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# Shilo Stag

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## INSIDE This Issue



Will the skateboard park become extinct? Page 2



RCEME keep motors running with their skills. Page 7




Army Cadets celebrate new CWO's birthday. Page 9




## Puck battles

1RCHA A Bty goalie Mario Clement was busy between the pipes in the second game of the playoff finals. A/C Coy blue-liner Brandon Hillis (11) scored (above) to draw his team even at 3-3 in the middle period. Earlier, he set up teammate Jesse Kettles (10), but Clement turned the shot aside. Kettles would eventually score the game-winner as A/C Coy prevailed 4-3 to sweep the series 2-0. For more on the playoffs, see page 12. *Photos by Jules Xavier*



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# Community Council requests your input at April 8 meeting



The Base's skateboard park is on the agenda for the April 8 town hall meeting.

## Lt Brechin Piper Stag Special

With the melting snow, beautiful spring weather and new fiscal year approaching, your Shilo Community Council (SCC) is starting to plan community events and projects for the year.

The SCC will hold a town hall April 8 at the MFRC starting at 7 p.m. for anyone who would like to come and give their input for events and projects they'd like to see on the Base or drop by and raise concerns you might have.

The biggest challenge the SCC faces is a lack of community input on what they'd like to see to make the CFB Shilo experience even better.

Council members would love to receive your input on events such as Canada Day, potential barbecues, additions to currently planned events as well as community facilities. Share your ideas with us.

A large project the Base is looking for input on is the skateboard park behind CANEX. The ramps and equipment have been condemned and will not be put out this year.

In order to justify replacing the equipment, the SCC need to hear from members of the community that the skate park will be used.

If you would like to see the skateboard park replaced this year, contact Fitness, Sports and Recreation manager Jim Mackenzie at local 3316 or via e-mail james.mackenzie@forces.gc.ca The SCC meets once a month with ward

reps and ex-officios which include PSP, MFRC, CFHA, 1 MP Regt Det Shilo, CE, Base Transport, CANEX, Scouts and the *Shilo Stag*.

Examples of some of the issues which council members have dealt with at recent meetings and at the last town hall included:

- Paths to the schools not being cleared of snow
- Community recycling container being full
- Poor lighting in the warm-up shack at the outdoor rink

These issues are easily handled once the correct organizations are made aware — in these cases CE, CANEX and PSP.

The minutes from all council meetings are sent to BComd LCol Stephen Joudrey, 1RCHA CO LCol Stewart Taylor and 2PPCLI CO LCol Bob Ritchie, so bigger issues which are not easily fixed by council members receive more visibility for potential solutions.

Help your SCC improve our community by providing your input. You can get in touch with community council members by visiting the CFB Shilo CF Community Gateway page.

Once there, select community council and look up your ward rep or any member of the executive.

Or you can stop by a council meeting or town hall. The schedules are on the Gateway page, and council meeting coverage is provided in the *Shilo Stag*.

Lt Brechin Piper is with SSU (W) Det Shilo. You can reach Shilo's mayor at 204-765-3000 ext 3779

## Pet of the Week



**DOYLE**

Adopted puppy owned by Chelsea Williams, is two. Doyle is a mutt Shephard lab and husky mix. He loves to be the family joker, and makes the Williams laugh with his "talking" he does with us. He's also a sock thief, so if a sock goes missing, the family looks to Doyle.



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## Quarterly parade salute

MWO Brian Jensen salutes during the CFB Shilo quarterly parade held at the MPTF. BComd LCol Stephen Joudrey handed out promotions, and civilian awards.  
*Photo by Jules Xavier*

# SCAN seminar helps prepare for your future

### Capt Carl Noonan Stag Special

Are you ready for the future? Are you five years or less from possible retirement or thinking about a second career outside the Canadian Armed Forces (CAF)?

Or are you interested in learning about financial, education, and other benefits to prepare a 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 work-force 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 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 spring's three-day SCAN seminar, which includes a one-day Medical Release brief (third day), starts May 6, and is being held at the IRCHA theatre. This event will comprise a number of presentations by different agencies.

Director Canadian Forces Pension Services (DCFPS) will facilitate sessions on the financial aspects of release including excellent information on pensions and severance.

The release section will discuss administrative details regarding the release process and SISIP Financial Services will be returning to discuss financial planning and insurance cover-

age after release. There is also valuable information on wills, estate planning, and power of attorney.

Representatives from Brookfield Global Relocation Services will brief participants on current regulations and entitlements. If furthering your education is something you are considering, the CAF Education Reimbursement Programs and benefits will be discussed.

As well, representatives from Assiniboine Community College and the Adult Collegiate will provide information on continued learning and adult education.

The third day of this seminar focuses on the medical aspects of release and will feature transition services, medical employment limitations, and vocational rehabilitation, clarifying the multi-services and benefits.

Representatives from these services, as well as Operational Stress Injuries Social Support and Case Management will present information to both Regular Force and Reserve Members.

This seminar promises to be packed full of useful information which you will not want to miss. We invite you and your spouse to register by calling the BPSO office at 204-765-3000 ext 3086, or register on-line at <http://dgm-pra-dgrapm.sondages-surveys.ca/s/SCANRegistration/>

The registration form is located on the banner page or under the G1 Branch/BPSO.

Complete and submit the registration form no later than May 2. 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 as well.

