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Volume 57 Issue 17



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September 6, 2018

INSIDE This Issue



1RCHA goes Down Under for training. Page 2



2PPCLI hone infantry skills during challenge. Page 6



FORCE test requires some preparation. Page 8



History par for the course

Justin Borody of Bricks and Stones Masonry has spent many months at the Shilo Country Club working on the memorial golf campaign. Using his skills he built cairns and plinths you'll see on each hole, plus at the Afghanistan War memorial. Here, he works on his final cairn, placing each rock in place with artistic precision. For the story, see page 7. Photo Jules Xavier

Gunners hone skills Down Under 1RCHA JTACs impress at Ex PITCH BLACK

2Lt Ryan Bartlette
Shilo Stag

The *Stag* caught up with 1RCHA's WO Tyler Syme, who recently participated in EX PITCH BLACK.

This exercise tested the knowledge of young JTACs (Joint Terminal Attack Controller), and took place near Darwin, Australia.

Shilo Stag (SS): You just came back from Australia — can you tell me what you were doing down there?

Tyler Syme (TS): "We were selected to bring a team down to Australia to integrate with a multitude of nations. Fourteen nations overall. Our main role in it

"The actual portion of getting our dangerous goods down was one of the biggest hurdles. Something as simple as lithium batteries actually takes a lot of high command approval to put on the back of a plane."
— WO Tyler Syme

was to conduct close air support, as part of a bigger fight. Essentially our piece of the pie was a very small slice out of a big event. That entailed working with the Ground Force Commander, controlling combat air space, clearing airspace for ordnance delivery on selected targets both pre-planned and not, and to continue to support any follow

on operations required."

SS: Getting halfway across the globe sounds tough, it's a little different than taking a bus up to CFB Wainwright. How did that planning come about?

TS: "The planning cycle for this exercise is actually a year. We flew down on a RCAF C-130 [Hercules] as they committed a tanker at a different location within country, so they were nice enough to give us a ride. However, the planning cycle required me to go down to Australia a few months ago for only five days to shore up accommodations for the troops, and to speak with our Base pass officers. The actual portion of getting our dangerous goods down was one of the biggest hurdles. Something as simple as lithium batteries actually takes a lot of high command approval to put on the back of a plane."



1RCHA soldiers pose for a snapshot during a break from their involvement in Ex PITCH BLACK held earlier this summer in Australia.
Photo submitted

SS: Something you would never think about, until you have to do it and are told you can't?

TS: "Exactly. Once we got the batteries squared away we deployed to Winnipeg and it took us five days travelling down C-130 to a multitude of different small islands between us and the continent of Australia."

SS: Quite a bit of a hop, skip, jump down there?

TS: "We started at Winnipeg, down to Portland [Oregon] for a night, over to Hawaii for a night, into American Samoa for a night, down to Cairns [Australia] for a night to clear customs and finally into Darwin. We essentially started our exercise three days after we got in."

SS: What size of team did 1RCHA send to Australia?

TS: "We had four personnel, and one captain who was formerly part of 1CMBG and then posted out. He came along with us as well."

SS: Are these people normally together or was the team purpose made for this exercise?

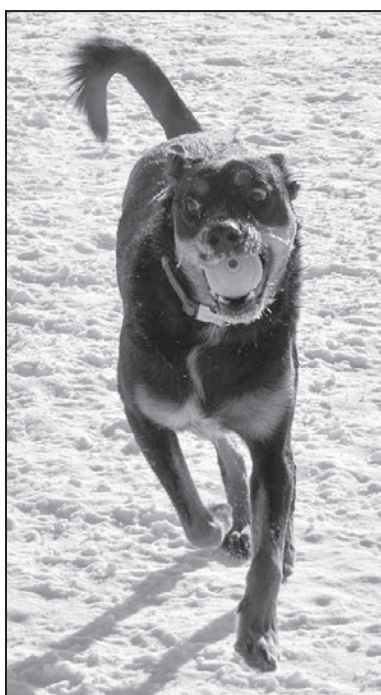
TS: "Most JTAC exercises its personnel thrown together. Each FOO [Forward Observing Officer] party has its own JTAC. When it's a JTAC-specific event, you take whoever is available and deploy. One [of the team] wasn't a qualified JTAC, he came down to observe, to try and learn what we do."

See **PATIENCE** page 5

Pet of the Week

BAXTER

According to Hailey Sorenson, Baxter is a friendly, happy and excited dog. His friendly demeanour means he has never had a problem with any dogs during outings to the Base dog park. He loves to listen to me read him stories and will usually curl up on the couch with his head on my lap. But most of all he loves chasing balls. Do you have a photo of your pet — cat, dog, bird, snake, hamster — you'd like to share with our *Stag* readers? If so, e-mail it to us via stag@mymts.net



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United Way campaign kickoff Sept 7

2Lt Ryan Bartlette
Shilo Stag

The official kickoff of this year's United Way campaign is Sept. 7.

This year's chair Padre Eliza Shanahan is excited about CFB Shilo's campaign. It's her first year on the job, but she looks forward to learning the ropes during the next few months.

This year Padre Shanahan would like to focus on where the United Way funding helps, and the needs of our community. To that end, CFB Shilo United Way reps visited both the Samaritan House, and Helping Hands soup kitchen, where they served lunch to the needy.

The day was an eye-opener to what is needed in our community. According to every organizer I spoke with, the United Way helped immensely in allowing them to fund certain programs. One organizer went so far as to say "without them, the doors would be closed."

One of the most often asked questions when canvassing for the United Way is "where does my money go?"

