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Volume 54 Issue 10



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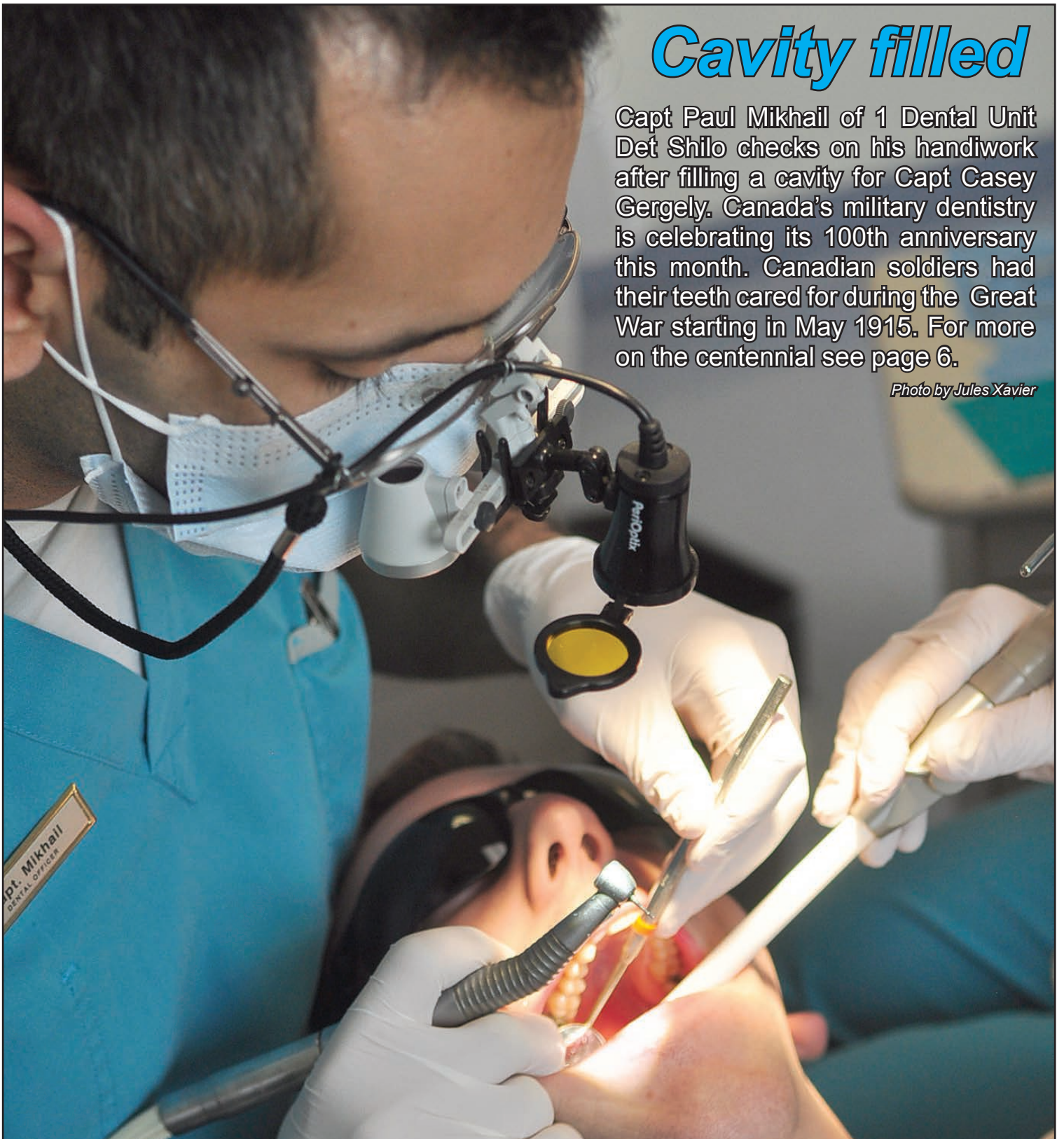
O'Kelly teachers garners provincial award. Page 2



Morning greetings at Shilo's South gate. Page 8



Final 'Steaks for Soldiers' event at L25. Page 10



Cavity filled

Capt Paul Mikhail of 1 Dental Unit Det Shilo checks on his handiwork after filling a cavity for Capt Casey Gergely. Canada's military dentistry is celebrating its 100th anniversary this month. Canadian soldiers had their teeth cared for during the Great War starting in May 1915. For more on the centennial see page 6.

Photo by Jules Xavier

I will keep on having fun!

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Accolades for elementary teacher

Students look up to Brittany Melnyk in classroom

Sarah Francis
Shilo Stag

Rookie teacher Brittany Melnyk has received the Outstanding New Teacher award for her work at O'Kelly School.

The award goes to a teacher within their first two years of teaching.

Melnyk has spent those two years at O'Kelly teaching the Grade 2/3 split class. She admitted transitioning into the fall this year was a lot easier.

"One of the most important things about teaching is always growing as an educator and making each year better than the last," said Melnyk. "Last year was a big learning curve for me. This year, I was able to take what I learned from the previous year and build on it. [I was] able to be more effective and take teaching and implementing instructions to a more experienced level."

Melnyk believes teachers will have a grade niche. She believes she's found hers.

"I honestly don't think at this point I would ever ... I love [Grade] 2, 3. They're a lively bunch of kids. They're at the point where they still really like you," she said with a laugh. "They really look up to you. I just really love the grade level and the things that we're able to do at this grade level."

Melnyk credits a lot of her success to the help she's received from fellow teachers and the principal. Adding, from the very first day she arrived at the school, her co-worker Maureen Thompson has offered guidance.

"Maureen came right up to me and introduced herself," recalled Melnyk. "From that day forward she took me under her wing and made sure to guide me through teaching last year. She still gives lots of guidance, support and mentoring. The same thing with Angela, last year especially."

Angela would be O'Kelly's principal Angela Voutier, who nominated her and said Melnyk's strength is being able to help kids improve regardless of their level.

"She differentiates her instruction," said Voutier. "She will assess the kids, find



O'Kelly teacher Brittany Melnyk assists two of her students with their science fair project which deals with growing bean plants.

Photo Sarah Francis

out where they are, group them together and give them activities. The days of everybody gets the same worksheet ... that doesn't happen anymore. It's not in the best interest of kids. Brittany does this instinctively. Most people don't know how to do it right off the bat."

Voutier said it's hard to accomplish, adding you can observe Melnyk's teaching skill particularly in math and language arts.

This way of teaching is something Melnyk sees as a need because kids come from all walks of life and levels of ability. The rookie teacher said to her, education isn't about creating a perfect poster child for learning.

