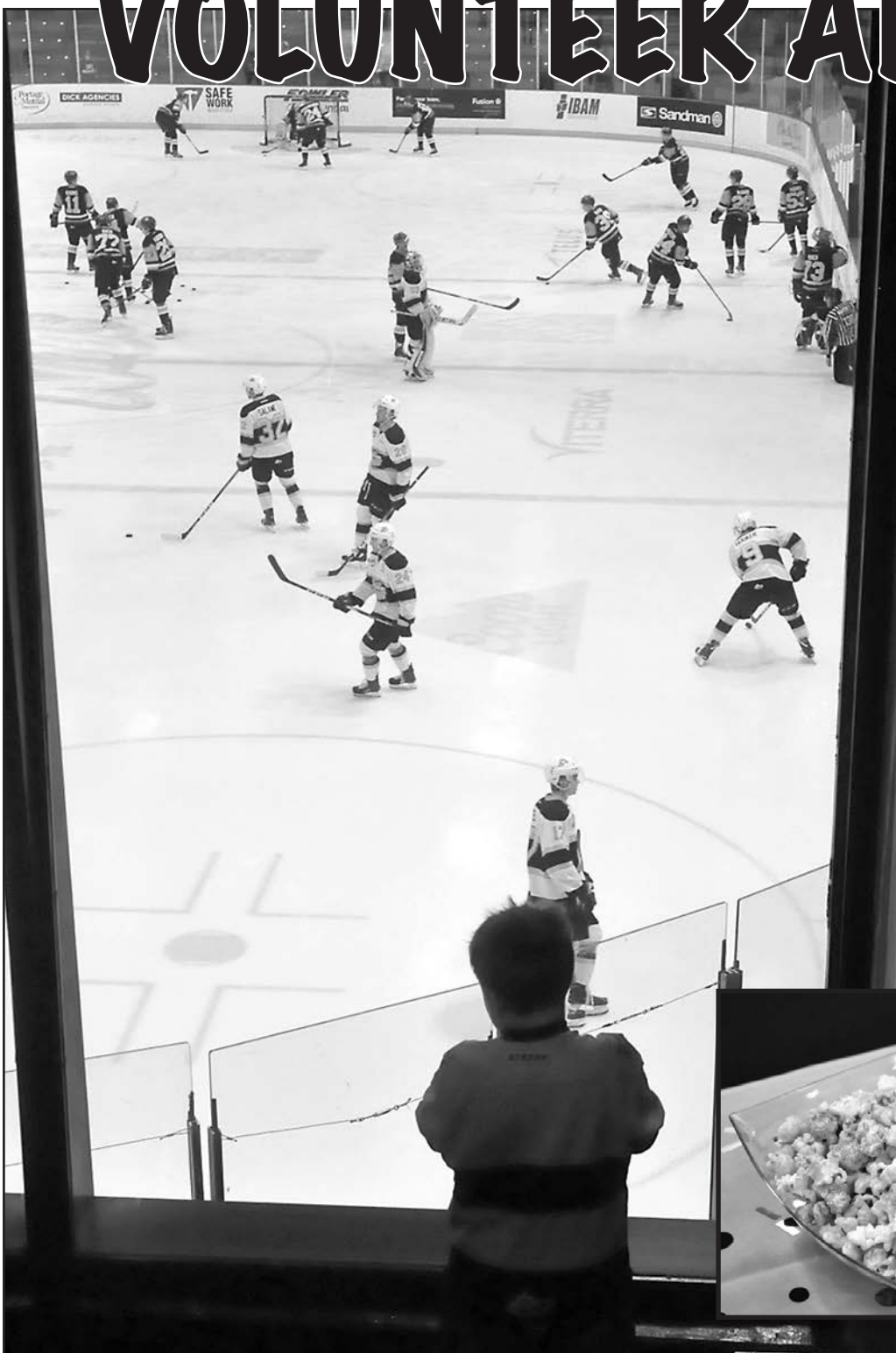
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VOLUNTEER APPRECIATION



From the upstairs room overlooking the ice at Westoba Place, volunteer appreciation dinner goers were able to watch the Brandon Wheat Kings warm up prior to their WHL tilt with the Saskatoon Blades. Besides copious amounts of different flavoured popcorn, pizza was on the menu from the Keystone Centre kitchen. If you are interested in volunteering on the Base, contact recreation co-ordinator Kristen Lucyshyn at the GSH by dialing 204-765-3000 ext 3317.