*Capt Carl Noonan is the Base Personnel Selection Officer, BPSO*

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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.

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

## Taking flight

During an exercise out in the Shilo training area, the jet fighter you see flying over the Base is in constant communications with soldiers on the ground, especially if the aircraft is supporting artillery or infantry advancing on an "enemy" target.

Photos by Jules Xavier



# Put your money to work paying yourself

## Tricia French Special

There are two financial ground rules: spend less than you earn and put the rest to work.

These rules are simple, but not always easy to do. Most of your time and energy goes into your job, but you also need to keep some in reserve for your family, friends, hobbies, and responsibilities.

Think of your money the same way.

You spend most of your money on your lifestyle, but you also need to keep some in reserve for emergencies, upcoming expenses and long-term needs — children's education, retirement, etc.

Do this by paying yourself first.

The "pay yourself first" system has been around forever because it works.

Make you and your future top priority and set aside a portion of your income for savings before you do anything else. Canada Revenue Agency (CRA) has this down to a science.

CRA requires employers to collect and remit our income taxes to get its money before we get our hands on it. You can do the same thing.

The trick is to choose a percentage of your income and have it disappear every payday into savings — automatically when possible.

Start even with a small amount, like two per cent, and increase it gradually over time. In time, you won't even miss it. Life often gets in the way, so if you wait to save until the end of the month, there may be nothing left.

Save first and the work is done. You can spend the

rest on your lifestyle without guilt or worry.

Next, put your savings to work to make money for you. All "savings" require three things: a job, a workplace, and a deadline.

First, the money you save has to have a job.

The job is the reason you want to put away money. It could be for emergencies, a family vacation, a new baby, or even retirement.

The more important the job is to you, the easier it is to stay motivated to save.

The job of your savings also helps determine the best workplace for your savings, which is called an investment vehicle. It could be a Registered Retirement Savings Plan (RRSP), a Tax-Free Savings Account (TFSA) or even a Registered Education Savings Plan (RESP).

Investment vehicles are not investments themselves, but the place where your money works.

Finally, the job needs a deadline. It's the time limit for when you will need the money.

If the job is to build a nest egg to add to your pension in retirement, you may not need to use the money for 20 or 30 years, or even longer.

On the other hand, you might be saving for a trip home in just two years.

Ready to get started? You don't need to do it alone.

A financial advisor can help you identify the job, the right workplace (investment vehicle), a good mix of investments and a deadline for your savings.

The best time to start saving is now. Get your money working at least as hard as you do.

Tricia French is a SISIP Financial Services financial counsellor

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# CAF grievance backlog improving

## Stag Special

Last spring, I launched Op RESOLUTION to significantly reduce the grievance backlog at the Initial Authority (IA) level across the Canadian Armed Forces (CAF), and to reinforce our obligation to consider and determine grievances in a timely manner.

Achieving success on these objectives is important because delays in the CAF grievance process undermine both the confidence CAF members have in the chain of command and their loyalty to our institution.

Through Op RESOLUTION, significant improvements have been made to the fairness and responsiveness of our grievance system, but I'm convinced we can do better.

For that reason, through CANFORGEN 056/15, I have authorized Op RESOLUTION to be extended to June 30.

This extension will provide sufficient time for commanders and commanding officers at all levels to eliminate most of the grievance backlog, and to ensure new grievances are adjudicated within in a timely manner — within four months.

In addition, acknowledging that delays in the administration of grievances may not be solely due to the IA process, I have chosen an 80 per cent compliance rate as a realistic and achievable performance measurement objective.

I am committed to the principle that all CAF members have the right to submit a grievance and to receive a well-explained, timely, reasonable and impartial determination of the grievance from the appropriate authority.

Put simply, a well-functioning grievance system is fundamental to the profession of arms, and provides a voice for our members.

Op RESOLUTION will help to ensure that grievance administration, a fundamental element of command, is given proper attention by commanders at all levels, and at all times.

*Gen Tom Lawson  
Chief of the Defence Staff (CDS)*



## Call home with hockey video

Gunner Arena facilitator Karen Gero recording the intersection playoffs using video on her cell phone. Here, she has referee Marc Lavoie signalling to the benches they can no longer change players.  
*Photo by Jules Xavier*