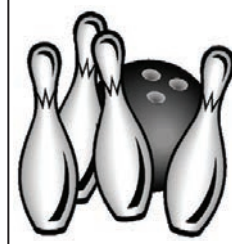
With 35 programs funded in the Brandon area, many would find it hard to continue without the funding from the United Way. When there are only two or three people to an office, it can be hard to fundraise and they count on that funding to help the communities most needy.

When you buy chili during the Base HQ's annual Chili Cook Off, or get your oil changed at Base Maintenance's car care clinic, you are supporting these efforts.

One item Brandon campaign director Areta Donnelly would like to clear up is the idea of overhead and administration fees. In Manitoba, the United Way receives a grant of \$171,000 from the Provincial Government annually to pay their staff, pay rent and keep the electricity on.

Every dollar you donate goes to the charity. According to Donnelly, the idea that "someone makes \$80,000 a year in their office" is an unfortunate rumour which has been out there for some time, and one they would love to clear up.

During the next few months, expect to see several events pop-up on Base supporting this charitable campaign. The Shilo campaign wraps up on Nov. 16.



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2PPCLI preparing for Medak anniversary

2Lt Ryan Bartlette
Shilo Stag

For three days starting Sept. 7, various events will be held around this Base to commemorate the 25th anniversary of the battle of Medak Pocket.

In 1993, from Sept 9 to 17, members of 2PPCLI serving with UNPROFOR were engaged in OP HARMONY near the village of Medak, in the former Yugoslavia.

On Sept 14, 1993, French Gen Jean Cot flew into Medak to speak with then LCol James Calvin, Commander of the UNPROFOR in the area. According to Gen Cot, he did not believe the Croat forces in the area knew they were to retreat to their Sept. 9 positions.

As LCol Calvin's forces advanced to create the buffer, this became demonstrably true. The actions of the 2PPCLI centered Battle Group would garner them the Commander-In-Chief Unit Citation, the Vice-Regal lion that Patricia's adorn their DEUs with to this day.

Most of the events will be taking place near 2PPCLI's Kapyong Barracks. Sept. 7 features a sunset ceremony at Bunker Hill. This will be a spectacular event involving music, military drill, and a rifle salute called a "feu-de-joie."

It is asked that those in attendance be seated by 9 p.m.

There will be a commemorative parade Sept. 9 held on the Kapyong Parade square. This will feature the Marching Off of the Old Guard, including Col (Ret'd) James Calvin, who was the Commander UNPROFOR during Op HARMONY in 1993.

It is asked that all are seated for this event by 9:45 a.m.

In between the two ceremonies, there will be a family fun day for 2PPCLI including LAV rides and face painting for the kids. Also, the inaugural Medak Open will be held at the Shilo Golf and Country Club, with a tee off at 9 a.m.

The Stag reached out to the community of Medak veterans for a chance to tell their story. Among them, Cpl (Ret'd) Steff Kitching, who was a member of B Coy during Op HARMONY.

One of the principal things they collectively stressed, was that although it was fantastic to finally have some

recognition for what took place at Medak, there was significantly more to OP HARMONY than the titular battle.

Just as OP MEDUSSA does not encompass all that was Afghanistan, so too is there more to the story of Op HARMONY. According to Kitching, as soon as the Battalion was split when Charlie and Delta headed to Sector South, it was "game on." Patrols regularly were the target of Croatian dissidents, including a bounty for anyone returning the blue ball cap of a dead Canadian soldier.

Twenty-five years later and emotions are still very raw surrounding Op HARMONY. Those soldiers involved in this battle served their country with pride, in many cases to come home to be scattered to the wind.

A common theme amongst Op HARMONY veterans was to hear "That never happened — if it did, we would have heard about it in the media."

During my conversation with Cpl Kitching, he mentioned: "Out of all the things I saw in the former Yugoslavia there was one thing I didn't see ... a Canadian journalist."

Save for one reporter from the Calgary Herald, the stories of Cpl Kitching, 2PPCLI and the litany of reserve units that supported Op HARMONY would go unreported. To that end, for those who served during that period are both proud to mark the occasion and slightly anxious. For some, this date has been marked on their calendars for years.

During a time when Canadian peacekeepers were under scrutiny for actions in Somalia, members of 2PPCLI acted bravely and courageously in the former Yugoslavia, representing Canada with the utmost of professionalism.

The Commander in Chief Unit Citation reads: "Under conditions of extreme peril and hazard, facing enemy artillery, small arms and heavy machine gun fire as well as anti-tank and anti-personnel mines, the members of the 2PPCLI BG held their ground and drove the Croatian forces back."

The exemplary action of the 2PPCLI BG caused the Croatian Army to cease their ongoing tactics of 'ethnic cleansing' in the sector, without question saving many innocent civilian lives."

Get involved with your Home Station Regiment



The newly-established Home Station Regiment Senate exists to advance the welfare of members who are currently in service at the Home Station Regiment, as well as retired and former serving members of the Home Station Regiment. If you'd like to get involved, contact the president, Col (Ret'd) Peter Williams, at cdnig19@hotmail.com



United Way

CFB Shilo 2018 Campaign

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The *Shilo Stag* is produced every second Thursday.

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

Submitting articles and photos for print:

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

...



Follow the Shilo Stag on
 Facebook by visiting:

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New Stag staffer Jenna Dulewich is looking forward to exploring CFB Shilo's army history.

Photo Jules Xavier

New assistant editor back on home soil

Jenna Dulewich Stag Staff

Born and raised in Northern Manitoba, I am excited to be back to my home province and introduce myself to CFB Shilo, as the new assistant editor of your community newspaper.

After spending the last decade bouncing between provinces, but mainly residing in Calgary, Alta., I bring to the Base some award-winning writing skills, a love for coffee and a curious mind and despite the numerous nicknames over the years — “J-Dawg” from high school, “Hey Bartender” from my university days and “Rock Truck Mama” for a short stint — you can call me Jenna or Jay, for short.

