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Infantry need snowshoes for winter exercise. Page 6



MPs will reward cyclists following road rules. Page 7



Stag takes flight in CH-146 Griffon. Page 12



1RCHA's Capt Anne Pham was hugged by her emotional mother after arriving at the Brandon municipal airport following the conclusion of Op ATTENTION in Afghanistan. A dozen CFB Shilo soldiers were met at the airport by family, friends and colleagues when a C130 Hercules landed following a flight from Ottawa. *Photo by Jules Xavier*

Tearful reunion for soldiers returning home

Jules Xavier
 Shilo Stag

It was a tearful reunion for 1RCHA's Capt Anne Pham and 11 fellow soldiers when she arrived home from Afghanistan.

Arriving in the departure lounge at Brandon's municipal airport, Capt Pham was hugged tightly by her emotional mother. As the embrace ended, the soldier was soon swarmed by a horde of radio, print and television media as reporters queried her about what it felt like returning home with the conclusion of Op ATTENTION.

"It feels great to see my family," she said. "It's been a long time."

Nearby, 25-year-old MCpl Kyle Barclay was being hugged by his grandmother, Joy Barclay, after returning home from his second tour of Afghanistan.

Sgt Matthew Lewis received a hug from wife Annastasia, then cradled son Eli in his arms while trying to address a Glob-

al reporter's questions about returning home to CFB Shilo after being away nine months.

Eli ignored the media, his cookie from the MFRC was more interesting, while dad said, "Just glad to be back home" following his third tour.

MCpl Adam McLeod found a quiet spot away from the four roving television cameras, and hugged son Nolan and embraced wife Laurie. He did not escape queries from print media, the reporters scribbling notes while he offered his observations on being home after four deployments.

"It's the first time coming home to my son and the first time being married, so knowing that, and that it's the last time [going to Afghanistan], it's a really good feeling," offered McLeod.

Sgt Michael Bursey, also with two tours during the longest running military operation in Canadian history, was met by wife Sheila. Home 13 days early, he surprised teenage sons Noah and Damian later at Neelin High's science fair after leaving the airport.

See **CANADA** page 7



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Infantry navigate training area wearing snowshoes

Jules Xavier
Shilo Stag

There is a required skill when it comes to navigating deep snow while wearing snowshoes.

It's not a lost art when you are a seasoned trapper earning a living in the far north working a trap line. Today's soldier with the Canadian Armed Forces (CAF) also is issued a pair of snowshoes to go along with the rest of the military kit.

Just ask the soldiers decked out in white camouflage, with 2PPCLI, who used them in the training area while participating in a battle scenario as part of Ex STRIKING RAM.

This was a lot different than fall's Ex KAPYONG WARRIOR.

Running while wearing snowshoes is no easy task, with more than a few soldiers doing face-plants in the crusty snow after their footwear crossed and caused a trip.

Or the lip of the snowshoe caught the edge of the snowy crust after the footwear had sunk a few inches down.

The Stag's editorial staff was embedded with the infantry as they made their way across a snow-covered landscape, with rolling hills to the east where the "enemy" was hunkered down on a ridge overlooking the battlefield.

Transportation was by foot, or snowmobile for some.

The latter was not an option in a fire-fight, unless the military mounts ma-

chine-guns or moving mortars to the front of their snow machines.

For this battle scenario, one of many 2PPCLI companies went through during a week of Ex STRIKING RAM, the infantry on the ground had support from 408 Tactical Helicopter Squadron, plus two fighter jets that flew over the ground held by the "enemy."

Moving forward using their snowshoes to better cover the snowy terrain, the infantry were held up temporarily before they could engage the "enemy" during the live-fire battle.

They needed their combat engineers to breach a hole through a barbed wire defensive wall using a special device called a Bangalore Torpedo.

With soldiers lying flat prior to the explosion, once the black cloud had started to settle, a wave of them went through, engaging their initial "enemy" targets triggered by safety officers working from the sidelines.

Company commanders had already briefed their soldiers on what tactics they wanted to use, whether to flush out the "enemy" in buildings scattered across a valley, plus take out targets, including a tank, on a high ridge.

It might have looked chaotic from the vantage point of observers 2PPCLI CO LCol Bob Ritchie, 1RCHA CO LCol Stewart Taylor and 1CMBG CO Col David Anderson, but each of the companies had their tasks, and moved with slippery precision as they took down or neutralized their "enemy" positions.