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# THE BRAVE MEN AND WOMEN

OF THE CANADIAN ARMED FORCES AT CFB SHILO

## LARRY MAGUIRE, MP

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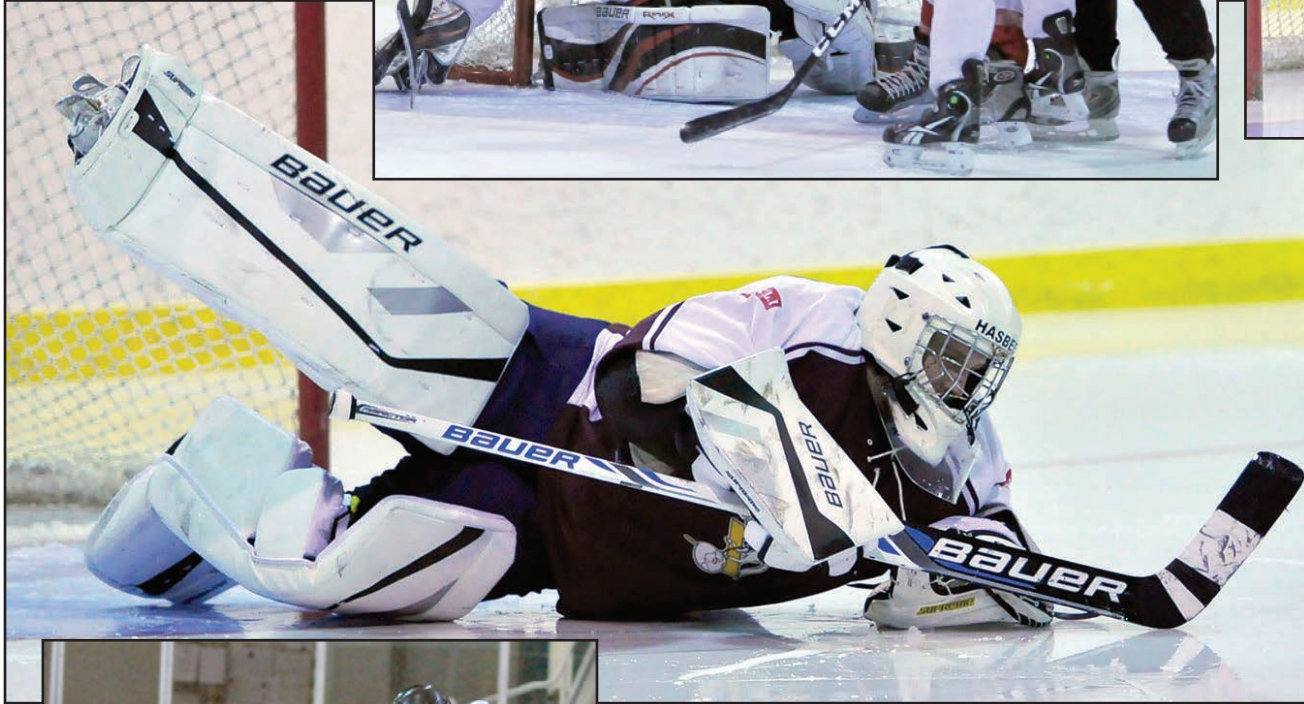
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There was plenty of action around both goal creases when 2PPCLI battled 1RCHA during the annual RCEME hockey tournament held at Gunner Arena. When the ice chips had settled, 2PPCLI earned a 4-2 triumph thanks to a two-goal effort from game MVP Bob Ritchie.

Photos by Jules Xavier



## 17 Wing's Marvin Clarkson leads all scorers with 16 points

### Shilo Stag

Randy Haskett's second goal of the game proved to be the winner as 17 Wing Winnipeg edged 2PPCLI 4-3 in the championship game of the two-day annual RCEME hockey tournament.

Played at Gunner Arena, and featuring five teams, 17 Wing went undefeated in round-robin action.

Besides Haskett's two-goal performance, 17 Wing teammate Marvin Clarkson also scored twice.

Guy Page, with two, and Don Marshall with a solo tally, answered for 2PPCLI.

With 3-1 win-loss round-robin record, 2PPCLI finished second going into the playoff round and faced the 2-2 win-loss BATUS squad out of CFB Suffield in one semi-final.

In that contest, four different scorers found the back of the net as 2PPCLI skated to a 4-1 triumph over BATUS. Brad Lebel, James Anderson, Steve Carter and Shaun Worrall answered for the winners, while the lone BATUS goal came off the stick of Tom Calvert.

In the other semi-final, 17 Wing crushed 1RCHA, which finished with a 1-3 win-loss record in the round-robin, 10-4 thanks to a seven-point effort from Clarkson.

Of his offensive numbers, four of them were goals.

Clarkson easily won the tournament scoring race, finishing with 11 goals and 16 points in six games.

Peter Munroe also had a seven-point effort, scoring a hat-trick. Haskett collected five points, including two goals, while 1RCHA loner Marc Lavoie added a solo marker.

Answering for 1RCHA were Ray Euper, Rob Nederloff, Barry Brownell and Dakota McGann.

In the battle for bronze medal bragging rights, Roger Bannerman scored the game-winner in sudden-death overtime to pace 1RCHA to a 3-2 victory over BATUS.

Nederloff scored twice for the winners, while BATUS goals came from Dan Beaudoin and E. Jon Hugbins.

In other round-robin tilts, Beaudoin had two goals to pace BATUS to a 4-2 win over 1RCHA.

James Prout and Calvert had the other goals, while Mathieu Light and Nederloff replied for 1RCHA.

Clarkson had four goals, and Sebastian Massicotte added two, when 17 Wing bounced winless CFB Shilo 6-2. Evan Paul and Julie Gaubreault answered for the CFB Shilo.

Carter had the game-winner with 1:22 to play in the third period as 2PPCLI edged BATUS 3-2. Jared Lindsay and Don Marshall had the other 2PPCLI goals, while Gary Crooks and Beaudoin replied for BATUS.

17 Wing skunked BATUS 3-0, with Clarkson, Has-

kett and Munroe scoring for the victors.

It was another goose egg for 17 Wing when the Winnipeg squad battled CFB Shilo. Haskett and Frank Menard scored in the 2-0 victory.

BATUS also recorded a shutout facing CFB Shilo, with Beaudoin scoring twice to pace his team to a 7-0 triumph.