Photos Jules Xavier/Shilo Stag

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NEXT HOME GAME

March 13 vs Moose Jaw 7 p.m.

March 16 vs Regina 7:30 p.m.

Shilo Stag photos Jules Xavier



HURRY HARD!

Military appreciation day at Tim Hortons Brier



Manitoba Premier Brian Pallister carried the provincial placard for Team Manitoba during the 2 p.m. draw at Westoba Place during the Tim Hortons Brier. Fitness and sports leader Anthony Lewis carried PEI's flag, standing at centre ice alongside PEI skip John Likely's foursome. Base adjutant Capt Vanessa Durand was an emcee during the opening ceremonies prior to each draw during military appreciation day at the national men's curling championship.



While 1RCHA was outdoors with artillery displays, 2PPCLI was found indoors at the Keystone Centre with its own hands-on displays, including infantry kit and snipers' rifles. Canadian Army mascot Juno also spent the day at the Brier, including a visit to check out 1RCHA's M777. During the 7 p.m. draw, 2PPCLI's gun line performed from the bench of the Brandon Wheat Kings. MWO Darryl Gould carried Team Canada's placard.

PAINT NITE



An image of a wilderness setting greeted neophyte artists who attended another paint nite on the Base, with the WO/Sgt Mess the venue this time. Instructor Shane Robins moved about the room helping with brush strokes and paint blending during the two-hour session, while some participants used their iPhone to work from a photo taken of the painting sample on display at the front.

Photos Jules Xavier/Shilo Stag

SOLDIERS, SCIENTISTS JOIN FORCES AT CFB SUFFIELD TO HELP RECOVER AN ENDANGERED SPECIES

Jocelyn Antonovitch
Stag Special

The tiny Burrowing Owl, weighing a little more than a baseball and standing as high as a pigeon, is a rare sight on an army base in Alberta.

"People who are not from the Great Plains region of North America do not even know they exist and find it amazing that owls nest underground," said Calgary Zoo conservation research associate Graham Dixon-MacCallum.

Despite their name, Burrowing Owls do not make a burrow on their own, but instead occupy those that have been abandoned by burrowing mammals and make modifications where needed.

CFB Suffield joined forces with the Calgary Zoo and Environment and Climate Change Canada (ECCC) on a head-starting project to improve the survival rate of the endangered Burrowing Owl.

The head-starting project takes a few owlets, raises them in captivity over the winter in the Calgary Zoo's offsite Devonian Wildlife Conservation Centre, and allows them to grow large enough to be released as breeding adults.

ECCC and Calgary Zoo scientists want to test the theory that increasing the owls' first-year survival may in turn reduce the rate of population decline in Canada.

"They are not on their last legs, but their population is steadily declining. They are becoming more and more rare," said Canadian Wildlife Service senior species at risk biologist Troy Wellicome. "If we did nothing for 20 years, it is debatable if they would still be around in Canada."

The Calgary Zoo and ECCC returned four pairs of owls to CFB Suffield's national wildlife area last spring, where they had been captured as owlets the previous year.

"[The National Wildlife Area on] CFB Suffield just presents an excellent opportunity. We have trapped owls in the National Wildlife Area in previous years, so now we can release some back there," said Dixon-MacCallum.

As the only protected area managed by the Department of National Defence (DND), CFB Suffield's national wildlife area was established in 2003 to conserve prairie habitat and its many wildlife species, including more than 1,100 plants and animals, about 20 of which are species at risk. CFB Shilo does the same for plants and animals in the training area, including the skink.

CFB Suffield's national wildlife area, at 458 square kilometres, is one of the largest areas of undisturbed prairie left in Canada.



Burrowing Owls are tiny, weighing approximately 160 grams. They are an endangered species and there may be as few as 400 female/male pairs remaining in Canada, according to Environment Climate Change Canada (ECCC).

