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# Shilo Stag

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In focus with MCpl Janie Jacobsen. Page 9




### On target?

A soldier training on the C6 machine-gun has a keen eye as he checks his comrades sights as part of his course on weaponry. Working at the Stag after coming over from IPSC, MCpl Janie Jacobson captured this image during her first week learning about photography at the Base newspaper.




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# Skateboard park in limbo during consultation process

**Jules Xavier**  
Shilo Stag

Ryon MacLean-Sloat would rather skateboard than hang from a monkey bar or propel his small frame down a playground slide.

That's the assessment of his mother Kathy, who attended the town hall meeting hosted by Shilo mayor Lt Brechin Piper regarding a number of RHU issues, including what to do with the skateboard park behind CANEX.

"My son Ryon uses the skatepark (sic) as soon as it's open every year," MacLean-Sloat shared with the other 13 in attendance, including the *Stag*. "He practically lives there, and we always know where to find him."

She added, "He was very upset to hear that it may no longer be there. The skatepark (sic) is a safe place for him to hang out with his friends instead of them skateboarding in parking lots like CANEX, where they get in trouble for it, or on the streets, where drivers get upset."

MacLean-Sloat pointed out there are few places on the Base for her son's age group because "the playground is too babyish in his eyes and he's too young for teen centre activities."

However, with the equipment previously used by skateboarders now condemned and removed, the Base is looking at alternatives when it comes to that space, whether to spend money on new equipment, or perhaps scrap it because of lack of use. For this reason, consultation with users is imperative, noted Lt Piper.

Ten-year-old Ryon MacLean-Sloat was one of six youth who attended the meeting, though he let his mother express his lament that he might have to look for alternative locations to skateboard this summer.

Lt Piper told his audience the skateboard park was built a decade ago, and during a recent Base Fund meeting, was in discussions about what to do regarding the venue which features a dugout-like structure for users to seek shelter in inclement weather, or escape the sun for shade.

In discussions with Base MPs, he said they told him that the skateboard park was noticeably void of users in 2014 based on observations while they were making regular patrols in that area.

"There are a few options for the park," said Lt Piper, "but we want to hear from the users as to what course we take when it comes to replacing the equipment."

A number of suggestions were offered by the town hall meeting goers, including relocating the park to an area adjacent to the outdoor arena, or keeping it in the same place, but replace the asphalt with concrete and



Shilo MPs have observed during patrols the skateboard park the past year has been absent of users.

Photo by Jules Xavier

expand the existing space so one section could be for skateboarders, while the remaining area could be for BMX riders.

Another suggestion included having the skateboard park moved to an area within the RHA because it would be safer for young users, who could then avoid having to cross Kingston Avenue.

Another meeting goer asked about lights, while another suggested older teens could "volunteer" to police the skateboard park.

"If they improve the skateboard park then users will come back and use it," said one meeting goer, who acknowledged that with the previous equipment it was not safe skateboarding.

Fitness, Sports and Recreation (FS&R) manager Jim MacKenzie said he's received a few e-mails regarding not having the skateboard park become defunct, and encourages the community to provide as much feedback to him as possible. All the feedback collected regarding the fate of the skateboard park will be compiled and presented to the Base Fund committee for a decision at the next meeting scheduled for the end of June. Community members can provide feedback regarding the future of the skateboard park either by dropping off their comments in writing to the GSH front desk attendant or by emailing the FS&R manager at james.mackenzie@forces.gc.ca

From the skateboard park's future, the next order of business was the expansion of the RHA community garden from its current 20 plots.

"There are 84 people on the waiting list for a plot, but only 20 plots, so what do we do?," asked Lt Piper. "We can contract it out and add another 20 plots, or

we can spend some money on supplies, then have a fun weekend where people interested in the community garden can come out and build more plots."

With space available adjacent to the current community garden, Lt Piper said fencing would be put up around what eventually comes to fruition regarding expansion of the plots.

"I encourage people to come out and get involved in this so that we can add more plots," he said. "Plus we can hold a barbecue at the same time while work is being done."

Tools and building supplies/soil will be provided for the volunteer work party.

Lt Piper also asked his audience about ideas for activities which the Shilo Community Council can offer to CFB Shilo residents, besides what is already offered by PSP, such as Canada Day or Family Day.

"Council has the money for special events, so we could hold a few barbecues this summer," he said.

A meeting goer noted most community events focused on the family, and questioned Lt Piper about offering events for single people, or those couples who are childless.

This led to an idea of perhaps holding a community-wide backyard hockey event during the winter months.

Or having lights put on the toboggan hill so that area could be used more after 5 p.m. when it's already dark.

The idea of lights then had another meeting goer suggest lights would be useful around the Base dog park, which then led to a longer discussion about that venue adjacent to the toboggan hill.

Lt Piper acknowledged the dog park is often a topic of discussion at Shilo Community Council meetings, but did not see funds being made available for putting in lights, nor expanding the current space.

Dog owners at the meeting brought up issues of pet socializing in the fenced compound, and the possibility of having set days for small and big breeds. Policing of the park by users was another concern, with some owners failing to pick up canine excrement, or not supervising their pets after letting them loose.

Lt Piper said if there are issues, dog park users can contact the Cornwallis animal control officer, with the MPs being called only as a last resort. Some residents have expressed concerns with dog owners using the park while consuming alcohol and suggested the MPs might do more foot patrols in the area, which might deter some users from drinking while out with their dogs. There's also a Facebook page which caters to users of the Shilo dog park. By joining this social media page you can "share ideas and concerns to improve the socializing of our furry little friends."

## Pet of the Week



### NOVA

Carolyn Hobson is proud of her puppy — just shy of being nine months old — when he strikes a pose for the camera. A pitbull, Nova does have one quirky habit, according to Carolyn. "[Nova] talks back under her breath when she gets in trouble." Do you have a photo for this space? If so, e-mail it to us at stag@mymts.net with some bio info on your pet.



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# Enjoy steak, burgers during May 9 Family Day event

## Shilo Stag

What are you doing May 9?

If you are free that day why not allow CFB Shilo to entertain you with a community barbecue as part of Family Day at L25.

The aim of this event is to provide the Shilo community with an afternoon of entertainment and free food.

Parents can mingle, while the kids in attendance will have an array of activities to keep them busy. Children's activities will commence at noon, while the steak or hamburger lunch begins 60 minutes later.

Coffee and juice are on the menu, as well as sides dishes like baked potatoes, caesar salad and dinner rolls. Perhaps a dessert or two to round out your meal. Base Food Services will be baking slab cakes, which will be served between 1 and 3 p.m.

Shilo MFRC will provide face painters for the duration of the event, which concludes at 4 p.m.

Besides the Shilo and Region Service Club, the event is being sponsored by Base Fund and the Canadian Cattleman's Association.

## STAG BRIEFS

The 12th annual Base Commander's Downhomer Lobsterfest is another sellout.

In fact, tickets for BComd LCol Stephen Joudrey's final lobsterfest before he moves on to his next posting later this summer, sold-out without even having to be sold in Brandon.

