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BComd laments leaving post

Jules Xavier
 Shilo Stag

For the second time in his military career, LCol Stephen Joudrey is experiencing CFB Shilo posting season.

The former Base Commander, with a quick wit and gift of storytelling, will be in Calgary as you read this following his move west to Alberta after the July 31 Change of Command (CoC) parade held indoors at L25.

He lamented his leaving this Base, and the team of soldiers and civilians who make it run, during his address at the CoC ceremony which welcomed incoming BComd LCol John Cochrane.

See **BASE** page 3

It's official — incoming BComd LCol John Cochrane signs his Change of Command paperwork during the Friday morning ceremony.

Photo by Jules Xavier



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Honorary Colonel stays connected with military

Sarah Francis

Shilo Stag

The community and staying connected to the Canadian Armed Forces (CAF) is high on the list for LCol (ret'd) Rick Felstead.

That's exactly what his position allows him to do.

Appointing honouraries to units has happened for more than 100 years in Canada. However, it originated with the British military. The first honorary colonel position in Canada was held by LCol J.M. Gibson, a provincial secretary in the Ontario government. He was appointed to the 13th Battalion Infantry in 1895.

It was in the early 20th century when Sir Robert Borden described the honouraries as "of greatest advantage to the Militia to be able to enlist the interest and sympathy of gentlemen of position and wealth by connecting them to Regiments."

This holds true today. Honorary members work behind the scenes and provide support. They promote the regiments identity and ethos and advise the Commanding Officer (CO).

HCol Felstead was appointed in 2007, but his history with the CAF started at a young age. As a kid he was involved in cadets for five years.

"It was sort of the thing to do at the time," he said. "It was not that long after the Second World War. So it was still very relevant. My father had been in the Army, my brother had ben in the Army, but I was the only one that stayed."

He joined the reserves as a trooper with the Saskatchewan Dragoons and was soon put into officer training and was commissioned to the Armoured Corp.

However, he left the reserves to go back to school.

"When I graduated I changed corps from Armoured Corp to REMI," he said. "I graduated in engineering. So I spent 20 years total in the reserves."

After releasing in 1980 at the rank of Lieutenant-Colonel, he went to work for a civilian engineering company. After moving to Brandon for a job he decided to get involved with 26 Field Regiment, RCA Brandon.

"I knew people in the military here because I'd been in for some time and I maintained an association. I've never not had an association with the military," recalled HCol Felstead. "When I moved here I knew some of the people locally, some I had served with previously. I got involved with 26 Field, with their Regimental Senate. In 2007 when the opportunity arose — they needed an Honourary Lieutenant-Colonel — they asked me if I would like to consider it, and I said yes."

The position is appointed by the Ministry of National Defence as an honorary and advisory position.

HCol Felstead said one of his main jobs is to provide a link between the Unit and the community.

He's held his current position for nearly nine years and said being able to help



HCol Rick Felstead might be retired from the CAF, but he enjoys his visits to the Base, including the recent Base Commander's Downhomer Lobsterfest. He said he remains connected to the military in his role as Honorary Colonel with 26 Field Regiment, RCA Brandon.

Photo by Jules Xavier

out in your community is vital.

"I'm a firm believer that when a person lives in a community, they should be giving to the community," he said. "If when you leave a community and say, I want to do something to give back, then you haven't been a very good participant in your community while you were there. You should be giving while you're there. I've lived in a number of communities across Canada and I've always enjoyed every one I've lived in. I've always been very involved."

Apart from his participation with the military, he remains involved in the cadets as well as the RCA Museum and the Rotary Club on three levels. The position is voluntary and he said you can't just sit back and wait for things to get done.

"Basically it will take up as much time as you want to put into it. Because it's a volunteer position, we're not paid, we're provided with uniforms and what not, but we're not paid members of the military," he said. "We attend Unit Exercises when they go out in the field, we have normal training nights. We sit on the Regimental Senate, we have meetings with the Unit, we have brigade meetings that we attend. So time-wise it depends on how much time you want to put in."

Being involved isn't a problem for HCol Felstead. To him, it's important to make time to get out and get to know the troops.

"You may be wearing the rank of a Colonel or a Lieutenant-Colonel, but you should be at the same level with everybody," he said. "Whether you're talking to someone who is a commanding officer who's a Lieutenant-Colonel or a Gunner on the gun-line. Something I personally do when the Unit is out on Exercise and they have the field kitchen set up. I serve meals out of the kitchen. Be it five or six in the morning or the evening meal. That way I get a chance to meet everyone in the Unit and all Unit members get a chance to meet me."

One thing he particularly enjoyed was his chance to meet all the new recruits.

"I've done this for a number of years now — when they have their badging course for their DP1 graduates in the summer, when they throw away their generic Armed Forces badge and get their artillery badge, we have a little ceremony in the field. I've been the senior officer to do the re-badging for them."

Part of what makes this so important to him is that he gets the change to meet new artillery members from across western Canada.

His position is based out of Brandon at 26 Field Regiment, RCA. However, being so close to Shilo he is often taking part in events both in Brandon and on the Base. A privilege he said other honoraries may not have. The position as an Honourary Lieutenant-Colonel is held for three years at a time, for a maximum of 12 years. He will be wrapping up his ninth year and said he definitely plans on sticking around for another three-year term.

Pet of the Week



ANNA

Matthew Krushnisky shared this yawning photo of his six-month-old pitbull Anna. She does have quirks: an under-bite makes her bottom lip stick out; he calls her "velcro dog"; and she growls at her own reflection. 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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As part of the handover, outgoing BComd LCol Stephen Joudrey presented his Blackberry to incoming BComd LCol John Cochrane following the dress rehearsal Change of Command ceremony at L25. *Photo by Jules Xavier*

Base 'special' for outgoing BComd

From page 1

"As I leave Shilo for the second and last time, I will not forget the feeling of community that exists here," he said. "That is what makes this place special and that is one of the reasons why leaving is not easy."

