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Volume 58 Issue 19



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October 3, 2019

## INSIDE

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# Pulling for



# United Way

To kickoff the Brandon and District United Way campaign, there was a bus pull competition featuring 16 teams vying for bragging rights at the Keystone Centre. CFB Shilo entered a team, and their bus pulling prowess saw the nine-man squad finish third overall. At one point in the competition, with teams pulling three times each, CFB Shilo's team had recorded one of the fastest times.

*Photos Jules Xavier/Shilo Stag*



CFB Shilo firefighters had new fitness and sports instructor Janna Dzubinski work with them at the GSH gym as part of their physical fitness training. Dzubinski says she is also enjoying working with military members. *Photos Céline Garbay/Shilo Stag*

## Working with soldiers 'phenomenal' says fitness instructor

**Céline Garbay**  
Shilo Stag

Growing up, Janna Dzubinski revelled in challenging those around her. "Spell my last name!" she'd tease, knowing the silent "z" would be the biggest hurdle.

Now, as the newest member of PSP's fitness department, Dzubinski spends her days pushing military clients to do their best — without tripping them up.

"It's fascinating what people can do without even knowing they can do it," she says.

"Everyone can always achieve more than they think they can: they can run further, they can lift more than they think they can."

As a certified personal trainer, the bulk of her professional experience has been working around the busy schedules of civilian clients, mostly on evenings and weekends.

In addition to working on the Base during weekdays, she continues to train her own clients and teaches group fitness classes at a commercial gym in Brandon.

She took on her new role at PSP in August, to cover a maternity leave.

Prior to that, she had had very little knowledge of the military or its personnel.

Under the guidance of the fitness and reconditioning departments, Dzubinski is discovering a different side of the fitness world.

Pre-selection assessments for Canadian Armed Forces

(CAF) members aiming to join JTF, SAR or Close Protection are especially fascinating.

"It's been phenomenal coming into this place," she says. "It's so interesting to help out, even observing; it's really cool to see the other side of what goes into the training."

She has yet to work closely at the unit level with 2VP or 1RCHA, but has already taken an active role with the Mission Ready program, creating and leading fitness programs for Base employees three days of the week.

Every Friday, she trains a crew of Base firefighters.

"It's something that people should definitely take advantage of," she encourages. "This space is unreal — to have this much equipment and room, there's so much you have access to. That's the coolest part!"

Pushing people to do their best comes naturally to Dzubinski who, growing up, watched her parents coach others to achieve their goals.

Mom was a teacher, and dad was a longtime athletic therapist at Brandon University.

When she was younger, she would follow her father to soccer, basketball, volleyball and hockey games and watch him treat the athletes.

"It was a lot of taping ankles," she jokes.

Surprisingly, her own background is in dance and music. Growing up, she played piano, clarinet and saxophone

and did gymnastics, jazz ballet, hip hop and modern dance, among others. She's even a certified tap dance teacher.

"That route of musicality and movement and fitness was a very natural fit," she explains. "It just made sense to go that route."

Now, she maintains her own fitness through leading classes, and supplements those workouts by squeezing in weight-lifting, squats, yoga, and the occasional run.

She says variety is the key to staying motivated, and credits her PSP co-workers for finding innovative ways to make exercise fun and effective.

"Working with other people, your programming is so much more enhanced," she says. "You don't want people to get bored of what they're doing."

She also enjoys the different clients she has met so far in her new role and looks forward to meeting more of them.

Whether they're working towards a specific goal or using fitness as a tool for mental health, Dzubinski enjoys watching people evolve and even surprise themselves.

"Someone just needs to be there to give you a little poke, a little nudge in the right direction," she says.

"It's outstanding to help give them that confidence. It's rewarding—you can't really beat that feeling of knowing that you're helping someone."

"Someone just needs to be there to give you a little poke, a little nudge in the right direction."

— **Janna Dzubinski**

## Pet of the Week

### CECIL & EMMA

Gail Freeman Campbell's two pets are named Cecil and Emma. She says the adopted strays "complete our home." 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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# Deployed soldiers, family can apply for Christmas gift box

## Stag Special

Want to send a Christmas gift box to a soldier currently deployed to an operational theatre such as Latvia?

If so, thanks to Support Our Troops and a very generous donation from Rick and Lillian Ekstein, the founders of the Together We Stand Foundation (TWSF), this can happen.

A year ago, the couple graciously donated \$50 grocery gift cards to every deployed members family. This was distributed through the unit adjutants. This year, the gift boxes are in the \$300 amount including gift cards and pre-paid VISAS.

However, the format is a bit more extensive and includes members making their own application, with documented support in the form of the CFTPO tasking. This will take some co-ordination on your part with the members and their families.

The distribution method has changed based on input from MFRCs about last year's method. An online gift form is posted on the Support Our Troops website as of Sept. 16 for deployed members to complete if they want to receive the gift package.

CJOC has provided a projected figure of 3,000 members deployed in operational theatres outside of North America, separated from their family and not on training.

Together We Stand is a nationally registered Canadian charity created to honour the sacrifices made by deployed military personnel and their families each day, and to show they are appreciated.

The founders of TWSF became involved in 2017, when they donated 1,500 VISA cards worth \$50 each to military families with a loved one deployed abroad in active theatre, and not on training.

In 2018, 2,550 family gift boxes containing gift cards and coupons from an array of corporate and private donors were distributed. The value of this donation was more than \$1-million.

For the 2019 campaign, the couple is once again showing their appreciation to the families of deployed members by providing special family gift boxes containing cards and coupons from a variety of retail businesses.

Their goal is to deliver 3,000 family gift boxes to military families with a loved one deployed in active theatre such as Latvia, where soldiers from 1RCHA and 2PPCLI were deployed earlier this summer on Op REASSURANCE.

The TWSF team is finalizing the value and types of discounts to be included. To date, the gift boxes have an approximate value of \$300, and include gift cards and coupons from ADIDAS, Brass and Unity, Fabricland, Reebok, Yogen Fruz, and a pre-paid VISA card.

The eligibility criteria and directions is as follows:

- Eligibility: Families of members deployed in operational theatre outside of North America, separated from their family and not on training from Dec. 1 to Jan. 30, 2020.
- Gift registration period: Complete the gift form on the Support Our Troops website between Sept. 16 and Nov. 8.
- Who can complete the online gift form: Canadian Armed Forces (CAF) member or a member of the family/household.
- Supporting documents: Canadian Forces Task Plan and Operations (CFTPO) Task Authority will need to be attached by the person completing the form when completing the form to provide proof of deployment and member verification.