Solo markers went to Calvert, Mack Garratt, Chris Brown, James Prout and Thorpe.

Euper had two goals as 1RCHA downed CFB Shilo 5-2. JP Cliche, Eric Normandin and Light had the other 1RCHA goals, while CFB Shilo's offence was supplied by Matt Reid and Ben Berkowski.

Shaun Worrall, Jared Lindsay and Page scored two goals apiece as 2PPCLI cruised to an 8-3 victory over CFB Shilo.

Carter and Constantine Hamel had the other 2PPCLI goals, while McGann, with two, Reid replied for CFB Shilo.

Munroe had the hat-trick in 17 Wing's 4-1 win over 1RCHA. Menard added a solo marker, while 1RCHA's lone goal was tallied by Euper.

2PPCLI's CO LCol Bob Ritchie laced on the blades for his team's 4-2 win over 1RCHA, scoring twice and earning MVP honours.

Pete Boivin and Don Marshall had the other goals, while Euper and Cliche answered for 1RCHA.

# Vehicle technicians

## Keeping the CAF revved up ... rolling forward

### Samantha Bayard Stag Special

Every piece of equipment in the Canadian Armed Forces (CAF), with or without an engine, is kept in working order by a vehicle technician.

They work on a diverse array of vehicles and equipment on bases throughout Canada as well as being deployed on exercises and operations throughout the world.

Since joining the Canadian Army in 1980, CWO Pierre Tremblay, Assistant Occupational Advisor (AOA) for the Vehicle Technician trade, has served in Germany, Kuwait, Afghanistan, Bosnia-Herzegovina and Sarajevo as well as on various bases and regions across the nation. He has had the opportunity to work on a wide variety of CAF vehicles and equipment.

"I have worked a lot on the Armoured Vehicle General Purpose Armoured Personnel Carrier and Leopard 2A4 tank," says CWO Tremblay. "A bit of the commercial fleet, too, and also: bomb lift, BV 206, snowmobiles and a bit on motorcycles when we had them. And I didn't work just on vehicles."

He adds, "I did a lot of work on generators, heaters, trailers, chainsaws; we touched probably everything, all kinds of equipment and vehicles in the CAF."

CWO Tremblay says he was inspired as a youth to join the CAF after meeting a Canadian Army Supply Technician who lived nearby.

"I saw the brother of my friend arriving home driving a silver Pontiac Trans-Am 1979 and wearing a military uniform," he recalls. "When I talked to him, he told me a bit about mechanics — and that was it. I did not like school. I wanted to work. I wanted a car and my autonomy."

New recruits in the vehicle technician trade receive multi-level training, apprenticeship and opportunities that offer real responsibility. Someone considering this trade should be a patient problem solver who loves a challenge, according to CWO Tremblay.

"We need somebody with an open mind, willing and happy to serve, receptive to constructive criticism, in good shape and health, and an innovator," CWO Tremblay says. "Team spirit is important, but it's funny to say that because you need to be a team player but still able to work alone. I would say don't get hung up on the negatives: 'I don't have that, I cannot fix that.' The sentence we have to use is 'I will find something to fix it.'"

CWO Tremblay recalls his first exercise at CFB Gagetown when he promised a driver he would fix his fellow soldier's 2 ½ tonne truck prior to departure for Valcartier the next day. The problem was a cracked fitting in the brake system.

"We had none available in stock and I told my warrant officer about the promise I made to the driver. The WO told me to find a jeep and he and I went to base maintenance to cannibalize the fitting from an old truck. The WO said to me: 'Craftsman, a mechanic has only one obligation. Now, fix it.' And I did."

On any base in Canada, vehicle technicians work in state-of-the-art shops, but on exercises or operations they sometimes have considerably fewer resources to work with and must adapt with MacGyver-like ingenuity.

"Often when you deploy, you will have to do repairs with what you have got on hand. Maybe you don't have a new part, so you will try to fix the old one. You might have repaired the part or welded



something to avoid replacing it, such as a leaking radiator for example," explains CWO Tremblay.

"If you don't have the welding machine or another radiator, you will probably pinch the radiator tubes or try to fix it with eggs. You put them in the radiator when coolant is very hot and hope the eggs will cook and plug the hole. You learn those kinds of things when you are on a mission or on exercise. In the field you have to make things happen with fewer tools or parts."

Extreme weather can become a challenge in itself.

"I know for a fact that in Afghanistan, for example, you don't leave your tools in the sun, because you will not be able to grab them after a few minutes of direct sunlight. I think the worst issue as a mechanic is not so much the hot weather. Personally, I have more problems with cold weather," he says.

"It's pretty hard to work when it's cold. Also the cold weather is rough on all the equipment and mechanical components. Nothing moves easily. Quick-disconnects are very hard to disconnect. With cold fingers, it is hard to manipulate small bolts or nuts. The winter clothing impairs access to some parts."

Working on battle tanks and other armoured vehicles sounds exciting, and it is but, according to CWO Tremblay, "Mechanics is mechanics. An engine in a car or in a tank is the same."

For experienced mechanics, becoming a vehicle technician in the CAF could be a great career move. For those who are just starting out in the trade, the CAF could be the place for them to get schooling, apprenticeship and a job with real responsibility.