Organized and run by the Shilo and Region Service Club, lobsters and steaks will be served the evening of

June 6 at L25.

Live entertainment will follow the meal.

Canadian Forces Morale and Welfare Services (CFMWS) is offering the Support Our Troops (SOT) national summer camp program for eligible dependants of military families.

Through the SOT program — supported by individual donations from Canadians, proceeds from third-party events and contributions from external charitable foundations — thousands of children of military families have enjoyed a week-long camp experience at Camp Maple Leaf, Camp Muskoka Woods, local PSP-run camps, or other camps located across Canada.

This year represents the second year of the SOT national summer camp program, with dependants of military families able to access a week-long camp experience, at either an "away" camp or at a "day" camp.

The following are eligible for this program:

- Children/dependants of deceased Canadian Armed Forces (CAF) members;
- Children/dependants of ill/injured members of the CAF, being supported through the JPSU/IPSCs;
- Special needs children/dependants of CAF members.

Families with eligible dependants may be reimbursed up to \$600 for a week-long, away camp at an accredited facility, or \$400 for a week-long day camp.

CAF families with special needs children/dependants may be reimbursed up to \$1,000 at an appropriate camp facility.

All applicants to this program should submit to [www.supportourtroops.ca](http://www.supportourtroops.ca) if they are interested in attending a camp.

The SOT camp administrator will issue grant approval notices and arrange reimbursement upon receipt of a final camp invoice.

Meanwhile, CFMWS has been advised that Camp Maple Leaf, located near Peterborough, Ont. will not be operating as a camp destination this summer.

Therefore, Ontario-based children who traditionally attended this camp may make an alternative camp selection.

Through an agreement between Muskoka Woods Youth Foundation and CFMWS/SOT, 65 camp spots are available for eligible children of military families at Muskoka Woods this summer. Families may specifically identify their interest in this option through the application process.


Moreover, all military members and children of military members applying for the SOT national summer camp program must be in possession of a CFOne card, with that card being annotated on individual camp registration forms.

If you have not signed up for a CFOne card, this can be done on-line by visiting [www.cfone.ca](http://www.cfone.ca).



Butter is a must when you receive your lobster during this annual sellout event at L25. The 12th edition soldout in less than a month when tickets went on sale.

Photo by Jules Xavier



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

**Submitting articles and photos for print:**

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

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BComd LCol Stephen Joudrey (left) accepts his lobster during the 2014 Lobsterfest. Stag sales consultant Holly Ormsby (above) enjoys her lobster.  
Photos by Jules Xavier

## Steak, lobster on the menu for spring community events on Base

It has been a few weeks since I last submitted a note in the Shilo STAG and I wanted to advise all of a number of events planned during the spring and, into the early summer.

Before doing so, I wanted to thank the recreation staff for organizing and hosting another successful Easter Egg Hunt and a movie at the GSH during the recent holiday weekend.

As I stood there watching the excited faces of the children running along with their baskets full of chocolate eggs I could not help but wonder when (and if?) their parents were able to get them to sleep that evening.

Thanks again for all of those who helped make this a great event for the kids.

Looking ahead, we have a number of events planned for this community aimed at offering something for everyone.

We are holding a community barbecue and Family Day May 9. This event is open to all of the members and families from all of the units across the Base and from our community.

This event has been planned in association with the Canadian Cattlemen's Association and Beef Producers of Manitoba. These groups have hosted numerous events for the families of deployed soldiers during the years the Canadian Armed Forces (CAF) served in Afghanistan.

The first event they supported was here at CFB Shilo in 2007. I was approached last year by these folks as they wanted to support one final event at the Base with steaks and burgers.

With the pace of training and the PPCLI 100th anniversary events last summer and fall, this spring was

chosen. Come out May 9 and enjoy some steaks, burgers and all of the activities associated with a community Family Day. It promises to be a great event!

Once again in June, the Shilo and District Service Club will host the annual LobsterFest.

This year's event, the 12th iteration, will take place June 6 at L25. As a sign of how popular and successful this event has become, it soldout in less than four weeks after tickets went on sale March 1. I look forward to seeing all of you — with tickets — June 6.

During the last weekend of June, CFB Shilo will be the site of the Royal Canadian Artillery and Airborne Gunners reunion.

The last reunion took place in July 2012 and this summer, it is anticipated that more than 300 serving and former Gunners will make their way here to attend.

There are a number of activities planned for the attendees and support will come from organizations across this Base.

The history of CFB Shilo can be traced back to 1910 and the Canadian Artillery has played a major role in the growth and shaping of this Base.

Supporting this Reunion is one of the ways that this connection — and the Base's mantle as the Home Station of the Royal Regiment of Canadian Artillery — is maintained and fostered.

The snow is gone. Golfers are out in force. Bulk garbage pick-up in the RHUs is scheduled for May 19. The street sweeper will soon be here cleaning up our streets. These are all signs that spring is here!

So, let's all get out and enjoy some of these activities and events that are planned for this community during the next couple of months.



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# RCA Reunion always a good time for Gunners

## Shilo Stag

Gunners from across Canada will return to CFB Shilo this summer for their national reunion.

Past and current members of The Royal Regiment of Canadian Artillery will once again gather for the RCA home station reunion on this Base from June 25 to 29 to renew acquaintances and friendships.

Scheduled every three years, this will be the 11th edition held at the Shilo home station since 1985.

Those attending will have served the guns from the Second World War, Korean War, Cold War, UN Peacekeeping, Afghanistan War, and nearly all other operational deployments at home and abroad of the Canadian Army in between.

Any Regimental member — past or current and members of other branches who have served in any artillery unit, their spouses, relatives, friends or associates will be welcome at the reunion.

It is expected about 500 members and their spouses will attend this event. Many visitors to the reunion will have come from parts of Manitoba and Saskatchewan, but a good number from coast-to-coast in Canada as well as the United States are expected as in years past.

CFB Shilo has been the host site for the national reunion largely because of its long history as an artillery training camp that dates back to 1910. It has been a centre of operational training for Canadian Artillery units for more than a century.



Additionally, the Base has been designated the home station of The Royal Regiment of Canadian Artillery since 1960. Most regimental members will have served some part of their career at CFB Shilo.

Those attending the reunion will be able to enjoy numerous social events; play in a friendly golf tournament at the nearby Shilo Country Club; visit our national artillery museum which is a destination in its own right; experience the firepower and equipment used by current gunners; and also see some of the many changes to the facilities at CFB Shilo since their last visit.

The newly constructed RV park across the road from the golf venue will be a welcome addition for many who travel and wish to stop in. As in years past, a memorial service will be held the morning of June 28 at the Artillery Park.

The Canadian Artillery's long service with Canada's various airborne formations will be marked this year with the gathering of our Airborne Gunners, held concurrently with the reunion.

For information on the RCA reunion contact Cal Gibson at 204-573-9197.