LCol Joudrey learned a lot about himself, and those he commanded during his two-year term working out of the Base Commander's suite at headquarters.

"I always believed that I have been blessed to have spent most of my career in an infantry battalion, or in a training school ... in the field, and on operations," he said while his wife Penny, and children Evan and Sara looked on from the sidelines. "I came to Base Shilo with what I thought was an understanding of what its leaders, managers, supervisors, soldiers and civilians were expected to do in providing support to other units so that they could carry out their tasks."

"Over these two years, I have come to realize that I did not truly appreciate what the civilian and military members of CFB Shilo do in order to ensure that the units they support have what they need to do 'their business.'"

He added, "I came to realize that I was not 'wired' like that! I came to realize that what these soldiers, the ones you see before you on parade today and the civilians and soldiers that are sitting here amongst us, are asked to do is nothing short of amazing."

"As I am speaking, our people are on shifts in the kitchens, maintaining health and safety systems, providing clean water and treatment functions for the entire community, monitoring security systems, on standby in emergency services are required, providing direct support for this and a number of other activities taking place here and across the province right now."

"They were doing it when the Base RSM and I delivered them dinners on Christmas Day. I guess what I did not truly appreciate was the level of commitment and degree of dedication that their jobs demand."

He cited an incident from spring when the roof was blown off Base Transport's building as example of the dedication of both soldiers and civilians when it came to getting things done without having to be told.

"Naturally, it was a Sunday," he re-

called. "Without direction from me or an order telling anyone to react, military and civilian personnel from that organization, from Base CE, from Shilo Emergency Services and the MP Detachment were all on the scene — doing their jobs and much, much more. Doing it without fail. Not seeking recognition. Doing it extremely well. I have seen these same traits in the people who work in every section on this Base."

Acknowledging CoC parades often focus on the outgoing Base Commander, LCol Joudrey shifted that focus during his speech and highlighted the abilities and work of specific individuals and organizations.

"Over the past two years I have been inspired by how much the staff and volunteers of the Shilo MFRC, the volunteers on the Shilo Community Council and the staff and leaders of the community recreation programs do for our military families. There seems to be no limit to their energy and enthusiasm."

"I have been inspired by how the members of organizations like the Shilo and Region Service Club, the units on the Base, the chaplains, the students and staff of O'Kelly School and Ecole la Source, families and individuals have raised money and goods for others in and around the region."

"I am also inspired by the memory of three friends of this community that have been lost during my time here: Dave Lucas, Peter Ewasjuk and Fred Dujardin. Each one of these gentlemen played key roles in our community, and we are better off now because they were with us."

LCol Joudrey also acknowledged that "none of us accomplish anything on our own is quite clear. This is never more apparent than when we look at the families that support those of us in uniform and each of us that comes to Shilo every day to work. This is no different for me."

He cited what his wife and children provide him which allows him to be more effective at his job with the Canadian Armed Forces (CAF).

"[I am] a better calibre of person because of the strength I draw from my wife, and the pride I draw from the accomplishments of our son and our daughter. I am nothing without you three, and I want to thank you for your unwavering support that allowed me to dedicate myself fully to this post."

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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, 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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New chaplain arrives from east coast

Sarah Francis
Shilo Stag

CFB Shilo's newest chaplain arrived here from Halifax, but his journey started in his home country of Nigeria.

Lt (N) Matthew Ihuoma grew up in southeastern Nigeria. He took high school education at a mission school in northern Nigeria — nine hours away from his home — in an area near where the Boko Haram is operating now. After graduation, he went to the seminary school at age 18 to study to become a priest.

However, where he grew up, parents decide what you become in life. Originally he was to become a lawyer. It was during one Christmas celebration he decided to become a priest.

"I come from an area where every Christmas people return to the countryside to be with their native homes," he explained. "In my area, we had no priest. That Christmas people really began to complain. On the 25th of December we went to church and people were complaining, 'Why don't we have a priest? Nobody from here has become a priest.' I began thinking about becoming a priest. By the 30th of December, my birthday, I made up my mind. I was going to be a priest."

He has lived in five countries and visited 19. His education eventually brought him to Ontario in 2001. It was from there he went to the Northwest Territories. While in the far north he was ordained. Apart from the environmental differences, Lt (N) Ihuoma said the people were quite similar to his African home.

"The aboriginal cultures are very similar to the cultures I was raised [in]. Life is very informal, people care for each other, the community comes first before the individual, family comes first before the individual."



Lt (N) Matthew Ihuoma

al. It's more community oriented. I was able to relate to that."

He was inspired to join the Canadian Armed Forces (CAF) in 2007. He completed a few more years of education and began his application process in 2008. Since then, his only military posting has been in Halifax, working with a number of different units.

Now in Shilo, Lt (N) Ihuoma will strive to be approachable to all.

"My goal is to be the best chaplain I can be. My goal is to be the best caregiver that I can be. That's what we do," he said. "What we do is care for our members, especially at their most difficult times. My goal is to be always there whenever I'm needed whenever I'm called. My goal is to develop trust and relationships

with our people, so they can believe and trust we'll always be there for them."

One of the most important aspects of being in this career to him is to be able to offer bridges between different cultures and people. Supporting the diversity in Canada is an important aspect of his job.

"In the 21st century Canadian society has become a mosaic of cultures," he said. "If we have to represent Canada we must be diverse. That comes with both blessings and challenges."

He added, "Multiculturalism is not easy. Being able to be yourself and then respect the other person is not easy. If we must remain cohesive, strong and dynamic doing the job that we are called to do we need to create spaces for every person. We need [to] not just to accommodate the other person, but to believe that the person has something to contribute."