Here is the road to becoming a CAF vehicle technician:

- Recruits must first complete their Basic Military Qualification — also known as basic training — just like every other soldier.
  - New recruits then attend the Canadian Forces School of Electrical and Mechanical Engineering at CFB Borden in Ontario for about 30 weeks of intensive courses in vehicle maintenance and repair. This covers principles and operating characteristics of internal combustion engines, repair and overhaul of typical engines and vehicle components, common and special tools and electronic test equipment, basic garage equipment, oxyacetylene welding equipment, automotive systems and operating light tracked vehicles.
  - Alternatively, acceptance into the CAF Subsidized Education Plan is an option. This program covers tuition and books for qualified recruits at a recognized college or technical school.
  - Next is an 18-month apprenticeship at a base in Canada, essentially on-the-job training at full pay.
  - Those who demonstrate the required ability and potential are later offered advanced training such as Northern Terrain Vehicle Maintenance, Armoured Engineering Vehicle Maintenance, Armoured Vehicle Launched Bridge, Instructional Techniques, Leopard C1/A2 Main Battle Tank, and Leopard Armoured Recovery Vehicle Maintenance and Recovery.
  - There are opportunities to develop specialized skills through formal courses and on-the-job training, including further technical training. Supervisor and manager level training is also available.
- "Training never really ends for vehicle technicians," says CWO Tremblay. "The mechanics trade is always evolving."

Samantha Bayard is with Army Public Affairs

Vehicle technicians with CFB Shilo RCME keep an array of trucks, buses and other road machines operational thanks to their mechanical skills.

Photos by Jillian Driessen

**UPCOMING HOME GAMES:**



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March 27  
7:30 p.m.



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**Holy Week**

**Palm Sunday - March 29<sup>th</sup>**  
10:30 am Service at St. Barbara's Chapel  
10:30 am Mass at Our Lady of Shilo

**Holy Thursday - March 26<sup>th</sup>**  
7:00 pm The Lord's Supper & Washing of feet at Our Lady of Shilo

**Good Friday - April 3<sup>rd</sup>**  
11:00 am Multi-Church Good Friday Service at Western Manitoba Centennial Auditorium 205 20 Street Brandon  
3:00 pm Stations of the Cross at Our Lady of Shilo Chapel  
4:00 pm Veneration of the Cross at Our Lady of Shilo Chapel

**Holy Saturday - April 4<sup>th</sup>**  
7:00 pm Easter Vigil Mass at Our Lady of Shilo

**Easter Sunday - April 5<sup>th</sup>**  
10:30 am Service at St. Barbara's Chapel  
10:30 am Mass of the Resurrection at Our Lady of Shilo

For more information please call the Chaplain Administrative Assistant at 204-765-3000, ext. 3091



**Fire fitness**

Looking to become a firefighter, candidates are put through a series of tests by fitness co-ordinator Ginger Lamoureux. *Photos by Jules Xavier*

**Part-time Reserve soldiers receiving benefits**

**Shilo Stag**

Part-time Reserve Force veterans are on equal financial terms with Regular members of the Canadian Armed Forces (CAF), says the MP for Brandon-Souris. Speaking on behalf of Minister of Veteran Affairs Erin O'Toole, Larry Maguire acknowledged his Government is committed to providing all veterans, Reserve or Regular Force, with the equal and fair support they need and deserve. "By improving benefits for injured part-time Reserve Force veterans we are honouring and respecting their service and sacrifice," he said at his press conference in Brandon. Proposed changes focus on Veterans Affairs Canada's Earnings Loss (EL) benefit, which provides income support for veterans with service-related injuries while they are participating in the rehabilitation

program or unable to be suitably employed.

Currently, part-time Reserve Force veterans in receipt of the Earnings Loss (EL) benefit are eligible for an annual EL benefit of \$24,300.

Beginning this April, all veterans of the Reserve Force eligible for the EL benefit will receive a minimum annual income of \$42,426 — the current EL benefit of a basic corporal in the Regular Force. Survivors of part-time Reserve Force veterans who died as a result of service will also benefit from this change.

The military estimates about 200 part-time reservists will benefit when the changes take into effect.

"All of Canada's veterans, not just some, have earned the right to be treated with care, compassion and respect," said O'Toole in a press release from Maguire. "We would not have been able to do 12 years in Afghanistan without the Reserves."

"Today, we honour our Government's commitment to make the Earnings Loss Benefit the same for both Regular and Reserve Force veterans. All veterans who are injured or ill as a result of serving their country will be provided the same minimum level of income. This is the right and fair course of action."


He added, "We have listened and acted on the advice of the Veterans Ombudsman, the House Standing Committee on Veterans Affairs and the feedback I have received from veterans. This is yet another example of how we are taking action to improve services to veterans and their families."

O'Toole said Canada sent 27,000 reservists to Afghanistan, and 14 of them were killed during the mission.


He acknowledged the reservists, men and women, served alongside Canada's Regular Force members, and did so with distinction. They are critical to Canada's own defence and critical to Canada's interests abroad, and bear the same price on the battlefield.




Larry Maguire, MP for Brandon-Souris announced increased benefits for part-time Reserve Force veterans at the Army Navy and Air Force Veterans In Canada Unit No. 10 in Brandon. *Photo submitted*




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CWO Michael Brooks (left) shakes hands with CWO Will Cannon at the 2520 RCACC — 71 Bty Change of Command ceremony. He later served cake (inset) as part of his birthday celebrations.