Information and tickets can be obtained by writing: RCA Reunion, PO Box 214, Shilo MB R0K 2A0 or e-mail [cdnartillery@gmail.com](mailto:cdnartillery@gmail.com).

There's also a new Facebook page you can visit for reunion updates: [www.facebook.com/RCAreunion-SHILO](http://www.facebook.com/RCAreunion-SHILO)



The 2012 RCA Reunion featured a large cake served as dessert during a dinner held Saturday night at L25. There is plenty of food, beverages and good conversation when former (below) and current Gunners gathered to share stories about their military careers.  
*Photos by Jules Xavier*

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# Archer on target



Naython Fleet, 13, is a study in concentration as he takes aim with his compound bow during a recent 3-D competition at L25. The member of the Shilo Archery Club was successful with his arrow hitting a long extinct stegosaurus (inset), one of the many 3-D targets archers could fire at during the one-day competition.

Photos by Jules Xavier



## Naython Fleet takes aim making provincial team

**Jules Xavier**  
Shilo Stag

The stegosaurus did not stand a chance when the archer had the prehistoric animal in his sights.

Pulling back on his competitive compound bow, 13-year-old Naython Fleet took dead aim on the stationary dinosaur with a brain the size of a walnut.

The arrow left the bow in a blink of an eye, covering the short distance in what seemed like a split second. The Wawanese eighth grader, who has called CFB Shilo home the past eight years, scored a direct hit. It's a good thing the stegosaurus Fleet was aiming at is actually a 3-D target, and not an actual dinosaur.

Fleet and his fellow Shilo Archery Club recently hosted a day-long 3-D competition, with archers arriving at L25 from across the province to test their archery mettle against their peers.

"I prefer shooting 3-D targets over actual targets," offered Fleet, who garnered a silver medal in his cub class on home turf. "You need qualified judges when you are shooting at circle targets. With the 3-D target, you go up and score yourself."

He added, "I feel my concentration for aiming is better when my target is a 3-D animal."

Besides the dinosaur, there were deer, elk, mountain sheep, skunk, turkey and bear to fire your arrow at across the vast target area. And a crocodile and baboon shared floor space with the North American-based animal targets.

The younger Fleet is following in his father 2PPCLI Sgt Shawn Fleet, and mother Christine's footsteps when it comes to being part of the Shilo Archery Club.

Membership — you pay \$20 annually and equipment is provided if you don't own a bow and arrows — features more than 100 adults, as well as an additional 30-plus kids.

"Tom and Judy Foster used to run the club," recalled Christine Fleet. "We saw an article in the Stag that said they were taking kids and wanted to [coach] eight. So why not check it out, so we took Naython to try it."

It was a suggestion then eight-year old Naython Fleet was initially overwhelmed because he was used to playing organized sports like soccer and T-ball. He's had no regrets since.

From his initial exposure he has come to "love it" and regularly will train on his own at L25. Club members meet in the evening twice a week, with Wednesday and Sunday being target practice sessions run with safety as a prerequisite to stepping to the firing line.

"I'm more into individual sports, so archery is perfect," said Naython Fleet. "I make my own decisions when it comes to picking my targets, and where I want to fire my arrow."

Like his mother, he's also taken up coaching, working with even younger archers like he was when he joined. "The younger club members look up to Naython," noted proud mom.

A rare lefty on the archery target line, Naython Fleet has come along way since he used a regular bow, then switched to a competitive compound bow. His pullback is 55 pounds of pressure, and the two bows he uses feature sights and stabilizers. Nor are they cheap, with one costing \$2,000, and the other \$1,200.

Each arrow costs about \$16, so hitting the target is important. Errant arrows bouncing off the L25 cement floor are known to crack, or break.

"There's a huge difference in competition using the compound bow compared to what I started with,"

he said. "It's easier to use, and my accuracy is much better when I'm shooting. Plus, you needed more strength with the other bow."

The Shilo Archery Club starts in September, with club archers who want to compete starting with the indoor season starting in January. Taking aim at 3-D targets outdoors commences in April.

With his interest in archery piqued, and enjoying competitions, mom and dad are away most weekends with their son at competitions. Success has followed, with a number of top-three podium finishes. His medal count currently stands at 25, including nine gold, and nine silver.

In 2010, Fleet was the peewee provincial champion. Four years later, he was the cub provincial champ. This success has led to inclusion on the provincial team in his age category. He's looking to return to the provincial fold for the 2015 season, but needs to record two scores of 370 to be successful.

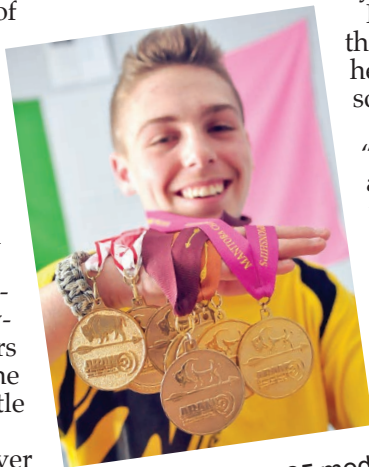
With the advent of summer, using his bow outdoors is more exciting for Naython Fleet, who must also consider weather conditions, like wind, when taking aim during 3-D outdoor competitions. The family plan on a USA trip this summer, with the archers in the family competing in Iowa.

A member of the Archer and Bowhunters Association of Manitoba, he is looking forward to nationals running from July 31 to Aug. 3 — not a long road trip, with Carberry playing host to the four-day event.

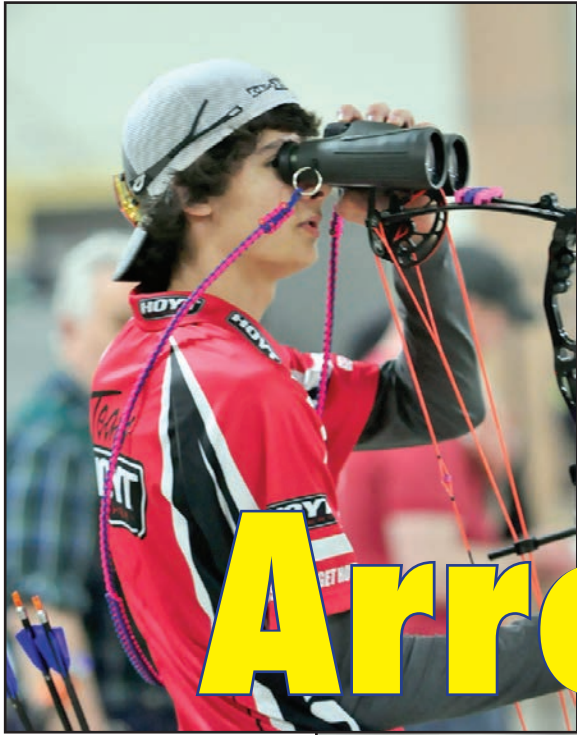
Besides his interest in archery, he holds the rank of bombardier as a member of Shilo's army cadets. He attends army cadet summer camp, too, with Vernon, BC, on his to-do list in July. When it comes to archery, he said practice makes perfect. That's why he likes to fire off 120 arrows in a two-hour session on his own.

