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**INSIDE This Issue**



Base COS heads east with new recruiting job. Page 2



'Dean the Barber' celebrates quarter-century. Page 5



Marchers need tough feet to endure Nijmegen. Page 10



**Op LENTUS**

Soldiers with 1RCHA tossed plenty of sandbags when they arrived in Portage la Prairie to help with flooding preparations as part of Op LENTUS. Working 12-hour shifts at this special sandbagging machine, tables of three soldiers each filled sandbags which were then taken out to various locations to help protect homes. For Op LENTUS flood facts, see page 3. Photo by Jules Xavier

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Base COS Maj Scott Lloyd (above) stands stoically during a Change of Command parade rehearsal for BComd LCol Stephen Joudrey during the summer of 2013. He also participated in sports events (left).

Photos by Jules Xavier



## 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.

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BY ORDER  
Deputy Minister  
Department of National Defense

OTTAWA, CANADA  
17630-77

Canada



## 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

# Base COS looks forward to new post in Halifax

Jules Xavier  
Shilo Stag

The corner office in Base headquarters no longer has a cluttered office desk now that Chief of Staff (COS) Maj Scott Lloyd has vacated it for his east coast posting.

The amiable artillery officer rarely had a chance to have a pristine-looking desk — he knew where everything was — because the job of COS sees plenty of paperwork go across it on a daily basis. Such is the job of the Base's COS.

But there are new adventures on the horizon as Maj Lloyd and wife Diane, plus their two children, embark on a cross-Canada trip en route to beautiful Nova Scotia.

Prior to leaving on his new posting, the COS did a Q&A with the *Shilo Stag*. Prior to his appointment to the COS chair, Maj Lloyd was with 1RCHA as the Battery Commander of C Bty.

*Shilo Stag*: Looking at your posting to the east coast, what are you looking forward to when you and the family arrive on the shores of Nova Scotia this summer?

*Maj Lloyd*: "Well, we are definitely looking forward to being closer to family. There are so many things to do in Atlantic Canada, that I am sure that we will be busy. Good fish and chips are also high on the positives list."

*SS*: What does your new job entail as the Commanding Officer (CO) of the east coast recruiting centre, with you being based out of Halifax?

*ML*: "Well, the position is that of Commanding Officer of the Canadian Forces Recruiting Centre Atlantic. However, I guess calling it a centre is a bit of a misnomer since it is actually composed of seven detachments across Atlantic Canada. There are two in Newfoundland (Corner Brook and St John's), two in New Brunswick (Fredericton and Moncton), one in Charlottetown, Prince Edward Island and there is a detachment in Sydney, Nova Scotia and the largest detachment is co-located with the centre's headquarters in Halifax.

"These detachments are really the front-lines to attract and enrol the next generation of Canada's Armed Forces. We will support and direct the detachments activities so that we can ensure we are getting the best candidates, and that we continue to be seen as an employer of choice through the economic highs and lows."

*SS*: With your background in the artillery, what will your approach be to recruiting future soldiers, sailors, airmen and airwomen for the Canadian Armed Forces (CAF)?

*ML*: "Having been an artillery officer all of my career, my understanding of the details of service in the Royal Canadian Navy or the Royal Canadian Air Force is limited. We must make use of team knowledge to give potential applicants a true understanding of the trades, even if it is not our own personal background.

See **LEADING** page 7



1RCHA soldiers were kept busy during 12-hour shifts manning this machine that helped produce more than 210,000 sandbags by July 8. *Photo by Jillian Driessen*

## Operation LENTUS – Flood Facts

Canadian Armed Forces (CAF) deployed members to assist the Province of Manitoba in flood operations starting July 4, after a state of emergency was declared. Under Canadian Joint Operations Command, Joint Task Force West (JTFW) is the CAF regional command responsible for the conduct of domestic operations within Alberta, Saskatchewan and Manitoba. JTFW is commanded by BGen Christian Juneau.

### Timeline

July 11 – Flood situation stabilized in southern Manitoba:

- CAF personnel redeployed back to their respective Bases and formations.
- In consultation with the provincial authorities, CAF kept some soldiers in location to respond to any potential breaches. Helicopters also remained for aerial surveillance as required.
- All CAF liaison officers remained in place with the Manitoba Emergency Measures Organization.

10 July – Quick Response Forces (QRFs) remained at the ready to deploy within 30 minutes of a dike breach:

- Naval Reserve units in Winnipeg remained on a 30-minute notice-to-move to support safety boats for the QRFs.
- CP-140 Aurora plane conducted an overnight surveillance flight.
- Sandbagging production operations moved to daytime hours.