"Teaching isn't about making them into what you want them to be. It's taking them from where they are and moving them forward," explained Melnyk. "There's no perfect child that ever comes into your classroom. The most important thing is that

they all have different strengths.

"I think as an adult. I have strengths and weaknesses in different areas. I wouldn't want to be pushed into area that I don't feel I could succeed. I would want to be given the benefit of the doubt to be able to succeed in ways I learn best in."

Building relationships with the kids is something Melnyk sees as her biggest challenge and accomplishment. "That's one of the most rewarding parts of the job. It doesn't matter who comes into your classroom," said Melnyk. "You need to build a relationship and make them feel they're meant to be here in this room each day and you really truly care about them."

Being the Grade 2/3 teacher has helped her accomplish that.

"It was really gratifying this year to be able to have students for a second year in a row to continue to build upon those relationships and grow with the new ones as well."

As the kids file in from recess Melnyk said she is humbled to receive this award. "I'm very grateful to be recognized in this way."

Pet of the Week

ROXY & ETAIN



Here are Keely Holm's cherished canine companions: Roxy our 11-year-old Boxer, and Etain our seven-month-old Pit Bull. They enjoy spending their days window stalking people together when they aren't passed out cuddling with each other. Do you have a photo of your pet you'd like to share with our Stag readers? If so, e-mail it to stag@mymts.net



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PSP senior vice-president Peter Atkinson presented Brette Olsen, currently on maternity leave from her position as recreation co-ordinator, with her five-year scroll and gift during his visit to CFB Shilo. *Photo by Jules Xavier*

'Fun police' offer activities for soldiers, families on Base

Shilo Stag

Peter Atkinson just wants to have fun.

Retired from the Canadian Armed Forces after more than 35 years serving his country, Atkinson has been doing just that since he accepted the job as the senior vice-president of Personnel Support Programs (PSP) at CFMWS two years ago.

"I call it the fun police," the former Brigadier-General told an attentive PSP audience during a luncheon at the Warrant Officers' and Sergeants' Mess while visiting CFB Shilo. "I have fun going to work and doing [this] job."

During the hiring process for his new job, Atkinson said he told the interviewers one of the things he would do as part of his duties would be to visit every Base in Canada annually.

"You can't just do the job sitting in front of a computer," he said, adding being able to meet his PSP managers and PSP staff in person allows him to learn first-hand what's required to provide products, programs and services to the military members and their families.

CFB Shilo was part of his prairies trip, arriving here after the previous day being at CFB Moose Jaw. Besides a windshield tour of the Base, Atkinson met up with PSP senior manager Mike McEwan and his management staff for briefings and to gather information on what he can do in Ottawa to ensure PSP staff have the resources to successfully do their jobs.

In his introduction after accepting the job and becoming more familiar with CFMWS, Atkinson said "I will focus my attention on three key priorities: communication, training, and implementation."

"Only through efficient and effective communication can we hope to reach our target audience of 'One Community - One Million Strong,'" he said.

Training of all PSP staff at headquar-

ters, on Bases and Wings and those deployed will define how well staff accomplish the PSP tasks at hand.

"The success of meeting our PSP objectives will depend directly on the skill and knowledge level to which we train our PSP staff so that they can deliver services to all beneficiaries at all locations with quality results," he said.

Atkinson visited a number of PSP operations to share future plans with staff, but also to gauge what people needed to better provide CFMWS programming on the Base.

He also had an opportunity to recognize recreation co-ordinator Brette Olsen, who is on maternity leave, for her five years of service to PSP. She received a scroll and jewelry from him following the luncheon, and a Q&A session.

Atkinson also offered thanks to the dedicated work done by PSP staff at CFB Shilo, whether it is the job done by Health Promotion helping soldiers quit smoking; the staff at the GSH providing swim lessons or running yoga classes for soldiers as part of their PT in the morning or the Shilo Stag editorial team keeping the community informed on Base news in the newspaper.

"Thank-you for what you do for the military members, and for the community," he said.

Atkinson started his military career as an Officer Cadet at Kingston's Royal Military College (RMC) in 1977. The fondest highlights of his career include Commanding Officer (CO) of The Royal Canadian Dragoons, command positions on international operations, Base Commander at CFB Kingston and Deputy Corps Commander in Fort Hood Texas.

"In these positions and throughout my military career I have benefited immensely from the Morale and Welfare (MW) that was available to me along with the privilege of commanding and delivering MW to a number of different military communities both in Canada and abroad," he said.

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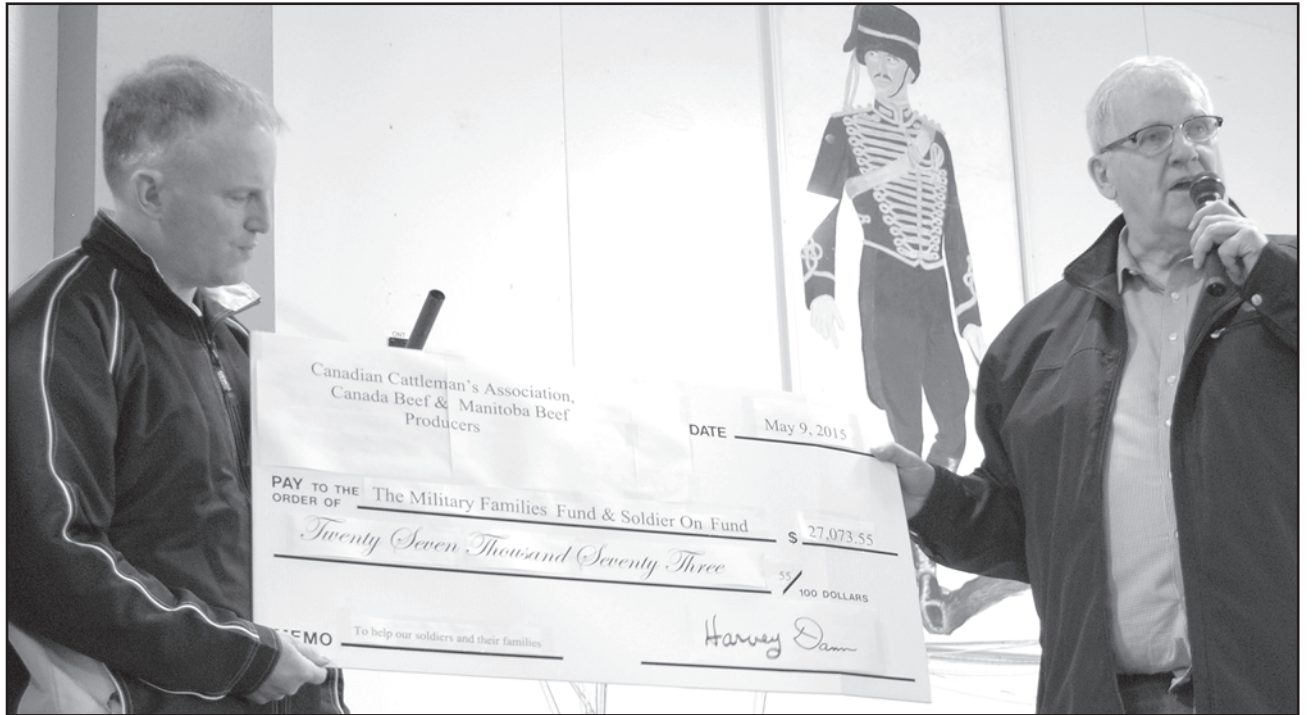
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BComd LCol Stephen Joudrey accepted a cheque for more than \$27,000 for the Military Families Fund and Soldier On Fund (above) from Harvey Dann, who started the 'Steaks for Soldiers' initiative in 2010. Soldiers enjoyed steak and burgers at L25 (right).