He admits he needs to be stronger on the bow, but also hone his technical skills.

"My strength is that I know where to aim at 3-D targets," he explained. "My weakness, which I'm working on, is my follow through. I have to keep my arm up for at least three seconds after the release. If not, my arrow goes where it wants to go."



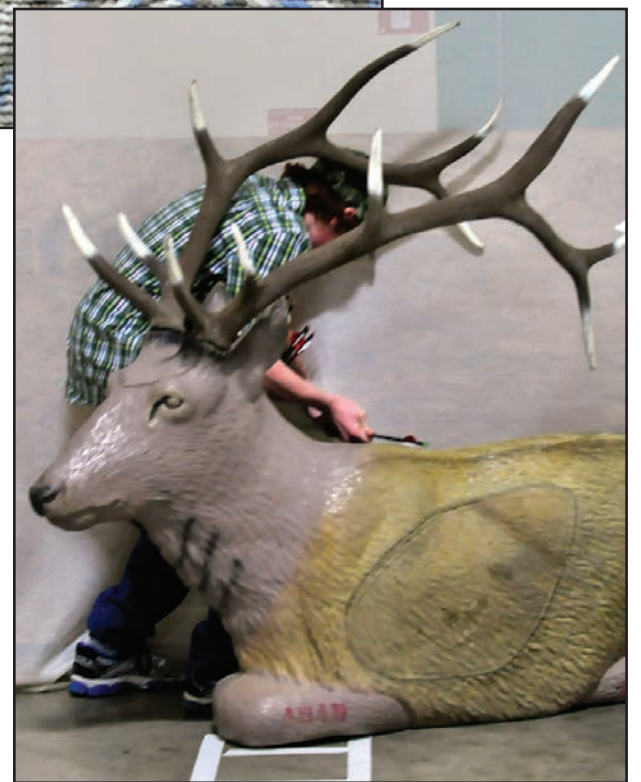
Naython Fleet has 25 medals, including nine gold, since he started competing seriously as an archer.



# Arrow in flight



It was a hive of activity during the 3-D archery competition hosted by the Shilo Archery Club at L25. Archers, from young to experienced, took aim with their bows at the array of 3-D targets placed in the target area.  
*Photos by Jules Xavier*



Posted to the NCR and need housing? Look no further  
Self Help Housing has **3-bedroom units available.**



SHHO provides clean, renovated housing at great rates for junior-ranked military personnel.

Live in a military community, close to amenities.

For more information visit  
[www.pspottawa.ca/shho](http://www.pspottawa.ca/shho) or call 613-521-2696



Disponible : le Service autonome de logement (SAL) offre des logements de trois chambres.



Militaires subalternes mutés dans la RCN, informez-vous!  
Le SAL offre des logements fraîchement rénovés et abordables dans une communauté militaire à proximité des commodités.

[www.pspottawa.ca/shho](http://www.pspottawa.ca/shho) ou 613-521-2696



# Canadian Army Surgeon – Army-speak for doctor in charge

Canadian Army's top clinical advisor contributes to the operational effectiveness of the Army by supporting all aspects of award-winning Canadian Forces Health Services from the ground up

**Meagan Sylvester**  
Stag Special

Balancing the roles of the Canadian Army Surgeon is 'an art as much as it is a science,' according to Col Jim Kile, the Army's current top medical advisor.

As the Canadian Army (CA) Surgeon, Col Jim Kile is the senior clinical advisor for the Canadian Army. His work is important for the entire Army, and ranges from advising the Army Commander to supporting base surgeons and patients across the country.

Although the term "surgeon" makes most Canadians think of a doctor with a scalpel in hand, it has a different meaning within the Canadian Armed Forces (CAF), according to Col Kile. In the CAF and CA context, "surgeon" refers to any military physician in a command or leadership position.

"It's confusing because on the civilian side, when people hear the word 'surgeon' they think I am, in fact, a surgeon," Col Kile offered. "But in the CAF, the majority of physicians in leadership roles are medical doctors who have various levels of specialized training."

Col Kile attended the University of Waterloo where he completed both a Bachelor and a Master of Science specializing in muscle fatigue and exercise physiology. In 1989, he enrolled in the CAF through the Medical Officer Training Program and later graduated from the University of Toronto Medical School.

After returning from Op MANDARIN as the Battal-

ion Medical Officer for the Canadian Logistics Battalion in the Balkans, Col Kile was posted to the Canadian Forces Medical School as an instructor. In 1996, he graduated top candidate in the CAF flight surgeons' course and was promoted and posted to 4th Canadian Division Support Base Petawawa as Base Surgeon.

Col Kile has completed several deployments including a stint in Afghanistan, where he was the Commanding Officer and Task Force Surgeon of the field hospital during Op ATHENA.

"At the strategic level, I have to balance being an Army physician and a patient advocate, which is an art as much as it is a science," said Col Kile, who works closely with LGen Marquis Hainse, Commander of the Canadian Army, to address mental health initiatives, emergency medicine and issues surrounding patient care.

In his advisory role, Col Kile is the main communications link between the award-winning Canadian Forces Health Services (CFHS) and the CA on domestic and international health-related issues affecting Army troops. As such, some of his key roles include patient advocacy, crisis prevention and the Army's contribution and support to international crises.

"Routinely and during a crisis, the operations cell at CFHS puts together a roster of health-care professionals and equipment for deployment, and when the Commander has concerns about the safety of his deployed troops, I can answer to those concerns immediately," said Col Kile, noting the fight against Ebola as a prime example. "I often act as an interpreter for the most up-to-date research information."

At the Base level, the Canadian Army Surgeon interacts with key medical personnel when required to evaluate complex patient issues, particularly when the chain of command requires up-to-date information on mental health initiatives, injury prevention or combat fatigue.

Discussions with base physicians and patients provide Col Kile insight into regional patient care issues and treatment. These communication efforts are essential components of an efficient health-care system in the Army.

Another aspect of Col Kile's role is to provide advice to the medical officer occupation from an attraction and retention perspective.

Col Kile says the CA is currently working with other CAF entities to plan strategies to attract and retain medical professionals. Incentives include competitive salaries, mentoring partnerships, health benefits and more.

In fact, an upcoming conference — the first of its kind — will highlight the ways in which senior medical leadership can help increase the number of uniformed clinicians and create a culture of retention among staff.

Col Kile says a more defined mentorship program between senior medical officers and aspiring medical students may help current members with medical school applications and admittance.

As CFHS moves forward with these initiatives, the CAF continues to provide a world-class example for emergency services and medical personnel, according to Col Kile.

Canada's acceptance of the Dominique-Jean Larrey Award from the North Atlantic Treaty Organization (NATO) in 2012 is one tangible acknowledgement of this. The award reflects CAF leadership in the establishment and command of the Role 3 Multinational Medical Unit at Kandahar Airfield, Afghanistan. It was the first-ever NATO multi-national field hospital involved in combat operations.