Photo Derrick Steeves/CFB Suffield

This is an ideal location for this project, because of its size and that it is closed to the public. It also houses a small but healthy number of wild nesting pairs each year.

Because military training happens nearby, the chosen sites were cleared of any potential surface-hazards prior to the release.

Support from CFB Suffield didn't stop at clearing the area — Canadian Armed Forces (CAF) members donned their work gloves and gave truly hands-on assistance digging and placing artificial burrows assembled from plastic nest boxes with tunnels.

For Dixon-MacCallum, one of the most unique aspects of this project was the opportunity to work closely with military personnel.

"[Soldiers are] a very organized group of people. All in all, just great people to work with. [They are] really kind, genuine and happy to be working on this project. It was a real pleasure," he said about the experience.

WO Sheldon Porter, who manages the range maintenance department at CFB Suffield, was one of the military personnel who cleared the area and dug the artificial burrows.

"All the boys enjoyed it, it was fun. It was interesting to give something back," he said.

"From the DND perspective, having a National Wildlife Area allows us to do some recovery activities for species at risk, so this was a great partnership overall," said CFB Suffield's environmental officer Danny Laganière.

As part of the head-starting process, each pair of owls were released into their own burrow and further protected with a temporary above ground enclosure made from soft netting.

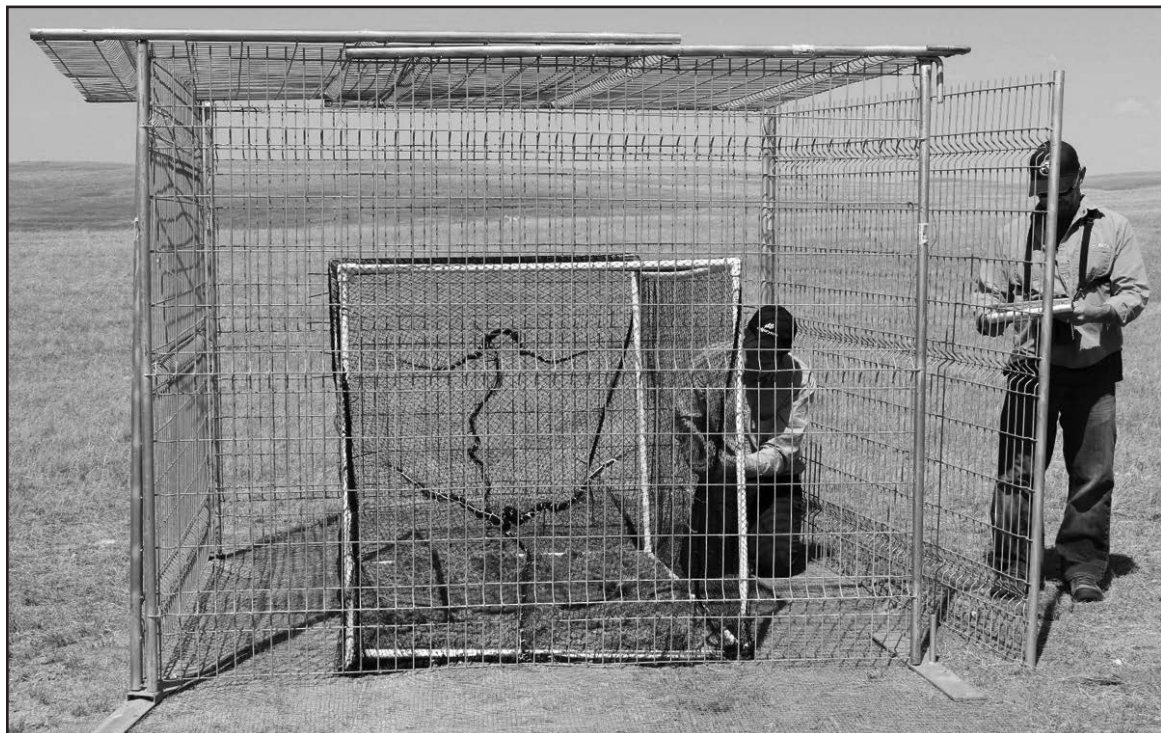
The enclosure is only removed after the owls have laid eggs in hopes the owls will remain in the area with their offspring.