Photos by Sarah Francis



Kudos to 'Steaks for Soldiers' initiative

I often use my article in the *Shilo Stag* to advise readers of upcoming events or community activities.

However, for this edition I wanted to publicly acknowledge the efforts of private individuals and organizations on behalf of members of the military and their families.

At the community barbecue held in L25 May 9, the efforts of these folks were publicly recognized by those in attendance, but I wanted to ensure this was reinforced for all to understand the level of their commitment to us.

The 'Steaks for Soldiers' initiative was started by Harvey Dann in 2010. He has been the lead on behalf of all of the contributors to the program since its inception.

Harvey has worked tirelessly during the last five years to fundraise and co-ordinate events for this program. The contributing individuals and groups came from different organizations within the beef industry and from across the country.

They were from the Canadian Cattleman's Association, Canada Beef Producers and our own Manitoba Beef Producers. The program was intended to show the appreciation of Canada's beef producers for the hard work and sacrifice made by Canadian soldiers and their families during the country's Mission in Afghanistan by providing them with a steak dinner.

The first event supported by this program was held

here in Shilo in 2010. Since that inaugural barbecue, 'Steaks for Soldiers' events have taken place on almost all of the Army bases across Canada.

Harvey and the contributing beef producers wanted to support one last 'Steaks for Soldiers' event and they chose CFB Shilo, the place where it started, to be the site.

I think this 'Support Our Troops'-type effort was different.

These were private citizens and associations that gave up their own time to fundraise and businesses that offered up their own products all in the name of showing their support for Canadian Armed Forces (CAF) personnel and their families.

I also think it is special because it started in Manitoba with beef producers from this province.

I would like to take this opportunity to thank Harvey Dann, Ramona Blythe, the president of MB Beef Producers, and all of our Canadian beef producers on behalf of Shilo-based soldiers and their families, for their generous contribution and hard work over the years.

I passed along to both Harvey and Ramona that this was truly a generous and unique demonstration of support for what we do and at the same time humbling, as we consider this simply: "just doing our job."

Clearly, these folks see it as much more.



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11 Health Services Centre Patient concerns outlined in survey

Maj Patrick Chabot
Stag Special

11 CF Health Services Centre initiated a patient quality assurance survey from Feb. 23 to April 10.

Every patient who came into the clinic, whether it was for sick parade, booked appointments, wart parade, immunizations, physic or mental health issues, was asked to complete one of the quality assurance surveys.

The aim of the survey was to provide feedback on how we can better serve the soldiers of CFB Shilo.

At the front lines within 11 CF Health Services Centre, we deal with many different types of patients. We aim to provide top-notch care to all, while using appropriate resources.

As health care providers, we strive to make decision in the best interest of the patients and also for the Canadian Armed Forces (CAF). These decisions allow the patient to heal and return to their duties as quickly as possible.

After compiling all the information that was gathered from the quality assurance survey, I was pleased to see the soldiers who provided information were very satisfied with the overall care they received from the staff here at our venue.

But with that being said there were some points which were raised I felt needed to be address. These points were very valid and were taken very seriously.

The points I would like to address from the quality assurance survey include:

- Some concerns voiced about pregnancy appointments. Members who are pregnant are being referred to an obstetrician in Brandon. Their pre-natal care is being handled entirely by the obstetrician office.

The clinic is responsible for the administration portions of the pregnancy — i.e. MELs, T-Cat, and sick leave etc. When pregnant members reports on sick parade we will deal with the current concern or complaint.

- Immunization office door being closed leaving patients unsure if the immunization nurse was with another patient or not. To resolve this confusion I have asked the immunization nurse to have a sign put up on the door which will identify if she is with a patient or it will state "please knock for service."

- A patient complained they were the first to show up for wart parade, but was the last to be seen. This is another valid point which was brought to my attention.

Wart parade is now done on a booked appointment policy. Patients are served according to appointment times. Walk-in patients for wart parade will be seen after all booked appointments have been completed.

- Access to gender specific clinician is a very difficult point for us to be able accommodate most days. This is not practical and we risk complicating triage, as well as potentially overloading the few female clinicians that we do have on our staff.

Besides seeing their own clinician, members are also preferentially triaged to their regular clinician when they are available.

This is not always practical, however, as we can't overload a clinician. Workload during sick parade has to be distributed equitably to ensure the fastest processing of sick parade patients.

- Pharmacy hours and wait times for prescriptions is the last point I would like to address.

The pharmacy officer is also the medical logistics officer for the Base. In addition to individual patient care, the department is also responsible for medical re-supply for the clinic and first aid restock for the entire Base.

Pharmacy may also provide support for exercises and operations. Short notice and deadlines, will at times, require pharmacy staff to focus their efforts on these additional tasks to meet operation requirements.

The Base pharmacy aims to support the following hours: Sunday closed; Monday 0730 - 1200 and 1300 - 1430; Tuesday 0830 - 1200 and 1300 - 1430; Wednesday 0830 - 1200 and 1300 - 1430; Thursday 0730 - 1200; Friday 0830 - 1200 and 1300 - 1430; Saturday closed.

As for wait times for individual prescriptions, times may vary. Your prescription needs to be reviewed, evaluated and assessed by a pharmacist.

Your medication profile is checked to avoid drug interactions, duplication and to evaluate compliance and effectiveness of therapy.