Growing up in Lynn Lake — a community of 600, still awaiting high-speed Internet and cell phone service — I learned to love the North, Manitoba and small-town communities in general.

“Get to know your neighbour” was not some Twitter campaign in my hometown because knowing everyone who lived next door to you — or knowing everyone on the whole block — was a living reality.

And while I didn't have an opportunity to be a mall rat teenager or go to the movies on the weekend — or anytime unless I wanted to drive to the nearest city, 320 kilometres away — that did give me the opportunity to grow a fierce curiosity to what was happening and why.

Some call this “being nosy” but I prefer “inquisitive.”

After high school, my late-teens and early 20s was

keeping busy with a mix of post-secondary schooling, bartending, rock truck driving and freelancing. But the one job that has always kept my interest was the one which was being interested in other people and their stories.

I have always loved learning about people, professions, situations, issues, community, and everything in-between.

My passion has lead me to reporting on homicide trials, farmers' markets, million dollar deficits in budgets, bake sales, the fentanyl crisis, recycling programs, a sexual assault trial, a sock campaign, train track controversy, rodeo coverage, a call to ban spotlighting, blood drives, flood mitigation and a ceremony where a boulder was unveiled — to name a few — and through it all, I've learned, every story matters.

And when I'm not chasing down ambulances, in my free time I love anything outdoors, whether that be swimming in a lake, four-wheeling through the mud, breaking trail with a Ski-doo, fishing on a boat with friends and family, snowboarding in the mountains, driving my truck down an unbeaten path, or just having a beer at an outdoor patio.

Well now that you know me — I'd love to know about all of you and your stories.

My goal now is to discover what makes Shilo extraordinary — what is your story? Why are you here? What is happening out there? I want to learn it all during my time here.

Stop by the *Shilo Stag* anytime to introduce yourself — I'll be the one drinking coffee, furiously typing and playing rock music at my desk.

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ccullenmla@mts.net



Patience, physical training important for soldiers Down Under

From Page 2

SS: What was it like working with the other nations? Did you have any specific experiences?

TS: "We worked with Indian Air Force and Singaporean Air Force, with their F-16s. We had our Australian brethren with their F-18 Super Hornets. There was some American personnel there as well, and Thailand. That was most of the assets we worked with. It's important that we always work with foreign aircraft. The chances of a Canadian JTAC controlling a CF-18 in a theatre of operations is a very, very small possibility. It's important we work with our allies to work through things like the accent barrier [between an Australian pilot and Canadian JTAC]. Common terms like we call things like sea cans, they use another word. It's important that we always do that link, to make sure that we can do our job regardless of what platform were working with."

SS: So, for a young JTAC, it's good to get the time working with various aircraft. You believe it's a good experience for them?

TS: "One hundred per cent. Taking a JTAC somewhere that they're not familiar with, is a very good training opportunity. Unfortunately with some of the ranges we go into, they know them like the back

of their hand after they've worked in them for a few years. Both removing them from their comfort zone of terrain [what they use to talk an aircraft onto a target] and putting a pilot from a different air force on the other end, altogether, that's where it really hammers home the procedures of conducting CAS [close air support] strikes. They get very comfortable in Wainwright, and then you put them somewhere new and they start going back to the hard line procedures, because that has been proven to work."

SS: Was there anything that threw you guys a curve ball, or that your team learned during your time in Australia?

TS: "One night we were surprised. We suddenly had to do an extract and the controlling JTAC was simultaneously withdrawing, conducting CAS strikes, while clearing air corridors for an aircraft to do an approach on a dirt field to pick us up to leave the AO [area of operations]. The red force was a lot larger than earlier anticipated, so it required a very hasty extract. The controlling JTAC did a very good job, he managed his assets quite well. He was still striking targets while the incoming aircraft to pick us up was on approach. It's a very hard, complex issue that you have to work around."

SS: So you're fairly happy with

how things went with your team?

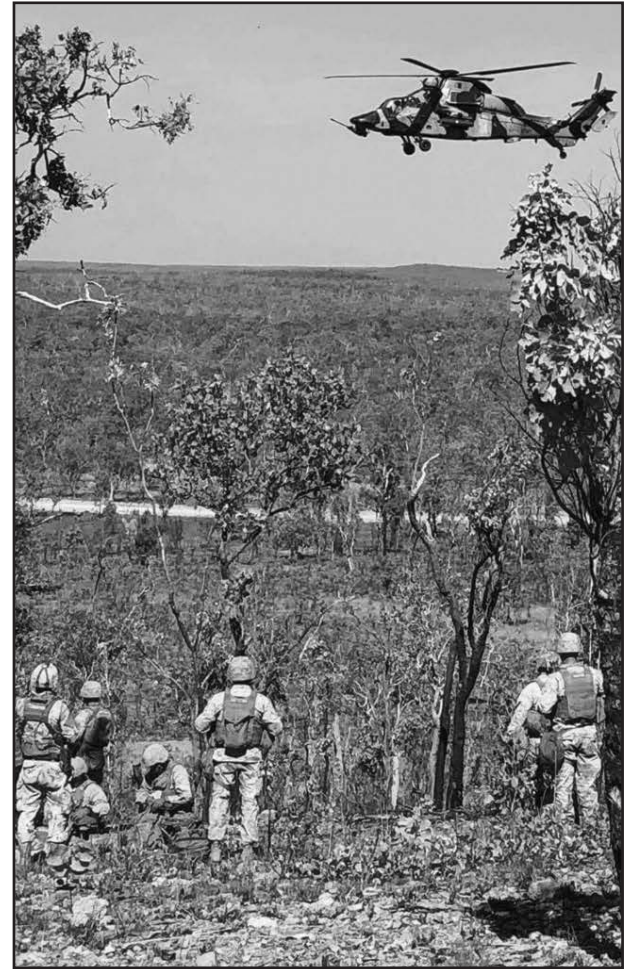
TS: "The team conducted themselves in the utmost professional manner. When we were in the Outback, we received compliments from multiple nations that worked with us. Including instructor pilots of foreign JTAC instructors and evaluators. They were very happy to have us down, and are hoping that we come every two years. [Ex] PITCH BLACK is on two-year cycles."