Fantastic was how he described his time in the CAF so far, and he looks forward to being able to support all its members as his military career continues.

Padres are good listeners on Base

Shilo Stag

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- A counsellor to help you find your way.
- An advocate to represent you.
- A listener who will hear you.
- A mentor to encourage you.
- A source of comfort in troubled times.

CFB Shilo's chaplain team leader is Maj Greg Costen. His team is comprised of five other padres — Lee, Neil, Olive, Ihuoma and Dennis. You are encouraged to talk with your chaplain at any time during the course of your military career.

Taking care of yourself is more than just physical. When a difficult situation comes your way, sometimes it's good just to talk to someone. A chaplain should be one of your first contacts for any type of personal distress. They will point you in the direction you

need to go, listen when you need to talk something through, encourage you when you are in need, and come alongside you when you aren't sure quite what to do.

Don't forget the importance of getting to know your padre when things are going well. Then, if things become difficult, you have a relationship already and both sides benefit from that solid foundation of trust.

You can reach a padre during the day through your unit or by calling the Faith Centre at 204-765-3000 ext 3091.

For after-hours emergencies call the Base Duty Centre at 204-765-3000 ext 3044.

Unit padre extensions are: Padre Costen - ext 3381; Padre Lee - ext 3090; Padre Neil - ext 6836; Padre Olive - ext 3088; Padre Dennis - ext 3698; and Padre Ihuoma - ext 3089.

For church services here are the schedules: St. Barbara's Protestant Chapel Sunday 10:30 a.m. with Sunday school and nursery; Our Lady of Shilo Roman Catholic Chapel Sunday 10:30 a.m. and Wednesday 12:05 p.m. Confession is by appointment.

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Preparing for fall marathon

Running team welcomes members

Sarah Francis
Shilo Stag

The Shilo running team is off to the races.

Thirteen weeks is all the team will have to prepare themselves to run in the Treherne marathon in September. Team OPI Lt Anna Hawkins said the Base team is working toward a common goal.

"We are specifically a team training for the half-marathon," said Lt Hawkins. "We are taking people at various fitness levels. The half-marathon [is] challenging, but not impossible goal for most folks in the military."



There's always a good turnout during the Base run in the spring.

Photo by Jules Xavier

be a tempo run. Thursday is going to be cross-training or PT session [with] bosu balls or the pool. Then Fridays are going to be our long run."

The marathon includes the Run for the Hills marathon, half-marathon as well as a 10-K and five-K run. Hawkins believes having a specific goal has encouraged people to join. She said it's a Base side team and these opportunities build esprit de corps, and help with cohesion in the unit.

When it comes to working for the Canadian Armed Forces (CAF), Hawkins said being physically fit is im-

portant, no matter your trade. Those who are already runners or who have a higher level of fitness have the option of training for the full marathon. Many of the people who will be a part of the team will already have a level of fitness, said Hawkins.

"Most folks in the military do run a little bit. Everyone just ran 10-K, not a choice," Lt Hawkins said with a laugh. "So, I do know that people have a certain base fitness level even if they're not runners. Thirteen weeks is an adequate amount of time to train for a half-marathon. It's not going to be everybody's best time, but in our first week of training our long run is eight-K. It's not anything crazy."

The training program will be five days a week, for 13 weeks.

"Typically the Monday is going to be a hill day," she explained. "A couple of Mondays are going to be cycling. Tuesdays are going to be a recovery run. Wednesdays are going to

be a tempo run. Thursday is going to be cross-training or PT session [with] bosu balls or the pool. Then Fridays are going to be our long run."

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When it comes to working for the Canadian Armed Forces (CAF), Hawkins said being physically fit is im-

portant, no matter your trade.

"The more I think we do this on Base, the more awareness there is about how important fitness is to us in the military in general," expressed Lt Hawkins. "Even though most of us are support trades that doesn't mean we can neglect our fitness or we can neglect our mental health. It's the whole package, it's not just about the job. It's about staying fit — both physically and mentally."

One aspect of the team will be a focus on how to train as well as nutrition. They kicked off the training with a seminar on nutrition as well as injury and prevention.

Something Hawkins said is another bonus of the running team.

"It's the whole package. We're going to have some sessions about gear as well," she said. "We're going to talk about how to select running shoes, how to select gear for the race, hydration. We talked about nutrition, but hydration and keeping energy on the run, so gels and all of that, we will go through."

Hawkins was a member of a track team in middle school and although she hasn't been involved consistently since then, she decided to start the team because running has always been something she enjoyed.

In the past two or three years she has been more involved. She has competed in Mountain Man and ran two half-marathons, with her best time being around two hours, 15 minutes.

Although running is usually a solitary sport, Hawkins said the running team will change that.

"I've discovered during the half-marathon it's nice to be able to have someone to chat with," she said laughing. "So it can definitely be a social activity. I'm excited [about] the team because I haven't had somebody [to run] with necessarily. So this will be really nice. On a half-marathon, I've got two hours to get to know people."

One of Hawkins' goals is to give people the same feeling of accomplishment she had after completing her first half-marathon as well as Mountain Man.

Shilo Country Club Notice of Pesticide Usage for 2015

Public Notice is hereby given that the CFB Shilo Country Club intends to conduct the following Pesticide Control programs during 2015:

- To control noxious weeds within the boundaries of the Shilo Country Club property. The projected dates of application will be from Aug. 1 to Oct. 1. The herbicides to be used include: Glyphosate and Trillion P.
- To control turf grass disease on greens, tees and fairways. The projected dates of application will be from Aug. 1 to Nov. 1. The fungicides to be used include: Banner Maxx, Instrata, Rovral Green, Daconil 2787 and Trilogy.