Your prescription is processed and filled by the technician and checked by the pharmacist and finally dispensed with verbal or written counselling as required.

Many factors can influence the time of filling your prescription including:

- Contacting your doctor for clarification of dose or to get the medication changed due to an interaction or allergy;
- Contacting the CF Drug Exception Centre for authorization;
- Contacting the Drug Information Centre;
- Finishing prescriptions in line ahead of yours;
- Answering drug-related information questions from medical staff;
- Attending to patients arriving at the pharmacy department with prescriptions, and;
- Questions or requests for over-the-counter medications.

Additionally, software/hardware problems may delay the time until you receive your prescription.

Refills require at least one business day advance notice to pharmacy. This information is written at the top of each and every prescription.

To avoid delays and any inconvenience to you, you should not wait until you run out of your chronic/maintenance medication before calling for a refill.

The pharmacy department's medication refill line is extension 3166 and is available 24 hours/day, seven days/week.

You can pick up for your refill any time after 10 a.m. (i.e. post-sick parade), at least one business day after you leave your refill request on the answering service.

In closing I would like to thank all of those soldiers from the many different units at CFB Shilo that took the time to fill in the quality assurance survey during the past few months.

Our goal here at 11 CF Health Services Centre is to provide the best medical care to all the soldiers who are serving in a defence/support role within the CAF for the sovereignty of Canada and your intelligent feedback is allowing us to improve the health services provided.

Maj Patrick Chabot is CO for 11 Health Services Centre



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

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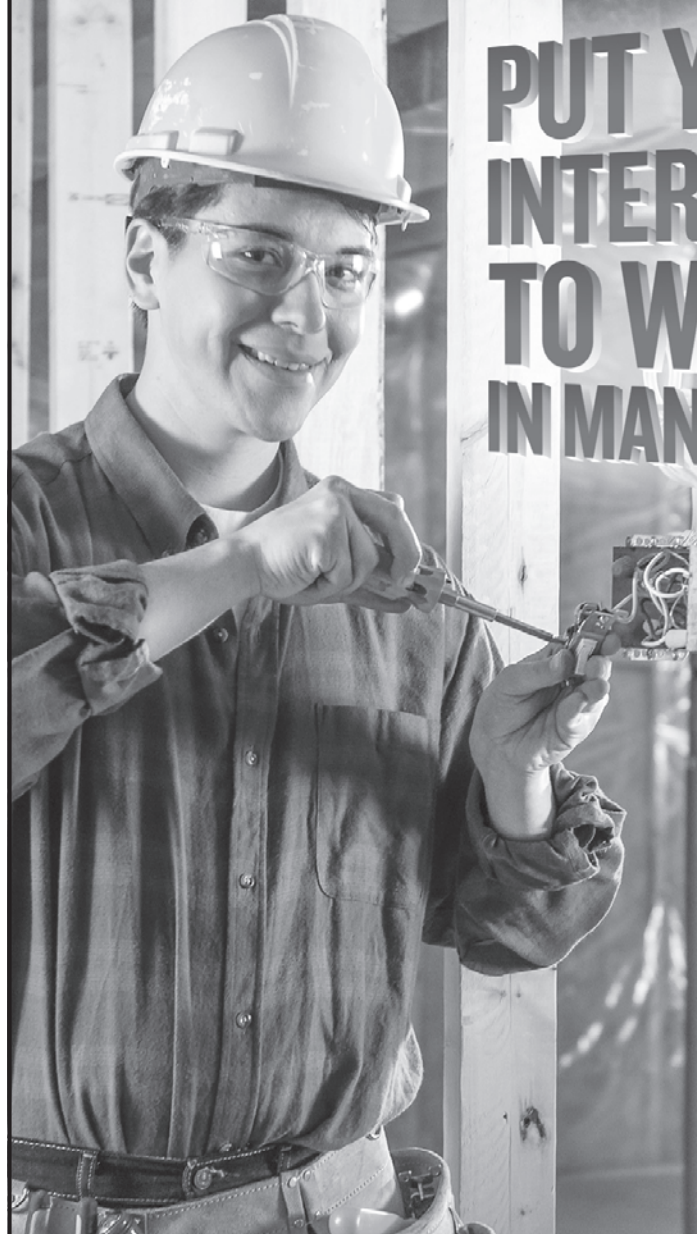
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Manitoba 

Military dentistry turns 100

Jules Xavier
Shilo Stag

Capt Paul Mikhail is a study in concentration as he manoeuvres an intricate dental drill on a cavity belonging to Capt Casey Gergely sitting in his chair.

As Capt Gergely relaxed while the work is being done inside his mouth, Capt Mikhail was assisted by Cpl Elizabeth Hubley, who is at CFB Shilo on TD from her post at CFB Halifax. She deftly hands various dental instruments, plus the filling material, to the dentist.

Few words are said, with the ambience of the clinic broken up by radio music in the work area.

It's a quiet afternoon at 1 Dental Unit Det Shilo, with the detachment commander Maj Chantelle Alarie working on an adjacent chair doing a check-up for MCpl Samantha Beausoleil, who also happens to work at the dental clinic.

Clinic co-ordinator Sgt Ysabel Poirier is busy going through paperwork behind a closed door.

"It's not this quiet when we are working on a DAG," offers dental technician Cpl Angela Brownell, who takes the *Stag* on a tour of the office located inside the Base hospital. It's a spacious work area, with rooms filled with equipment to clean dental tools, plus two rooms specifically used to do various dental x-rays.

An office functions as a coffee/lunch room for the staff.

Cpl Hubley is on this Base helping fill the void left because Cpl Susan Cutler and Cpl Heather Mayo are away on course. The office also features two civilians, Tracy McFadden and Heather Robleski. They are the constant in the clinic because of postings.

The first thing you notice entering the clinic, besides an absence of sports magazines in the waiting room where Capt Gergely waited for his afternoon appointment, is a relaxed mood among the staff.

Plus they are not wearing Cadpat. Instead, medical scrubs are worn when the two dentists and dental technicians and hygienists work around the dental chairs which are basked in afternoon sunlight from the large windows with an east view of the Base.

Capt Gergely wears a pair of sunglasses, that are useful to keep dental debris from falling in the eyes, plus they shield from the overhead dental light fixture that provides special lighting for Capt Mikhail to wield his dental tools while fixing a cavity.

A century ago the scene for a soldier involved in the Great War was a lot different when they needed to pay a visit to the dentist's office. According to a Royal Canadian Dental Corps article to mark the 100th anniversary in 2015, Canada's military dental services have cared for the oral health needs of Canadian troops in the Great War, Second World War, Korea, Afghanistan and numerous peace-keeping, peacemaking, humanitarian and forensic operations.