The Support Our Troops team is working closely with TWSF to organize this year's initiative.

Support Our Troops is the official charitable cause of the CAF, and a qualified donee of the Queen in the right of Canada. It operates within Canadian Forces Morale and Welfare Services (CFMWS) and the Non-Public Property accountability framework on behalf of the Non-Public Property board, which is chaired by the CDS Gen Jonathan Vance.

Recognized for its trademark Yellow Ribbon, Support Our Troops provides financial support and assistance through various grants and programs. It is the most direct way for Canadians to support the recovery, rehabilitation and reintegration of military members with a physical and/or mental illness or injury and to contribute to empowering family resiliency.

To access the self-registration form on the Support Our Troops website visit [www.supportourtroops.ca/](http://www.supportourtroops.ca/)

# SCAN: Are you ready for the future?

## Capt Bradley Knoll Stag Special

Are you ready for the future?

Are you within five years of retiring, or thinking about a second career outside the Canadian Armed Forces (CAF)?

Are you interested in learning about the benefits available to prepare your long-term plan for retirement or to develop yourself professionally?

The Second Career Assistance Network (SCAN) seminar is your recipe for success.

Many members of the CAF enter the civilian workforce following their military service; others choose to hang up their uniform and live the good life.

Either way, the CAF recognizes that this transition is a major life event.

We address this issue by providing information and guidance to Regular and Reserve CAF members and their spouses on how to effectively manage career changes or retirement.

SCAN offers a variety of services to help you prepare for a successful transition.

This fall's three-day SCAN seminar will be held Oct. 23 to 25 at the 1RCHA theatre.

The first two days of the seminar provide general information for all CAF members about pensions, financial planning and insurance, and education opportunities through the CAF.

Presenters will include Canadian Forces Pension Services (DCPFS), SISIP Financial Services, and representatives from the Base release section and medical records, as well as civilian schools and organizations eager to help your transition to civilian life.

The last half-day of the seminar is for members who may be medically transitioning from the CAF.

Presentations will focus on the medical release process, vocational rehabilitation, and the services and benefits available from the CAF's Vocational Rehabilitation Plan, Veterans Affairs Canada, Transition Group, Health Services Case Management, and Operational Stress Injuries Social Support.

To register, look for the form on the ACIMS under G1/BBPSO or call the BPSO office at ext 3086.

Submit your completed form by e-mail to [BPSOShilo@forces.gc.ca](mailto:BPSOShilo@forces.gc.ca) or drop it off in person, no later than Oct. 18.

Seating is limited, so be sure to reserve your seats early.

Dress is appropriate civilian attire and we encourage your spouse or partner to attend.

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[manitoba.ca](http://manitoba.ca)

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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](mailto: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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Facebook by visiting:<http://www.facebook.com/ShiloSTAG>

# Soldiers away on High Readiness MFRC respond to emotional toll deployment can have on families

**Céline Garbay**  
Shilo Stag

When Leslie Huber's dryer stopped working last week, she wasn't the least bit surprised.

Her husband deployed to Latvia with 2VP this summer. It's a classic joke among military spouses, that whatever can go wrong will go wrong as soon as the soldier leaves.

On the day Huber's husband left, a light bulb burnt out. After that, the barbecue went on the fritz, the dog broke her fence, and she's had car issues.

"More things have gone wrong in these last three months than has ever gone wrong on a typical six-month tour," she laughs.

She's taking it in stride because material things are easy to fix, and 27 years as military spouse have taught her some valuable coping skills.

With 3 Div responsible for High Readiness until August 2020, many Base families are currently dealing with the stress of work-related separation.

At a recent briefing session for soldiers newly posted to CFB Shilo, MFRC deployment co-ordinator Alexa Kullberg highlighted the importance of being prepared for the possibility of deployment.

Kullberg recently experienced that separation firsthand for the first time.

Earlier this year her partner spent eight months in Afghanistan.

"It opened my eyes to what the experience is truly like," she said.

With her professional background providing support, she knew all the resources available to her and thought she was well prepared to handle it all.

What she didn't anticipate was the loneliness.

"You're constantly thinking about getting organized and preparing for them to go, and you don't think about the fact that your best friend is leaving," she said.

"It's probably a defence mechanism, but then reality sets in."

Through the years, Military Family Resource Centres have evolved their programming to better respond to the emotional toll deployments can have.

In addition to special events, outings and childcare, it offers the Road to Mental Readiness program, a mental health workshop dealing with challenges of separation and reintegration.

"It refers to the mental health continuum which is something that the CAF uses in its training, so it allows for a common language to be used in the home," Kullberg explained.

CFB Shilo's MFRC has also expanded its definition of family.

"Family isn't necessarily you, your spouse and children; family looks different for everybody," she acknowledged.

"It can be you and your partner, or you and your mom — it can even be you and your dog."

To that end, pet owners who will be deploying are encouraged to complete a short-term and long-term family care plan for their pets.

"If something were to happen, that document would organize all the information about your pet: feeding instructions, veterinarian information — who would be able to come in and take care of your pet?"

The resource is still being developed, but will eventually include information on boarding kennels to assist the member in pro-actively making emergency arrangements.

To be eligible for MFRC's deployment services, the member must be away for 30 days or more. The absence can be for training, deployment, even IR.

"There's definitely differences between courses and overseas deployments," Kullberg allows. "But even if they're in [CFB] Borden on course for six months, that's six months you're single-parenting; that's six months you're missing your best friend; that's six months you're taking on all the responsibilities."

Anybody can be listed as the primary contact on the family information form completed by the military member prior to leaving.

Even if that person does not live near CFB Shilo, Kullberg will provide resources and ensure they get support from the MFRC closest to them.

The primary contact can also be another serving military member.

"If that person is your support person and they want to access our

deployment services, absolutely — we'll sit down with that person and talk about the resources we have that can make you feel part of this community."

So would the MFRC have been able to help Leslie Huber with her broken dryer?

"I would never expect the rear party to help with something like that," said Huber, who instead reached out to fellow spouses via Facebook which generated numerous offers of assistance.

The MFRC does maintain a list of "handy helpers," people who have volunteered their assistance for babysitting, snow removal, lawn care — even dog walking.

Their services are not endorsed in any way by the MFRC, but depending on the nature of the problem they can help you find the help you need.

The important thing, said Kullberg, is to reach out.

"Sometimes it's hard, but meet your neighbours," she urged. "Put yourself out there, like she did—somebody is probably and hopefully going to step up and help."