But that's not all. In 2013, CFHS also received the "Accredited with Commendation" award from Accreditation Canada, an independent, not-for-profit organization that recognizes excellence and competency among national health-care bodies. The award is granted to organizations that go above and beyond their commitment to quality and improvement.

"Our Canadian Health Services personnel play a vital role in the physical and psychological well-being of our troops," said LGen Hainse. "Their continued commitment and comprehensive approach to recovery, rehabilitation and reintegration helps to provide the best possible support for our men and women in uniform, both at home and abroad."

When summing up his role, the Canadian Army Surgeon highlights how his various functions depend on the collaboration of all CFHS team members.

"I had the chance to work on the United States Ship (USS) Enterprise, a large-scale aircraft carrier, as a flight surgeon [a physician specializing in aviation medicine]. As I watched the jets taking off and landing, I realized it was a finely choreographed dance to maximize safety and success," Col Kile recalls, noting the importance of a common and synchronized strategy.

"When I look at the Canadian Armed Forces Health Services, we're the same way: All working together for one goal and that is to look after our patients, while at the same time supporting each other and the chain of command."

*Meagan Sylvester is with Army Public Affairs; with files from Gerry Weaver*

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

April 24 Theory of Everything - PG  
May 1 Blackhat - 14A  
May 8 Spongebob: Sponge Out of Water - G  
May 15 The Wedding Ringer - 14A

Children aged 10 and younger require adult supervision at all times.  
All movies start at 6:30 p.m. Doors open at 6:15 p.m.

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



**GSH Bowling Alley**

Open bowling for all ages  
Wednesday 6 to 8 p.m.  
Saturday 2 to 4 p.m.

Adult: **\$2.50** per game  
Youth: **\$2.25** per game  
Child: **\$2** per game  
Shoe rental: **75 cents**

Prices subject to tax

**Ask about Glow bowling birthday parties!**

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


**TD Canada Trust**

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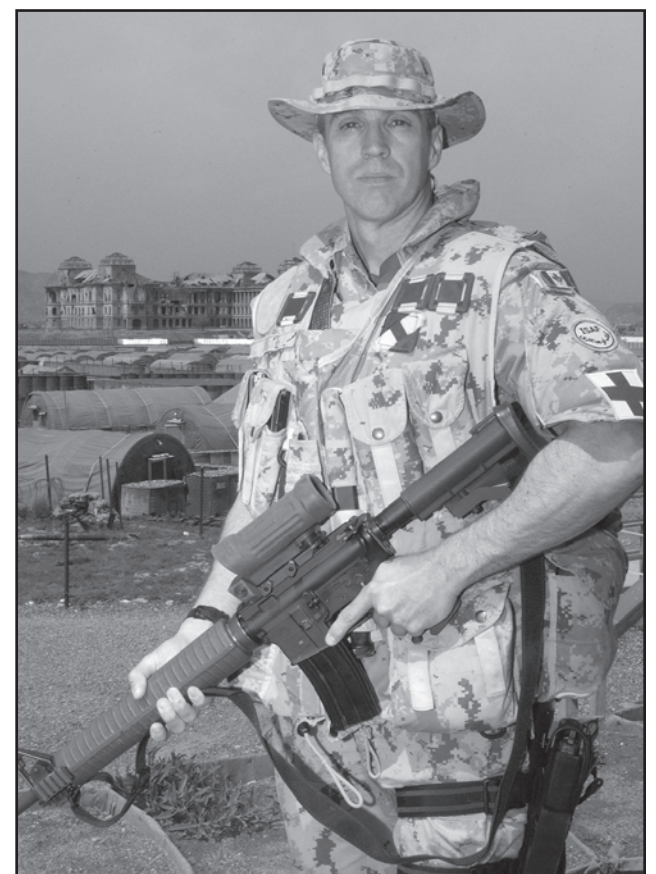
**Karla Robertson**  
Manager, Mobile Mortgage Specialist  
Tel: 204 573 9995  
E: karla.robertson@td.com



Find us on  
Facebook



The Shilo Stag is now on Facebook.  
Check out [www.facebook.com/ShiloSTAG](http://www.facebook.com/ShiloSTAG)  
for videos and more photos!



Col Jim Kile, Canadian Army Surgeon, poses for a portrait-style photo during Op ATHENA in Kabul, Afghanistan, in 2005. Col Kile was the Task Force Surgeon with Canadian Forces Health Services (CFHS) in Afghanistan.  
*Photo by Sgt Dan Shouinard*



# CANEX, SISIP

## Funds from Base outlets benefit military families

**Jillian Driessen**  
Shilo Stag

Most military families take advantage of the services CANEX and SISIP offer to the Canadian Armed Forces (CAF) community.

For those in the CAF family, CANEX and SISIP are outlets of convenience and comfort. They are close to home and understand the unique lifestyle of military families.

What many are unaware of is the valuable contribution made to military communities by CANEX Supermarkets as well as SISIP.

Funds from the two outlets is returned to military communities to contribute to funding programs.

"We have fees for some financial counselling and insurance. Anything that is made above operating costs goes back to the community at large," said Shilo SISIP staffer Debbie Hoddinott. "SISIP also supports a number of different organizations as well as volunteer recognition programs and Terry Fox events."

SISIP also provides funding for the national sports banquet each year.

SISIP's contributions to the military community come in the form of sup-

port of various funds that cater exclusively to the military community.

At CFB Shilo, the SISIP-supported volunteer appreciation dinner is a major social highlight of the year bringing those who give back to Shilo together for an evening. SISIP began supporting the program in 2003.

CANEX makes similar contributions. Revenue from the retail outlets is returned directly to Bases to fund programs, activities and clubs for the military community at large.

"CANEX revenues are returned back to military communities. It is a large chunk of non-public funds for various programs. It is a large chunk of what makes up Shilo's Base Fund," said CANEX manager Rick Kehler.

Although CANEX only has an obligation to be a retail outlet, Kehler and his staff make a point to be involved on this Base outside of their outlet's fiscal contributions.

The local CANEX facilitates and lends hand to several community events and programs every year. From making the birthday event a community one to hosting an annual pumpkin carving contest.

For further information regarding CANEX, SISIP, and their contributions, visit [www.cfmws.com](http://www.cfmws.com)



After their classroom session at the MPTF, these young soldiers honed their C6 machine guns skills — minus actual live ammunition — outdoors. Currently honing her own photography skills at the *Stag*, MCpl Janie Jacobsen (inset) focused on C6 training while exploring the Base with her trusty Nikon camera.

## Master Corporal in focus creating with the Stag



**MCpl Janie Jacobsen**  
Shilo Stag

Twenty-seven years ago I needed a job. My husband at the time, contrary to his promise we would never do this again, approached me for a second time saying we will need to apply for welfare for the month.

At that point I decided to take matters into my own hands and, having enjoyed being in the Reserves as a teenager, decided to apply for Regular Force. The next step was the hardest thing I ever had to do in my life. It was not doing basic training — it was leaving my two young children to go to Cornwallis, Nova Scotia.