Detachment commander Maj Chantelle Alarie examines MCpl Samantha Beausoleil's teeth during a check-up. Dental technician Cpl Angela Brownell takes dental notes in the background.

Photo by Jules Xavier

Dental services personnel of the Canadian Armed Forces (CAF) like Maj Alarie or Cpl Brownell play a vital role in ensuring soldiers, airmen and sailors maintain excellent dental health care.

Capt Mikhail can trace his roots back to South Africa during the Boer War from 1899 to 1902. It was on those battlefields where two Canadian dental surgeons Dr. Eugene Lemieux and Dr. David Henry operated in a theatre of war for the inaugural time. Both men learned quickly that dental services in the field were indispensable.

With the outbreak of the First World War a decade later, numerous recruits were rejected for dental reasons. The 26 serving military dentists could not cope with the demand for service in order to prepare recruits ready to deploy. Civilian dentists were then brought in to help treat these men.

On May 13, 1915, General Order No. 63 authorized the creating of the Canadian Army Dental Corps as a distinct corps. By July, 30 dental officers and 74 other ranks — a ratio of one dentist for every 1,400 personnel — were overseas attached to the field ambulances in forward areas of the battlefields.

From July 1915, when the dentists began working in the theatre of war, until December 1918, more than 2.2-million dental treatments were performed. This included working on British soldiers and 50,000 treatments for trench mouth. By the time the war ended on Nov. 11, 1918, the Royal Canadian Dental Corps had grown to 223 officers and 459 other ranks.

From the end of the Great War until 1939, the Dental Corps became little more than a number of individual

dental officers scattered thinly throughout the units of the Medical Corps. With the advent of the Second World War, military dentists again were able to provide support to overseas operations.

The use of dental records for forensic purposes, especially in identifying war casualties, came into prominence during the Second World War. Many fatalities were identified who lacked any other means of identification. Dental forensic techniques were also used to identify deserters and determine cases of fraudulent enrolment. When the Canadian Women's Army Corps was formed in 1941, the first female dental assistants were enrolled. Several hundred of these women were employed in clinics in Canada, freeing up male dental assistants for overseas service. At the end of the war the Canadian Dental Corps had a strength of more than 5,000 members, more than half of whom had deployed overseas. Fourteen dental officers and 19 dental technicians gave their lives on active service during the war.

See **KING GEORGE** page 7

King George VI grants Royal Warrant for Royal Canadian Dental Corps

From Page 6

The outstanding performance of these men during the war convinced the authorities that it should be kept alive after demobilization.

In October 1946, the Canadian Army was reorganized and for the first time the dental corps became a component of the regular force. A year later, King George VI granted the Royal Warrant to the Canadian Dental Corps in recognition of outstanding service so members now came under the Royal Canadian Dental Corps.

During the Korean War, the Canadian brigade featured an independent dental unit of 11 dental officers and 40 other rank to provide dental services as 25 Field Dental Unit.

Denist Capt WO Mulligan described his Korean service as "everything was under canvas except the dental clinic itself. The dental clinic was in 'B' echelon where the canteen was located, everybody was glad to get back for 'shopping' plus a few fillings."

Challenges for the dentists in Korea included 10-year-old tires on the mobile dental clinics for which there were no spares, a lack of kerosene stoves in the clinics and unserviceable generators led the dental officers to keep their local anaesthetic in their tents at night, and the tempo of the war increased and the dental teams were exposed to artillery shelling.

During the summers the heat was oppressive, dust was a menace to movement, biting insects plentiful, the water supply was limited, which made cleanliness a problem, and the overwhelming odour of rice paddies and "honey wagons" made life difficult.

From the time the first dental detachment arrived in Pusan on Nov. 7, 1950 until the last detachment departed Korea on July 1, 1957, 43 officers and 85 other ranks served in Korea, continuing the tradition of a high standard of mobile dental service to Canadian troops in the field.

Dental teams also saw duty in Somalia in 1992 as part of Op DELIVERANCE and the former Republic of Yugoslavia from 1992 to 2004.

This was followed from 2001 to 2014 when Canadian soldiers commenced Op APOLLO, with Canada contributing to the US-led operation against terrorist elements in Afghanistan. Dental teams were deployed with HMCS Preserver and HMCS Protecteur, or to 1 Canadian Field Hospital.

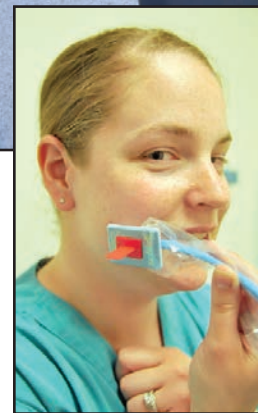
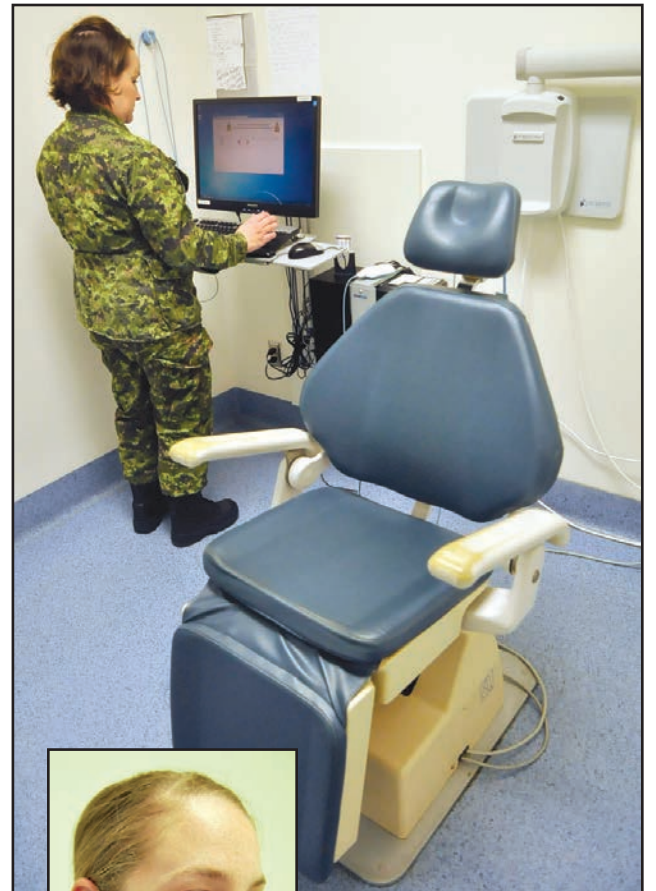
Dental teams have also been deployed to domestic operations like the Okanagan forest fire in 2003 (Op PEREGRINE) and a major ice storm in eastern Canada in 1998 (Op RECUPERATION).