See **MOUNTIES** page 6

Soldier of the Quarter

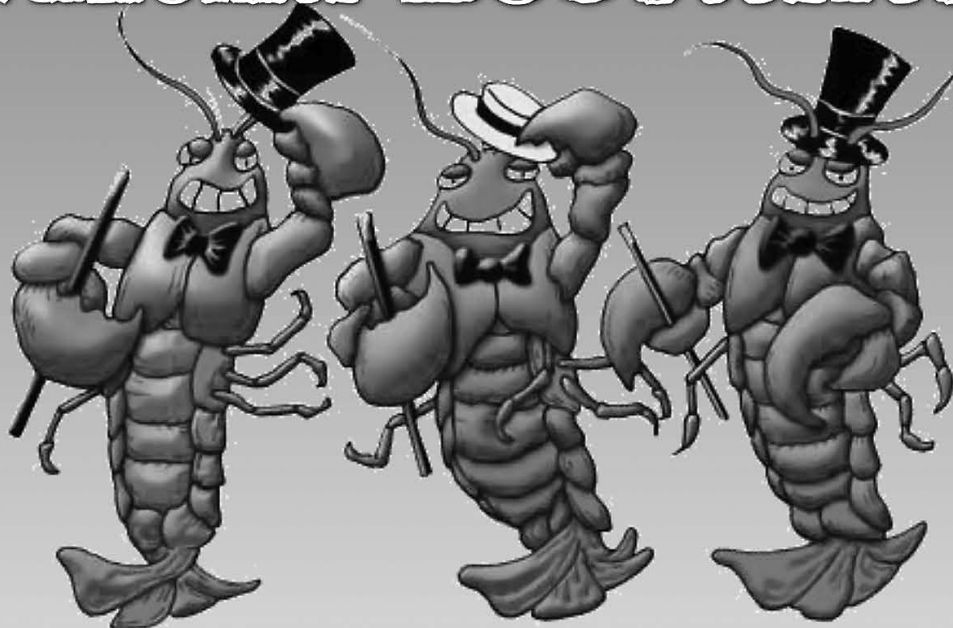
A dispatcher at Base Transport, Cpl Melanie Page was named Soldier of the Quarter during the spring quarterly awards ceremony held at L25. Cpl Page was cited for her work at Base Transport, and received the award from BComd Stephen Joudrey.

Photos by Jules Xavier



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Former 1RCHA RSM CWO Ed Smith is back home following Canada's final mission to Afghanistan, Op ATTENTION. CWO Smith and his fellow soldiers who served in Afghanistan will be recognized May 9. *Photo by Jules Xavier*

Military recognized May 9 with National Day of Honour

Shilo Stag

Op ATTENTION was a staggered deployment which distributed some 950 Canadian troops to locations in and around Kabul and Mazar-i-Sharif in the north, and Herat in the west of Afghanistan.

Of those, about 600 Canadian advisors directly supported more than 2,000 Afghan instructors in an effort to professionalize and equip the Afghans to take charge of security after Canada left.

Some of the Canadian trainers had several combat missions under their belts, giving them an awareness of the dangers and added capability of defending themselves.

Canadian soldiers have long played an integral role in the on-the-job training of their Afghan counterparts. The new mission differed in that the instruction took place in a formal training environment.

Apart from basic combat, leadership and trauma-treatment training provided by soldiers deployed to Afghanistan from CFB Shilo, the Canadians supported a growing emphasis on literacy skills in a country where illiteracy is rampant.

About 86 per cent of new recruits can neither read nor write. About 64 hours of literacy training, delivered by 1,800 Afghan teachers across the country, was mandatory. The aim was to bring recruits at least to a first-grade level.

With CFB Shilo soldiers now at home and enjoying a deserved vacation after being away since last summer, Prime Minister Stephen Harper officially announced that May 9 will be a National Day of Honour in recognition and commemoration of Canada's military mission in Afghanistan.

"I was honoured to welcome home the final contingent of Canadian Armed Forces (CAF) troops who were deployed to Afghanistan," said Minister of National Defence Robert Nicholson. "The dedication and professionalism demonstrated by all those who have served in Afghanistan has brought immense recognition, both to the more than 40,000 Forces members who served and to our great nation."

Nicholson acknowledged Canada, both military and civilian, pulled together in support of our mission in Afghanistan. In honour of that service, this country will recognize those who have fought, remember those who have fallen — 158 soldiers, a Calgary journalist and a diplomat paid the ultimate sacrifice between 2002 and 2009 — and salute all who contributed to protecting our own freedom and the freedom of others.

"It is this collective strength that allowed us to work seamlessly together, Regular and Reserve men and women from the Royal Canadian Navy, the Canadian Army, the Royal Canadian Air Force, and Special Operations Forces, as well as with our Allies and partners, and with other government departments who brought their own expertise — such as diplomacy, development, and policing — to the Afghanistan mission," said Nicholson.

The National Day of Honour is a day for Canadians to come together and thank CAF members and their families for their dedication, their sacrifice, and for the pride they have brought Canada.

For details about May 9 visit <http://pm.gc.ca/eng/news/2014/03/18/national-day-honour>

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Base Photographer	ext 6008
Production assistant	Jillian Driessen ext 3013
Advertising rep	Holly Ralph Ormsby
Editorial advisor	Lori Truscott ext 3813
Proof reader	Elaine Bullee ext 3736

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

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

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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.
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- With photos, include a caption that names the individuals in the photo; what is taking place; and the name, rank, and unit of the photographer.

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What's going on in our community?

Spring is coming — I think?

This represents the start of the season that brings with it a new beginning to the weather, cleaning up, lighter clothes — eventually — and outdoor events.

While I have little control over the weather, I can lay claim to being able to influence, along with a number of partners, some of the things we can do together as the Shilo community. As such, I continue to place an emphasis on supporting as many community-focused activities and events as possible throughout the year.

I say "I support" as most of the events that are run here at CFB Shilo are developed and conducted by organizations within this community.

The MFRC, PSP staff, Shilo Community Council, recreation association and clubs, Shilo and Region Service Club, Base Fund committee, Messes, Units, and organizations like the Brandon Salutes committee are often the driving forces behind such events.

These organizations work hard to organize and coordinate their events and activities; however, these events are only truly successful if they are attended and enjoyed by the members of the Shilo community.

The key to most of this is effectively communicating to the community what events are planned and seeking feedback. While the easiest thing to state, this is also one of the most challenging things to do properly.

There are many means by which the residents of CFB Shilo and the families which live in the surrounding communities are kept informed of upcoming events.