Then in the spring of 1989 — now a trained Airforce Tel Op — I headed back to Nova Scotia, this time to CFB Greenwood to work in the message centre. I thoroughly enjoyed my time in Greenwood. It was a wonderful place for my children to grow up with tonnes of friends just out the back door for them, and just out the front door for me.

Working shift work which included midnights and weekends had its challenges, but being in beautiful Nova Scotia made up for that. Frequent trips to the ocean, Cape Breton, New Brunswick, PEI and Peggy's Cove of course, are cherished memories.

In July 1996, my family and I were off to 17 Wing Winnipeg where I re-mustered to Supply Tech and spent many hectic years in 16 Hanger dealing with techs, IOR's and aircraft parts.

I was fortunate enough to do five Box Tops — CFS Alert's replenishment of goods — in Thule, Greenland where I did a polar dip after which standing barefoot in the snow felt warm.

A flight into Alert in the co-pilots seat when descending through the clouds, I experienced an eerie unearthly feeling.

And on one of my peaceful walks to the ocean in the midnight sun watching icebergs gently floating — after listening to the guys wish for iceberg in their drinks — I couldn't resist carrying a chunk of one back to them.

Off to Camp Mirage in 2009, where the highlight was attending the camel races when a friend and I hitched a ride in the SUV of a couple Emiratis who went wildly speeding amongst the many other vehicles jostling for the best position to view the lead camels as they raced around the track.

A year later, it off on another posting. This time to the Thunder Bay Armouries as the clothing stores supervisor. It was wonderful to be back in my hometown where I was born — it was called Port Arthur — to see family and childhood friends regularly.

I enjoyed many weekends with trips to the family camp on Dog Lake and Wednesday night bingo with my Mom and her bingo buddies at the Kakabeka Falls Legion.

Delighted to be posted to CFB Shilo in 2013 — not because I could sleep in a tent, eat IMPs and be around smelly guys — with the birth of my awesome little granddaughter I'm thrilled to see every weekend with trips back to Winnipeg.

Now I'm at IPSC and on a job placement at the Shilo Stag where I'm so excited to learn as much as possible about photography from the *Stag's* editor Jules Xavier. So if you see me out and about snapping photographs with my Nikon camera don't be alarmed. Just remember that's my job to take oodles of photographs, some of which my might see on these pages.

### B Engr Svcs 2015 Pesticide Program

Public Notice is hereby given that Base Engineering Services (Engr Svcs), CFB Shilo intends to conduct the following pesticide programs during 2015 on an, as required basis, based on monitoring thresholds and IPM control measures:

#### Treatment of Weed Control.

Projected application dates = May 15 to Oct. 31  
Herbicide = Roundup Transorb HC Liquid

#### Control of noxious weeds.

Projected application dates = May 15 to Oct. 31  
Herbicide = 2-4-D Amine  
*BCE will NOT be applying 2-4-D Amine in the BASE/ PMQ area to control dandelions*

#### Control of vegetation in gravel utility compounds and along compound fences.

Projected application dates = May 15 to Oct. 31  
Herbicide = Glyphosate

#### Control of mosquitoes (Possible if required). (as directed by B Surg)

Projected application dates = May 15 to Oct. 31  
Insecticide = Malathion  
Larvicide = **BTi** ~ *Bacillus thuringensis israelensis*

#### Control of pine needle scale on pine and spruce trees as required.

Projected application dates = June 1 to 30 and Aug. 1 to 31  
Insecticide = Diazinon

#### - Control of Richardson's Ground Squirrels (Gophers).

Projected application dates = May 15 to Oct. 31  
- Rodenticide = Chlorophacinone (Gopher Doom)

**Signs will be posted prior the applications** Further information may be obtained by calling MWO Robert Brassington, Contracts Officer at Engr Svcs, 250-765-3000 ext 3253 or Catherine Butzko, Contracts Inspector at Engr Svcs, 250-765-3000 ext 3149

# Physical fitness: Key factor in the recovery of ill, injured soldiers

**2Lt Shane Albers**  
Stag Special

To help encourage the successful recovery of soldiers, the Canadian Armed Forces (CAF) has bolstered resources available through increased services within the medical services provided, as well as improved programs available through its Personnel Support Programs (PSP).

"The Canadian Army values the discipline, commitment, leadership, teamwork and perseverance developed through a fitness regime. In addition to fostering a sound body and a warrior spirit, our robust sports and fitness programs boost morale and help build wellness and resilience," explained LGen Marquis Hainse, Commander Canadian Army.

The warrior spirit that is contained within every CAF soldier is what those who are progressing through the various stages of recovery need to engage, in order to be successful.

Sgt Cory Matush, a reservist on contract with Combat Training Centre Headquarters, cannot stress enough that recovery requires "the aggressive pursuit of proper physical activities during all stages of the recovery process."

In 2009, Sgt Matush dislocated his knee during unit physical training (PT), causing severe damage to the supporting structure of the knee that took three years from which to recover. After sustaining the injury, as an active martial artist, he immediately engaged the medical system and began physiotherapy.

"Physiotherapy can only take you so far," Sgt Matush explained. "They can help repair the ligaments and tendons as much as possible and return basic functionality, but the onus was on me to strengthen the knee and slowly build back up to the point where I

could run, ruck and participate in martial arts again."

In cases such as with Sgt Matush, soldiers are usually referred to the Personal Exercise Specialist (PES) or Regional Adapted Fitness Specialist (RAFS) programs that are run by PSP.

"Injuries affect everyone in different ways," said Stephanie Haynes, the PES at 5th Canadian Division Support Base (5CDSB) Gagetown.

"Members who are referred to me may be motivated and ready to begin rehabilitation, while other members may be suffering from depression and loss of motivation. It is our job to educate, motivate and enable our clients."

**"The Canadian Army values the discipline, commitment, leadership, teamwork and perseverance developed through a fitness regime."**  
— LGen Marquis Hainse

ing depression and anxiety and helping maintain a healthy body while they recover," Haynes added. "One of the challenges we face is creating a PT program that works around the injuries, yet challenges the client up to their limits."

Physical fitness is equally important for soldiers recovering from Operational Stress Injuries (OSIs). "[Exercise] serves as a time-out from stressful thoughts and feelings," said Krista Grant, the RAFS at 5CDSB Gagetown. "Exercise involves focusing on the body to distract you from your daily worries."

PT furthers the ability for soldiers to recover from OSIs by forcing them to focus completely on the exercises they are conducting.

"Increased endorphin output caused by exercise act as mood enhancers," Grant explained. "When members engage in physical activities they enjoy, we see the greatest increase in mood and mood state which is important to the recovery process."

For Grant, it is important to "have a healthy body and mind as well as early and regular communication. In so doing, the member is provided with the utmost care to re-integrate them into their unit, or establish the ease into transition should they choose another life path."