Photos by 2Lt Betty Froese

# Army cadets welcome new CWO

**2Lt Betty Froese**  
Stag Special

After six years of dedicated service to the army cadet program, Chief Warrant Officer William Cannon said “farewell for now” to 2520 Royal Canadian Army Cadet Corps (RCACC) during the 71 Bty RCA Cadets Change of Command ceremony held at the Brandon Armoury.

Not only did CWO Cannon celebrate turning 19 on the day of his Change of Command ceremony, but the entire corps also celebrated his service to the community through the army cadet program for a significant number of years for any youth.

“I joined the cadets as soon as I turned 13,” he recalled. “And have really enjoyed the many experiences the cadet program has allowed me to be part of including the different summer camps, both as a cadet and as a staff cadet. Going to the Vernon, BC, and the Rocky Mountain cadet summer training centres in Alberta allowed me to make new friends from across Canada.”

MWO Michael Brooks was promoted to CWO, filling big shoes for the native of Brandon.

“The corps has grown significantly since I joined five years ago,” he shared. “When I started we had close to 15 [cadets] and now we have over 60 cadets parading every Wednesday evening.”

CWO Brooks also joined at age 13 and has seen the benefits of the program, both for the individual and the community.

“This program teaches the cadet self-discipline, leadership skills, fellowship and teamwork. It aims at building the individual’s self-confidence and self-esteem,” he offered.

“There is a sense of belonging here and gives one a higher purpose. There’s always something to work towards as in goal setting and achieving — both inside and outside of yourself. The camaraderie each Wednesday night and on exercise teaches us how to get along and make the best of any situation.”

While military cutbacks have been a part of the past year’s changes, the cadet program still continues to enable youth from across Canada to partake of amazing experiences and activities.

Biathlon and marksmanship competitions are unique to the army cadet program as is parachuting for those who qualify. International trips and ex-

changes, as well as summer camp travel and training in numerous locations such as Vernon, BC, and Whitehorse, NWT, continue to enable youth to learn more about themselves, each other and our country.

2520 RCACC has the benefit of being close to CFB Shilo because Regular Force military personnel are an important asset to the training program at both locations, whether in Brandon or at CFB Shilo.

“The Reg Force brings an amount of discipline and professionalism, in the military aspect, that other officers on staff who are not full-time military and don’t have the military training,” said CWO Brooks. “They teach us what the Canadian Armed Forces (CAF) has done globally, what they’re doing at the moment, both home and abroad, and it brings the idea that we’re not them in any way.”

He added, “But they definitely show us how we can be better like them; in citizenship, and duty and loyalty and honesty that are so important in the [Canadian] Armed Forces. When they come in and help us with that, it’s a great service to help the cadets solidify those teachings.”

Both Brooks and Cannon have become good friends the past five years, and as CWO Brooks is nearing his own 19th birthday and soon aging out, CWO Cannon hopes to return to the corps as a civilian instructor and perhaps join the Cadet instructor cadre, a branch of the Army Reserves that works exclusively with the Army Cadet program.

“I saw how far I could go in our corps,” CWO Cannon said. “I want to come back and mentor these youth, like others have mentored me. It’s about passing it on.”

Both CWOs were each awarded the National Star of Excellence by RCSU CO LCol Michele Claveau.

The Cadet program is a national youth development program which aims to grow in youth the attributes of good citizenship and leadership, promote physical fitness, and stimulate the interest of youth in the sea, land and air activities of the CAF.

2520 RCACC parades each Wednesday night from September to June at the Brandon Armoury and CFB Shilo’s MPTF from 6:30 to 9 p.m. Youth aged 12 to 18 are welcome to join throughout the training period.

Visit [www.2520armycadets.com](http://www.2520armycadets.com) or [www.cadets.ca](http://www.cadets.ca) for more information.

2Lt Betty Froese is the Unit Public Affairs Officer with 2520 RCACC – 71 Bty RCA Cadets



## We want you on our team

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



## GSH Bowling Alley

Open bowling for all ages  
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Shoe rental: **75** cents

Prices subject to tax

Ask about Glow bowling birthday parties!

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

**Shilo Theatre**  
(Located in the General Strange Hall)

March 27 *Interstellar* - PG

April 5 *Into the Woods* (12:30 p.m. after Easter egg hunt) - G

April 10 *Taken 3* - 14A

April 17 *Night at the Museum: Secret of the Tomb* - PG  
Children aged 10 and younger require adult supervision at all times.  
All movies start at 6:30 p.m. Doors open at 6:15 p.m.

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

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**Spring running**

2PPCLI soldiers were out despite Monday's snowfall preparing for this year's Mountain Man competition.



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**Young artists wanted to illustrate books**

**Shilo Stag Special**

Has your child ever dreamed of illustrating a real book?

If you have a budding artist in your household, it's time to dig out the crayons to take part in an exciting new project.

The Natasha's Wood Foundation is looking for Canadian children and youth to submit illustrations to four children's books.

These picture books are written by Fay Maddison, founder of the Natasha's Wood Foundation, especially with early readers and military families in mind.



These inventive stories feature a magical forest, fairies, unicorns and dragons — a whole imaginative world just waiting for children and youth to bring it to life.