July 9 – Flood protection operations completed as the Assiniboine River crested at the Portage Diversion:

- QRF launched at 12:30 p.m. (local) to fix an aqua dike in the vicinity of Poplar Point. A second QRF was deployed to reinforce a culvert south of Portage La Prairie. These QRFs were on a 30 minute notice to move.
- CP-140 Aurora plane conducted a night overflight and captured imagery of a dike seeping into a field. The imagery was relayed to the Manitoba's Emergency Measures Organization enabling for an immediate assessment to be made and an action plan to be developed.
- Both a CP-140 Aurora plane and a CH-146 Griffon helicopter continued their nighttime surveillance of the dike systems for possible breaches.
- 24-hour sandbagging operations continued in the vicinity of Fort La Reine and St. Francois Xavier.

• 24-hour sandbagging production operations continue.

July 8 – Flood protection operations continue unabated:

- To date, an estimated 212,700 sandbags had been produced and 184,000 had been delivered by all Provincial Authorities, CAF members and the volunteers who are working to hold back the water.

See **24-HOUR** page 6



Cpl Cam Pychel from 2PPCLI aids locals around Portage la Prairie in efforts to reduce damage from flooding during Op LENTUS.

*Photo by Cpl Darcy Lefebvre, CAF Combat Camera*

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**Submitting articles and photos for print:**

- Please submit articles as a MS Word Document.
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- 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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# Reporter focused on flooding with 1RCHA

The 2011 Assiniboine River flood was labelled as a once in a 300-year occurrence.

It was a fairly substantial domestic operation that saw several CFB Shilo troops deployed for more than a handful of weeks to save homes and communities throughout southern Manitoba.

At the time, I was employed in Brandon. I had to help clients of my organization evacuate the northend. I had to drive all the way around Brandon to Kemnay to get to work twice every day. I had to sit through traffic to get anywhere in Brandon to complete even the most menial work tasks.

As much as I was experiencing the flood as a military spouse at home, I felt as if I was experiencing the whole flood as a Brandonite alongside my clients and colleagues as well. On my days off, I visited the sand pile where I made sandbags alongside some of the most kind-hearted people I have ever met. I had the pleasure of making sandbags by hand on more than one occasion. It's not what I would call a good time, but I always left with a full heart.

To this day, I am convinced the 2011 flood is the reason I started to feel at home on the prairies. Seeing people come together to contribute to saving the homes of those around them, regardless of if they knew them or not, made the tough winter, hazy hot summer, and hard work worthwhile. The prairies aren't as populated as the rest of the country, however, there is no shortage of quality people here.

Somehow adversity brings everyone together. Military or civilian doesn't matter. We all call Manitoba home.

The same can be said of the 2014 flood. With levels flirting with 2011 and, in some cases surpassing the alleged one in 300-year flood and only a few days to organize, the military responded in record time.

There was only a few hours notice in our house and just like that, we were back to flood-mode. Surprisingly, despite the minimal notice, I feel less overwhelmed this time. Perhaps it's just having some expectations of how flood control works and how long it lasts.

2011 was exhausting. I felt as if I knew absolutely nothing despite knowing just as much as I know right now. It was a domestic deployment, but it was foreign to me. Domestic deployments come fast and hard and water is completely unpredictable.

We had to cancel a bachelor weekend and seek refunds for deposits and bookings with less than 24-hours notice. We had to make a lot more amendments to life in our household this time around the block, yet somehow, I am less concerned about it. Experience tells me I need to be as flexible as the river's levels and take it all one day at a time.

I had the opportunity to visit with 1RCHA troops in Portage la Prairie last week and I know they're taking it one sandbag at a time and doing their best to find the positive in their day.

In the army, keeping positive generally requires a touch of smiling and whole lot of heckling. Despite



Jillian Driessen

working hard and literally throwing sandbags around, they the soldiers seemed to be in good spirits.

I was told by a soldier if you don't laugh about it, you'll end up crying about it. It's not easy to keep your spirits up when you've had to leave behind your family, plans, and maybe your bachelor weekend, but it's a job that has to be done. This time around, I've been lucky enough to follow my spouse from 1RCHA Bdr Jonathan Kaiser through the news. He's somehow landed himself in nearly every news release from here to Ottawa based on the media outlets tracking Canada's flooding in Manitoba and storms and power outages

on the east coast following the arrival of Hurricane Arthur. If he's not in the imagery, his now infamous quote has been recycled in more stories than I can count: "We're just trying to get some sandbags out there and get the floods under control," Kaiser said. "It's tedious. It's hot and tedious but it's got to get done so we do the best we can."