*"There's definitely differences between courses and overseas deployments. But even if they're in [CFB] Borden on course for six months, that's six months you're single-parenting; that's six months you're missing your best friend; that's six months you're taking on all the responsibilities."*

— Alexa Kullberg, MFRC deployment co-ordinator

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Newly appointed chairperson of the Sprucewoods Park Project Jenn Gregg observes her five day home charges playing in the sand at the park which will soon see a swing and slide go up on the property. The location once completed will be an excellent gathering spot for neighbourhood children looking for a playground to burn off their youthful energy.

Photo Céline Garbay/Shilo Stag

Many local businesses offer discounts to military members. Check out our website for a list of offers

OR

look for our logo at a local business and ask about their military discount.



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

## Sprucewoods Park Project

# Swing, slide going up at playground

**Céline Garbay**  
Shilo Stag

It's been a long time coming, but the kids of Sprucewoods, the little community outside the north gate, are finally getting their playground.

After years of planning and fundraising, the Sprucewoods Park Project committee will install a swing set and a slide Oct. 6, at the corner of Thomas Street and Haggerty Lane.

None of it would be happening without the support and dedication of the committee volunteers; many of them former or current-serving members of the Canadian Armed Forces (CAF).

The neighbourhood's proximity to the Base attracts many military families. In recent years, the demographic has been steadily changing and, as younger families move in, the support for a park has increased.

Jenn Gregg, the committee's newly appointed chairperson, estimates at least 100 children in the immediate area will benefit from the playground.

"It will provide a hub and a contribute to the sense of community, a place for people to get to know one another," she says.

The park project is the brainchild of Julie Clemens and Brad Lebel, longtime Sprucewoods residents recently posted to Garrison Petawawa.

With support from the Shilo and Area Service Club and the RM of Cornwallis, the couple navigated the first hurdles of securing the land, establishing blueprints and contracting a landscaping company.

Many of the raw materials were donated by the Base, and some of the equipment came from an anonymous donor, somehow connected to the military.

Through small community fundraisers, they managed to raise the \$15,000 needed to complete the first phase of the project.

Gregg credits that achievement to the community's dedication to the playground project.

"You can't just raise \$15,000 overnight especially in a small community," she says. "They did a lot of little fundraisers and events at the hall. They did that and within a year and a half they had enough money for what they wanted to do."

Gregg's belief in the project compelled her to take on her new role.

After leaving her 12-year career as an MP to raise her own family, she operates a day home in Sprucewoods, where she has lived for the past four years.

Every day she takes her five tiny charges on nature walks to the empty lot where they look for bugs and play with rocks, sand, sticks and dirt.

She expects the park will be a natural meeting place for other children and their caregivers, including those who live on the Base.

"There are a lot of military families that will access it and they're going to use it because they're tired of seeing the same old things in Shilo," she says.

The future playground, which will be modelled after the play area at the MFRC daycare, will include many natural components like tree stumps, logs, boulders and plants as well as traditional equipment and picnic tables.

A \$5,000 Healthy Brandon grant recently awarded to the

project will go towards purchasing equipment, like monkey bars, baby swings or a toddler slide—depending on cost.

In September, the committee voted to formalize its structure and to brainstorm ways of raising the next \$45,000 needed to complete the project.

For now, the focus is on getting that swing set and slide in place.

Rain throughout the summer has already caused delays; now it's a race against winter as frost and flurries loom in the forecast.

"I don't know if we'll be able to get it installed before the frost hits," she worries.

"We'd like to have something we can use before winter starts, and if not at least we'll have something to start next spring."



**WESTMAN | COMMUNICATIONS GROUP**

# Call for Nominations

Westman Media Cooperative Ltd. (WMCL) officially announces the **Call for Nomination** of candidates for election to the Board of Directors. Nominations are now open. WMCL members 18 years of age or older are eligible, as outlined in the WMCL Charter Bylaws. Each nominee must be supported by at least two other WMCL members.

**Completed nomination applications**

**MUST BE RECEIVED** at: Westman Communications Group, 1906 Park Ave, Brandon MB, R7B 0R9 by 5:00 p.m., Friday, October 18, 2019.

**For a nomination application or more information, call 204.717.2010 or 1.800.665.3337 ext. 2010**  
**Email: [ExecutiveAssistant@westmancom.com](mailto:ExecutiveAssistant@westmancom.com)**  
**or write to the above address.**

Westman Communications Group is the operating name for Westman Media Cooperative Ltd.

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Postal tech Cpl Michael McCann looks after a package being sent back to Canada by 2PPCLI padre Capt Troy Dennis.

# Bacon, eggs served for breakfast

## Dear Shilo Stag,

What an adventure we are having here in Latvia. As I write, I've been here about eight weeks. Some parts of the Battle Group have been here a little less.

We are mainly from CFB Shilo and Garrison Edmonton, but there are others from CFB Kingston, CFB Halifax, other Bases, and a myriad of reserve units. It is quite a mixture of people, but we have bonded quickly. It is becoming difficult for me to remember who is from CFB Shilo and who is not as we work so closely together.

We are enjoying Latvia. For starters, it has a mild temperate climate. Many days this summer have been pleasantly in the mid-20s.

We were told to expect a lot of rain. This may happen as fall approaches, but for now we are enjoying nice weather.

There is a big difference in the amount of daylight compared to home. We are about as far north as Churchill, which means that the sun sets a lot later in the summer than in CFB Shilo.

This meant we have been able to enjoy sitting outside to call home well into the evening. Of course, this will also mean we will have much less daylight in the winter, but for now we are enjoying the benefits.

The work week is longer than at home, but this is to be expected on deployment. We typically work Monday to Saturday, with Sunday as a resilience day. Occasionally exercises interrupt this cycle, but we have other time off to make up for it.

Camp conditions are excellent. Troops in the Battle Group live in Weather Havens, a Quonset hut-type of tent. We are eight to a tent, and have heat, air conditioning and privacy curtains.

This has developed over past rotations and continues to change. There is a possibility that the next group may stay in barracks which are currently being built. Troops from the National Support Element, such as clerks, medics and



Stopping by CANEX in the morning, 2PPCLI padre Capt Troy Dennis grabs a large dark roast coffee from the Tim Hortons Express.

Photos Capt Ken Jacobson/ Latvia Battlegroup PAO

engineers, live in dorm-style barracks.

We have a good Latvian dining facility (DFAC). Eggs and bacon are served every morning, with breads, toast, yogurt, and a grilled-sandwich bar also available.

Lunch and supper meals commonly feature chicken and pork, with vegetarian options and occasionally beef or fish.