"Created, designed and written for those that love bedtime stories, magical lands and the joy of discovering new friends, these picture books will bring a message of hope, love and friendship to all," said Maddison.

"We are inviting youth to influence the look, feel, and sound of learning from the world of Natasha's Wood."

The Natasha's Wood Foundation had a kick-off for the children's art campaign March 5, with a feature on *The Zone* on YTV.

Canadian children up to the age of 18 will be invited to read the text for the children's books at [www.natashaswoodfoundation.com](http://www.natashaswoodfoundation.com) and submit a copy of their illustrations online or by mail.

Submissions will be accepted until June 28.

The Natasha's Wood Foundation will donate all proceeds from sale of the picture books to arts, sports and education programs for the children of first responders, including the Support Our Troops Funds.

These funds support children in military families in a variety of ways, including recreation programs that focus on bolstering children's mental health and resiliency, and inclusive recreation programs for special needs families.

For more information, visit [www.natashaswoodfoundation.com](http://www.natashaswoodfoundation.com)

Come out and help us celebrate CFB Shilo's

**12<sup>th</sup> Annual Base Commander's Downhomer Lobsterfest**

**June 6<sup>th</sup> at L25**

**Tickets \$35**

**Featuring a whole lobster and steak dinner and an evening of live music!**

Tickets on sale March 1<sup>st</sup> at CANEX, 340 ESSO, and Douglas General Store

# CFB SHILO JOBS

**Lifeguard/Swim Instructor**  
**PSP Casual position six months**  
**Quote job # SHI-15-08**

Job Summary: Under the supervision of the Aquatics Supervisor, the swim instructor/lifeguard plans and prepares swimming lessons, instructs students at their appropriate level in accordance with guidelines set out by Red Cross and Lifesaving Society programs and provides feedback to participants and/or parents with recommendations for improvements. He/she performs lifeguard duties and participates in meetings and in-service training, clinics and club events. She/he opens and closes the aquatic facility, ensures the safety of all participants while in the pool facility and assists in maintaining the pool office, pool deck and storage areas in a neat and tidy manner.

Salary \$11.90/hr - \$14.28/hr  
 Start Date: ASAP Application deadline March 31

**Museum Research Intern**  
**PSP RCA Museum two temporary full-time positions**  
**Term of this position May 19 to Aug. 8**  
**Quote job # SHI-15-11**

Job Summary: Under the supervision of the RCA Museum Senior Curator, the research intern researches and prepares reports on the history of military activity in Manitoba. He/she assists with the design and preparation of a walking/driving tour brochure of the RCA Museum's outdoor display guns. He/she provides interpretation and research assistance to individual clients and group tours.

Salary \$13/hr - \$15.57/hr  
 Start Date: May 19 Application deadline March 30

**CANEX Supermart Department Supervisor**  
**Temp Full-time Position April 13/15 to April 12/16**  
**Quote job # SHI-15-09**

Job Summary: Under the direction of the CANEX manager, the department supervisor maintains stock control and ensures that inventory age is within specific or directed guidelines. He/she orders merchandise to ensure shelves are well stocked in assigned departments and meets customer requirements. He/she plans department layout, shelf arrangements, signs and displays. Performs inventory checks against Point of Sale system reports to verify integrity of inventory on a regular basis. He/she deals with suppliers/vendors, prepares purchase orders for manager's approval. He/she deals with defective, damaged, and returned merchandise, authorizes refunds, voids and returns. He/she supervises employees, holds keys, safe combinations and access codes, open and closes the store as required. He/she deals with customer concerns or complaints to ensure customer satisfaction and refer complaints to manager when required. He/she operates the cash register, lottery terminal, video rental computer, data wave, and debit/credit machine and maintain a float. He/she completes refrigeration and freezer log and informs supervisor/manager if any problems. He/she informs the supervisor in regards to merchandise turnover and customer requests. He/she reports spoilage or damage of merchandise to manager/supervisor. He/she prices new inventory according to pricing policy. He/she operates the postal counter and self-serve gas equipment, including gas console or tank monitoring system, take dip readings and monitor fills for safety and gas run-offs, as required.

Salary \$13/hr - \$15.57/hr  
 Start Date: April 13 Application deadline March 27

**CANEX Supermart**  
**Shipping and Receiving Clerk**  
**Permanent Full-time Position**  
**Quote job # SHI-15-16**

Job Summary: Under the supervision of the CANEX manager, the Shipping and Receiving Clerk indicates all incoming and outgoing merchandise in the Report of Goods Received and Shipped (RGRS), inputs, updates and verifies data in the Point of Sale system and files documents, conducts verification checks with the Radio Frequency (RF) gun to ensure proper pricing and inventory, and prepares transfers for outgoing merchandise (CF 603). She/he creates price tags from purchase orders, prices merchandise and indicates quantity of merchandise received on purchase orders. She/he counts merchandise received and verifies its condition. She/he orders store supplies, merchandise and places orders with suppliers, loads and unloads merchandise, and assembles and disassembles merchandise.