SS: Is there anything you would pass on to those going down to future serials of Ex PITCH BLACK?

TS: "Patience. It is a very big effort. As well, make sure you have your PT [physical training] in line. Going from the climate of Canada to the climate of Australia is a little shock to the body. Having that PT level there, that really helps out in the long run. I would also work the interoperability piece, with our allies. Although everyone is supposed to be interoperable, I would go as far as to say it's more important for JTACs. They do interoperability more than a typical soldier would as a member of 1CMBG."

WO Syme has enjoyed his experiences as a JTAC within 1CMBG, and describes it as a challenging yet rewarding job for soldiers across the Brigade who would potentially be interested in joining their ranks.

See sidebar story Page 10



Soldiers observe a helicopter from a ridge during Ex PITCH BLACK held in Australia earlier this summer. 1RCHA sent soldiers Down Under to hone their skills working with other foreign military. Photo supplied



ROLLING RIVER SCHOOL DIVISION

NOTICE OF VOTERS LIST / PERSONAL SECURITY PROTECTION

Notice is hereby given that a copy of the ROLLING RIVER SCHOOL DIVISION VOTERS LIST may be revised at:

Rolling River School Division Administration Office, 36 Armitage Avenue, Minnedosa, MB on September 12, 13, and 14, 2018 between the hours of 9:00 a.m. and 4:00 p.m.

At this time the Senior Election Official will be available to update the voters list by:

- (a) adding the names of voters who are entitled to have their names on the list;
- (b) deleting the names of persons who are not entitled to have their names on the list; and
- (c) making such other correction of errors to the list as required.

SCHOOL TRUSTEE ELECTION VOTER ELIGIBILITY:

A person is eligible to have his or her name added to the ROLLING RIVER SCHOOL DIVISION VOTERS LIST if he or she is:

- 1) a Canadian citizen and at least 18 years of age on election day; and
- 2) a resident of the Rolling River School Division for at least six months prior to election day

APPLICATION FOR PERSONAL SECURITY PROTECTION:

A voter may apply in writing to the Senior Election Official (at the address / fax number below) no later than September 14, 2018 at 4:00 p.m. to have his/her name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application may be submitted in person, by mail or fax and must include your name, address and include proof of identity.

All changes to the voters list must be completed on or before September 18, 2018.

Dated at Minnedosa in the Province of Manitoba, on August 24, 2018.

Jean Garbolinsky
Senior Election Official
Rolling River School Division
36 Armitage Avenue
Box 1170
Minnedosa, MB R0J 1E0

jgarbolinsky@rrsd.mb.ca
(Work) 204-867-2754
(Cell) 204-868-0104
(Fax) 204-867-2037



ROLLING RIVER SCHOOL DIVISION

NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that on the following days:

September 12, 13, 14, 17, 18, 2018 between the hours of

9:00 am to 12:00 noon and 1:00 pm to 4:00 pm

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I will receive nominations for the offices of

SCHOOL BOARD TRUSTEE FOR WARDS 1, 2, 3, 4, 5

of the ROLLING RIVER SCHOOL DIVISION

The nomination deadline is September 18, 2018 at 4:00 p.m.

Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority or ward (as the case may be), but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above location, on the date and hours specified, by an agent, or by fax.

To obtain a nomination paper, and / or candidate's declaration of qualification, contact the Senior Election Official at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Jean Garbolinsky
Senior Election Official
Rolling River School Division
36 Armitage Avenue
Box 1170
Minnedosa, MB R0J 1E0

jgarbolinsky@rrsd.mb.ca
(Work) 204-867-2754
(Cell) 204-868-0104
(Fax) 204-867-2037

Dated at Minnedosa in the Province of Manitoba, on August 22, 2018.



EX KAPYONG SUMMER CHALLENGE tested the mettle, and battle skills, of 2PPCLI with an array of tasks.
Photos Jules Xavier



Infantry use summer challenge to test their mettle, battle skills

2Lt Ryan Bartlette
Shilo Stag

The Battalion had just returned from leave as its soldiers would test their mettle during Ex KAPYONG SUMMER CHALLENGE.

Soldiers competed as sections in numerous skill and technical “stands,” testing their abilities and mettle in infantry core skills.

Whether it was assembling the weapons system of the LAV 6, tactical first aid or pepper potting, soldiers would carry out their drills efficiently under the watchful eye of the Battalion’s SNCOs.

This *Stag* reporter had an opportunity to take in some events alongside 2PPCLI soldiers in the training area or on their home turf.

It didn’t matter whether you were employed in a rifle company or in transport, everyone had

to get back to basics. This was the message from CO LCol Jay MacKeen who reiterated: “I truly believe to save lives ... it’s back to the basics.”

The CO had very intentionally chosen the skills they would be testing during Ex KAPYONG SUMMER CHALLENGE.

“I wanted to focus on the section level. The reason for that is quite simple,” he said. “It allows us, as professionals, to go out and do the stuff we should be excellent at.”

This certainly isn’t an effort to show off. LCol MacKeen needs to find out where his Battalion stands heading into high readiness.