There is a salad bar at lunch and supper. Pastries such as tarts and small cakes are always available.

The gym is state-of-the-art. Housed in a large bright building, there are treadmills and other aerobic machines, weights, cross-fit equipment, and stretching rooms. There are various classes available such as spin, boxing, and yoga. All this is operated by PSP civilians from Canada.

PSP also runs a small CANEX, which is especially popular because of its Tim Hortons coffee. They have a barber shop, music room, two small theatres, bike rentals, and a travel cell to assist with HLTA. Plus, they plan excursions to places such as museums, events or the beach. Canadians have made an impact upon the sports here. There is a road hockey arena which is well-used by all countries. Latvians especially like hockey and are proud to have a few players in the NHL.

We are very fortunate to have good Internet here. Most of the country has cell coverage, and a 10 euro top-up card gives us unlimited Internet for about a month.

It has been fairly easy to keep in touch with the folks at home through messaging apps. The time difference is a little tricky. Being eight hours ahead of CFB Shilo puts us a little out of rhythm with home schedules, but we are finding ways to make this work. The area is beautiful, with lots of tall pine trees, and the City of Riga has an amazing history. Parts of the historic section are more than 800 years old and many buildings have been restored.

There are gift shops, historic sites, markets and gastropubs. The town of Adazi is located only a few kilometres from our camp and has nice restaurants along with a grocery store. I've had some great pizza and have particularly enjoyed a nice little coffee and pastry shop.

Time is going quickly. The mission is to deter aggression and be prepared to defend if necessary. To accomplish this we work closely with the other nations to ensure interoperability.

See **WORKING** page 7

# Working with other nations 'enriching' says Capt Dennis

From page 6

Working with the other nations is proving to be a particularly enriching experience. Including Canada, there are nine countries working together. They are all excellent militaries, very professional, switched on, and a joy to work with.

One of my most interesting experiences was supporting the visit of our Chaplain General MGen Guy Chapdelaine and his Chief Warrant Officer. They spent almost five days

in Latvia and we set up visits with the troops and with national religious leaders.

One day the Chaplain General spoke in a local church and then we were hosted for lunch before going to visit troops in the field. There he conducted a service and we met an American chaplain.

On another day we met with the Jewish community and then were hosted by the Latvian Orthodox Metropolitan. My part was entirely supportive, but it was a great opportunity to gain insight into the role of the Chaplain General.

We all miss home a little, but we know the mission is important and there is good support for our loved ones. Thanks for asking me to write a few words about life here. I hope this gives a glimpse into life on deployment here.

**Padre Dennis**

*PS: If you want to follow Op REASSURANCE and CFB Shilo's deployment to Latvia, visit [www.facebook.com/eF-PBGLatvia/](http://www.facebook.com/eF-PBGLatvia/)*



Photos Capt Ken Jacobson/ Latvia Battlegroup



Auxiliary Bishop Andris Kravalis converses with the Chaplain General, MGen Guy Chapdelaine (right) while 2PPCLI padre Capt Troy Dennis looks on. He was visiting the Church of Mary Magdalene in Riga. The CG preached and celebrated Mass with Bishop Kravalis. Capt Dennis had his own outdoor service (top) with soldiers. He does his shopping (left) at CANEX on the Canadian Base in Latvia.

It was a hive of activity when CFB Shilo's MFRC hosted its annual Fall Fest, with supper served (left) and the Base firefighters entertaining youngsters by allowing them to dress-up in their gear.

Photos Céline Garbay/Shilo Stag



## Fall Fest brings Base community together

### MFRC Stag Special

CFB Shilo's MFRC strives to provide opportunities for community to come together in meaningful ways as well as promote the resource part of our facility.

The recent Fall Fest, sponsored by the Brandon Legion, provided access to several resources: a Wellness Expo showcased more than 20 relevant community-based resources available to our residents; 13 military spouse entrepreneurs

at the trade show marketed their businesses; Base MPs were on hand to promote child safety; and emergency services engaged children of all ages — clear demonstrations of community supporting community.

Throughout the event, MFRC staff witnessed specific gestures that embody the spirit of community: Elected board members served their fellow community members; a door prize winner chose to re-gift their prize to a neighbour; seasoned Base residents embraced newcomers; and community, volunteers and staff came together to kick off a new season in style.

The Royal Canadian Artillery Museum (RCA Museum) proudly presents

★★★★★  
"If I could give this play six stars, I would."  
— SHANNON BOKLASHUK, THE STAR PHOENIX, SASKATOON

★★★★★  
"Mark it down. Get your tickets right away."  
— COLIN MACLEAN, EDMONTON SUN

★★★★★  
"It's hard to say which is better — her script about a reluctant veteran's return to Juno Beach or her twin performances as a 10-year-old girl and 80-year-old man."  
— JOHN THELFALL, MONDAY MAGAZINE, VICTORIA

★★★★★  
"Jake's Gift is the most theatrically pure show I have ever seen. So well fleshed out are her characters, so instantaneous are her transitions that it feels like an ensemble show."  
— KATE NICHOLSON, CBC WINNIPEG

# jake's gift

The moving story of a WW2 veteran's reluctant return to Juno Beach  
written & performed by Julia Mackey | directed by Dirk van Stralen

FRIDAY, OCTOBER 18 2019 • 7pm  
Lorne Watson Recital Hall at Brandon University  
270 – 18th Street, Brandon, Manitoba

Tickets \$15 (students) \$25 (adults) • Please contact Ted Good Music, 747 – 10th Street, Brandon or the Brandon University School of Music, 270 – 18th Street, Brandon, MB, or the RCA Museum at 204-765-3000 ext. 3570 or 4563 • jakesgift.com

## Learning your second official language? GCcampus can help soldiers hone those skills

### Stag Special

As Canada celebrates the 50th anniversary of the Official Languages Act, it's a great time for Defence Team members to make improving your second language skills a priority.

The Canada School of the Public Service offers useful online courses, practice tests and study aides to help improve your French or English skills, and prepare for language evaluations.

Department of National Defence (DND) employees and Canadian Armed Forces (CAF) members can access the full suite of Canada School online courses anytime, anywhere by logging in to your GCcampus account.

The courses are free, self-paced, and available on your schedule. Topics include: language maintenance courses; public service commission language tests preparation; French as a second official language; English as a second official language; official language courses and job aids/videos.

Learning a second official language is a shared responsibility: you have an important role to play in dedicating your time and energy to learning, while the organization supports you by providing access to information, training, and resources.