Salary \$11.90/hr - \$14.28/hr  
 Start Date: April 13 Application: Deadline March 27

**Fitness & Sports Instructor**  
**PSP Full-time position**  
**Quote job # SHI-15-15**

Job Summary: Under the supervision of the fitness co-ordinator, the fitness and sports instructor prepares and instructs physical fitness training sessions and conducts physical fitness evaluations for the General Strange Hall (GSH) in accordance with NPF regulations and policies. He/she advises military personnel in accordance with the CF physical fitness program standards. He/she also performs lifeguard duties, inspects and maintains physical fitness equipment, as well as provides assistance with regional sports programs and administrative support for physical fitness and evaluation programs.

Salary \$16.87/hr - \$20.96/hr  
 Start Date: ASAP Application deadline: April 8

Submit all resumes to NPF HR office via e-mail quoting competition # to npfhrshilo@cfmws.com OR for more detailed information on the jobs above visit: www.cfmws.com

# Volunteering is healthy for you

**Melissa Dahl**  
**MFRC Special**

If you feel your job is eating up your life, then you probably also feel like you can't take on any additional commitments — even though you know you probably should be volunteering at your kid's school or a soup kitchen or something.

Who has the time? Actually, you do, or you'll feel like you do once you start volunteering, suggests a new study in the Journal of Occupational and Environmental Medicine.

Its authors found that people who volunteer are happier with their work/life balance than those who don't volunteer.

The researchers surveyed 746 full- and part-time workers in Switzerland, 35 per cent of whom said they also volunteered at least a few times throughout the year.

They asked the study participants about their job demands and their perception of their work/life balance.

Finally, the participants also answered questionnaires designed to measure their level of stress and

job burnout.

As the researchers suspected, those who volunteered were also less stressed and less likely to feel burned out at work. But these respondents also reported feeling a better sense of work/life balance as compared to those who did not regularly volunteer, a finding which held even after the researchers controlled for the varied job demands and resources of the study participants.

"Volunteering, albeit energy and time-consuming, may contribute to a greater sense of balance for workers which might in turn positively influence health," the authors write in their paper.

And this isn't the first study to suggest the time-stretching powers of volunteering. A 2012 paper in Psychological Science reported that when people volunteered their time to help others in some way, they reported a greater sense of "time affluence" compared to those who spent those same hours doing something to make themselves happy.

Giving your time away doesn't exactly work the way you'd expect it to.

For more information about volunteer opportunities at Shilo MFRC e-mail Christine.Helgason@forces.gc.ca

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# Jesse Kettles scores two game-winners: A/C Coy sweep A Bty

## Shilo Stag

2PPCLI A/C Coy blueliner Brandon Hillis predicted his team would sweep 1RCHA A Bty in the league playoff finals.

He made this bold prediction despite A Bty winning the regular season with an impressive 16-1-0 win-loss-tie record and outscoring its opponents in 17 games 134-54. A/C Coy, meanwhile, finished third overall with a 11-5-1 record. Hillis and his teammates scored 81 goals in their 17 regular season tilts at Gunner Arena, while opponents put 43 goals into the A/C Coy net. In the second game of the best-of-three final series, the edge in play was on the side of A Bty, but goaltender Kevin Walker made a number of key saves. Plus his goal post turned back to other sure goals.

Down 2-0 early in the middle period on goals by Francis Gagnon and Patrick Hutchinson, A/C Coy rebounded with three goals in a three-minute span, all from close range as 2PPCLI crashed the net in the care of A Bty keeper Mario Clement to go up 3-2. Hillis, Alex Mikler and Patrick Langlois proved the offence. Jesse Kettles would score what turned out

to be the game-winner early in the final period to give A/C Coy a 4-2 lead. Gagnon's second goal with 9:29 to play made the contest a nail-biter, especially with A Bty having six attackers in the final minute — with Clement on the bench and Hillis serving a tripping penalty.

However, A/C Coy's Walker helped his team weather the storm, and Hillis' prediction came to fruition as 2PPCLI held on for a 4-3 victory. Combined with the opening game 4-3 triumph, A/C Coy garnered playoff bragging rights as 2014-15 champs.

In the opening contest, it was Kettles again scoring the game-winner in a 4-3 win, beating Clement with



With A/C Coy forward Jesse Kettles arriving to check, A Bty D-man Ian Harris (14) hammers a shot towards the 2PPCLI net.



A/C Coy goalie Kevin Walker has a crowded crease when a teammate knocked an A Bty opponent into him during playoff action at Gunner Arena.

1:42 to play. Ryan Richardson-Guest, Logan Lobo and Mikler had the other A/C Coy goals. Joel Roy, Mike Ross-Leclerc and Ian Harris answered for A Bty.

In semi-final action, A Bty swept Z Bty 2-0. In the second tilt, Craig Leslie had the hat-trick, while Roy notched the game-winner in a 6-5 triumph. Harris and Gagnon added solo markers. Scoring for Z Bty were Mickey Wilson, with two, Kyle Pillon, Brad Vickers and Tyler Perry. The opening game of the series saw A Bty also eke out a 4-3 triumph, with Leslie scoring the game-winner with just eight seconds to play. Gagnon scored twice, while Alexandre Boucher-Dumont added a solo effort. Answering for Z Bty were Kyle

goals, scored 1:03 apart by Mikler and Alex Teichroeb. Hillis, who added two assists, scored early in the opening period to give his team a 1-0 lead.

In the opening game of the series, Brad Phillips scored twice to pace A/C Coy to a 4-1 victory. Ric Wieler and Lobo added single markers, while Gossen had the solo goal for Z Bty.

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