"They have pretty high investments once they have mated and laid eggs. They will want to stick around that burrow until the eggs have hatched," said Dixon-MacCallum.

ECCC and the Calgary Zoo will continue to monitor the progress of the newly-released owls and their young until the fall when they migrate to Texas and Mexico for the winter.

Last summer, ECCC and Calgary Zoo staff trapped owlets born that year to be raised at the Devonian Wildlife Conservation Centre and released this spring.

With the help of CFB Suffield, the Calgary Zoo and ECCC plan to continue trialling the head-start program into the future, with the hopes one day Burrowing Owls will recover and become a self-sustaining population.



Graham Dixon-MacCallum (left) and Troy Wellicome set up the above ground soft enclosures the owls were released in CFB Suffield's national wildlife area last May. These enclosures are designed to ease the owls' transition into the wild and protect them from predators.



Cpl Brandon Beers (in the excavator), WO Paul Boudreault and Troy Wellicome, dug one of six artificial nest burrows which the owls were released in CFB Suffield's national wildlife area last May.

Photos Amy Moores/CFB Suffield

VFP clients invited to April 10 information fair

MFRC Stag Special

The Veteran Family Program (VFP) was launched in October 2015 as a four-year pilot project, providing support to medically-releasing Canadian Armed Forces (CAF) members, medically-released veterans, and their families as they transition to post-service life.

After a successful beginning to the program, the VFP launched into a national substantive program April 1, 2018. This extended the programs and services to all 32 MFRC's across Canada.

Those eligible for the VFP have access to a variety of support services including transition programs, information and referral, and intervention support.

The VFP has partnered with several service providers to offer programs which focus on mental health, transition, and resiliency. These include Living Life to the Full (Canadian Mental Health Association), Mental Health First Aid Veteran Community (Mental Health Commission of Canada), Financial Matters for Transitioning Families (SISIP Financial), and the Care for the Caregiver Guide.

One-on-one information and referral sessions ensure clients have access to resources within the military and civilian community which will support them in fostering a successful transition to post-service life.

Not only does the VFP provide additional services to transitioning members and their families, it also delivers

an extension of all MFRC services post-releases. MFRC services include employment and education support, adult programming, childcare, children's programming, youth programming, relocation services, and counselling services.

VFP clients are encouraged to use the wealth of MFRC programs and services available, to support their transition.

The VFP is celebrating its extension into a national program April 10 by hosting a veteran information fair. The goal of this event is to offer community members and service providers an opportunity to learn about the programs and services available to transitioning CAF members, veterans, and their families.

The event will include a brief announcement from Military Family Services (MFS) on the extension of the VFP. Following this, a brief presentation will be provided by key partners on the veteran service provider panel which includes MFS, SISIP, CAF vocational rehabilitation program, Veteran Affairs Canada (VAC), CAF transition group and Legion service officer.

The veteran information fair will run for the remainder of the event. Service providers in attendance include the CAF transition group, SISIP Financial, OSISS, Royal Canadian Legion, Service Canada, Prairie Mountain Health, Assiniboine Community College, Can Praxis,

the Veteran Transition Network and many more.

An updated list of fair exhibitors will be posted on www.cafconnection.ca

This April 10 event runs from 3 to 6 p.m. at the Royal Canadian Legion Branch No. 3 in Brandon. Light refreshments will be provided.



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

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The Shilo Stag is now on Facebook. Check out www.facebook.com/ShiloSTAG for videos and more photos!

2019 MEMBERSHIP RATES (taxes not included)



Membership Rates	2019 Rates	
	Reg	Assoc
Adult	\$646.67	\$760.95
Student	\$380.00	\$380.00
Junior	\$119.05	\$141.90
Family	\$1,237.14	\$1,427.62
Couple	\$1,141.90	\$1,332.38
Golf & Ride Membership	\$380.00	\$380.00

CONTACT INFORMATION

General manager Scott Ramsay 204-765-3625
Facility administrator Karen Gero 204-765-3622
CGPA golf pro Dave Scinocca 204-765-3623
Pro shop 204-765-3623

Rick's Restaurant 204-765-2330
For more golf services visit www.shilocountryclub.com
E-mail sccgolf@mts.net
Facebook visit Shilo Golf and Country Club
Bookings for all tournaments contact Karen Gero