“Yes, there’s some good. But what I really want to see, and know, is where’s the bad and where’s the ugly,” he said.

In this way, his Battalion members can grow as professional soldiers and their best possible version as they head into high readiness.

“At the end of this competition, what you should have is a laundry list of things about you that you need to face to be a better soldier going forward as we go into high readiness. It’s about taking ownership of that problem,” said LCol MacKeen.

This year, the top section was Sgt. Lance Beaven and his squad of 63A. This isn’t the first time Sgt Beaven has been recognized.

His section also won Ex KAPYONG WINTER CHALLENGE.

The Princess Patricias also celebrated their 104th birthday. LCol MacKeen addressed the troops, and various letters of well wishes were read out.

The Battalion also took the opportunity to promote some of their soldiers including now MWO Bowen, WO Lewis, Sgt Barkwell, MCpl Gancz and MCpl Walker.

Where history is par for the course

Rocky summer for mason working on memorial golf campaign

Jules Xavier
Shilo Stag

It was a rocky summer at the Shilo Country Club for Justin Borody — but it had nothing to do with the masonry specialist's golf game.

A regular on the Base golf course, Borody put his skills to work creating plinths currently on display at each of the holes for the Allies of the Memorial Golf campaign. He's also responsible for building the cairn in front of the LAV III as part of the Afghan Memorial located in Canoe River Park.

"I had about 20 tonnes of rock to work with, and used about three tonnes," he said while working at his outdoor office behind the golf club's maintenance building, with scurrying chipmunks and ground squirrels keeping him company. "It was not feasible for me to build each of the plinths at the tee-box, so this space here worked out great. I'd be distracting for golfers doing what I'm doing."

For rainy days, the owner of Bricks and Stones Masonry put up a tarp to keep the elements from drenching him, while he worked on a void form that he encased by surrounding it with an assortment of different sized rocks. It was like working on a jig-saw puzzle, but Borody decided how each rock was used.

"We had to source out field stone for this project because you can't just use any rock," he explained. "You can't use limestone because it's soft, and will erode over time."

Borody also did not have access to lots of smooth rocks to work with by scouring the golf course. So, he had field stone quarried from the Brandon Hills brought to him, with the granite ideal for his purposes.

He did his first plinth as a test in the spring of '17 to see how the design would hold up, and this one now sits at the golf course's driving range.

Once each plinth was finished, it had to be "craned" out to the tee-box and put up alongside the memorial tee markers. Each plinth weighs between 2,500 and 3,000 pounds.

Another touch he added to each golf course plinth was to include a Titlelist golf ball as his artistic signature.

"It was my idea to include the golf ball among the rocks. It's subtle which is the reason I put the ball at the back of the plinth. You have to be looking at the whole plinth to notice it. It's a personalized touch to my work."

Coming up with the right size to build, Borody looked at other plinths used in Edmonton and elsewhere.

"We wanted the size to be where kids could easily read what's on the cap stone," he said, pointing out the military history of such battles as Vimy Ridge or Korea's Kapyong are part of the overall project.

Each hole is dedicated to a significant military event starting



with the Northwest Rebellion of 1885, and leading up to the Afghanistan War from 2001 to 2014. Other memorials to look at include the Boer War, Ypres, Battle of Britain, Hong Kong, Dieppe, Sicily, Italy, Ortona, D-Day, Liberation, Battle of the Atlantic, Home Front, Women of War, Peacekeeping, Cold War, Balkans and History of CFB Shilo.

As the project develops, an array of historic military displays will be placed throughout the course to add to the historical experience and compliment the Allies of the Memorial Golf campaign vision.

The Shilo Country Club's motto for this campaign is "Where History is Par for the Course."

It was a collaboration of ideas that led to the plinths which golfers can be seen reading

while waiting for a foursome ahead of them to finish off their hole.

Borody thought the use of the rocks for the plinths made sense from his work doing masonry using bricks and stones. He had earlier done some work in the pro shop as part of renovations.

"It's a lot better than putting out a bland cement marker out on the course. The rocks give the plinths, or a cairn, some character and are noticeable from afar. But you also want to keep it classic looking, too."

An avid member on the Base golf course, Borody was then approached by Shilo and Region Service Club president Ian Muir about coming up with something that could be used for the Afghan Memorial that would tie in with the club's 50th anniversary.

"When I was approached to do this for the service club I wanted to do something more than a cement statue like you see [in Canoe River Park]," he said. "I thought let's make this a work of art so that we can be proud of what Canadian soldiers did in Afghanistan ... let's make this a big deal. Twenty soldiers lost their lives [from this Base] over there, so this cairn for the memorial needed to reflect this and be special."

Moreover, Borody had to incorporate the service club's 50th anniversary time capsule, so he built in a tube with access from the back, that would hold items to be accessed in 2068. The opening was covered by one of his stones.

"I wanted to build something that has meaning, that respects those who fought and died in Afghanistan," he said. "Based on what I've heard from people who have looked over the cairn while visiting the memorial since it was unveiled in June, that I did just that."

The colour of the stones might fade over time, but for now, because he cured them with a seal,

the vibrancy of the field stones encasing the cairn will catch your eye from afar as it sits out in front of the LAV III.



Mason Justin Borody works on the last cairn for the golf course (top). He's proud of the work building plinths and cairns (above) for the Shilo Country Club's memorial golf campaign, working on the project at the maintenance yard.

Photos Jules Xavier

Practice, repetition key to improving results on FORCE test

OCdt J.P. Reil
Stag Special

If you're like me – one who's not a galloping gazelle – chances are the FORCE tests' 80-metre rushes is the part you don't enjoy doing.

Pretty much all of us can walk 80 metres in 50 seconds – which was the pace for the old 13-kilo-metre battle fitness test (BFT).