I was also lucky to be able to see what he and the rest of CFB Shilo's troops are contributing to Op LENTUS first hand. I am often reminded that my job allows me access beyond that of the average military spouse. Every-

thing is less intimidating when you've had the chance to see it first hand.

The artillerymen and women making sandbags at the Portage la Prairie yard are in seemingly good spirits despite the 12-hour shifts. It's exhausting work — that I know from first-hand experience. An undetermined number of 12-hour days would be cumbersome.

With many of the troops being sandbag veterans, they were well-aware of what the July 4 IRU call would entail and somehow they're still smiling.

Like I mentioned earlier, I've done sandbagging. I've done my part as a civilian. I'm eternally grateful there are willing and ready military members to do the job.

Their productivity is also an incredible feat. With the combined civilian employee, volunteer, and military manpower, thousands of sand-

bags are produced every 24 hours. My respect for everyone in the flood fight is immense.

It's a daunting task to fight something as unpredictable and challenging as water. While it's the source of all life, it is also a powerful destructive force.

Until Southern Manitoba returns to a more normal state of affairs, my thoughts are with those on the front lines of this flood fight — be they civilian or military.

It would seem a once in 300-year flood comes with greater frequency than one might expect. Regardless of the frequency of flooding, I know I can count the binding together in Manitoba that makes living in Canada's breadbasket well worth every challenge.

At the risk of being jilted by my more easterly kin, Manitoba's collective resilience makes me proud to call CFB Shilo my home.



1RCHA's Bdr Jonathan Kaiser had a ready smile while working on sandbagging duty. His work also earned him a helicopter flight with BGen Christian Juneau over the flood impact area around Portage La Prairie.

Photo by Jillian Driessen

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Pte Nicolas Pietracupa of 2PPCLI relaxes in the barber's chair while letting Dean Grywacheski work his magic using just comb and scissors.

Photos by Jules Xavier

## Quarter-century wielding scissors, comb on Base Soldiers go to 'Dean the Barber' for haircuts

**Jillian Driessen**  
Shilo Stag

Dean Grywacheski has been at the Shilo Barber Shop since 1989 — that's long enough to start signing "Dean the Barber" in place of his real name.

"Really, I am not sure that most people know what my last name is," says Grywacheski. "People just know me as Dean the Barber. That's what I sign on everything around here!"

After a quarter-century of cutting hair in Shilo, Grywacheski doesn't seem to mind.

"I wave to everyone. Sometimes my son asks me if I know everyone in Shilo," says the amiable well-known barber. "I tell him that's just what happens when you own a business in a small town."

Grywacheski took ownership of the Shilo Barber Shop in 2008 after long-time owner Matt Yarchuk retired after nearly 50 years in the business. A younger Grywacheski came to CFB Shilo after completing his barber course at Red River College.

"I was coming to the end of my course and Matt phoned me. He had heard about me from a barber that worked for him that was from my hometown, Ste Rose du Lac," explains Grywacheski. "I had done my apprenticeship at Brandon Shoppers Mall and I told him I was interested in coming back to the area."

"He told me to come out on a weekend and take a look. I thought about it this way: It would take me more than a year to build a clientele in a regular salon. Here, the clientele comes to you. It was the right choice at the time."

A 21-year-old "Dean the Barber" found himself surrounded by seasoned barbers at CFB Shilo — an experience which has served him well throughout his career.

After 19 years, Grywacheski took the shop over. Although he is younger than the previous owner, the shop retains its vintage charm. A checkered floor and quality barber chairs complete with foot-rests take patrons back in time. The business plan has also remained the same: Quality service as often as humanly possible.

"It has always been my goal and one of my former employer to build loyalty. We always try to be here as often as we can. Matt always believed we should give as much service as we could. I've tried to keep that going and to give quality work," offers Grywacheski. "We try and give everyone a quality haircut."

The shop's hours are designed to offer the most convenient service to military members, who are the bulk of the small business' clientele.

"Our number one clients are military members. I respect that. They are the ones that are back to us every couple weeks," acknowledges Grywacheski.