When asked for advice for recovering soldiers, Sgt Matush emphasizes that "whether a soldier is recovering from a physi-



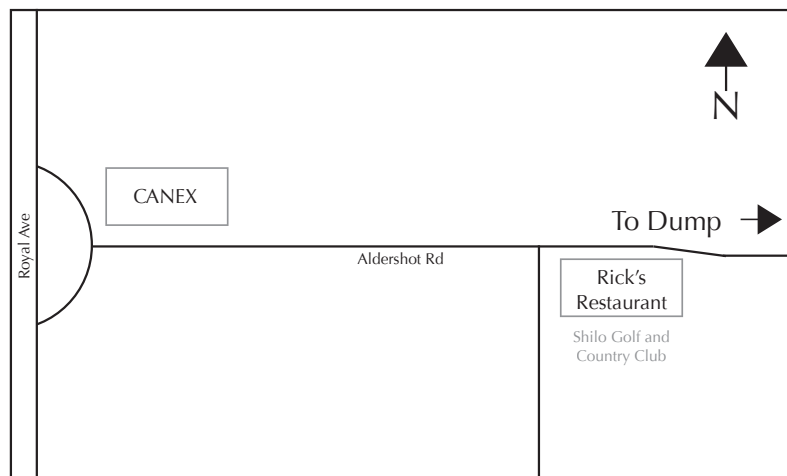
PT is part of the regular regime for soldiers stationed at CFB Shilo, whether they are playing ball hockey at the GSH, or tossing a football on the sports field early in the morning prior to heading to work. Even the Base's obstacle course makes for an excellent tool for putting the body through its paces with a good workout while dressed in work attire, not shorts, t-shirt and running shoes.

Photo by Jules Xavier

cal injury, mental illness or both, there is one resounding piece of advice that rings true: keep moving."

## Got Bulk Garbage?

Bulk items, yard waste, tires, and electronics may be disposed of Monday – Friday from 8 a.m. – 4 p.m. at the Shilo dump located 2 km east of Rick's Restaurant on Aldershot Road



Items may be placed for curbside pick-up the following dates ONLY:  
**May 19**

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

## Lab work important

**Arthur Grant**  
Stag Special

Did you know that National Medical Laboratory week runs from April 19 to 25?

Medicine today would not be possible without the tests performed in the clinical laboratory. Whether it is a blood test, a throat swab or a biopsy, doctors depend on laboratory test results to accurately diagnose and treat illness, and monitor patient health.

In fact, up to 85 per cent of decisions about diagnosis and treatment are based on laboratory test results.

Medical laboratory assistants/technicians are an integral part of the health-care team. They perform pre-analytical functions such as collecting blood and other samples, performing ECGs, processing and shipping specimens and preparing special chemicals called reagents for use in testing.

Here at CFB Shilo, the lab works with and submits specimens to several external labs in Manitoba and sometimes Ontario or the United States.

We also conduct some limited testing such as urinalysis, fecal occult blood, pregnancy and glucose testing.

Arthur Grant is a medical laboratory assistant

# CFB SHILO JOBS

## Human Resources Assistant CFB Shilo Permanent full-time position (30 hours per week)

Under the supervision of the Human Resources Manager (HRM), the Human Resources Assistant assists and supports the delivery of NPF human resources services. He/she receives, compiles, inputs, verifies and processes payroll information. The HR Assistant provides customer service to employees ensuring the security and confidentiality of human resources information and provides timely resolution to client HR and payroll inquiries and complaints. He/she assists the recruiting office with recruitment activities, such as reference check, testing and interview preparation, conduct benefits orientation for new and existing employees. He/she maintains and ensures accurate and up-to-date NPF employee personnel files. The HR Assistant maintains leave records, prepares leave reports and advice managers of discrepancies and carry-over.

Salary \$15.24/hr - \$18.70/hr  
Application deadline May 4 Start date June 22  
Competition # SHI-15-26.

## CANEX Assistant Store Manager

### SuperMart CFB Shilo Permanent Full-time Position

Under the direction of the CANEX manager, the CANEX assistant manager assists with the planning, co-ordination and management of the retail store. He/she provides input into the maintenance and maximizing of sales while scrutinizing payroll management and other expenses. The assistant manager reviews stock situations regularly relative to sales and gross profit and makes recommendations. He/she supervises supervisors and staff/store operations under the direction of the store manager.

Salary: \$44,750 - \$52,640 per annum with a performance max of \$63,170

Start date: ASAP Application deadline: April 23  
Competition # SHI-15-23.

## CANEX Shipping & Receiving Clerk

### Supermart CFB Shilo Permanent Full-time Position

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

Salary \$11.90/hr - \$14.28/hr  
Start date: May 4 Application deadline: April 30  
Competition # SHI-15-28

## Warehouse Clerk

### CANEX Supermart CFB Shilo Part-time Position

Under the supervision of the store manager, the warehouse clerk loads and unloads merchandise, unpacks/packs goods, and ensures that perishable merchandise is moved to coolers upon receipt. He/she ensures the security of merchandise located in the receiving area, counts merchandise received, verifies its condition, obtains signature of carrier and reports to supervisor if any shortages or damages. He/she conducts checks on refrigeration units and maintains a temperature control log, prices merchandises as per policy and procedures, assists with ordering store supplies, assembles and disassembles merchandise, and sets up displays and signage. He/she performs shelf stocking duties, routine maintenance jobs, and maintains an orderly warehouse.

Salary \$11.21/hr - \$13.05/hr  
Start date: ASAP Application deadline: April 26  
Competition # SHI-15-26.

Submit all resumes to NPF HR office via e-mail quoting competition # to npfhrshilo@cfmws.com OR for more detailed information related to qualifications on the jobs above visit: [www.cfmws.com](http://www.cfmws.com)

# MFRC offering pre-kindergarten option for families

## Chelsea Pakulak MFRC Special

Looking for quality pre-kindergarten can be difficult and many families have a hard time knowing what to look for when searching for that perfect fit.

Some things to remember when looking are that nursery schools and pre-kindergartens typically offer the same kind of programming. Most will offer half-day, every other day, and charge on a per session basis.

What about class sizes?

Quality pre-kindergarten should have small class sizes. No more than 20 children.

Sixteen children with two staff is ideal because that means your child will have more interaction with the teacher and group, therefore, learning more and having fun.

What about staff qualifications?

Qualifications should rank high on importance. Look at years of experience for staff, plus inquire about training, and on-going education.

On-going education is always a great thing, which means staff enjoy what they are doing, and they want to better themselves for your child's learning experience. The director or main teacher running a pre-kindergarten program should have their Early Child-

hood Education level two, while always bettering themselves through other training and resources.

Besides staff, all centres should have a tried and true curriculum based on their programming. Staff should know their curriculum and be able to give you a copy and examples of how they apply it within the program. Moreover, being focused on the whole child is very important and should be mentioned when asking about a venue's curriculum and programming. The whole child consists of every aspect: social, emotional, cognitive (learning), and motor skills.