Ten minutes per kilometre meant 100 metres per minute, thus allowing for an average pace of six kilometres per hour.

However, it is the dropping and getting back up that slows a lot of people, which makes you rush to get under that 51-second time limit.

Participants start in the prone position, advance 10 metres then drop back into prone again after touching the line, then advance again repeating the process another seven times to complete the 80-metre distance.

The dropping and getting back up is meant to simulate taking cover and changing positions quickly and over short distances.

I admit that I need to perform better on this portion of the test and improve the technique required to accomplish the task.

I have found the 80-metre rushes easier than the previous 20-metre shuttle run beep test – which seemed to go on forever until you achieved your passing level.

I sat down with Base fitness and sports instructor Melissa Green to discuss strategies and tips for improving results on the next evaluation.

"Each person and age group is different, so if you want to get the most out of the test, figure out what you want the most improvement on and work with that," she said.

"The best thing is to start with a good warm up,"



OCdt J.P. Reil (left) passed his recent FORCE test, which featured soldiers from across the Base participating at the MPTF.

Photos Jules Xavier

FORCE test are dictated by Ottawa to help make sure your joints and limbs are loose. If you need additional stretching, work on that as well. Make sure you work on good technique."

She added, "Practice and repetition is key for improving your results on the test."

When the FORCE test debuted, a lot over-estimated the test and ended up struggling on the evaluation – even failing.

"A lot of people in the beginning were failing because of using poor technique, and unfamiliar with the protocol of the test," Green said.

Should you fail your evaluation, fear not – although you will feel some embarrassment and likely end up in the sergeant-major's office – PSP staff will help you get back on track.

You'll be placed on remedial PT for one to three months depending on the issue – and unit – where PSP will ensure you pass your evaluation at the end of your session.

To help you set some goals for your next FORCE test, here are the national average and Base record times:

- 80-metre rushes average 39 seconds – record is 23.5 seconds.
- Sand bag lifts average 1:30 minutes – record is 38.7 seconds.
- Intermittent loaded shuttle average 3:30 minutes – record is 1:59.6 minutes.
- Sand bag drag average 14 seconds – record is 7.7 seconds.

Green also provided some basic exercises to help you complete and improve on each task.

"The rushes have a lot of technique, so it's easier to break the task down into separate exercises. I would focus on sprinting with stopping and starting with change in directions. Running lines [like players do in volleyball and basketball] helps as well as pushups for upper body strength to help get you up quickly. Work on

getting down and up quickly similar to a burpee also helps," Green said.

She added, "Sprints are also good for the intermittent loaded shuttle. Have some exercises like farmer's carries – where you're carrying some weight and walking a distance.

"For the sand bag drag, sled pushes and pulls are good – more so on the pulls and dead lifts. For the sand bag lifts, squats and upper body strength are good."

Green offered some final advice to prepare in the days leading to your test.

"Do some light activities days before, so that you have maximum potential on the day. Avoid high-risk activities and get as much rest as you can."

If you require assistance preparing for your next FORCE evaluation, PSP staff are always ready to assist you to achieve your goals at the GSH.

School bus zones return as school session resumes

OCdt J.P. Reil
Stag Special

It's September and we all know what that means – school is back in session.

Those big yellow school busses are back on the roads again, and school zones are also in effect.

What do you need to do when approaching a school zone?

From 8 a.m. to 5 p.m. Monday to Friday, you need to slow to 30 kilometres per hour and be prepared to stop for kids and other pedestrians.

Most school zones in the area take only a minute at 30 kilometres per hour to get through – a minute is not long at all, so plan your commute accordingly.

If you're deciding to rush through a school zone, be

prepared to pay a hefty fine as well as moving down the driver safety rating scale – which means larger insurance payments.

Many schools have crossing guards to help children cross busy streets, so obey their directions.

Also, know what to do when school busses are stopped and dropping off or picking up children.

When you're planning on leaving the Base at the end of the day, keep in mind that there are school busses on the highways dropping kids off from Brandon and other communities.

When the red lights are flashing and the stop sign is out, stop and wait until the lights are no longer flashing and the stop sign has been pulled back in.

When you're travelling in the opposite direction of the school bus, you are also required to stop for the

bus – unless there is a meridian, then you should at least slow down and pass with caution.

If you think bus drivers are not watching you – think again. Most busses now have cameras which allows drivers to catch your licence plate.

Thinking of passing a stopped school bus with the lights flashing? According to MPI, that'll cost you \$600 and two demerits on your record – as well as a reputation for being an aggressive driver.

While we do not have to stop for transit busses – unless you can't pass them safely – they require some attention as transit busses are large and block drivers' view, so be careful around them.

The school year is a busy time for everyone, so let's all take a moment to make sure we all get where we're supposed to be and in one piece.



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Survey on sexual misconduct in CAF: every voice counts

Stag Special

This fall, Statistics Canada (StatCan) will begin conducting the 2018 survey on sexual misconduct in the Canadian Armed Forces (CAF).

The purpose of this survey is to obtain an up-to-date picture of the issue of sexual misconduct in the CAF and to measure progress since Op HONOUR was initiated in 2015.

The survey asks a series of questions to determine the prevalence of sexual misconduct in the CAF in the last 12 months and to gauge awareness of pertinent policies, programs and support mechanisms.

In mid-September, StatCan will begin sending invitations by email and mail to eligible Regular Force and Primary Reserve personnel.

The survey is voluntary but all personnel are strongly encouraged to take time to share their views. All members'

perspectives are important, whether or not they have been directly affected by sexual misconduct.

StatCan will analyze the data and compare it with data collected in 2016. Comparing the data will help measure the impact of Op HONOUR and identify areas that require a more concentrated level of effort for improvement. StatCan will release the survey results at the end of May 2019.