Pet Vaccination Clinic

Saturday, May 25
Community Centre Parking Lot (MFRC)
10am - 4pm

Pet Exam (mandatory) - \$34
Distemper Vaccine Combo - \$13
Rabies Vaccine - \$13
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CANNABIS

by the numbers

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

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



WARNING SHILO RANGES

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

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

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

STRAY AMMUNITION AND EXPLOSIVE OBJECTS

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

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

BY ORDER
Deputy Minister
Department of National Defense

OTTAWA, CANADA
17630-77

Canada



AVERTISSEMENT POLYGONES DE TIR DE SHILO

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

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

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

MUNITIONS ET EXPLOSIFS PERDUS

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

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

Par ordre du
Sous-ministre
Ministère de la Défense nationale

Ottawa, Canada
17630-77



Waiting
for
spring

First day of spring might be March 20, but are the birds showing up at CANEX telling us it might be earlier with warmer temperatures in the offing? Here, a bird takes in the morning warmth of the sun shining on CANEX's front facade.

Photo Jules Xavier/Shilo Stag

Nutrition changes are on the horizon

Nicole Houghtaling
Stag Special

Did you know that March is Nutrition Month?

This month's campaign is dedicated to "Unlock the Potential of Food" and to help Canadians realize the potential of food to fuel, discover, prevent, heal and bring us together.

The campaign's goal is to help Canadians in discovering the potential of food to improve health and well-being.

Within the Canadian Armed Forces (CAF), healthy choices are always available on the National Standardized Cycle Menu (NSCM) offered at CAF dining facilities.

New nutrition education materials have been developed with key messaging. You can find them posted at CAF dining facilities.

Since the launch of Health Canada's Healthy Eating Strategy in late 2016, the Government of Canada has been taking action to make the healthier choice the easier choice for all Canadians.

Many changes have already taken place when it comes to promoting nutrition. We have seen the ban of partially hydrogenated oils — the main source of industrially produced trans fats in foods — as of Sept. 17, 2018 and food label regulations were updated at the end of 2016 — although manufacturers have until 2021 to comply.

The most recent change was the launch Jan. 22 of the new food guide.

Canada's new food guide takes a modern approach to communicating dietary guidance to consumers, health professionals and policy makers.

Some of the changes include modern visuals, a more user-focused approach with an online suite of resources including a mobile-friendly web application, renewed terminology, and, perhaps most importantly, the new guide reflects the best of the latest evidence on food and health.

So how is the latest evidence reflected in the new guide?

The healthy meal plate now consists of: half vegetables and fruit, quarter whole grains and quarter protein foods — milk and alternatives and meat and alternatives are now grouped together as protein foods.

Among protein foods, plant-based should be consumed more often. Water is now the beverage of choice and sugary drinks, including 100 per cent juice and sweetened milk, are not recommended to be consumed regularly.

What's exciting is that there are even more changes on the horizon. Later this year, Health Canada is expected to release Canada's Healthy Eating Pattern which will provide guidance on the amounts and types of food that make up a healthy diet.

Want to learn more? If so, visit the following websites:

- www.NutritionMonth2019.ca
- www.food-guide.canada.ca/en/
- www.canada.ca/en/services/health/campaigns/vision-healthy-canada/healthy-eating.html
- www.canada.ca/en/health-canada/news/2018/09/canadian-ban-on-trans-fats-comes-into-force-today.html

Nicole Houghtaling is a registered dietitian and is currently completing a Masters in sports nutrition. As part of the Strengthening the Forces team she is the acting nutrition wellness educator and focusses on health promotion nutrition programming for the CAF. Strengthening the Forces is the CAF healthy lifestyles promotion program providing expert information, skills and tools for promoting and improving CAF members' health and well-being.

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.



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

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Night for volunteers

CANEX manager Rick Kehler presented a cheque for \$2,950 to BComd LCol David MacIntyre and BRSM CWO James Doppler at the Keystone Centre prior to the start of the annual volunteer appreciation dinner. MFRC (inset) volunteers show off their special certificates as part of the Feb. 22 held prior to the Brandon Wheat Kings vs Saskatoon Blades WHL tilt.