ADM(HR-Civ) offers second language training opportunities to DND employees to ensure compliance with the Official Languages Act and the Treasury Board Secretariat Directive on Official Languages for People Management.

Some groups and commands also provide second language training to civilian employees within their organizations for professional and career development purposes.

Make sure to discuss your second language learning plan with your manager, and discuss the support that may be available to help you meet your goals.

For more information about official languages and second language learning at Defence, consult the HR-Civilian Official Languages or the Director Official Languages intranet sites.

## Volunteer as a CAF speaker

## Share your military story during Veterans' Week

### Stag Special

Canadian Armed Forces (CAF) members are encouraged to give presentations at schools and other community organizations during Veterans' Week — running Nov. 5 to 11 — to highlight the important work they do on behalf of Canadians and as a tribute to all veterans, past and present, who have served their country.

Last year, the National Veterans' Week Speakers program received an unprecedented number of requests for a CAF speaker from Regular or Reserve Force member — a little more than 2,600 — and filled 2,322 of those requests, reaching 667,000 Canadians.

This year's theme, Faces of Freedom, commemorates the 75th anniversary of D-Day and the Battle of Normandy, the 75th anniversary of the Italian campaign, the 70th anniversary of NATO, and the fifth anniversary of the end of the Canadian mission in Afghanistan.

If you are interested in participating, or have already agreed to give a presentation, let us know by registering via the electronic registration form located on the Defence Team's Veterans' Week website.

To better assist you in your preparation, presentations, speeches, slide shows, and a video is available on the Veterans' Week CAF resource website. The password is VW2019.

Your participation is key to the program's success — help us put a face to service and remembrance.

If you have any questions, contact the National Veterans' Week Speakers program co-ordinator at 1-833-223-8322.

## Where's Willie?

Somewhere on the pages of this *Shilo Stag* is a picture of Willie, the Wheat Kings mascot.

Tell us on what page, in what particular advertisement Willie was found and correctly answer the following skill-testing question for your chance to win two tickets to an upcoming Wheat Kings home game in Brandon.



### Entry Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Page #, ad: \_\_\_\_\_

Answer skill-testing question:

What does new PSP employee Janna Dzubinski do on the Base?

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





## Army Run

Former 1RCHA CO LCol Stephen Haire — now posted to CFB Gagetown — greeted an Army Run participant at the finish line. The annual event held in Ottawa saw thousands of runners, who could run a marathon, or finish a 10-kilometre run based on their choice of events.

*Photo submitted*



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# DND historian seeks veterans from Operation SNOWGOOSE

**Peter Mallett**  
Stag Special

A Department of National Defence (DND) historian from Ottawa wants to interview veterans who have served in Canadian Armed Forces (CAF) peacekeeping operations in Cyprus.

John MacFarlane, from Directorate of History and Heritage (DHH), is compiling research for a book which will include first-hand accounts by veterans on Op SNOWGOOSE, Canada's contribution to United Nations peacekeeping operations in Cyprus between 1964 and 1993.

He is looking for veterans of all ranks and trades from the military community for their stories on Op SNOWGRASS and their role in the mission. The focus of the research is the soldiering aspects and is specifically logistics based.

"We are not focusing on policy, politics and external affairs, but are looking specifically at operations, what Canadian soldiers were doing and how they adapted and responded to the situation," said MacFarlane.

DHH has a mandate within DND to preserve and communicate Canada's military history and foster pride in military heritage. The intention, according to MacFarlane,

is to educate CAF members and the Canadian public while shaping history.

Veterans of Op SNOWGOOSE can write about their experiences, agree to a formal interview, or simply be accessible by e-mail or phone for the occasional question to help clarify certain aspects of the operation.

A key area of MacFarlane's research involves a firefight between Turkish and Greek forces in the summer of 1974 following a Turkish invasion. He is looking for first-hand accounts of how Canadian peacekeepers reacted to the firefight.

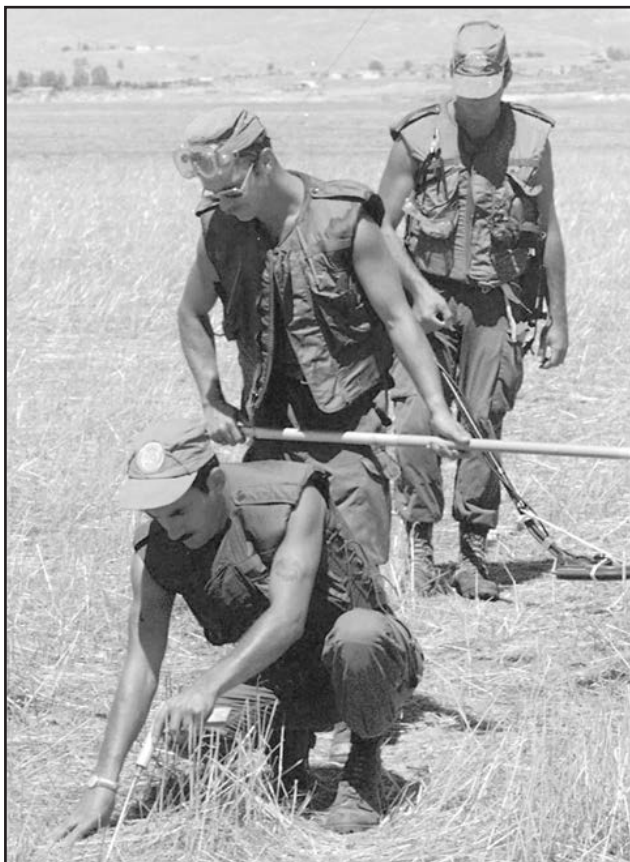
"They had sent Canadian peacekeepers to keep the peace, but if national defence was involved in a war that was a whole new ball game," said MacFarlane.

The DHH's research on Cyprus began 18 years ago under the guidance of Maj (Ret'd) Jean Morin, who oversaw the research project for 15 years. MacFarlane began his involvement three years ago and has interviewed approximately 40 subjects in both Ontario and the Maritimes, and recently travelled to Victoria.

He noted the sizeable military community and number of veterans living on Vancouver Island made it one of the prime locations in Canada to conduct his research.

The completed publication will include a narrative, one-on-one interviews, photographs, maps and other graphics, and is slated for completion in 2024. To schedule an interview with MacFarlane, veterans from across Canada — including CFB Shilo and its hinterland — are encouraged to contact him at his e-mail [john.macfarlane@forces.gc.ca](mailto:john.macfarlane@forces.gc.ca)

For additional information about the DHH visit [www.cmp-cpm.forces.gc.ca/dhh-dhp/index-eng.asp](http://www.cmp-cpm.forces.gc.ca/dhh-dhp/index-eng.asp)



United Nations troops search for mines in Cyprus.