The shop has branched out to offer more services to women in recent years. Gry-



The one change Dean Grywacheski made to the Base barber shop was to bring in women to cut hair for the female clientele.

wacheski has made a point of hiring more hairdressers and has, in turn, brought more female clients to his aged barber chairs.

"We've started servicing more women. Most all my staff are hairdressers. I teach them the barber skills, but they have the skills with scissors."

The atmosphere is light at the shop. Grywacheski says he doesn't want his staff to feel like they are at work. The light atmosphere is reflected in his staff's choice of cheeky decor in honour of his 25th anniversary.

His staff paid homage to his catch phrase "just another day at the zoo" by plastering the walls of the shop with zoo animals and jungle vines.

With many years in Shilo, Grywacheski has seen many people come, go, and return to the Base. He has had the pleasure of seeing military members and their families grow in the last quarter century.

Many people find themselves in the antiquated barber chairs at many different stages in life.

"I cut a guy's hair the other day. I cut his hair when he had to sit on a stool in the chair and now he's a major," says Grywacheski of a cut on his silver anniversary.

Be they recruits or colonels, a strong majority of military members at CFB Shilo leave their hair on the floor of the Shilo Barber Shop.

"The main reason I stay here is the people. I always learn from the people here," says Grywacheski. "When I first got here, the Germans were here. I learned a lot in those years."

In his chair, "Dean the Barber" has heard from many people with reservations about CFB Shilo.

"I always tell people to give it a year here. They will grow to like it," he says. "If you're involved in the community or keeping yourself busy, you will see that this place is a gem."

With a quarter century in Shilo under his belt, Grywacheski has settled in for the long run. His father is rounding on his 55th year as a barber in Ste Rose du Lac.

The Shilo Barber Shop has been open for business for more than 50 years and as far as Grywacheski is concerned, will continue to be the barber of choice for CFB Shilo and surrounding area for many years to come.

"I came when I was 21. I thought I would stay just a couple years. Maybe one or two years. Here I am today. I'm still here and it's amazing," says Grywacheski of his humble beginnings as a young barber.

"It feels good to have loyal customers. I know I will never be a rich guy, but I'm a happy guy. This pays my bills, feeds my family, and gives me a little spending money. I couldn't ask for more."



Teamwork was key to operating the sandbagging machine when 1RCHA soldiers arrived at Portage la Prairie to commence their tasks on Op LENTUS.  
Photos by Jillian Driessen/Jules Xavier



# 24-hour sandbagging operations keeps soldiers busy

## From Page 3

- CP-140 Aurora plane, with its MX-20 unit, captured overnight video imagery of the dike system, providing valuable information to the Manitoba Emergency Measures Organization.
- All flood preparations were nearly completed and CAF entered into a monitoring period; ready to react should the situation change.
- 24-hour sandbagging production operations continue.
- July 7 – Province of Manitoba requested an additional task from the CAF:
  - CH-146 Griffon helicopter began night time Intelligence Surveillance Reconnaissance of the dike and flood diversion systems in the late evening.
  - Video was captured by a MX-15 unit (operated from a CH-146 Griffon). The MX-15 has an infrared capability allowing for both day and night time video

capture.

- Naval Reserve sailors deployed to the northern basin of the Portage Diversion to augment the existing sandbagging operations with other CAF personnel.
- A small number of zodiac boats have been employed by HMCS CHIPPAWA in support of sandbagging operations.
- 24 hour sandbagging production operations continue.
- As of July 7, the CAF has deployed approximately 500 members of the Immediate Response Unit led by 1RCHA to support the Province of Manitoba flood efforts. The IRU is primarily composed of CAF members of: 1RCHA from CFB Shilo is the lead with 70 persons from A Bty, 76 from C Bty and 94 from HQ/Svc Bty. 1RCHA is supported by the following elements: 2PPCLI with 64 persons from B Coy; attachments 36 persons from Winnipeg-based 38 CBG, 15 naval reserve sailors from Winnipeg-based HMCS Chippawa,

98 persons from 17 Wing Winnipeg, and 27 persons from 480 Tactical Helicopter Sq.

- This operation is a truly joint army, navy and air force operation. The deployment of all three elements into Manitoba ensures that the CAF can provide the best level of support to the province.
- The members of HMCS CHIPPAWA and 38 Canadian Brigade Group are Primary Reserve members from the local community. When not conducting training or on operations, day-to-day they have regular civilian jobs right here in the community.
- July 6 - More CAF members deployed bringing the number to approximately 500:
  - The additional support came from: 38 Canadian Brigade Group, HMCS CHIPPAWA Naval Reserve sailors, 17 Wing personnel, all from Winnipeg.
  - RCAF provided an additional two CH-146 Griffons bringing the total number to four. The four CH-146 Griffons supported the flood efforts by conducting flights over the affected area to provide better situational awareness of the evolving situation.