While I will not try to detail all of these, suffice it to say that flyers, posters, O-groups, websites/homepages, the CF Community Gateway site, committee meeting minutes, social media pages, your Base newspaper Shilo Stag, At A Glance seasonal magazine, monthly bulletins, and notice boards, including electronic signs, are all used to pass along advertising of planned events and activities.



It is understood that not everyone within these communities have access to all of these methods of passing along the information, however, we all have access to at least one of these.

This is why the groups planning these events try to 'hit' all of these means of getting the word out. As a result, now more than ever before, fewer people should be left in the dark when it comes to knowing what is going on here in Shilo.

In the course of a year, there are many events which take place here in Shilo that are focussed on providing military families in this area with something to do.

I am always amazed at how a community this size can have so much going on and this is a testament to the efforts of the aforementioned organizations to initiate and plan events for all of us.

While not an exhaustive list, I can cite the following as prime examples: Easter egg hunt in the GSH; annual summer LobsterFest; MFRC's Dinner On Us events; Canada Day event; Messes' hosting meet-and-greets; summer yard contest; recreation association's specialty events/trips; registration night in August; annual Terry Fox Run in September; community Haunted house and Hallowe'en yard contest; 1RCHA and 2PPCLI family days; mess theme events; pet vaccination clinics; MFRC hosted events like the recently held Wellness Series speakers; Christmas events as the messes, and Christmas Bazaar; concerts; and the annual Shilo Winterfest.

Simple math tells me that my list averages out to more than one event per month throughout the year. There are so many things to do and these are the things which make the Shilo community strong and unique.

Let's make it a point of taking part in these Base activities and, if required, take that extra step to learn the date and location for future events. Then come out and enjoy!



The recent Welcome Home event for returning soldiers from Afghanistan at L25 was well attended, with the petting zoo a popular attraction for kids and parents alike.
Photo by Jules Xavier

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Adapt to changing security environment Future of army features a 'networked soldier'

Samantha Bayard
Stag Special

The strategy for the long-term security of the Canadian Army is centered on a "networked soldier" who is prepared to adapt to the complex and rapidly-changing security environment.

"We're soldier-centric and we are focused on the soldier, the team, the system and the leadership," explained the Chief of Staff Land Strategy (COS Land Strat) BGen Christopher Thurrott, the chief architect responsible for developing a long-term Army strategy. "My job is to manage, to conceive, to build aspects or processes of the future Army."

COS Land Strat's planning requires that systems be in place to enable networked soldiers to strike decisively at the right time and place with precision.

"Soldiers are part of a team and a skilled force on the ground that is completely networked: using satellites, linking visual cues on the battlefield itself while being able to synthesize intelligence collected at various levels," he said.

"I think that it is reasonable to say that the next steps in the force development of our intelligence capability will significantly, maybe even radically, alter the intelligence construct inside the Canadian Armed Forces."

COS Land Strat is working closely with the Commander of the Intelligence Group, MGen Christian Rousseau, in putting together a construct for intelligence that merges all of the capabilities of the Army with the other services.

"We have created All Source Intelligence Centres designed on our experience in Afghanistan. The nature of operations there very much challenged our intelligence community in how they collected information, how they synthesized it, analyzed it and how they communicated it," explained BGen Thurrott.

The Army is also at work creating an Army Intelligence Regiment: "a brilliant blend of Reserve and Regular Force into a construct that goes across all the divisions."

COS Land Strat is planning to shift towards training more in simulated environments, which provides opportunities for diverse forms of skill-building.

"We are offering a greater opportunity for soldiers to be in a simulated environment to enhance their skills — to expose them to new pieces of equipment coming in and to reduce the requirement to travel to training venues. It gives them greater accessibility right in their home garrisons," said BGen Thurrott.

"We have scenarios that play out as operations — whether they are direct force-on-force combat, tank-on-tank or soldier-on-soldier. The ability to refine their tactical and leadership skills is greatly enhanced by the synthetic environment."

BGen Thurrott is confident that simulation helps increase the Army's overall capabilities

"The modern Canadian soldier, with the networked systems we've provided



The Chief of Staff Land Strategy (COS Land Strat) BGen Christopher Thurrott is the chief architect responsible for developing a long-term Army strategy

Photo submitted

him [or her], and the access and links to other systems that are not necessarily on the ground yet will make a soldier much more combat effective than at any time in the past."

Upgrading and modernizing equipment are also key to increasing the Army's readiness for future operations.

"In Afghanistan we had a critical need for emerging capabilities to meet a surprising challenge from belligerents of unknown capabilities. Now we need to institutionalize those capabilities within the Army now that we're home," explained BGen Thurrott.

He pointed to the Light Armoured Vehicle (LAV) III upgrade as a remarkably successful project that will benefit the Army for years to come.

On the infrastructure side, the Canadian Army's projects are intended to meet key objectives including fostering emerging capabilities through simulation training centres, ensuring force generation support to deployable units, and sustaining Army personnel through upgrading existing base facilities.

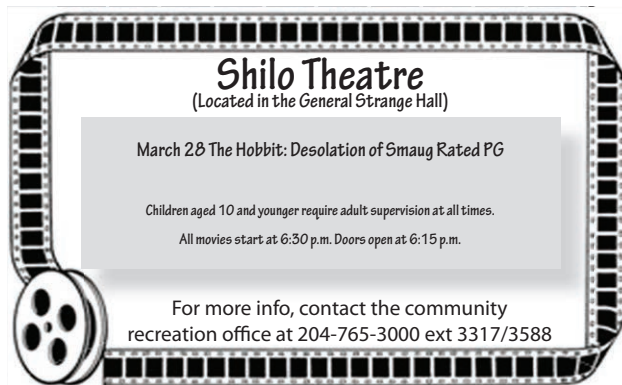
"As infrastructure ages it needs to be rejuvenated, demolished or divested. We have to work collectively to ensure new facilities are correctly located and that they can accommodate future requirements".