The public may send written submissions or objections within 15 days of the publication of the notice to the following department: Manitoba Conservation, Pesticide/Fertilizer Section, Suite 160, 123 Main Street, Winnipeg, MB R3C 1A5

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BComd's Dear John Letter



Wearing an appropriate t-shirt, the annual BComd Downhomer Lobsterfest held at L25 — always a sellout — is one event LCpl Stephen Joudrey will miss once he leaves for Alberta following his Change of Command parade. Amanda Bullee created the artwork (right) for this year's Lobsterfest banner.

Photos by Jules Xavier



Stephen Joudrey reflects on what he will miss with John Cochrane

Dear John (traditionally, a bad way to start a letter):

Allow me to congratulate you on your appointment into the Base Commander's post and the beginning of what will be a very exciting two years. It would be a lie for me to tell you that I am happy you are here as this means I have to leave.

I will not pass along to you all of the things you will be expected to do as the Base Commander. You are well prepared for that. While I know you have an understanding of what to expect, before it begins, allow me to highlight many of the things that I will truly miss — that never come up during a military handover of duties:

- Walking through the CANEX and always getting a friendly wave from the long suffering Oilers fan Dean the Barber — no one can pronounce his last name;
- Exchanging salutations with the retired fellas having coffee — every morning with Teri — at the Garrison Grill;
- The friendly smiles of the ladies at HMS Insurance as I walk through the mall to go visit Rick;
- Seeing the pride in workmanship from folks performing vital jobs that keep this Base going like Jamie, Max, Rob, Mario and Dennis;
- Stopping by the side of the road and sharing jokes and war stories with Dan, Willy, Shane and Brian while they are fixing something or on the Shilo golf course with Preston and Ian as they work away in inclement weather;
- The guaranteed wave every time a crew from Shilo Emergency Services drives by my office parking spot, except when they are responding to a call of course;
- Playing floor hockey with guys like the ageless Gary, Jack, Brent and the timeless Tom;
- 'Donair Friday' at Base Maintenance with all my Maritime buddies;
- Bumming candy and chocolate bars in the afternoon from the clerks in the Base Orderly Room — there always is a stash with my name on it;
- Picking up a padlock from Kristen or Cathy before hitting Boot Camp with Melissa, Brette, Jodi, Mike, Jeff and Amy at the gym;
- Handshakes from Bill on Wednesday nights in the winter as I pick up my supper order at the Shilo Inn when it is my turn to cook;
- Playing hockey avec mes amis Bob, Julie et Marie, and with Dakota, Matt, Erik, Jordan and Bertie;
- Working/dining/voluntering with multiple members of the same family —

Wiesgerbers, MacKenzies, Kipfers, Flynns (about 20 of them!), Thompsons, Walkers, Pietracupas, Desjardins and Piches/Fergusons.

- Knowing I could swing by Karl's garage on the weekend — even on New Year's Day — and he would be there working on someone else's emergency car repair;
- Trading laughs (and lies) with Shilo golf course regulars like Gerry, Sonny, Gene and Wendy ... and Freddie (RIP);
- Attending delicious pot luck lunches at Base Transport DWD events;
- Visiting with Pat and Tracy in the Shilo Library, Betty Ann at the Thrift Shop, and Amanda, Christine, Clay and Chelsea at the front desk of the MFRC;
- Blowing the whistle to start the First Jam at Gang Green's Roller Derby events at L25 — even though those ladies scare me!
- The degree to which Base Foods personnel work extra hours to support special dinners, unit Family Days and short notice domestic operations without complaint or expectation of time off — a trait I have seen demonstrated in the other Sections at Base Shilo by folks like Mackenzie, Sandra, Raymond, Janessa and Sherry; and
- Every six months, getting a box of Girl Guide cookies delivered to my office by Wendy and the Sparks and Brownies from Shilo — it is the best part of the spring and fall!

As I sign off I wish you all the best. I know you will leave here in two years with feelings of melancholy and sadness along with pride and humility.

I know that you will find that your time as the Base Commander will have been more rewarding than you would have ever imagined.

You will find that being part of this community will remain with you and your family for the remainder of your service in the military.

You will find that your time here and the formal and informal friendships you made will make you a better person.

I know all of this to be true as these are the exact feelings and realizations that Penny and I are experiencing as we prepare to leave — for the second and regretably, last time — the quaint and thriving community of Shilo. Enjoy your time here. It will be over far too quickly, but I guarantee you will enjoy every minute of it!

Sincerely,
Stephen Joudrey



It's not often you see an infantry soldier fire the M777. However, 1RCHA invited former BComd LCol Stephen Joudrey to experience the artillery during Family Day out on the training range. LCol Joudrey said he had, no pun intended, a blast being able to fire the M777 before leaving for his new posting in Calgary. *Photo by Cpl Jonathan Kaiser*



Former BComd LCol Stephen Joudrey saluted alongside Korean veterans and 1RCHALCol Stuart Taylor during the annual Canoe River Memorial ceremony held in late fall.



There are a lot more golf courses in Calgary and its hinterland to choose from, but you know former BComd LCol Joudrey will miss his outings on the Shilo Country Club links. Here, he putts under the watchful eye of former BRSM CWO James Doppler. He always enjoyed marshmallows (below) on Canada Day.