*Photo submitted*



## Youth Reporter Competition

**New Program for Youth of Military Families**

**Presented by:**  
The Canadian Forces Newspapers:  
The Canadian Military's Trusted News Source

The winner will win a grand prize package and a scholarship!  
Deadline: December 31, 2019

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



## Cutest Pet of The Season



**CHANCE TO SHOW OFF YOUR PET**



**Entry Fee** 

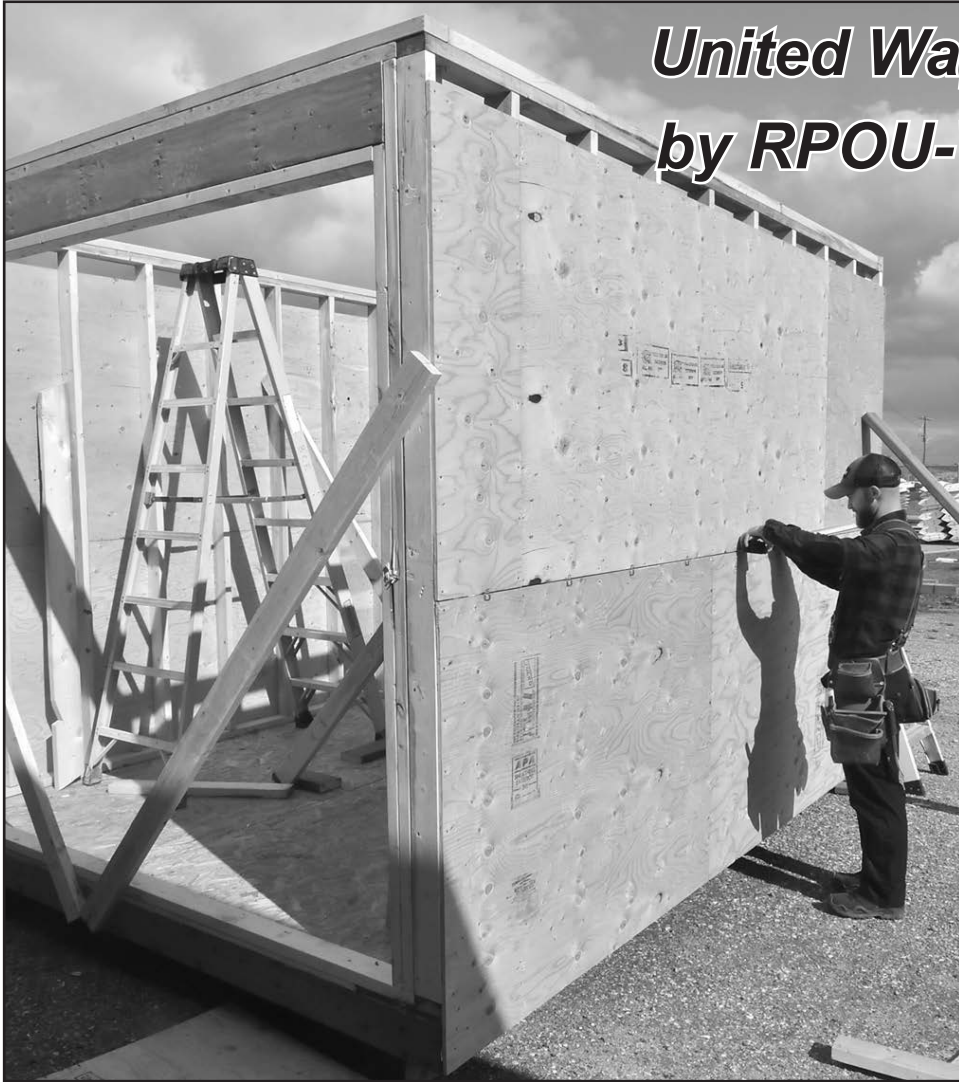
Submit a picture of your pet and their name to : [elina.gagnon@forces.gc.ca](mailto:elina.gagnon@forces.gc.ca) from 1 - 31 Oct 19

Top 3 winners will be announced on the 12 Nov 19, the recognition will be in Shilo Stag + a gift card (depending on the proceeds)

Your donations will be collected at your unit, saving your time of travel during the day