A staff member should want to get to know you and your child and show interest in your needs and wants as a parent. High quality pre-kindergarten will encourage parent involvement in both the child's learning in the program and at home.

This could take the form of field trip volunteers, parent helpers, or "homework" to extend the activities and promote time spent with your child.

Shilo MFRC's pre-kindergarten program should have your child's best interests in mind so we strive to provide a program which fits all the credentials of a high-quality pre-kindergarten.

There is an open house April 30 from 1 to 3 p.m. showcasing our "high-quality" programming and the experiences it has to offer.

Chelsea Pakulak is the pre-kindergarten director at Shilo MFRC

# CLASSIFIED ADS

Email: [stag@mymts.net](mailto:stag@mymts.net) • Phone 204-765-3000, ext 3013 • Fax 204-765-3814

\$10 for first 20 words,  
10¢ for each additional word  
Deadline for next issue:

**April 30 at noon**

Free ads (non-profit only)  
restricted to members of the  
CAF, employees of CFB Shilo and the  
citizens of the surrounding area.

## Services



### St. Barbara's

#### Protestant Chapel

Sunday @ 10:30 a.m. with  
Sunday school & nursery  
Padre Lee - ext 3088  
Padre Neil - ext 3090  
Padre Olive - ext 6836  
Padre Costen - ext 3381

#### Our Lady of Shilo

#### Roman Catholic Chapel

Sunday 10:30 a.m.  
Wednesday 12:05 p.m.  
Confession by appointment  
Padre Inienwe - ext 3089

## Services

**Greg Steele, Canadian Firearms Safety Course Instructor/Examiner** • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses offered at least monthly and more often by demand. May 30 Neepawa Gun Show. Examinations by appointment • 204-725-1608 • e-mail: [ggs57@wegwave.ca](mailto:ggs57@wegwave.ca). [huntershooter.org](http://huntershooter.org)

**Nad's Simply Clean** For all of your cleaning needs weekly, bi-weekly, and monthly. Also available for offices, contract cleanup and single occasions. Receipts provided. 204-573-1509.

**We buy and sell** good used furniture/appliances and we deal in coins and coin/stamp supplies. People's Market Place, 32-13th St., Brandon, 204-727-4708.

## Homes For Sale

**Recreational Paradise:** Ranchhouse with wrap-around-deck built in 1992 on 14 acres . 1935 sq ft on main floor with a finished basement. 4 BR, 2 full bath, office with separate entrance, walkout basement, attached dbl garage, with 800 sq ft of undeveloped bonus space above it. Large 3 bay shed approx 3300 sq ft, with heated shop area. Must be seen to be appreciated. 6 mi west of Carberry and 20 miles east of Shilo. For more info contact Bob 204-834-1164. Ad to follow on KIJJI with photos.

## Services

**NEED YOUR TAXES DONE?** Fast, friendly, and personal service. E-FILE. For all your income tax needs call Ingrid Wasserberg at 204-763-4357. OPEN ALL YEAR.

## Employment

**Bartender** (permanent part-time), wage \$11.21 - \$13.05/hr. Visit [www.cfmws.com](http://www.cfmws.com) or contact [npfhrshilo@cfmws.com](mailto:npfhrshilo@cfmws.com) for details on this job posting for CFB Shilo. Competition #SHI-15-29 closes April 30.

**Cook** (casual), wage \$11.90/hr - \$14.28/hr. Visit [www.cfmws.com](http://www.cfmws.com) or contact [npfhrshilo@cfmws.com](mailto:npfhrshilo@cfmws.com) for further details. Competition #SHI-15-24 closes May 15.

**Snack Bar Attendant** (casual). \$11.06/hr - \$12/hr. Visit [www.cfmws.com](http://www.cfmws.com) or contact [npfhrshilo@cfmws.com](mailto:npfhrshilo@cfmws.com) for further details. Competition @ SHI-15-30 closes April 30.

**Kitchen Helper** (casual). \$10.88/hr - \$11.64/hr. Visit [www.cfmws.com](http://www.cfmws.com) or contact [npfhrshilo@cfmws.com](mailto:npfhrshilo@cfmws.com) for further details. Competition @ SHI-15-24 closes May 15.

## Pick up your FREE copy at any of the following locations:

### Brandon

Safeway  
Brandon Armoury  
Women's Resource Centre - Town Centre Mall  
Royal Cdn Legion Branch No. 3  
Sobey's

### Forbidden Flavours

ANAF  
**CFB Shilo**  
CANEX Mall  
Forbidden Flavours  
Shilo Community Centre  
GSH

### Country Club (Rick's)

All Messes  
**Carberry**  
East Side Service  
Carberry Legion  
**Douglas**  
General Store

### Minnedosa

Minnedosa Legion  
**Sprucewoods**  
The Shilo Inn  
340 Esso  
**Wawanese**  
Lucky Dollar

# Checking ID at north gate



With summer-like weather last week, Commissionaires working at the north gate entrance to the Base could shed their winter jackets and enjoy the weather while checking on the identification of motorists arriving at one of two Base entrances.

*Photos by MCpl Janie Jacobsen*

## GMP

Group Mortgage Plan<sup>®</sup>

### Be Mortgage Free for 6 Months

Apply for a mortgage between March 30<sup>th</sup> and July 31<sup>st</sup>, 2015 with **Group Mortgage Plan** for a chance to win 6 months free mortgage payments.

The Grand Prize available is equal to your monthly mortgage payments, up to a \$1,500 per month to a maximum of \$9,000.



## RCPH

Régime collectif de prêts hypothécaires<sup>MD</sup>

### Libérez-vous de votre prêt hypothécaire pendant six mois!

Présentez une demande de prêt hypothécaire entre le 30 mars et le 31 juillet 2015 auprès du **régime collectif de prêts hypothécaires** et courez la chance d'être exonéré de versements hypothécaires pendant six mois\*.

Le grand prix est à vos versements mensuels de prêt hypothécaires jusqu'à 1,500\$ par mois à un maximum de \$9,000\$.

**Contact us today to take advantage of this time limited offer!**  
**Communiquez avec nous dès aujourd'hui pour profiter de cette offre d'une durée limitée!**

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No purchase necessary. Open March 30, 2015 - July 31, 2015 to legal residents of Canada who have reached the age of majority in their jurisdiction of residence as of date of entry and who are a member of the Canadian Forces or the RCMP. Prize avail: 6 months of mortgage payments, up to \$9000 maximum. Odds depend on number of eligible entries received. Math skill-test required. Aucun achat requis. Du 30 mars au 31 juillet 2015; ouvert aux résidents autorisés du Canada qui ont atteint l'âge de la majorité dans leur province ou territoire de résidence à la date de leur participation et qui sont membres des Forces canadiennes ou de la GRC. Prix: Versements hypothécaires pendant six mois, jusqu'à concurrence de 9 000 \$. Les chances de gagner dépendent du nombre de participations admissibles reçues. Les personnes dont le bulletin est pigé doivent répondre correctement à une question réglementaire d'arithmétique.