It's not often you are in a media scrum on this Base, but that was the case when former BComd LCol Stephen Joudrey met with reporters following the Day of Honor parade. *Photos by Jules Xavier*



Reg Helwer
MLA for Brandon West

Constituency Office:
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Brandon, MB R7A 5A3
P: (204) 728-2410
E: reg.helwer@leg.gov.mb.ca
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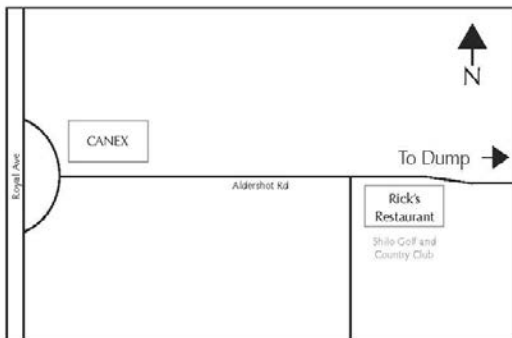
Cliff Cullen
MLA for Spruce Woods

Constituency Office:
Box 129, 101 Broadway
St. Glenboro, MB R0K 0X0
P: (204) 827-3956
E: cliff.cullen@leg.gov.mb.ca
www.cliffcullen.ca



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:
October 13

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



We want you on our team

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

Sexual misconduct must stop New CDS laments existence of soldiers who bully, degrade others

Gen Jonathan Vance
Stag Special

Ours is a proud heritage of selfless service to Canada often under the most extreme conditions and for the most honourable of causes, the protection of our citizens and the security of our world.

In so doing we assume enormous risks and many have made the ultimate sacrifice or have been left maimed and wounded. We face adversaries and danger every day, and there are many who would do us harm.

It is therefore abhorrent to me that anyone would mistreat another by bringing harm or the fear of harm through assault or harassment.

I lament the fact that there exist within our ranks those that would bully, degrade or assault others, especially another member of the Canadian Armed Forces (CAF) or a member of the Defence Team.

Moreover, to attack the dignity of any member by sexual assault and harassment serves only to weaken our force when we need to be strong, and serves to make some feel less worthwhile when we know that everybody is important. Indeed, to treat each other well, to treat everybody with respect and honour is a military virtue and has always been a part of our culture. We must ensure it remains so.

I will not engage in any discussion or debate about the degree or severity of sexual misconduct in the CAF. It does not matter, for even a single incident is too many, and even unintentional harm or offense is unacceptable.

This is a serious matter. Whether you are a leader, a subordinate or a peer, any form of harmful sexual behaviour undermines who we are, is a threat to morale, is a threat to operational readiness and is a threat to this institution. It stops now.

Consider this my first order to all members of the CAF.

To those that have been the target of inappropriate sexual behaviour, the CAF will support you.

We must ensure it does not happen again, and we will all respond to the need for change to ensure that respect and honour, cornerstones of our culture, are consistently upheld. I will lead you through this change.

I intend to see all of the recommendations stemming from the external review on Sexual Misconduct and Sexual Harassment — the Deschamps Report — implemented as rapidly and as effectively as possible.

My senior leadership will be supported by the CAF Strategic Response Team on Sexual Misconduct in furthering all efforts associated with the implementation of these recommendations.

While I recognize commanders at all levels have already begun to take action, providing initial guidance to their organizations, I will sign a CDS Operation Order shortly that will direct our collective actions.

I see this as an operation and have chosen the name Operation HONOUR. The CAF have never failed on operations in the past, and we shall not fail now.

I have summoned all the General and Flag Officers and my commanders at the formation level, along with their CWOs, to a one-day, single issue CDS Com-

manders' seminar in August to lay out the way ahead.

Although we rely heavily on the chain of command to direct and see to the execution of tasks, it is leadership at all rank levels that is at the core of our culture, it is leadership that makes us tick, it is leadership that inspires, it is leadership that protects, it is leadership that teaches and encourages and it is leadership that will eradicate sexual misconduct from within our ranks.

It is the business of us all to make sure that everyone who dons the uniform or who supports us feels valued, respected, confident and motivated.

Predators and bullies who act contrary to the betterment and wellbeing of any in our ranks are neither useful in operations nor in garrison and are not welcome in the CAF.

You will see changes and announcements in the near future that will herald a significant improvement in how the CAF deals with persons affected by sexual misconduct.

In the interim, anyone needing immediate emergency assistance should call 911. I encourage anyone who feels harassed or is a victim of inappropriate sexual behaviour to reach out to your chain of command or the Canadian Forces Military Police.

If you have been subject to, or witnessed, an incident of sexual misconduct, you can also report directly to the Canadian Forces National Investigation Service.

In many cases, the first point of contact for a CAF member who is experiencing problems is their primary care physician at their local CAF clinic.

Medical professionals will offer the necessary help or will refer you to a

more appropriate resource.

CAF chaplains are also trained to listen without judgment and to provide spiritual support if desired.

CAF members may also access the Canadian Forces Member Assistance Program or CFMAP. This is a voluntary, confidential counselling service that provides short-term (one to eight hours) counselling services for those in need of assistance.

The service is available 24/7, is provided free of charge, and can be accessed by calling 1-800-268-7708. As well, CAF members may contact the CAF/DND Ombudsman's Office for assistance. The Ombudsman's office is a direct source of information, referral and education. You can contact them by calling 1-888-828-3626 or ombudsman-communications@forces.gc.ca.

A CAF member's family can contact the Family Information Line (FIL) for any support they may need as a result of the unique nature of military life.

The FIL is confidential, personal and bilingual, providing supportive counselling 24/7 and can connect a caller with helpful national and local resources, including the local Military Family Resource Centre.

Numbers are 1-800-866-4546 (international) and 1-613-995-5234 (collect calls).

We are professionals. We rely on one another to see us through any and all challenges. This is no different.

Let us all work together under the banner of "Leadership, Respect and Honour" to eliminate sexual misconduct forever. I am proud to be your new CDS together we will ensure respect and dignity for all.

Gen Jonathan Vance is the CAF's new CDS



Gen Jonathan Vance

Patricias hone fighting skills during Ex KAPYONG BUGLE

Capt Brian Kominar
Stag Special

For modern soldiers, the capacity to operate effectively in complex urban environments with colleagues from other nations is essential.