• How many locations are CAF members being allocated to assist with the flood control preparation? According to 3 CDSG PAO Lt (N) Tony Wright, "We are operating in Portage la Prairie conducting sand bag production and our HQ is there as well. 408 THS Squadron is operating and HQ'd out of Southport at the airport. We are working to sandbag homes and property in the St. Francis Xavier and Cartier areas along the Assiniboine River. We have emplaced 'aqua dams' along sections of the Portage la Prairie Diversion to mitigate the possibility of the water coming over the banks."

- CAF conducted fortification efforts at the Hoop and Holler Bend, and sandbagging operations in the vicinity of Fort La Riene, St Francois Xavier and Cartier to save 350 homes.
- Continuous 24-hour sandbagging production operations began.
- July 5 - 300 soldiers deployed to the vicinity of Portage La Prairie:
  - Tasks: Protecting critical infrastructure including assisting with sandbagging production; delivery of sandbags to areas difficult to reach; assisted with the construction of barriers to protect critical infrastructure.
  - Forces deployed: Leading the operation: CFB Shilo-based 1RCHA, supported by 2PPCLI.
  - RCAF assisted with: Two CH-146 Griffons from 408 Squadron, in Edmonton. The helicopters were moved to Brandon. The RCAF also placed a number of air assets on a heightened state of readiness.
- July 4 - Province of Manitoba requested Federal Government support. The Immediate Response Unit activated and prepared for an immediate deployment.


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*'Although most people don't know it, the Chief of Staff job can sometimes lead to frustration, and I appreciate the support of my peers to talk me off the ledge.'*

— Base COS Maj Scott Lloyd

# Leading troops a highlight for artillery officer



From page 2

"Honestly, I believe I have had a great career and that a career in the Canadian Armed Forces is a worthwhile endeavour. The first step into the recruiting detachment is always the hardest, but now it is very easy since your first step is online, potential recruits can check out careers at Forces.ca and even apply online."

SS: As you turn a page in the next chapter of your military career, what are some of the challenges you face in your new job?

ML: "My unit is spread all over Atlantic Canada and trying to form a level of unit cohesion when members are separated by time and space is a challenge. As well, we are far removed from our command structure which is the Commander of Canadian Forces Recruiting Group residing in Borden, Ontario."

SS: What will you miss about your posting to CFB Shilo?

ML: "The people. I had the privilege to work in a team of exception people, who were mission oriented and just plain fun people to be around. Although most people don't know it, the Chief of Staff job can sometimes lead to frustration, and I appreciate the support of my peers to talk me off the ledge."

"The advantage to a small Base is that everyone knows everyone, and if you treat people well then when you need them they will be there for you."

"On a family note, Brandon was a great place to live. Coming from three years in the United Kingdom, it would seem that anywhere in Manitoba would be a letdown, but we are sorry to leave our civilian friends and neighbours ... we met some truly great people and Brandon has grown on us."

SS: What won't you miss about your stay in the middle of Canada, and calling Brandon home?

ML: "Well there is the cold, which is probably the worst thing about Manitoba, but not the only thing. Brandon and Shilo are gems in the middle of nothingness for almost 12 hours of driving in any direction. That bit of isolation coupled by the fact that outside of Shilo, no one knows how snow-plows are supposed to work. I would love to see a program where snow-plow drivers from Eastern Canada come to Manitoba to show them how to remove snow."

SS: Who is replacing you as COS? What advice are you offering him as he assumes your COS post at Base HQ?

ML: "The incoming COS is a little up in the air for the time being, but Maj Jeff Chapman will be acting for the summer. As far as advice, there's only one thing ... 'never say out loud that something will never happen in Shilo.' Because with the amount of strange files I have dealt with over my short time here, you can never really know what will and won't happen in Shilo."

SS: What are your top-three highlights from your CFB Shilo posting?

ML: "Wow, tough question. Representing the Base at the opening of the Royal Manitoba Winter Fair. We were brought in with horse-drawn carriages. Seeing my wife fulfill a lifelong wish to become a teacher. And finally, the opportunity to lead troops is a highlight of every posting."

SS: What will you miss about receiving your copy of the *Shilo Stag* on paper day at your office?