In order to foster the mastery of emerging capabilities by individuals and teams the Army plans to develop and build a new training facilities in Gagetown, New Brunswick in order to maintain critical capabilities in Explosive Ordnance Disposal and Expeditionary Route Opening Capability. The facility will house critical equipment and provide realistic training venues.

As with all current strategic planning in Army, there is a mindfulness of sustainability.

"It is a matter of continuing to develop a viable and sustainable Army. Viability in this sense is meant to convey the idea of a competent, combatable force which will meet both our domestic needs as well as potential expeditionary operations of the future security environment," said BGen Thurrott. "The overall goal is a networked, modern soldier who is well-led, well-trained and well-equipped."

Samantha Bayard is with Army Public Affairs



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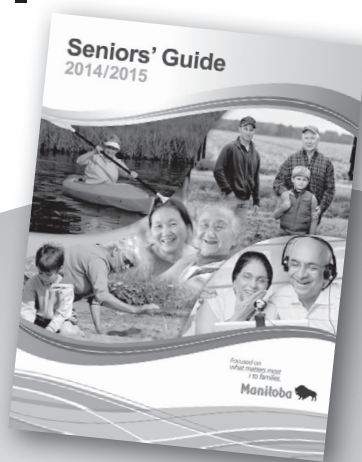
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With his Nikons in focus, *Stag* managing editor Jules Xavier was embedded with 2PPCLI during Ex STRIKING RAM.

Mounties participate in Ex STRIKING RAM

From Page 2

While artillery support from 1RCHA was not called in on this scenario, 2PPCLI did rely on the accurate shooting from the Griffon gunships that swarmed the battlefield from an aerial vantage point. And the two fighter jets added additional fire support with pinpoint accuracy dealing with the "enemy" looking down on the advancing infantry, who made use of their C7s and C9s once hunkered down in the crusty snow. There was little actual coverage, as the terrain was covered in leafless shrubbery and a few deciduous tree clusters.

While it was a not a stealth attack, 2PPCLI's soldiers quickly moved forward, taking out each of their objectives based on what was drawn up by the section commanders. Once the battle was over, the soldiers returned to a central location where a post-debrief was held. Section commanders offered their observations, and LCol Ritchie commended his soldiers for a job well done.

On the sidelines also observing 2PPCLI's assault on the "enemy" positions were two veterans of the Korean War, Tom Cathro and Peter Ewasiuk. They watched from a G-wagon parked on a forward position that allowed them to see the attack out on the wintery elements.

Later, while eating lunch at a small camp, both Korean War veterans reminisced about their own training back in the late 40s, plus their experiences fighting in Korea. Weapons, ammunition, equipment and uniforms were a far cry from what 2PPCLI soldiers had at their disposal. Scratchy wool uniforms had to suffice for Cathro and Ewasiuk, who felt the sting of winter fighting in Korea when they were the age of the soldiers they watched on a cold March morning.

In the warmth of a large tent, the soldiers who sur-

rounded the Korean War veterans hung on every word, sponging the war stories being shared over beef and egg salad sandwiches that were washed down with liquid from a juice box.

With lunch done, it was back to the training area for an afternoon of rappelling from the 408's CH-146 Griffons. I covered this from the ground along with Sgt Bern LeBlanc, a photo technician with Canadian Army Public Affairs. From an aerial perspective, the *Stag*'s Jillian Driessen was given the task of focusing on the infantry dropping 80 feet to the ground, with assistance from the helicopter crew.

The morning clouds gave way to blue sky for the Griffon pilots and soldiers, who a week prior to being out in the field, practiced their rappel skills at the Base rappel tower.

Before the Griffons arrived, Col Anderson and LCol Ritchie met up with two K-9 units with the RCMP out of Alberta. Cpl Mike Zinck and Cpl James McCarthy were invited to participate in Ex STRIKING RAM, along with their German shepherds.

The two Mounties and their canine partners used the military exercise to hone their tracking skills in a winter setting, using 2PPCLI's soldiers as targets. It was their job to elude the dogs, and that included the always elusive 2PPCLI snipers. Even LCol Ritchie participated in the tracking exercise, and observed firsthand the exceptional skills of the four-legged trackers.

Stationed in Wetaskiwin, Cpl Zinck said his soon to retire canine partner, Storm, enjoyed the experience of working with the military in Manitoba. His partner has tackled more than 100 "bad guys" in his police career, and his dental bill to repair broken canines is in the thousands of dollars. Steel incisors have replaced the broken teeth so the dog can have a good grip on a combative individual not wanting to co-operate with the RCMP. Col Anderson was especially interested

in the K-9 dogs, with his Alberta abode home to two German shepherds.

LCol Ritchie had originally invited a Manitoba-based RCMP K-9 to participate, but the Mountie was involved in a serious Motor Vehicle Collision (MVC) that saw his canine partner killed.

The visit with the Mounties and their dogs ended when the Griffons arrived overhead, with five to eight soldiers depending on the configuration in each helicopter, rappelling quickly down the 80-foot length of rope to the snowy ground below. While it was not perfect choreography as the infantry left the helicopter's landing rails, only one soldier was caught up, stuck about six feet from the ground when his rope bag did not fully deploy. The ground anchors quickly helped him down after he was able to loosen the rope from his black bag.