Ex KAPYONG BUGLE, a bi-lateral training exercise conducted with 5 (UK) RIFLES in Paderborn, Germany, afforded approximately 120 members of 2PPCLI the opportunity to perfect those essential skills from April 27 to May 6.

The exercise focused on urban operations and was designed to further develop and improve collective capabilities. Specifically, growth was centered on the sharing of standard operating procedures, urban operations drills, and training tactics in complex urban environments.

"The exercise was very valuable," said 2PPCLI C Coy OC Maj Craig Butler. "We gained experience and skills that enhance our ability to conduct tactical urban operations and strengthened ties with our Allies from 5 (UK) Rifles who were extremely professional, polite, and accommodating throughout."

Two live-fire stands, or ranges, were conducted to commence the exercise. One range was dedicated as a foreign weapons proficiency shoot, where soldiers experienced the basic handling and characteristics of each respective nations service rifles (C7 and SA-80). The second range functioned as a friendly but intense shooting competition between the two nations.

"Firing a C7 was very similar to the SA-80," said Cpl Dave Clark from 5 (UK) RIFLES B Coy (his Unit



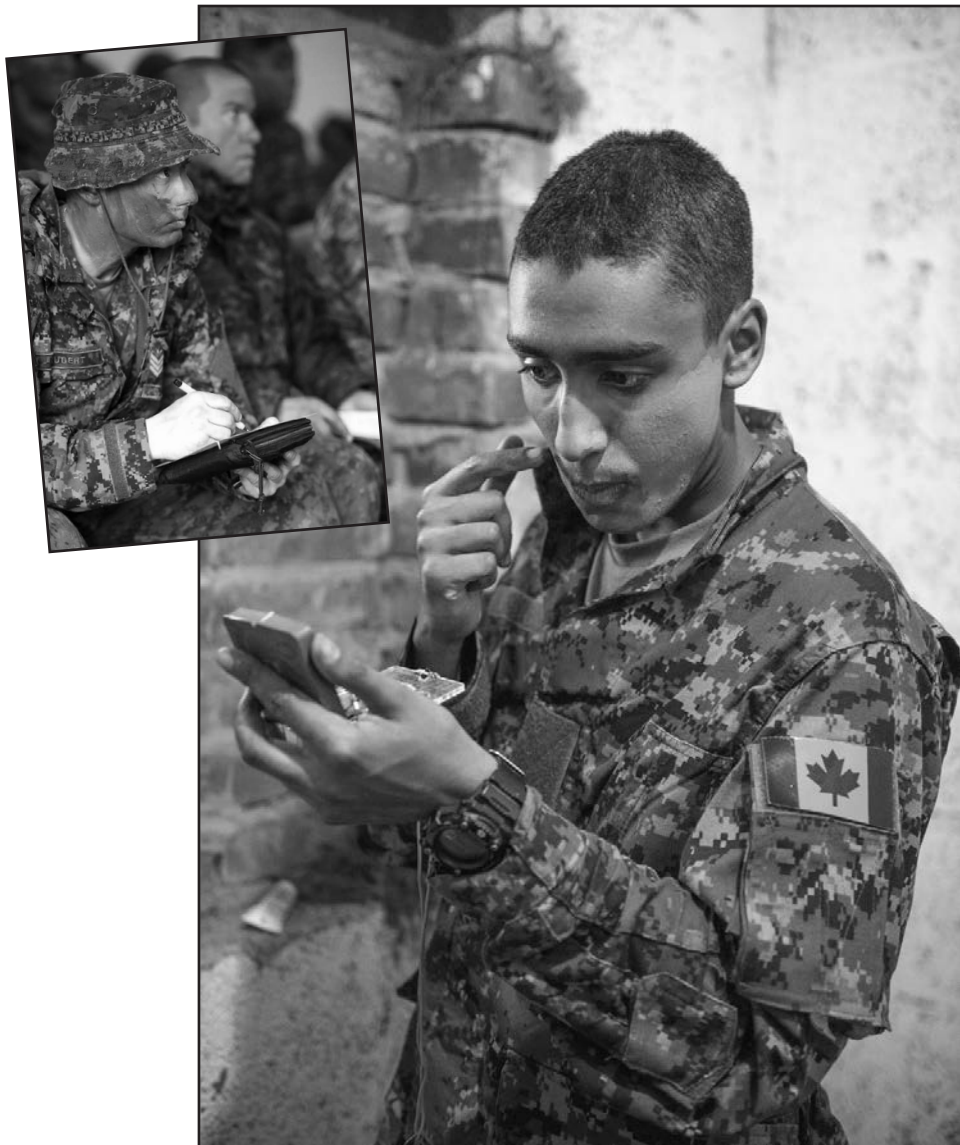
2PPCLI soldiers, like Cpl Premeir Mackhan (below applying camouflage), honed their fighting tactical skills as part of Ex KAPYONG BUGLE in Germany.


Photos by MCpl Louis Brunet, CAPA

section plus sized enemy from the 127th Light Infantry Brigade, who had infiltrated a city. The company attack was conducted both in the darkness of night as well as into the early hours of the morning, where soldiers were able to implement the techniques they recently acquired.

As the attack progressed, it was rebuffed with vigour by the 127th, including fierce physical


Taken as a whole, Ex KAPYONG BUGLE ensured 2PPCLI is prepared to meet challenges in complex urban environments along with our international partners in peace and security.





Jodi Wyman
Paterson Patterson
Wyman & Abel

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Kate Jones
Paterson Patterson
Wyman & Abel

August 20th
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Killarney Professional Building, 405 Broadway Ave, Killarney (204) 523-1835

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Army cadets facing changes

Sarah Francis
Shilo Stag

CFB Shilo's Cadet Corps will see some changes after this summer break.

The 71 Battery RCA Cadets and 2520 RCA Cadet Corps held its 61st annual ceremonial review to wrap up the year, which runs from September to June.