Sexual misconduct has far reaching, negative impacts on morale, cohesion, operational effectiveness, deployability, recruiting and retention.

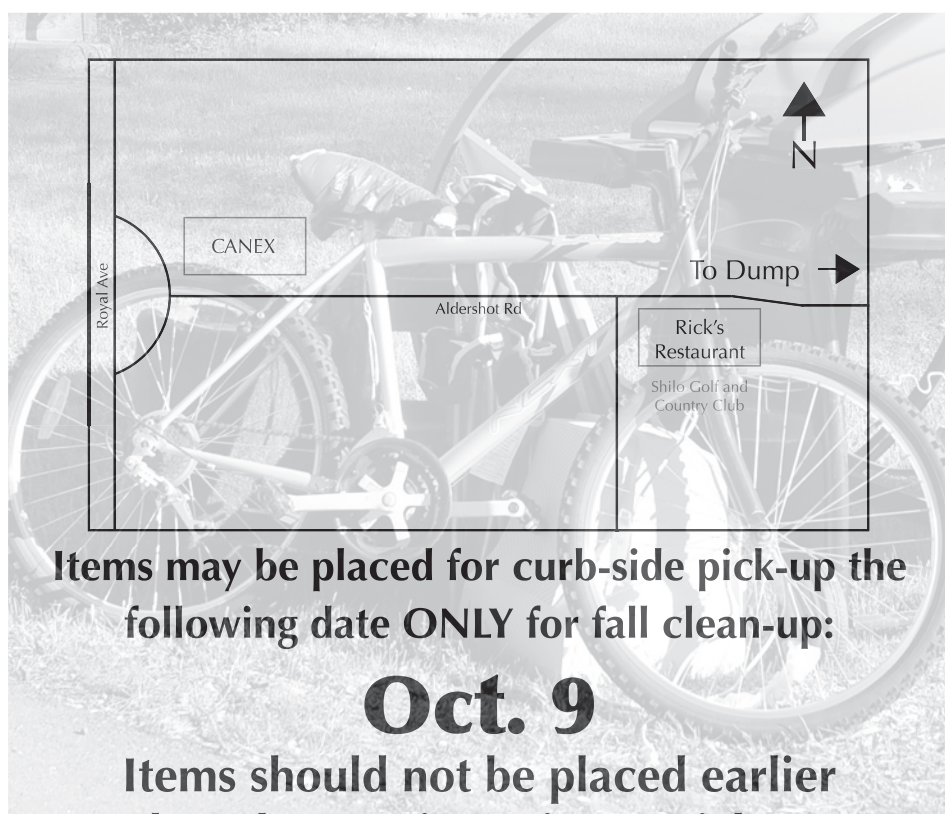
The 2018 Survey on Sexual Misconduct in the CAF is vital to deepening our understanding of the issues and how they should be addressed.

Watch for your invitation to participate, and don't miss your chance to contribute to this important initiative to improve the well-being of the CAF and its personnel.

"The purpose of this survey is to obtain an up-to-date picture of the issue of sexual misconduct in the CAF and to measure progress since Op HONOUR was initiated in 2015."

Got Bulk Garbage?

Bulk items, yard waste, tires, and electronics may be disposed of Monday to Friday from 8 a.m. to 4 p.m. at the Shilo dump located two kilometres east of Rick's Restaurant on Aldershot Road



Items may be placed for curb-side pick-up the following date ONLY for fall clean-up:

Oct. 9

Items should not be placed earlier than the evening prior to pick-up

Interested in Scouts? Cubs?

Stag Special

New to CFB Shilo — interested in Scouts, Cubs or Beavers for your kids?

If so, scouting has been part of this Base since January 1948. It has been co-ed since 1994. Boys and girls ages five to 14 before Dec. 31 of the current year can register, according to leader Lin-

da Levesque, the chief clerk for 1 MP Reg Shilo Pl.

"All age groups camp, hike, do crafts, play games, try their hand at cooking both indoors and out, and of course community service is a part of our program," she told OCdt J.P. Reil.

"Socializing and hands-on activities are important. Learning knots, building fires, us-

ing camp tools properly and safely are important things to know."

All meetings are held at L25, located behind CANEX.

Cubs (aged eight to 10) and Scouts (aged 11 to 14) gather each Monday from 5:30 to 7 p.m., while Beavers congregate each Wednesday from 5:15 to 6:30 p.m.

For more information contact Levesque at 204-765-3000 ext 3396.

SURVEY

ON SEXUAL MISCONDUCT

Coming this fall

The voluntary and confidential Statistics Canada Survey on Sexual Misconduct in the CAF will be sent to Regular Force and Primary Reserve personnel starting 14 September. Be sure to complete yours. Every voice counts.

Operation
HONOUR



canada.ca/caf-operation-honour

Grab a fall copy of your Base At A Glance magazine available at CANEX, GSH and units

At A Glance

CFB SHILO



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FALL 2018



Shilo & Region Service Club

Inaugural Charity Open

SEPTEMBER 8th

Proceeds donated to
Brandon Regional Health
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Pediatrics Unit

Teams of four players only
Cost: \$240/team

(includes golf, hot breakfast,
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Four-person scramble

Cart rentals available

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Register by calling Pro Shop 204-765-3623

Check-in & breakfast 10 a.m.

At Community Center Annex
(Building L25)

Tee-off at noon; Course briefing 11:30 a.m.

Great prizes to be won!



At Shilo Golf & Country Club



Soldiers involved in Ex PITCH BLACK held in Australia earlier this summer, including a contingent from 1RCHA, compare notes.