The afternoon rappelling exercise saw five Griffons arrive at the drop zone. Once all of the infantry had returned to earth from their aerial perch, they gathered previously stashed ruck sacks and kit and moved on to another Ex STRIKING RAM scenario. The use of special sleds attached to snowmobiles allows for more rapid movement on the snowy landscape, with snowshoes again attached to combat boots. The only thing missing was cross-country skis.

While out in the field there are only short breaks where a cigarette is smoked or a text message is sent home to the wife before another mission has soldiers heading for another training exercise. That includes night missions for both artillery and infantry during the two-week Ex STRIKING RAM, so one catches a few winks if allowed when they can in a snow bank, or if fortunate, back at tent city where the mobile kitchen provides hot meals and the sleeping bag on a cot is welcoming after a day on the frozen tundra that is CFB Shilo this winter.





Above: Son Eli enjoys a cookie while dad Sgt Matthew Lewis talks with a television reporter.

Inset: Op ATTENTION Deputy Commander Col Lee Hammond answers media questions after being scammed at the Brandon municipal airport.

Top right: MCpl Adam McLeod holds son Nolan after arriving back in Brandon following his deployment to Afghanistan.

Lower right: 1RCHA's Capt Anne Pham, after meeting her family, answers questions about her deployment with Winnipeg, Carberry and Brandon media.

Photos by Jules Xavier



Op ATTENTION Deputy Commander Col Lee Hammond observes Canada makes significant contributions in Afghanistan

From the front

For 2PPCLI Padre Capt Kevin Olive, the task force chaplain, he was met at the airport by wife Lisa, and his three kids Matthew, Michael and Sarah during the emotional reunion.

"Manitoban's have made a great sacrifice on this war on terror and should be proud of themselves," he told a CTV reporter.

"Our training mission was small ... our footprint was not large," said Col Lee Hammond, who was Deputy Commander of Canada's contribution to Op ATTENTION, when asked about the final mission in a media scrum while waiting for the C130 Hercules to be refueled prior to flying on to Edmonton.

"We've given Afghanistan the tools to succeed in the future" handling any threats from the Taliban.

He added, however, "In some elements of the Afghanistan government there are challenges with corruption, logistics and intelligence functions ... they have a way to go"

The former 1RCHA Commanding Officer acknowledged Canada left Afghanistan at the right time after Canadian soldiers in Afghanistan halted their pursuit of the Taliban to chase a decidedly different goal as the mission morphed from fighting to helping train Afghanistan's security forces.

"We got the mission where it needs to be and our contributions were quite significant given the fairly small number of soldiers we committed to this task. We've given that country a chance and [Canada's military contribution] eliminated the real reason we went there ... it was home base for terrorism. It's no longer that."

Besides helping with military strategy and educating the Afghan soldier and police, Col Hammond pointed out Canada helped the Afghan military "develop" an air force.

Providing Afghanistan's military with significant training, he conceded what they do with it is now up to them, not NATO forces.

"Our contributions were quite significant. They are well set for the future," he said. "From the regional

point of view they are in very good shape."

Op ATTENTION was Canada's participation in the NATO Training Mission-Afghanistan (NTM-A), which delivered training and professional development support to the national security forces of Afghanistan: the Afghan National Army (ANA), the Afghan Air Force (AAF), and the Afghan National Police (ANP).

The Canadian task force — known as the Canadian Contribution to the Training Mission in Afghanistan or CCTM-A — was concentrated in Kabul, with satellite teams in Mazar-e-Sharif and Herat.

Most CCTM-A members served with the training advisory groups assigned to ANA, AAF and ANP training establishments to assist the Afghan leadership and instructor cadre with tasks such as curriculum design and development of teaching skills.

The task force also included senior officers who were integrated into the NTM-A command team, and a significant contingent of experienced staff personnel who served at NTM-A headquarters.

Op ATTENTION had a legislated personnel cap of 950 Canadian Armed Forces (CAF) members. The number deployed at any given time depended on NTM-A requirements.

NATO training missions in Afghanistan formally activated on Nov. 21, 2009. NTM-A had a mandate to consolidate, standardize and strengthen the training and professional development that the Afghan national security forces had received from International Security Assistance Force (ISAF) since 2006.

NTM-A operated in parallel with ISAF under the ISAF Joint Command in Kabul.

The NTM-A mission was to "support the Government of the Islamic Republic of Afghanistan as it generates and sustains the Afghan national security forces, develops leaders, and establishes enduring capacity in order to enable accountable Afghan-led security."

In its first year (2009-10), NTM-A focussed on recruitment, increasing the quality of Afghan soldiers and police, and building the foundations of professionalization across the Afghan national security forces.

es.

In its second year (2010-11), NTM-A priorities were instruction skills, leadership, literacy, vocational skills, stewardship and institutional development.

Since 2012, NTM-A had been working to sustain its momentum while initiating preparations for the transfer of the lead security responsibility to Afghan control this year. This was a conditions-based process that took place when:

- the Afghan national security forces were ready to shoulder responsibility for security with steadily decreasing assistance from ISAF;
- security had improved to the point that people could go about and do business in safety; and
- local governance had developed to the point that public safety would not suffer with the decrease in ISAF assistance.

Looking back on Canada's engagement in Afghanistan, the first Canadian task force in Afghanistan was a battle group that deployed to Kandahar Province in January 2002 under Op APOLLO and served in a combat role for six months.