Capt Rob Lussier said the review is an opportunity for the kids to show off to their family and friends. They also receive awards and recognition for their work.

"Their parents don't see a lot of what we do on parade nights and weekend exercises and such," said Capt Lussier. "This is an opportunity for loved ones and family and friends to come out and see a nice military presentation."

Meanwhile, an expansion is coming for the Shilo Cadet Corps this September. It will soon branch out on its own as the 1RCHA Cadet Corps starting this September.

"This move will be good for the corps," said Capt Lussier. "Getting Shilo to be its own Cadet Corps [with] the outstanding support that we get out at CFB Shilo from 1RCHA, it just made it the perfect fit to open a new Cadet Corps."

Lussier encourages families to have their kids involved in the Army Cadet program in the fall.

"If you're posted in this summer, we'll be parading in Shilo at the MPTF. This is an awesome program," he said. "It's Canada's premier youth program. We're



71 Battery RCA Cadets and 2520 RCA Cadet Corps stand at attention during the annual review parade held in Brandon. Photo by Sarah Francis

always looking for new cadets. We currently have 20 in Shilo and we'd like to expand that to at least 30 to 40 by the end of next year."

Sgt Travis Micheleson, TSM for Shilo Troop, joined the Army Cadets when he was in Victoria, BC.

"It seemed fun," recalled Sgt Micheleson. "I had always had an interest in the military, so I figured I might as well join."

His father is a member of the Canadian Armed Forces (CAF). However, the cadet said he may also join the CAF — for a short while.

"I'm planning to go RCMP after that. I've just always had a big interest in policing. The RCMP has always seemed like the best to me."

He added, "It can be quite a bit of fun. You get to make a lot of achievements and it's something to do."

COMMISSIONAIRES

Commissionaires Manitoba, Manitoba's largest Security Solutions provider is looking for versatile and highly motivated personnel to join our team at CFB Shilo for part-time/casual Security Guard opportunities. If you have the following skills and attributes, we want you to apply:

- Be physically and mentally able to perform emergency response duties, highly reliable, have excellent interpersonal and verbal communications skills and work well under pressure
- Reside within 100 km of CFB Shilo
- A valid security guard license is an asset
- Strong attention to detail
- Ability to work effectively with minimal supervision
- Successfully complete the Manitoba Security Guard Training Program and obtain a security guard license (includes Criminal Record and Child Abuse Checks)

Please submit your resume and cover letter detailing how you meet our requirements, to hr@commissionaires.mb.ca. Questions can be directed to CWO Brad Ball at 204-765-3000 ext 3338.

National Defence / Défense nationale

WARNING SHILO RANGES

Day and night firing will be carried out at the Shilo Ranges until further notice.

The range consists of DND controlled property lying approximately 32 kms SE from Brandon and N of the Assiniboine River in Townships 7, 8 and 9; Range 14 WPM, Townships 8, 9 and 10; Ranges 15 and 16 WPM and Townships 9 and 10; Range 17 WPM in the Province of Manitoba. If required, a detailed description of the Shilo property may be obtained from the Base Construction Engineering Office at Canadian Forces Base Shilo.

All boundaries, entry ways, roads and tracks into the Range are clearly marked and posted with signs indicating that there is to be NO TRESPASSING. Hunting is no longer permitted on the Shilo Ranges.


STRAY AMMUNITION AND EXPLOSIVE OBJECTS

Bombs, grenades, shells, similar explosive objects, and their casings are a hazard to life and limb. Do not pick up or retain such objects as souvenirs. If you have found or have in your possession any object which you believe to be an explosive, notify your local police and arrangements will be made to dispose of it.

No unauthorized person may enter this area and trespassing on the area is strictly prohibited.

BY ORDER
Deputy Minister
Department of National Defense

OTTAWA, CANADA
17630-77

Canada 

National Defence / Défense nationale

AVERTISSEMENT POLYGONES DE TIR DE SHILO

Des tirs de jour et de nuit seront effectués aux polygones de tir de Shilo jusqu'à nouvel ordre.

Les polygones de tir sont des terrains sous le contrôle du MDN situés à environ 32 km au sud-est de Brandon et au nord de la rivière Assiniboine dans les cantons 7, 8 et 9; polygone 14 OMP, cantons 8, 9 et 10; polygones 15 et 16 OMP et cantons 9 et 10; polygone 17 OMP, dans la Province du Manitoba. Au besoin, une description détaillée de la propriété de Shilo peut être obtenue du Bureau du génie construction de la Base des Forces canadiennes Shilo.

Toutes les limites, voies d'accès, routes et sentiers menant aux polygones sont clairement marqués et ornés d'écriteaux d'ACCÈS INTERDIT. La chasse est dorénavant interdite aux polygones de tir de Shilo.

MUNITIONS ET EXPLOSIFS PERDUS

Les bombes, grenades, obus et autres engins explosifs similaires et leurs enveloppes peuvent causer des blessures ou entraîner la mort. Ne ramassez pas ces objets et ne les gardez pas comme souvenirs. Si vous avez trouvé ou si vous avez en votre possession un objet que vous croyez être un explosif, signalez-le à la police locale, qui prendra les mesures nécessaires pour l'éliminer.

Aucune personne non autorisée ne peut entrer dans ce secteur où tout accès est strictement interdit.

Par ordre du
Sous-ministre
Ministère de la Défense nationale

Ottawa, Canada
17630-77

Summer camp in British Columbia Cadet Fleet garners top honours

Shilo Stag

Cadet Naython Fleet from this Base was the top cadet in the Basic Expedition Course (BEC) during the first intake at British Columbia-based Vernon Cadet Training Centre (VCTC).

The CFB Shilo teenager is a member of 2550, Cherry Mountain, Royal Canadian Army Cadet Corps, Shilo.