Photo supplied

Ex PITCH BLACK 1RCHA team makes most of its Outback opportunity

Bdr Kevin Gagnon
Stag Special

Earlier this summer, four Canadian artillery soldiers and one RCAF captain left Winnipeg on a C-130 Hercules for what promised to be quite the adventure in the land Down Under.

Along for this journey in July we had Capt Rob O'Brien, WO Tyler Syme, MBdr Joel Favron, MBdr Brad Wickens and this writer.

Our task was to integrate the Canadian JTAC (Joint Terminal Air Controller) standard of excellence within EX PITCH BLACK, an Australian led event that brought fourteen nations together to train across multiple trades and platforms.

The trip to Australia took five days. No complaints were to be had as we were fortunate enough to travel with our Air Force colleagues who were extremely accommodating.

We stopped in Portland, Oregon, Hawaii, American Samoa and Cairns, Australia before reaching our final destination, RAAF Darwin, which is located in the northern territory of Australia.

While there we stayed in TIN CITY, a temporary, yet surprisingly cozy set up for the multinational ensemble of soldiers.

After getting settled in, we were eager to get to work. It wasn't long before we were heading to the airfield, ready to embark on our first flight into the Outback.

Along with our German friends, we took turns engaging targets of opportunity in the training area. WO Syme, our Brigade JTAC evaluator, and Capt O'Brien, an instructor, used the opportunity to train the junior JTACs.

While under the scorching heat of the northern Australian sun, we took advantage of the seemingly endless VULs (vulnerability period) of F18 Super Hornets, F18 classics, F16s and multiple

other close air support aircraft.

For nearly 16 hours on our first day, the Canadian team worked tirelessly and the JTACs were able to almost completely update their currencies.

In order to stay current, JTACs must complete nearly 20 types of missions to keep their qualification.

Throughout the rest of our month there, we saw more of the same but we also had a few unique moments. During one of our flights to the Outback, we found ourselves on a French aircraft filled with members of their press team. Everyone shook hands and they were thrilled to have the chance of taking a photo of their Canadian friends.

Another day in similar circumstances, we ended up catching a ride with the Australians who had a group of Special Forces members as well as members of parliament aboard the aircraft.

We had the privilege to watch the commandos do a free fall jump from the back ramp of the aircraft.

Before we knew it, the exercise was winding down and it was time for a celebration called International Night. It consisted of a large gathering where soldiers from different countries shared food, drinks and stories.

Canada made some of its famous moose milk to the absolute delight of the rest of the world.

During our last trip to the Outback, we had an amazing opportunity to show some civilians how Australians and Canadians could work together. Two young families arrived at the look-out location we were controlling and they were completely enthralled with both what we were doing and how we did it.

The children in attendance were delighted to see the fighter jets perform low level flights, and were very eager to try on our personal equipment. It was the perfect ending to an incredible trip and fulfilling adventure.



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
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On target training

2PPCLI soldiers spent a few days in the training area following summer leave taking part in Ex KAPYONG SUMMER CHALLENGE. The same team that won the winter challenge also garnered the trophy from this outing that saw plenty of infantry skills put to the test.

Photos 2Lt Ryan Bartlette



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Padre Dennis - ext 6836
Padre Walton - ext 3088
Padre Smallwood - ext 3089

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Employment

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Employment

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


Base Pharmacy Team can help with minor ailments

Capt Nick Malzahn
Stag Special

In a rush and there's a long line-up at sick parade? Not to worry, there might be a chance that the Pharmacy Team at 11 CF Health Services can help you out. I am the Pharmacy Officer at 11 CF Health Services Centre. With allergy and poison ivy season in full swing, we just wanted to take a moment to promote the minor ailments prescribing service being offered at the Base's pharmacy.

Now you may have already seen some of the posters around the clinic, but may be asking yourself, what minor ailments conditions can Pharmacy Officer's prescribe for? Well without further ado, here's the list of minor ailments conditions approved for Pharmacy Officer prescribing: Acute Bacterial Conjunctivitis (pink eye), hemorrhoids, Allergic Rhinitis (seasonal allergies), menstrual pain, cold sores, mild acne, constipation, mild Urticaria (hives), Contact Dermatitis (poison ivy), minor joint pain, corn/calluses, minor muscle pain, Cutaneous Fungal infections (athlete's foot), nasal congestion, dandruff, nausea/motion sickness, dry eye, oral ulcers (canker sores), earwax buildup, smoking cessation (including Champix), emergency contraception, vaginal yeast infections, heartburn/reflux, warts (excluding facial/genital) So how does it work? If you have a minor ail-

ment condition in the above list, you can choose to present to the pharmacy where we will go through a quick assessment together to make sure that a minor ailments prescription or an over-the-counter medication would be a safe and appropriate option for you. If not, you will be advised to check in at the front desk for further assessment. If yes, we will prepare the medication for you and you're on your way! It's really just that simple and easy. As always, should you wish or be more comfortable being seen by the clinic staff, you are more than welcome to do so. This service is being offered as an alternative and convenient way for members to possibly receive treatment for a minor ailments condition. Just as a friendly reminder, we continue to encourage patients to use our refill line at ext 3166, and your refill will be ready to pick-up within 48 hours. The 11 CF Health Services Centre Pharmacy hours are Monday to Wednesday, and Friday from 7:30 a.m. to noon, and 1 to 2:30 p.m. We are open Thursday from 7:30 a.m. to noon. Should you have any questions or concerns, don't hesitate to contact the Pharmacy Team at ext 4178.



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Golf shower

Golfers avoided having to take a shower after their drives missed the sprinklers at work on the Shilo Country Club course.

Photo Jules Xavier






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TITLE	CEO, MB //
SERVICE	1998-PRESENT //

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