Under Op ATHENA, Canada maintained a major whole-of-government effort including a substantial combat force as part of the ISAF, first in Kabul (Aug. 2003 to Dec. 2005) and later in Kandahar Province (Aug. 2005 to July 2011).

Op ATHENA concluded with the Mission Transition Task Force (MTTF) (July to Dec. 2011), which closed the combat task force and moved its assets back to Canada or to other deployed task forces, especially CCTM-A in Kabul.

From May 2011 until this month, Canada's engagement in Afghanistan was centred on Kabul and focused on four key areas:

- investing in the future of Afghan children and youth through development programming in education and health;
- advancing security, the rule of law and human rights, including the provision of up to 950 training advisors for Afghan national security forces;
- promoting regional diplomacy; and
- helping deliver humanitarian assistance.

Fun for families

It was four hours of food, fun and magic as L25 played host to the Welcome Home community event, which gave the Base an opportunity to recognize the soldiers and their families who were part of Op ATTENTION. Eleanor Taylor (below) cuddled with a lamb at the petting zoo, while 2PPCLI CO LCol Bob Ritchie hung out with his son while enjoying a burger provided by the Canadian Beef Producers. Mom Liz Powers (lower right) helps her son with his drink.

Photos by Jules Xavier



BGen Nicholson inspects his troops for the final time on the occasion of his change of command in Cairo, Egypt.

Photo by Maritime Forces Pacific

MP shares family history

Shilo Stag

Capt Dane Nicholson shared the military history of his family with the *Stag*, with his grandfather serving in the Second World War.

BGen Douglas Nicholson, MBE, CD joined the Canadian Army in 1938 with a now-disbanded Ontario militia unit. Immediately prior to the Second World War he took his commission as a member of the Royal Canadian Army Service Corps.

Serving with the First Canadian Division, he participated in the efforts to control and liberate Italy, ending up in Germany in 1945. Following the war, BGen Nicholson held several positions within Canada and in the United States as the senior Canadian liaison for North American Air Defence.

Notable in his post-war career was a posting as the Canadian Expeditionary Force Commander in Egypt and the second-in-command of the military contribution to the October Crisis of 1970 following the FLQ kidnapping of British Trade Commissioner James Cross Oct. 5, and Quebec Minister of Labour Pierre Laporte Oct. 10 (he was executed Oct. 17 by the FLQ).



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Bike helmets mandatory on Base

With a long and cold winter behind us, and a cold start to spring, it seems impossible that the snow will be gone.

But within weeks the melt will be on and the streets of CFB Shilo will be bustling again with more than just cars.

Every year the number of cyclists on the Base increases.

Bicycling is a safe, healthy, and quick way to commute around the Base and we are glad to see so many diligent riders out there.

For those who will be cycling, whether the bold out in the cold now, or for us fair-weather riders, here are some reminders on safety and rules of the road:

- Helmets are required — CFB Shilo requires the use of helmets by all cyclists, regardless of age or bicycle type. Provincial law requires helmets for those aged 18 and younger.

- Reflectors — the law requires a white light on the front of a bicycle, and a red (or amber) light (or reflector) on the rear when on provincial roadways.

- Signalling devices — it is strongly recommended that road riders carry a bell or other appropriate audible device for safety warnings.

- Hand signals/shoulder checks — the leading cause of bicycle injuries on provincial roadways is a failure of bicyclists to indicate their intentions for turning.

Equally risky is a failure to shoulder check when changing lane positions, just like when driving a car.

CANADIAN
MP
The Military Police
NOTEBOOK

Taking better precautions to indicate intentions and check over your shoulder makes everyone much safer!

- Impaired bicycling — it is illegal, do not ride your bike while intoxicated. The blood alcohol content for bicycles is .05, the same as a motor vehicle.

Manitoba Public Insurance has also published the following bicyclist responsibilities which are helpful to make us all diligent riders:

- Ride respectfully. The same traffic laws that apply to motorists also apply to you.

- Use hand signals and eye contact to communicate your actions.

- Obey traffic control signals and signs.

- Ride in a straight line and do not weave between parked cars.

- Do not ride on the sidewalk.

- Ride single file when riding with other cyclists.

- Ride as closely as practical to the right-hand side of the road.

- Increase your visibility by wearing brightly coloured clothing.

In April the Military Police will again be out rewarding safe riding habits, and also providing safety equipment to riders who could use a hand.

Enjoy getting those bikes out, and we cannot wait for summer.

Capt Dane Nicholson is Platoon Commander 1 Military Police Regiment at CFB Shilo



CFB Shilo requires the use of helmets by all cyclists, regardless of age or bicycle type. Provincial law requires helmets for those aged 18 and younger.

Photo by Jules Xavier

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Medal available for Korean War vets

Shilo Stag

Do you know any Korean War veterans in the Shilo area?

If they served in the Korean War, they may be eligible for the Korean Ambassador for Peace Medal. This commemorative medal is an expression of appreciation from the Korean government to Canadian servicemen and women who served in the Korean War.

The Ambassador for Peace Medal began to be presented to veterans as a special memento for those who returned to South Korea through the revisit program. The honour has since expanded to veterans who cannot travel the long journey to Korea.

What is the criteria for a Korean veteran:

- To be eligible, the veterans must have served during the Korean War from June 25, 1950 to July 27, 1953. It is also available for the veterans who have participated in UN peacekeeping operations until the end of 1955.

- The commemorative medals may be awarded posthumously. However, understand that the highest priority for presenting the medal is given to veterans who are currently surviving in Canada.