Cadet Fleet and 53 other army cadets attended the three-week BEC which provides cadets with the fundamentals of expedition training. Activities include navigation, a five-day expedition and adventure training.

During the summer, more than 1,500 army, navy and air cadets from west-



Naython Fleet

ern Canada will have spent up to six weeks in the Okanagan Valley training centre, expanding the training they receive at their home corps, developing new skills and forming friendships. The cadet program is a national program for young Canadians aged 12 to 18 who are interested in participating in a variety of fun, challenging and rewarding activities while learning about the sea, army and air activities of the Canadian Armed Forces (CAF).

Cadets like Fleet make valuable contributions to Canadian society on a daily basis in terms of environmental, citizenship and community activities.

Cadets also learn valuable life and work skills such as teamwork, leadership and citizenship.

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Puppy training

Being a dog owner comes with plenty of responsibilities, especially if your canine happens to be a puppy. Here, 2Lt Caroline Dube Tremblay (OJT Base Supply) observes her puppy during lunch hour.

Photo by Jules Xavier

Submit your photos for CAF contest by Sept. 15

Shilo Stag

Are you in focus with your digital or film camera? If so, why not enter some of your images to the Canadian Armed Forces (CAF) photography contest which runs from July 2 to Sept. 15.

Send your best photo captures and you can garner bragging rights on this Base, if not across the CAF community.

Whether you're a seasoned professional or an amateur photographer this is the contest for you. The photography contest, comprising eight diverse categories, is open to all members of the Defence Team and their families.

Participants will be eligible to win \$10,000 in prizes from the photography contest sponsors.

This year's contest features a new award, the



1RCHA's Sgt Hugo Girouard, the MTNCO, enjoys submitting his creative photography into the annual CAF photo contest.

Photo by Jules Xavier

Military Photographer Achievement Award, which recognizes the contributions military photographers have made to the CAF community.

For 47 years, the photography contest has been celebrating the talented photographers who capture life in CAF communities across Canada.

Keep the photography contest in mind as you capture special moments this summer

Family gatherings, sports tournaments, scenic vacations, work events — the possibilities are endless.

Visit the photography contest website to enter: www.cfmws.com/en/AboutUs/PSP/recreation/DND%20Photography%20Contest%202012/Pages/default.aspx

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**\$10 for first 20 words,
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THE RCA MUSEUM
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(204)765-3000 extension 3570
www.rcamuseum.com

Shilo Theatre
(Located in the General Strange Hall)

Aug. 14 Furious 7 Rated 14A
Aug. 21 Tomorrowland Rated PG
Aug. 28 Age of Adaline Rated G

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

Services

St. Barbara's Protestant Chapel
Sunday @ 10:30 a.m. with Sunday school & nursery
Padre Lee - ext 3090
Padre Neil - ext 6836
Padre Olive - ext 3088
Padre Dennis - ext 3698
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 Ihuoma - 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. Firearm/hunter safety courses planned for Aug. 21, 22, 23. Examinations by appointment • 204-725-1608 • e-mail: ggs57@wcgwave.ca. huntershooterguy.com

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.

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Homes For Sale

BRANDON - New home; walkout basement; under construction. Pick all details to make it yours, or I can custom build the house of your dreams. Call Ian 204-724-3404.

Services

Now Open: Naturally Amourified in the CANEX Mall. Full-service hair salon and registered massage therapist. 204-721-0604

Employment

Looking for a job on the Base? Submit resumes to NPF HR office via e-mail quoting competition # to npfhrshilo@cfmws.com OR for more detailed information on the jobs offered at CFB Shilo visit: www.cfmws.com

Employment

CANEX WANTS YOU: Clerk/cashier part-time position with 13 to 32 hr /week required. Must be available days/evenings, and weekends. Under the direction of the department supervisor, the clerk/cashier scans customer purchases, processes the transactions, and accepts payment. He/she prices, stocks shelves, counters and display areas with merchandise and keep stock in order. He/she performs cleaning duties as required. Starting salary is \$11.69 per hour after two-month probation. Apply in person at CANEX administration office, or at the NPF Human Resources office at base HQ.

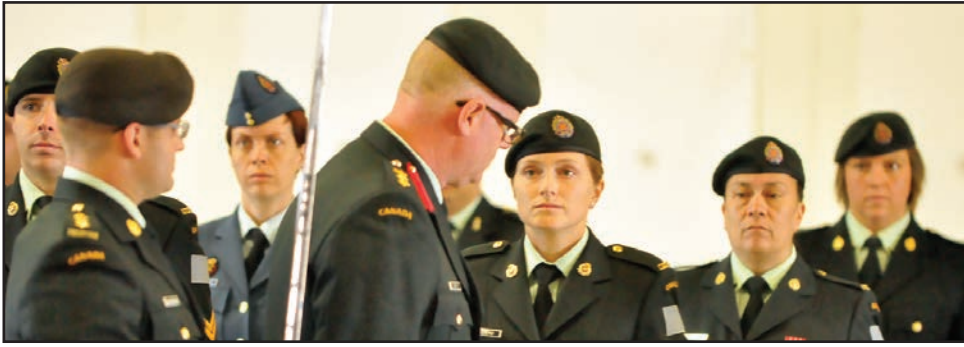
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Three officers promenade (above) during the Change of Command (CoC) ceremony. Reviewing officer Col Stephen Lacroix of 3CDSG from Garrison Edmonton inspects the troops (above left) on parade alongside Commander Guard Capt Andreas Schabetsberger. PSP senior manager Mike McEwan (below) received a hug from outgoing BComd Stephen Joudrey during the presentation portion of the ceremony held at L25.

Photos by Jules Xavier



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1 July - 31 August 2015 www.canex.ca



BComd LCol Stephen Joudrey's wife, Penny, admires the flowers she received during the ceremony.