The CAF's dental services forensic team helped with the identification of victims from the SwissAir 111 crash near Peggy's Cove, Nova Scotia in 1998 (Op PERSISTENCE).

For two months that fall, 54 dental personnel were tasked to effect dental identification of the victims. By the end of the operation, 149 positive identifications had been made, 102 of them by the dental team.

Since the Great War, CAF dental personnel have deployed integrally with every major Canadian expeditionary force, from Korea in 1950 to the recently ended Afghanistan mission.

To mark the centennial on this Base, Maj Alarie and her staff are hosting a golf tournament May 22 using the Shilo links.



MCpl Samantha Beausoleil (above) prepares the X-ray computer, while Cpl Angela Brownell (inset) demonstrates the positioning of an X-ray tool which is placed in the mouth.

Photos by Jules Xavier



BACK ON DUTY

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Morning greetings from South gate Commissionaire

Sarah Francis
Shilo Stag

Edmund Forrestall is up at the crack of dawn every day to greet you at the South gate to CFB Shilo.

Forrestall joined the Canadian Armed Forces (CAF) in August 1990, choosing the Royal Canadian Navy. He spent eight years on surface ships and approximately 13 years as a submariner.

He joined and left the CAF for the same reason — family.

His father, grandfather and great-grandfathers all served, while Forrestall and his brother followed suit.

"My great-grandfather served twice in World War One," recalled Forrestall. "He went over and got discharged as engineer for being unfit engineering. Then he went back again in World War One as an artilleryman. My grandfather served in World War Two in the Italian Campaign. My dad served for 31 years in the infantry and the Air Force."

His brother is currently serving in the infantry and has been for 20 years.

Forrestall broke tradition when he decided to join the Navy and went on to be a naval communicator.

"Everybody in my family has been army but me. I love the ocean," he said. "I consider Halifax my home because that's where I was born. I just kept my roots with the ocean and I got to see the world that way."

He acknowledged there were a number of things which encouraged him to go into communications.

"Lots of interesting things," said Forrestall. "Some



things I can't talk about still because of the nature of what we did, but I liked the Morse Code. We got to do Morse Code when I first started. I just like talking to other people. I'd get to talk to everybody around the world."

After graduating as top student from his QL3 course he received a Morse Code key and oscillator, which he said he still plays with at home.

On his first ship aboard the HMCS Terra Nova, he worked as a certified amateur hand-radio operator.

"We could do HF — high frequency voice patches to anywhere around the world," said Forrestall. "Anyone can call home on HF Spectrum and get a phone patch on the other end."

His work with the the Royal Canadian Navy has brought him all over the world. He's travelled twice to Haiti; did training in the United Kingdom and worked in some of Canada's most northern territory. One of the 45 year old's favourite destinations was Alert, Nunavut where he met his wife Kristy. She was working with the Department of Environment.

One defining moment of his career was being invited by the government to honour Remembrance Day at Vimy Ridge in France.

However, being in the Navy limited his posting options to the coasts of Canada. His wife lived in the prairies with their kids.

"I left the military, not because I really wanted to," offered Forrestall. "I miss it dearly. I wish I could have had the opportunity to stay in. Unfortunately, being back to submarines at the time, my posting options were East Coast and West Coast. My wife had a job in Shilo working as the assistant Base Environmental Officer at the time. She was here; my kids were here."

His career manager de-

ecided to post him from CFB Halifax to CFB Esquimalt, about 400 kilometres closer. That was when he warned his career manager that it could be his last posting.

Forrestall said it came down to his career or his family.

"My family trumped my career. Which is why I joined the reserves after I retired," he said. "There was a naval reserve division in Winnipeg and I decided to go work for them for three years to do my transition to civilian life. Which of course got broken up by joining the Commissionaires in the fall."

Now he is at the South gate every day for 5:30 a.m., ready to greet you with a smile and a "good morning."

Forrestall chose the Commissionaires because it keeps him in the loop with the CAF and close to his family.

"I'm a military history buff. I like to keep around the military. Eventually maybe I will retire from the Commissionaires too," he explained. "For now I like it because I'm so close to home. I retired to Sprucewoods. It's nothing for me to come to work every day. I get to see great people, smile at people and make their morning."

The morning rush at the South gate lasts from 6:30 to 8 a.m. During that time, Forrestall will greet about 300 cars.

During downtime he'll clean the building or sweep outside if needed. However, if he's not out greeting drivers you can see him walking around the building to pass the time.

"It's a good way to pass the time," said Forrestall. "I can still maintain my security rounds because I still get an overall 360 view of the area. I wouldn't if it compromised my job."

On an average day Forrestall said he can walk up to 20 kilometres.

"I don't like to be sitting still, I like to be moving. As a person who has been in submarines for so many years, I don't like enclosed spaces anymore. I like to be outside."

His wife Kristy, his 11-year-old daughter Brianna and seven-year-old son Connor share his love of being outside.

"We all like fishing and ice fishing," said Forrestall. "We have our weekends at the lake. If we can't go camping, our weekends at the lake are in our backyard. We have a fire pit back there. We have a place to put the tent up and we have a swimming pool. We try to spend a lot of time outdoors."

Originally, he was working at the North gate. He and the other full-time Commissionaire were moved Jan. 16 after the gate schedule change. The highlight from that change, according to Forrestall, is indoor plumbing at the South gate.

When it gets closer to holidays there are other ways that the gatehouse staff pass the time.

"Myself and Dave, the other Commissionaire, we got together and on Christmas Eve we put together goody packages for the kids. We made about a 150 of them up and gave them out to all of the kids. On Easter at this gate we did the same thing."

Building snowmen was also a good way to pass the time during the afternoon lull from 9 to 11 a.m.

"I called it Snowman Dave, someone to keep me company. I made the snowman outside and he greeted people," Forrestall said with a laugh. "Well ... the couple days that he lasted."

As one of the first people you may see in the morning he wants to be able to help you start your day off well.

"I can get out there and wish everybody a good day when I see them, have a smile on my face and help them have a good day as well. If they're having kind of a grumpy day I can wish them good morning, ask how they're doing," he said. "Have a simple conversation and hopefully get them off on the right foot."