The next of kin, such as the spouse or descendants may apply for the medal on behalf of a deceased veteran.

- In order to apply for this commemorative medal, veterans or their family members have to complete the application form. Veterans need to provide a copy of the Veteran's certificate of release or discharge from active duty along with their application form for verification purpose.

- Send your completed application form to the Defence Attaché Office, Embassy of the Republic of Korea in Ottawa, 150 Boteler St., Ottawa, ON, K1N 5A6.

If you have any other questions or concerns, contact the Defence Attaché Office at the Embassy of the Republic of Korea at 613-244-5027, or via fax at 613-244-5034. You can also use e-mail at defenceaide@koreanembassy.ca

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Speaker uses his life to inspire others

Jillian Driessen
Shilo Stag

Having climbed a mountain, built schools, trekked from Edmonton to Calgary, and reached out to mil-



Selfless act recognized

In recognition of Jennifer Fraser's unwavering devotion to families of military fallen in Afghanistan, support to the Second Battalion, Princess Patricia's Canadian Light Infantry (2PPCLI) and CFB Shilo, she was awarded the 1 Canadian Mechanized Brigade Group (1CMBG) Commander's Commendation signed by 1CMBG Commander Col David Anderson during the recent Welcome Home community event held at L25. The citation read: "An exceptionally thoughtful and proactive military spouse, Jennifer Fraser personally raised funds to purchase the legacy album *Afghanistan: A Soldier's Story* for each family of Canada's 158 fallen in Afghanistan. Through this generous and selfless act, she provided grieving families with an enduring reminder of the accomplishments and sacrifices of their loved ones. Upon learning of the passing of two soldiers at CFB Shilo in November 2013, she also spearheaded a toy drive with a view to making Christmas special for their children. An active member of the military community who embodies the virtues of the Brigade, Jennifer Fraser has made a lasting and meaningful commitment to supporting families of our fallen. Her compassion has reflected tremendously not only upon herself, but also upon the Brigade and Defence Community." Here, she receives the commendation from 2PPCLI CO LCol Bob Ritchie.

Photo by Jules Xavier

lions of people, Spencer West is an accomplished man. The Me to We speaker and Free the Children ambassador made his way to CFB Shilo March 11 as part of the Shilo MFRC's building resilience speaker series.

"I went on a trip to Kenya to build schools. Not only did I get to see the work of Free the Children, but I got to tell my story while I was there," explained West. "A young girl said to me, 'I didn't know this [loss of legs] could happen to white people' and that's when I realized I could use my story to inspire other people to look at challenges differently but also to get involved with something they are passionate about."

West has been a guest speaker for more than six years and has travelled to various countries for speaking engagements as a speaker for Me to We. He helps with the building of schools with Free the Children.

Despite travelling the world, this was West's first visit to a military base.

"This is the first time I've ever been in a situation where I've been working with people who protect the country," he said of his visit to CFB Shilo. "It's an incredible honour and it's also something I want to take very seriously."

He added, "My hope is people walk away and say 'I know that lesson, but that was a nice reminder.' Or they say, 'Maybe I should ask for help.'"

West's visit was met with much enthusiasm from the community at large. More than 100 people attended the event on the Base, which included a catered meal and live music courtesy of Shilo MFRC.



BComd Stephen Joudrey looks on from the sidelines as guest speaker Spencer West shared his life story as part of the Shilo MFRC's building resilience speaker series. West was followed by former Calgary Flames and New York Rangers NHL player Theo Fleury, who spoke here March 25, and in Brandon the previous night.

Photo by Jillian Driessen

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Soldiers welcomed home

About 500 hamburgers were served, along with fries and chocolate pie, during the Welcome Home community event held at L25. The March 22 event was held to recognize the soldiers who were deployed as part of Canada's final involvement in Afghanistan, Op ATTENTION.

Photo by Jules Xavier

Quebec soldiers cast votes at home

Shilo Stag

Are you a member of the Canadian Armed Forces (CAF) from Québec and stationed abroad?

Did you know that you can exercise your right to vote in Québec by mail even if you are stationed in Manitoba?

That's right! Whether you're stationed elsewhere in Canada or abroad, as an elector you'll be interested in learning about the procedure for voting outside Québec.

You simply have to complete the registration form, at your earliest convenience, and return it to the Chief Electoral Officer of Québec by mail, by fax or by e-mail. Otherwise, during an election period, you can complete the registration online, at www.electionsquebec.qc.ca

The completed application must be received by the 19th day before polling day in order for you to exercise your right to vote.

Your spouse and/or dependents are living with you outside Québec?

No problem at all! Spouses, including de facto spouses and dependants, are eligible for voting outside Quebec, as long as they are qualified electors. They must complete their own registration form.

Looking for a registration form or for more information?

The registration form for voting outside Québec is available online at www.electionsquebec.qc.ca

Simply click on the "Elector" tab and then on the heading "Elector outside Québec" in the section on the left. During an election period, you'll be able to register online.

You can also contact the information centre at the headquarters of the Chief Electoral Officer of Québec toll-free number for Canada and USA at 1-888-353-2846. For other countries dial 1-418-582-0422.

For the members of the CAF stationed in Quebec, don't forget to verify if you're registered on the permanent list of electors.



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- Conflict Resolution
- Money Management
- Sexuality
- Family of Origin
- Spirituality

Cost
\$20 for workbook (one per couple) due at registration.
A deposit cheque for \$120 is required at registration to confirm a spot and will be returned upon completion of the course.