MS: "The conversations. Evidently you should not put three people in a room who like to talk. But it was one method of getting the good intel on 'other' organizations on Base."

SS: Finally, what happens to the well-travelled gnome that was kidnapped last summer by the *Shilo Stag*?

ML: "The gnome will continue travelling and will hit all the detachments in the Atlantic Region, as well he will continue on road trips with the Lloyd family and others. So stay tuned for the summer photos."



COS Maj Scott Lloyd enjoyed his stay at CFB Shilo, especially when he was able to get outdoors on parade, or to take part in fitness activities on the Base.  
Photos by Jules Xavier

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CFB Shilo

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1 July- 31 August 2014



## We want you on our team

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

## Do you run your own small business?

Would you like to share the exciting things you're doing with other members of the Canadian Armed Forces community?

Consider advertising in our CAF newspapers. We offer competitive rates and the unique ability to reach the current and former military members and their families.



Contact Holly Ormsby at 204-720-3488



Sgt Ryan Barlette (above) received his iPod Shuffle from Health Promotion director Shelly Moore and CANEX manager Rick Kehler. MP LS Kevin Tessier (below) was the grand prize winner.

Photos by Jillian Driessen

## Challenge winners receive prizes

### Shilo Stag

It was a month of diligently tracking healthy life choices when Health Promotion on the Base held its annual CAF National Health and Wellness Challenge.

When the month ended, scores were submitted to Health Promotion, with director Shelly Moore and administrative assistant Lacey Collier then drawing names from these contributions for the various prizes offered.

National prizes, sponsored by SISIP and CANEX, were won by nine members of the Defence Team.

Military Police LS Kevin Tessier was the grand prize winner. The other winners included: Audrey Blanchet - hydration pack; Stag managing editor Jules Xavier - Magic Bullet; Melanie Heinrichs - \$25 CANEX gift card; Linda Beauchemin - Magic Bullet; Mess manager Patsy



Marion - \$25 CANEX Gift card; Sgt Ryan Bartlette - iPod Shuffle; Lt Anna Hawkins - hydration pack; and Nola Jones - iPod Shuffle.

The Challenge took place during the month of May, and had those enrolled checking off their healthy behaviours on a daily basis. The goal is to encourage small behaviour changes in the four healthy priority areas of Health Promotion: addictions-

free living, injury reduction and active living, healthy nutrition and weight, and social wellness. The checklist covered more than just fitness activities such as hiking or going to the GSH gym. It also covered sharing a good laugh or taking time to relax and unwind, which are all components to an individual's overall health.

This year's Challenge had 99 participants, up from 87 in 2013.



## Memories framed

BRSM CWO James Doppler presented Sgt Brian Kooistra with one of his many keepsakes during a Depart with Dignity ceremony held in front of friends and CAF colleagues.

Photo by Jules Xavier

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# Great War unveiled at museum

## Shilo Stag

The RCA Museum has an exhibit entitled *The Great War 1914-15* in commemoration of the centennial of the First World War.

It will open Aug. 4 at 5 p.m. exactly 100 years to the minute since Canada found itself at war with Germany.

The guest of honour for the opening ceremony will be renowned Canadian film director and author, Paul Almond. His father was a Canadian Gunner in the Great War.

The exhibit will examine the causes of the war and its effects on Canada during the first year of the conflict. Visitors will be able to explore life on the home

front and the experiences of soldiers overseas.

Exhibit highlights will honour the centennials of the Princess Patricia's Canadian Light Infantry (PPCLI) formed in 1914 and of the writing of *In Flanders Fields* in 1915.

The exhibit will run until June 2015.

Future exhibits to commemorate the Somme in 2016 and the battle of Vimy Ridge in 2017 are planned to build on the visitor experience in *The Great War 1914-15*.

The RCA Museum is open Monday to Friday 10 a.m. to 5 p.m., but is closed weekends and holidays. However, it is open seven days a week at the same time from Victoria Day to Labour Day.

# MP serving pancake breakfast

## Shilo Stag

Shilo's Military Police want to feed you breakfast.

They are organizing a Base-wide pancake breakfast, with assistance of the Shilo and Area Service Club, Aug. 12 from 7:30 to 9 a.m.

"We are requesting your support to allow your members to attend this event," said MP WO Michael Trottier.

The purpose of this breakfast event is to bring attention to and raise funds for the Sixth Annual Military Police National Motorcycle Relay Ride, which is an event where national riders travel from coast-to-coast to raise money for the Military Police Fund for Blind Children.