Photos Jules Xavier/Shilo Stag

CLASSIFIED ADS

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

March 14 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 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 dem-
 and. Firearm/hunter safety
 courses planned seasonally.
 Restricted and non-restricted.
 Visit social media page www.
 facebook.com/gregsteelehun-
 terfirearmsafetymanitoba/
 Dial 204-729-5024 E-mail
 gsteeler4570@gmail.com

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 Human Resources office at
 base HQ.

Employment

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



Time to register

Interested in PSP programs offered this spring like minor soccer or T-ball? If so, registration is underway starting this week. Grab a copy of the spring edition of *At A Glance* magazine for programs being offered.

Photo Jules Xavier/Shilo Stag

Stats Canada, DND seek health information in survey

Stag Special

Only you can help us understand the health needs of the Canadian Armed Forces (CAF).

Statistics Canada, in collaboration with the Department of National Defence (DND), is launching the Canadian Armed Forces Health Survey (CAFHS) this year. You might be one of the randomly selected individuals to receive an e-mail and letter in the mail requesting your participation in this survey.

Don't worry if you didn't receive an invitation to do the survey in January since the CAFHS will be administered in two cycles — the second wave of invitations will be sent in April.

Regular or Reserve Force members, we need to hear from you so that we are informed about your most important health and lifestyle issues.

Your responses will help shape current and future policies and programs aimed at ensuring the best possible health for CAF personnel.

This survey is a valuable tool for monitoring physical and mental health, effectiveness of care, and satisfaction with health services.

If you receive an invitation to participate in this survey, take the time to complete it. For the results to be accurate and representative of the CAF, we need everyone who was selected to take part.

This electronic questionnaire will take about 45 minutes to complete. You can complete it at home or at work.

Your contribution will give us the information needed to continue our efforts to improve health programs and services for all CAF personnel.

For information, visit the Statistics Canada website www.statcan.gc.ca/eng/survey/household/5259

Clearance diver occupation looking for military members

Stag Special

Looking for a new career in the Canadian Armed Forces (CAF)? If so, military members interested in becoming clearance divers will be able to learn more during information sessions being held at Wings and Bases across Canada this month.

Clearance divers operate in a variety of environments, both at home and abroad, from the Arctic to the deserts of Afghanistan. Their primary mission is to locate, identify and neutralize explosive ordnance and Improvised Explosive Devices (IEDs) whether under the sea, on land, during times of peace or in combat.

Clearance divers also conduct underwater engineering and salvage tasks while employing sophisticated equipment and the latest technologies to achieve their mission.

They are highly trained specialists who undergo rigorous training and are selected from the few who have what it takes to achieve mission success under extreme

conditions.

Voluntary Occupational Transfer (VOT) or Component Transfer (CT) to become a clearance diver are now open to all regular and reserve force CAF members (Non-Commissioned) from any occupation, with or without previous dive training/qualification.

Candidates must be OFP-qualified in their current occupation, meet the medical and fitness requirements, and have 48 months of continuous service.

The clearance diver occupation has a long and storied history. The first units were formed during the Second World War to disarm sea mines throughout Europe and the South Pacific. From their auspicious beginnings, clearance divers have been at the forefront of Royal Canadian Navy and CAF operations throughout the world, including operations in Afghanistan, Baltics, and more recently, Ukraine.

CFB Shilo's visit by recruiters is March 11 at the MPTE, with two sessions running 2 to 4 p.m. and 4 to 6 p.m.

NAME	GAULT, KEVIN //
ENROL DATE	1981 //
RETIRED AS	CORPORAL // 2 PPCLI //
DEPLOYMENTS	GERMANY - 1985-1988 UNFICYP (CYPRUS) - 1990 UNPROFOR (BOSNIA) - 1997 //
LOCATION	WINNIPEG //
TITLE	TRAINING INSTRUCTOR //
SERVICE	2016-PRESENT //

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At A Glance

CFB SHILO

GSH Pool Has New Rules
www.CAFconnection.ca
SPRING 2019

Your copy of the spring edition of the *At A Glance* magazine is now available on the Base, including the GSH, MFRC, units and CANEX. Grab a free copy!