Lunch
Lunch will be provided at the Faith Centre at no cost. Please advise when you register if you do not need lunch on site. Coffee and snacks will be provided throughout the course.

Childcare
In order to maximize learning for those in attendance please plan for childcare off-site. We anticipate that childcare will be available through the MFRC and will confirm this with you prior to the course.

Registration
Via phone or in person at the Faith Centre
Bldg T-119 ext 3091

**Please note that Marriage Preparation is a requirement for those wishing to be married by a CAF Chaplain or in a CAF Chapel as well as by most civilian clergy. A certificate will be provided as evidence of course completion.*

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Padre Neil - ext 3090
Padre Olive - ext 6836
Padre Costen - ext 3381

Our Lady of Shilo Roman Catholic Chapel
Sunday 10:30 a.m.
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Reporter witness to rappelling infantry

Griffon helicopter hovers 80 feet above snowy ground for 2PPCLI soldiers

Jillian Driessen
Shilo Stag

Days working from the *Stag* office are never boring. I can honestly say I am never bored. There's a hustle and bustle that comes with the tempo on this Base.

The best days are the days when I'm not in the office. As the weather warms up, I like to escape for assignments, with assignments on the Base never boring.

Sometimes you get to watch the 2PPCLI infantry be stealthy; rip the cord on an M-777; and if you're lucky, the odd time you can catch a ride in a vintage B-17 bomber from the Second World War.

My latest assignment landed me in a CH-146 Griffon helicopter. I'd say that's not such a shabby day at the office.



A soldier with 2PPCLI does last-minute checks of equipment prior to rappelling from a CH-146 Griffon.

Photos by Jillian Driessen

own a pair of Sorels, insulated ski pants, plus a cozy winter jacket.

My expectations of the flight were well-exceeded. As someone who is leery of heights, I fully expected zipping over the training area in a chopper packed with antsy 2PPCLI infantry soldiers waiting to rappel from 80 feet up would find me at least nervous.

The 408 Squadron flight team asked me several times if I was nervous. 2PPCLI soldiers asked me if I was nervous. As it turns out, I'm just not the ner-

vous Nelly I had previously thought. I felt pretty comfortable with the whole aerial experience.

The reality, I suppose, is I felt pretty safe. The flight team seemed more than capable, the rappel down from the chopper looked to be safe, and nothing seemed amiss. I didn't feel the urge to worry.

Knowing I was staying planted firmly in my seat probably had a lot to do with my feeling of security. I certainly would not feel the same level of comfort dropping 80 feet from anything, least a hovering CAF Griffon.

Kudos to the soldiers who made the leap. I was comfortable watching it from behind my Nikon while strapped firmly to a seat.

The only concern I felt was when military members asked me if I was nervous or scared. I wasn't nervous and my lack of nerves led me to momentarily question my sanity.

Should I be concerned about flying over the training area with the door wide open with only a seatbelt to keep me from plummeting to the ground? Maybe. But for whatever reason, I just wasn't too worried.

If you're not jumping out of a chopper, there really isn't much to fear. These helicopters have flown through far more treacherous terrain than the training area at CFB Shilo has to offer.

The ride feels a little bumpy. You feel a constant rocking as if you're in a boat floating on tiny waves.

The motion is nothing in comparison to being bounced around like popcorn in a G-wagon on the rugged and slippery roads in the training area. If you're prone to motion sickness, this ride is survivable. In fact, with warmer weather, it would have been completely enjoyable.

I made three trips with three rounds of rappelling 2PPCLI troops. As they edged their way out the door and positioned themselves for the drop, it became clear to me that feelings about rappelling are mixed. Some soldiers were giddy with excitement, while others were overwhelmed.

The odd soldier was completely stoic and calm as if they'd rappelled from 80 feet a thousand times. Some looked down, others remained fixed on the sergeant ordering the jump. Every single soldier had a different method of rappel survival.

For many, this was their first opportunity to rappel from an aircraft — a challenge that seems vastly different from honing skills at the Base's rappel tower.



Ready for their descent, two 2PPCLI soldiers stand on the CH-146 Griffon landing rail prior to rappelling the 80 feet to the ground as part of Ex STRIKING RAM.

It's higher, colder, windier, and I am certain it's a lot more intimidating to push off backward from a chopper hovering above a wide open snow-covered field than it is from a stationary wooden tower.

I can't begin to tell you how grateful I am to have not rappelled. It's not often I am thankful for liabilities preventing me from participating, but it looked super intimidating.

I like to think I would be stoic — like a soldier who has completed the task 1,000 times — but it's more likely I would shed tears and scream the whole way down. That's assuming I could even get myself into position to complete the drop from the helicopter's landing rail.

I always say I will try anything once, but I may not try it twice. I think I have found the one thing I would rather not say I've tried. Jumping out of an aircraft of any kind is not something one will find on my bucket list.

The 2PPCLI soldiers rappelling, on the other hand, felt differently. A good number of them told me this is what they live for. These are the thrilling things that convinced them to join the Canadian army and they were more than happy to take the plunge.

I admire their brave spirits. My idea of a thrilling career keeps my feet on the ground most days. There usually isn't any form of free-falling in journalism.

As much as going to the training field as part of Ex STRIKING RAM and riding in a Griffon helicopter, it was just another day at the office for me. However, rappelling 80 feet from a hovering helicopter is just another day at the "office" for soldiers with 2PPCLI.



Stag staffer Jillian Driessen and Maj Robert Barker move across the snowy landscape as the CH-146 Griffon returns to camp following its final rappel run with 2PPCLI soldiers.

Photo by Jules Xavier

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