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Edmund Forrestall is the first person you will see at the South gate when you arrive at CFB Shilo. He checks for identification after his morning greeting.

Photos by Sarah Francis

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Changing the culture won't be easy

MGen engages soldiers on CAF action plan

Sarah Francis
Shilo Stag

Sexual misconduct in the Canadian Armed Forces (CAF) is being talked about in CFB Shilo.

The CAF Strategic Response Team on Sexual Misconduct (CSRT-SM) has been tasked with coming up with an action plan for the 10 recommendations from the external review of sexual misconduct in the military. The review was done by former Supreme Court of Canada justice Madame Marie Deschamps.

The CSRT visited this Base to discuss the review, its recommendations and the action plan to put them in place.

Three sessions were held throughout the day, offering an opportunity for military members to come forward and ask questions about the review.

"One with [1]RCHA and another with [2]PPCLI and then the last one with base personnel. They were all different," recalled the team commander, MGen Chris Whitecross.

"I was trying to figure out why. The last one [was] very much more engaging, the crowd was much more eclectic,

there were people from different walks of life, different occupations. They had obviously had more postings so they were a little bit more aware of the grander Canadian Armed Forces. "Then the other two units, very much homogeneous, some very young people in there. Young soldiers, but again very much engaging. So my impressions are ... I thought they went very well."

She also noted that a number of individuals were surprised by the report and commented it wasn't what they were seeing.

Although the demographic of the groups were different, MGen Whitecross said that many young people seem open and willing to talk about the report and ask questions.

"We were in Saint Jean, [Quebec], and I was really pleased that many of the recruits who have very little time in the military, were really not afraid to ask questions to find out where we were going. I thought that was a positive step."

She said Deschamps' report on the matter is scathing. However, MGen Whitecross said she believes there are men and women in the Chain of Command (COC) who are doing the right thing all the time.

"There are definitely Chain of Commands and people not doing the right thing and not supporting their people as explained by Madame Deschamps," she said. "On the flip there are a lot of people that are. Whether it's Shilo or any other Base across the country, we

have just got to be cognizant of that."

One hurdle she sees for this issue is starting the conversations, which is one goal of the sessions held during her visits to Bases across Canada.

She said tools are going to be provided to help, including facilitated discussions that talk about sexual misconduct. They will focus on what it is and how to rid the CAF of that sexualized culture Deschamps talks about in her report.

"One of the first things that will help is to start the discussion in small groups, so people are aware of what could be conceived as hurtful, expectations of the men and women of the Canadian Armed Forces and who should they be able to talk to in order to put in a complaint if they're not feeling comfortable," she explained. "Having that discussion at the lowest level, hopefully will resonate within the organizations."

The recommendations include creating an independent centre for accountability for sexual assault and harassment outside of the CAF. Another recommendation is allowing victims to transfer their complaint to civilian authorities.

"The centre is the third recommendation from Madame Deschamps," she said. "The other is for the alleged victim to have more influence on whether his or her case goes to civilian or military policing, that's recommendation eight."

"The CDS has made it very clear we're going out on all 10 recommendations, those ones, three and eight, and the first two outright completely, 100 per cent."

The first recommendation is to acknowledge that inappropriate sexual conduct is a serious problem that exists in the CAF and undertake to address it. The second is to establish a strategy to effect cultural change to eliminate the sexualized environment and to better integrate women, including by conducting a gender-based analysis of CAF policies.

However, she adds that making the changes and seeing the culture around sexual misconduct won't be an easy or quick task.

"Ultimately, we're looking for behavioural change in the short-term, which will lead to culture change in the long-term. It will take months and years, it won't be happening overnight," admitted MGen Whitecross.

There are a number of different areas her team are going to be looking at. She points out the areas of policy, training development, education, the recommendation for a centralized centre, prevention, and support to victims.

She said Deschamps has identified certain occupations that require more work to improve their training. Another

point MGen Whitecross made was that there needs to be more effort put into training venues and how to facilitate training.

"One of the things we're looking at is how can we ensure that the training and the education that we develop, especially for the young people coming in, creates an enduring culture," she said. "That it gets [to] them and it's really hoisted in and they understand it and they can take it out for years and years. We still need to maintain that steady drum beat of training throughout peoples careers."

She went on to say that treating every member of the CAF with dignity and respect is important for two reasons. The first being because it's the right thing to do. The second reason is what she referred to as operationally imperative.

"It's because we are men and women in the military, [they] must be ready to meet the needs of the Canadian Armed Forces and Government of Canada in missions and operations around the world," said MGen Whitecross. "In order to be able to do that we need to ensure our men and women already belong to a cohesive unit that is built upon respect and dignity for all. Where they

can work together without any fear of misconduct of any kind."

She added, "That makes us effective. That makes us efficient in our operations. That gives us success around the world."

Changing the culture of sexual misconduct in the CAF won't be solely directed toward those in uniform. She added that once they're moving on that front, they'll turn their attention to civilian public servants within the Department of National Defence (DND).

"In terms of the families, when I spoke to the Chain of Command, what I said to them [was] — ultimately our job as member of the Chain of Command is to take care of the men and women who we have the honour of serving, who we have the honour of leading and by extension their families," said MGen Whitecross.

She added to that point and said she felt this resonated with people because one of Deschamps' findings was that in some cases COC didn't care.

"I would say — to a man or to a woman here in Shilo — that's not the way they feel."

For those who would like more details of the recommendations and the review log on to www.forces.gc.ca

"Ultimately, we're looking for behavioural change in the short-term, which will lead to culture change in the long-term. It will take months and years, it won't be happening overnight."

— MGen Chris Whitecross

Shilo Military Family Resource Centre Summer Employment Opportunities

Children/Youth Staff

This position will assist staff in the Tiny Toes Pre-school summer program offered by the Shilo Military Family Resource Centre (MFRC). The position is responsible for some planning and implementation for activities for children aged three to five. They will have opportunities to engage in play and communicate with parents on a daily basis.