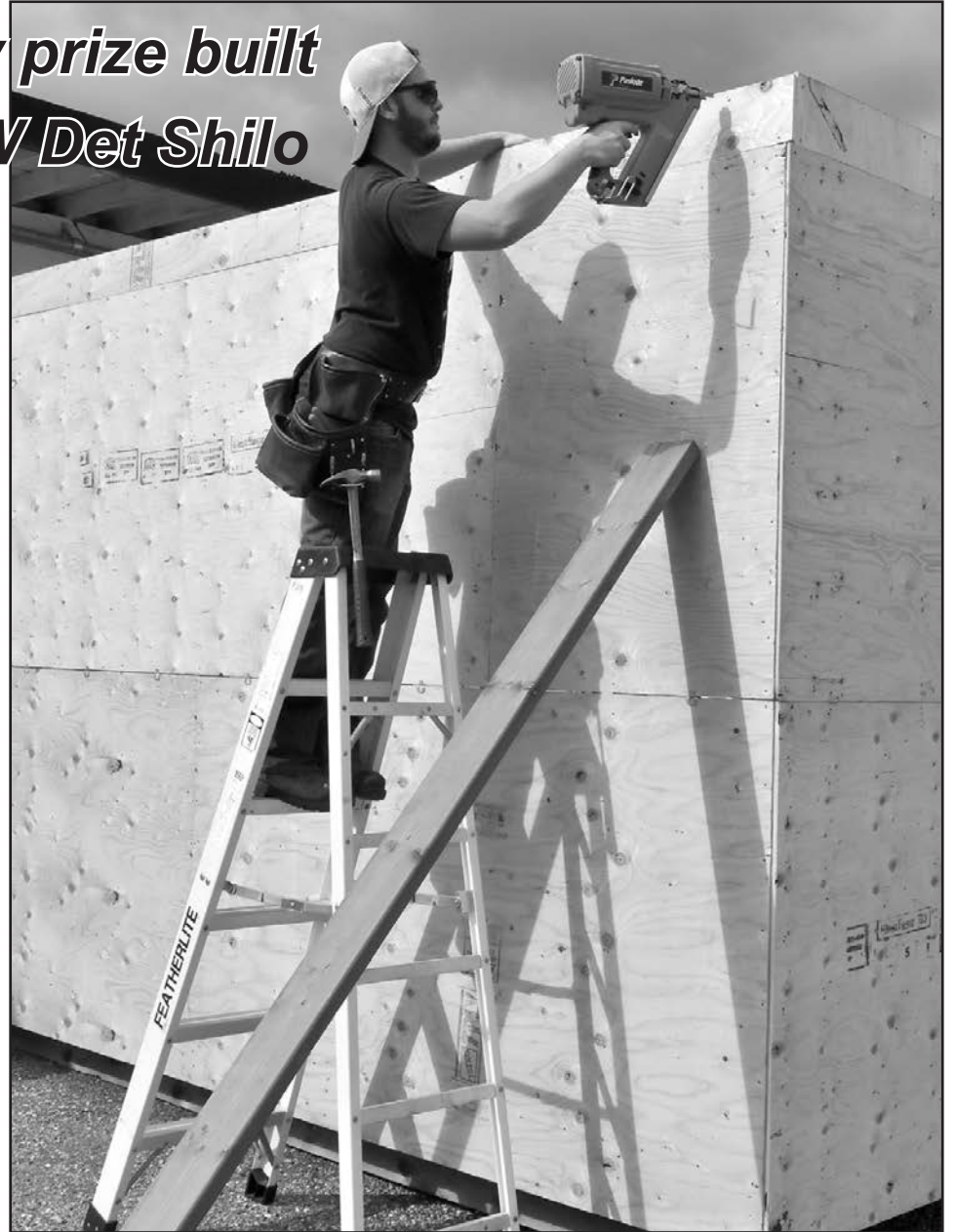


## United Way prize built by RPOU-W Det Shilo



Photos Jules Xavier/Shilo Stag

Two military carpenters with RPOU-W Det Shilo have been busy building a “shed” for the winner of its United Way campaign draw. Tickets are on sale out of the RPOU-W Det Shilo office if you want a chance to win this prize, which once finished, will be on display near the GSH, across from CANEX. Putting their hammers and saws to work on this day are military carpenters Cpl Aaron Legg (above) and Avr Charles Blanchette. Tickets are one for \$5 or three for \$10.



## Two performances in Brandon Oct. 18

# Jake's Gift tells a story about war vet returning to Normandy

### Stag Special

In June 2004, Julia Mackey traveled to Normandy, France, for the 60th anniversary of D-Day. It was one of the most moving and powerful experiences of her life.

During that week long journey, Mackey interviewed dozens of Canadian, British and American Second World War veterans who had returned for the ceremonies.

For many, it was their first time back to France since the war. The stories they shared with Mackey and her own lifelong interest in Remembrance Day inspired the development of the play.

In August 2006, the first draft of *Jake's Gift* received a workshop performance at the Sunset Theatre's Exploration Series in Wells, BC.

*Jake's Gift* is a surprisingly funny multi-award winning drama that tells the story of a Canadian Second World War veteran's reluctant return to Normandy, France, to find the grave of the brother who never came home.

While re-visiting the shores of Juno Beach, Jake encounters Isabelle, a precocious 10-year-old from the local village. Isabelle's inquisitive nature and charm challenge the old soldier to confront some long-ignored ghosts — most notably, the war-time death of his eldest brother, Chester, a once promising young musician.

At its heart, *Jake's Gift* is about the legacy of remembrance and makes personal the story behind one soldier's grave.

Since January 2007, Juno Productions has toured *Jake's Gift* to theatres, festivals, community halls, schools and Legions in more than 250 communities across Canada.

Internationally, they've taken the show to Washington State, Tiverton and Birmingham, England, and to Normandy, France, for the 70th, 73rd and 75th anniversary of D-Day, where Mackey has performed *Jake's Gift* in French and English in venues right on Juno Beach.

*Jake's Gift* has received rave reviews from critics and audience members alike whether in small rural towns or big city centres.

Now in their 13th year of touring *Jake's Gift*, Mackey and director/stage manager Dirk Van Stralen continue to enjoy sharing this timeless story with communities across Canada and beyond.

Running time for this play is approximately 65 minutes, with no intermission.

“I am a veteran of the Second World War, and this play and its performance made a greater impact on me than all the memorial services I have ever attended,” said Antony Holland, an actor and founder of Vancouver-based *Studio 58*.

Offered *Calgary Sun* reviewer Louis Hobson about the play, “*Jake's Gift*, which Mackey conceived, wrote and performs, is theatre in its purest form. It is an instant love affair between performer and audience. This is a jewel of a show you simply can't afford to miss.”

Mackey was born in Birmingham, England. Both of her parents' families have had strong ties to the performing arts for many generations.

When she was aged three, her family moved to Canada, eventually settling in Montreal, where she grew up. After completing a Bachelor of Education degree at McGill University, she moved to Victoria, BC, to pursue a more creative life.

In the fall of 1993, she started training with ground-breaking director and Ryerson University alumnus, Robert Osborne. A year later she met the founders of Theatre SKAM, and began writing and performing short plays for their acclaimed show, *29 Plays in 59 Minutes*.



Actor Julia Mackey plays all of the roles in her play *Jake's Gift*, which has two performances in Brandon Oct. 18. The 65-minute play is being presented by the RCA Museum.

Photo Tim Matheson

Since 1997, she has worked as a professional actor in theatres across Canada.

In August 2012, Mackey received the Calgary Betty Mitchell Theatre Award for outstanding performance by an actress in a drama for her work in *Jake's Gift*. The production was also nominated for outstanding production.

When not on tour with *Jake's Gift*, she lives in the historic town of Wells, BC, with her partner, Dirk van Stralen, an award-winning cartoonist, illustrator, actor, graphic designer, and the director of *Jake's Gift*.

To learn more about *Jake's Gift* visit [www.jakesgift.com](http://www.jakesgift.com); on Facebook at *Jake's Gift*; Twitter @jakesgift; Instagram @jules\_and\_jake or YouTube at [www.youtube.com/user/JakesGift](http://www.youtube.com/user/JakesGift)

Mackey is a few weeks away from the start of her fall tour, with stops in Manitoba, Alberta,

Saskatchewan and British Columbia during the next two months. First on the tour schedule is a visit to Brandon for two shows Oct. 18. *Jake's Gift* is being presented by the RCA Museum at Lorne Watson Hall on the campus of Brandon University, 270 18th St. There's a student matinee at 1 p.m., followed by a public performance at 7 p.m.