The Military Police Fund for Blind Children (MPFBC) was founded in 1957 by Col James Riley Stone and specializes in assisting visually impaired children.

Col Stone, a former CO 2PPCLI and Provost Marshal for the Military Police, was the founder of the MPFBC which had its humble beginnings in 1957. One of the very notable aspects of the Blind Fund is it is run and managed by MP volunteers. It remains unique in Canada, as one of the only military charities in the country.

According to WO Trottier, various businesses on Base have also generously agreed to provide door prizes for the event to further aid in the raising of funds.

"We will be selling tickets for the pancake breakfast for five dollars," he said, "A purchased breakfast will also give the person a chance to win the door prize. Door prize tickets will also be sold separately for two dollars each or three-for-five dollars."

For more information on the MPFBC visit [www.mpfbc.com/history.html](http://www.mpfbc.com/history.html) or [www.mpmnrr.ca](http://www.mpmnrr.ca)

# Men's soccer team holds tryouts

## Shilo Stag

Have you enjoyed watching the World Cup on CBC the past month?

What about playing soccer and wearing CFB Shilo's colours on the German soccer pitch?

If so, take part in the Base team's soccer tryouts running from July 21 to Aug. 14 every Monday, Tuesday, Thursday and Friday. Practice sessions run from 7:30 to 9 a.m.

To be part of the team players must be military personnel, Reg Force, Class B and C.

CFB Shilo's soccer team will play at the regional soccer championship at 4 Wing Cold Lake from Aug. 18 to 22.

The winning team moves on to play at the national tournament in Ontario.

For more information about the team, contact your sports co-ordinator Danny Hamilton at ext 3894.



## Promoted

It was a busy day for Sgt Robyn Weedmark when she received her sergeant's stripes (above) from BComd LCol Stephen Joudrey. Earlier in the day, she also received her trophy for winning the Shilo Run (left) after crossing the 10-K finish line as the first female runner. Formerly working out of Base HQ, Sgt Weedmark recently left to take a new posting in Belleville, Ont., with the Hastings and Prince Edward Reg.

Photos by Jules Xavier

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

July 18 *The Other Woman* Rated PG  
July 25 *Rio* 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

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## Active Skillz Sports Camp

Active Skillz Sports Camp is designed to promote healthy lifestyles in all children aged 6-12 years old. Children will be introduced to a variety of sports and will have an opportunity to learn about healthy eating.

Active Skillz Sports Camp also aims to integrate children with special needs, providing them with support that meets their needs. Our goal is to provide all children with a camp experience that is fun, positive and safe. Please let us know at the time of registration if accommodations need to be made for your child.

Week	Date	Cost with a GSH Membership	Cost without a GSH Membership	Deposit Required (non-refundable)
Week 1	Jul 7-11	\$100	\$125	\$10
Week 2	Jul 14-18	\$100	\$125	\$10
Week 3	Jul 21-25	\$100	\$125	\$10
Week 4	Jul 28-Aug 1	\$100	\$125	\$10
Week 5	Aug 5-8	\$80	\$105	\$10
Week 6	Aug 11-15	\$100	\$125	\$10
Week 7	Aug 18-22	\$100	\$125	\$10

For children 6-12 years old  
Located at the GSH  
7:15 a.m. - 4:30 p.m.  
(Drop off between 7:15 - 8:00 a.m. & pick up between 4:00-4:30 p.m.)

A non-refundable deposit of \$10 is required each week per child to hold your spot. Your deposit will be applied to that week's registration cost.  
Full payment for each week MUST be made the week prior.  
To register, please visit the GSH front desk between the hours of 7:00 a.m. - 4:00 p.m. Monday to Friday. Space is limited, so register early!

For more information, call the Recreation Office at 204-765-3000 ext. 3317/3588.

**ADVENTURE Bible Camp**

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Prior to leaving for Holland, members of the 2PPCLI Nijmegen team spent hours marching together to prepare for the four-day trek.

Photos by Jules Xavier

## Nijmegen team prepared for march in Holland

**Jules Xavier**  
Shilo Stag

For 27-year-old MCpl Scott Lawrence, being part of 2PPCLI's Nijmegen team offered a challenge besides a trip overseas during the summer.

"I wanted this challenge because of what this march entails," he told the *Stag* following a media briefing with Base Public Affairs Officer (PAO) Lori Truscott. "There's an added bonus because I'm also the team's medic, and was there to offer them advice and look after any medical problems."