Qualifications:

- Must be 16 years of age
- Must obtain a Criminal Record check and Child Abuse Registry check
- Previous experience with children required
- Able to work in a team or independently
- Flexible and enthusiastic
- First aid certificate an asset
- Must be returning back to school in the fall
- Wage \$10.75/hour 37.5 hours per week for nine weeks

Employment starts June 29

Summer Program Staff

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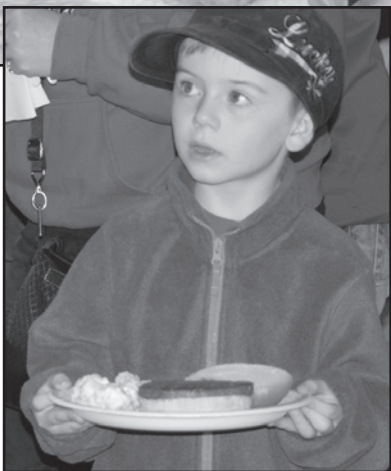
Qualifications:

- Must be age 16
- Previous experience with children required
- Must obtain a Criminal Record check and Child Abuse Registry check
- Wage \$10.75 15 hrs per week

Employment to commence as soon as possible

Submit resume with cover letter stating which position you are applying for by May 25 to: Youth programs leader Jodi Billard via e-mail jodi.billard@forces.gc.ca
For information call 204-765-3000 ext 4558





Besides serving up steak and burgers, the 'Steaks for Soldiers' event held at L25 provided fun activities for the kids in attendance.

Photos by Sarah Francis

Canada's Beef producers support military charities

Lori Truscott
Shilo Stag

Canada's beef producers donated more than \$27,000 to the Military Families Fund (MFF) and Soldier On charities.

The money is being split between the two charities with nearly \$11,000 going to the MFF and over \$16,000 to Soldier On.

Five years ago, in 2010, during the long Afghanistan mission, Harvey Dann, a beef producer based in Winnipeg felt he wanted to do something to recognize the sacrifices Canadian soldiers and their families were making on behalf of Canadians.

He got together with fellow producers and organized a homecoming barbecue event down the road from Winnipeg at CFB Shilo.

This was the genesis of a campaign which saw local beef producers across the country serve up their product, and their thanks, to soldiers and military families across the country.

Since 2010, members of the Canadian Cattlemen's Association, the Manitoba Beef Producers Association, and Canada Beef raised more than \$120,000 for the Steaks for Soldiers campaign that served approximately 12,000 steaks and burgers at events at nearly every Army base in Canada.

The generosity of Canada's beef producers actually resulted in a surplus of \$27,073.55 in the account created for Steaks for Soldiers.

The contributing members felt it was important to use the leftover funds to continue to support the CAF and families. So the account was closed and the balance of funds donated to the MFF and Soldier On.

There's nothing like the smell of grilling beef to bring people out of their homes and into a long line-up. Close to 400 people on the Base were served steaks and burgers by Manitoba beef producers May 9 at the final Steaks for Soldiers event in Canada.

"The first one was held here in Shilo and it's only appropriate that the last one be held here, too," said Mike McEwan, senior manager of Personnel Support Programs (PSP) at CFB Shilo.

From Quebec to Alberta, local cattle growers volunteered to serve at their nearby bases. In fact, 650 volunteers served up beef between 2010 and 2015 of which more than 90 per cent were local producers.

Harvey Dann, while speaking to the crowd at L25 Saturday noted, "Our producers put their assets on the line every day to feed Canadians. Our soldiers put their ... on the line every day on operations to protect Canadians. We, who get to work and live in peace thanks to our soldiers, are thankful."

Lori Truscott is the PAO for CFB Shilo

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Kudos on deck project

Base CE staff dropped by MCpl Samantha Beausoleil's Sprucewoods home to check on the deck they built. She won CE labour on her home project during last fall's CE United Way draw. *Photo by Jules Xavier*

'Starving' teens survive famine

Jodie Billard
MFRC Special

Who says teens can't make a difference?

Last month, 13 members of the Shilo MFRC Teen Centre participated in the World Vision 30-Hour Famine.

This was the fourth time the Teen Centre has taken part and it turned out this was our most successful year. At the end of last year's event, we had said our goal was to raise even more the following year, and this year's participants did not disappoint.

Our grand total was \$1,039.55. That's more than double the amount raised in previous years.

The secret to our success? A few very dedicated fundraisers and some healthy competition. Special mention goes to Brian Badcock for being our top fundraiser.

"It was a lot of fun, just hanging there for the night with my friends," said Brian Mazsa of the experience. "We were playing games and just have a lot of fun. It was kind of hard considering we couldn't eat, but it was a great experience, great first time, and I'd definitely do it again."

Badcock echoed Mazsa's comments.

"It was fun, but it was hard that we couldn't eat," he said. "I'm glad I helped raise money to help people."

Money raised during the 30-Hour Famine event goes towards a variety of programs at World Vision, whether it be hunger programs in Third World countries; helping at risk youth in Canada; or dealing with disasters such as the recent earthquake in Nepal.

But the most important part of the 30-Hour Famine is what our teens learned from the experience — there are always others who are worse off than you. And when you can help someone who is struggling, you should, and it feels amazing.

Jodie Billard is the Shilo MFRC's youth programs leader

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Physiotherapists help soldiers return to work

Shilo Stag

Capt Victor Pak of 11 Health Services Centre on the Base has reason to celebrate this month.

May is National Physiotherapy month in Canada for the CFB Shilo physiotherapy team leader.

The Canadian Physiotherapy Association (CPA) will celebrate by engaging members, patients and the public in events and activities that will help to raise awareness of the profession and its many benefits for patients.

“Physiotherapy is a growing profession — growing in terms of the number of practitioners and growing in the range of conditions we can treat,” said CPA president Doug Treloar. “It’s exciting to have a month to recognize the contributions of our members to the health and mobility of Canadians.”

Physiotherapists like Capt Pak make important contributions to the health and well-being of Canadians every day. As primary care professionals, Canadian physiotherapists promote mobility, wellness and independence for all ages and use their extensive education and clinical experience to assess, diagnose and treat a broad range of conditions.

Physiotherapists know how the body works, how to keep it moving and how to



Physiotherapist Capt Victor Pak works with a patient.

get it moving again.

As a physiotherapist, Capt Pak does more than help rehabilitate people after an accident or injury. He helps manage chronic lung disease, cares for musculoskeletal conditions such as carpal tunnel syndrome, helps stroke patients recover and even helps prevent chronic disease. He also works with CFB Shilo soldiers who require physiotherapy for an athletic injury, or perhaps get someone back to work after sustaining an injury while on an exercise in the training range. For example, 50,000 Canadians suffer a stroke each year, and 75 per cent of the survivors have some level of disability. Early admission to in-patient rehabilitation not only improves patient outcomes but also reduces long-term health-care costs — and that affects all Canadians.

This month, CPA will introduce a social media program to encourage patients to say “thanks” to a physiotherapist who has transformed their quality of life.

Members, patients and the public are invited to visit the new National Physiotherapy Month website, www.npmcanada.ca, to say “thanks”, complete online surveys, download promotional material and learn more about how physiotherapists are helping Canadians.



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