Tickets are \$15 for students \$25 for adults and are available at the RCA Museum — for ticket info call ext 3570 or 4563 — on the Base, or you can visit two venues in Brandon: Ted Good Music, 747 10th St. or BU's School of Music, 270 - 18th St.

Call 204-765-3000 extension 3570  
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# Quick fix fads never stick after Jan. 1

**MCpl David Sadai**  
Stag Special

I'd like to spin this article in a different direction for this issue and ask you to try a new ritual which might just change your life.

Now that it's October and summer has come to an end, let's look back to January. Maybe you were one of those people who decided "this is my year" and "I've had enough" and you took up a new hobby like going to the gym to get fit, changing to a new diet, picking up an instrument to be creative or decided to make some big change in your life.

Well, January was 10 months ago, and are you still loyal to that? Do you wake up with the same fire in your eyes you did on Jan. 2?

If your answer is no, I want you to know you're not alone in this. New Year's resolutions and quick fix fads never stick because there is no permanence to them.

The secret to this is conviction. Stand by it and put your foot down to say no more! I spend a lot of my time reading and learning from people who I aspire to become who are at the top of their game and the commonality: is conviction.

Every. Single. One. You must find your mantra, something that really gets you going.

Fires you up and almost replays all the reasons why you must do what is necessary, even when you don't want to do it.

All the top CEOs stay loyal to their "why" through their conviction. If you're tired of living the same day, if you're sick of not living up to your potential or if you just want life

to be 10 per cent happier or better, find your "why" and cement it with a conviction.

Invest in yourself and the process and enjoy the rebirth to getting things done and feeling on top of life instead of accepting the way things are or pretending everything's "fine."

This mantra or conviction can be a paragraph or it can be just a small little phrase you say to yourself. For instance what I say (censored), 5 a.m. alarm goes off "I'm not messing around," wipe the sleep out of my eyes, roll out of bed and take a few deep breathes and quick stretch.

Tie up my runners and say "I'm not messing around." Put my favourite podcast on and stand in front of the door looking outside to evaluate what I'm about to commit to and say "I'm not messing around."

I open that door and the fire in my eyes moves to my stomach. As I hit my stride three or four minutes after waking up, the day has been owned.

I carry that momentum forward and continue to get my small wins through power of conviction.

I channel this ritual throughout the day and when the sun is set and I'm satisfied I did all that I set out to do, I happy tell myself "I'm not messing around."

MCpl David Sadai is a Core 100 graduate from the Robbins-Madanes training program. He specializes in strategic intervention and would like to help you reach your potential or help you understand and find the nectar out of your life. For more information and a free 30-minute consultation for one-on-one sessions, send him an e-mail davidleesadai@gmail.com. Or visit his social media platform @necr\_athletics

## Stag Special Do you want to be a junior reporter?

Canadian Forces Newspapers (CFN) — the Canadian military's trusted news source — is looking for youth from military families aged 13 to 18 who want to report on a story or issue which is important to their life or the community around them.

The story must be original and about an issue or a personal experience or insight which has not been widely reported about before and/or reflects the life of the contributor or their friends and/or family.

You should state why you think you reporting this story or issue will bring a unique perspective to it, but also how

you would widen your report to look at the issues around the subject. Then CFN editors will meet in January 2020 to choose the most unique and powerful stories, which will be published with the winning entrants.

Our readers will then have an opportunity to vote for their favourite story and that reporter will win a grand prize package plus a scholarship.

To enter this competition send us your application and story idea which you would like to write about between Oct. 6 and Dec. 31. For more on this competition visit [www.CAFconnection.ca/youthreporter/](http://www.CAFconnection.ca/youthreporter/)

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**Deadline for next issue: October 10 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	Services	Services	Employment
 <p><b>St. Barbara's Protestant Chapel</b> Sunday at 10:30 a.m. with Sunday school &amp; nursery Padre Lazerte - ext 3381 Padre Dennis - ext 6836 Padre Walton - ext 3088 Padre Smallwood - ext 3089</p> <p><b>Our Lady of Shilo Roman Catholic Chapel</b> Sunday at 10:30 a.m. Confessions by appointment Padre Nnanna - ext 3090 Padre Shanahan - ext 3698</p>	<p><b>Greg Steele Canadian Firearms 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 <a href="http://www.facebook.com/gregsteelehunterfirearmsafetymanitoba/">www.facebook.com/gregsteelehunterfirearmsafetymanitoba/</a> Dial 204-729-5024 E-mail <a href="mailto:gsteel4570@gmail.com">gsteel4570@gmail.com</a></b></p>	<p><b>Need your taxes done?</b> Fast, friendly, and personal service. Located outside the gate. For all your income tax needs contact Ingrid Wasserberg at 204-763-4357. OPEN ALL YEAR.</p> <div data-bbox="1396 2321 1690 2566"> <p>Many local businesses offer discounts to military members. Check out our website for a list of offers OR look for our logo at a local business and ask about their military discount.</p>  <p><b>Brandon Salutes</b> <a href="http://www.brandonsalutes.ca">www.brandonsalutes.ca</a></p> </div>	<p><b>CANEX needs you:</b> Sales associate part-time position with 13 to 32 hr /week required. Must be available days/evenings, and weekends. Starting salary is \$11.98 per hour, progressing to \$14.13 per designated pay band. Under the direction of the department supervisor, a clerk/cashier scans customer purchases, processes transactions, and accepts payment. sHe/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.</p>
<p><b>Employment</b></p> <p><b>Looking for a job</b> on the Base? Submit resumes to NPF HR office via e-mail quoting competition # to <a href="mailto:npfhrshilo@cfmws.com">npfhrshilo@cfmws.com</a> OR for more detailed information on the jobs offered at CFB Shilo visit: <a href="http://www.cfmws.com">www.cfmws.com</a></p>			



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**TITLE** SITE SUPERVISOR //

**SERVICE** 2009-PRESENT //

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For Medically Releasing CAF Members, Medically Released Veterans and their Families





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The Veteran Family Program supports medically releasing Canadian Armed Forces members, medically released Veterans and families. If you are transitioning visit your local Military Family Resource Centre, [CAFconnection.ca](http://CAFconnection.ca), or call the Family Information Line at **1-800-866-4546**.

Ce programme appuie les militaires en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille. Si vous êtes en transition, visitez [ConnexionFAC.ca](http://ConnexionFAC.ca) ou votre centre de ressources pour les familles des militaires, ou appelez la Ligne d'information pour les familles au **1-800-866-4546**