**'With my feet looked after I am good to go. This has also been good training for me as I prepare for Mountain Man [later this summer].'**

— Cpl Richard Wieler

Like blisters or foot/leg cramps following an eight-hour march through the scenic countryside of Holland. Or prior to arriving in the Netherlands while training for the Nijmegen March. With 1 Fld Amb, MCpl Lawrence was there to treat medical issues as a result of 2PPCLI and 1RCHA soldiers participating in diligent and progressive training leading up to the Nijmegen March. Plus what they encountered during their four-day march.

Fellow marcher Cpl Richard Wieler, 23, also wanted the challenge that comes with a marathon march. The six-year Canadian Armed Forces (CAF) veteran asked if he could be part of the team, which began training in mid-March. Not everyone made the cut, with the team whittled down to 11 by the time everyone departed July 10 from Canada.

"I believe this would be a good experience for me, plus it's something in my military career that I've

never done," offered Cpl Wieler. "I've had one tour in Afghanistan since I've been with 2VP for five years in the infantry."

Born in Brandon and with a tour of Afghanistan on his military resume, MCpl Lawrence has been with the CAF for 11 years, the past two years as a med tech with 2PPCLI. It took some getting used to being out front with the infantry during the initial march training.

"This is a different spot for me because of my job," he explains. "The sheer distance we are covering, for a medic I'm usually in a clinic or a vehicle, not marching alongside the guys."

MCpl Lawrence admits he now has a better understanding of what the infantry goes through, moving on foot over long distances, and not relying on a vehicle as the only means of transportation.

"There's an art to this marching, especially when you think we are out there for eight hours a day. We are marching in a loose group, walking two-by-two. There's no singing among the guys, but we do share jokes to keep the mood light."

"There are lots of conversations when we're out marching," adds Cpl Wieler.

"You get to make new friends because you are with different guys you might not otherwise socialize with," says MCpl Lawrence.

The international four-day Nijmegen March is an annual event which is held in Holland, which the Canadian Armed Forces (CAF) have participated in since 1952 to commemorate the liberation of the Netherlands by Allied forces during the Second World War.

It is the world's largest walking event, attracting civilians and the military for daily marches of 30, 40 and 50 kilometres through the Netherlands. This year, the 98th Nijmegen March ran from July 15 to 18.

During the four days overseas, the military participants walked 160 kilometres wearing full combat gear and carried a minimum of 10 kilograms (22 pounds).

This annual event attracts more than 40,000 walkers from 50 different nations. Canada's contribution in Holland featured marchers from many CAF Bases, plus additional logistics staff, including a PAO to help with media access for Nijmegen March coverage.

Cpl Wieler was happy to have a team medic alongside him, with MCpl Lawrence providing usual tips on how to keep the feet in good shape, to avoid blisters so walking is not hindered wearing military-issued boots.

"With my feet looked after I am good to go," he says. "This has also been good training for me as I prepare for Mountain Man [later this summer]."

**'The sheer distance we are covering, for a medic I'm usually in a clinic or a vehicle, not marching alongside the guys.'**  
— MCpl Scott Lawrence



According to Cpl Wieler, pace on the march is important when you are among 10 other walkers.

"You're moving as a group, so you need a good pace when covering the distances we are during the march."

Besides the experience of being part of the Nijmegen March, MCpl Lawrence has an ulterior motive to his trip overseas that will be a poignant moment when he takes part in various ceremonies along the route.

"I'm excited to visit the Vimy Ridge Memorial," he says.

"I will also pay my respects to my great-uncle, who was with the Winnipeg Rifles. He was killed in action at Normandy during the Second World War."

Besides MCpl Lawrence and Cpl Wieler, the rest of the 2PPCLI team is comprised of Lt Donald Matheson Infantry, WO Shaun Bilodeau Signals, Cpl Jason Harris-Peters Infantry, Cpl Kyle Marcotte Signals, Cpl J.A. Nelson Infantry, Cpl Adam Howard-Anderson Infantry, Cpl Bryce Cooper Infantry as well as two soldiers from 1RCHA, Bdr Al Cabungcal of Z Bty and Bdr Simon Morin of A Bty.



## 125 years young

This year's homecoming in Wawanesa marked the village's 125th birthday. Besides the parade through the streets, the soapbox races attracted a large crowd out to watch.

*Photos by Jules Xavier*



# Thrift Shop offering bag deals in August

**Linda Beauchemin**  
MFRC

The Shilo MFRC Thrift Shop has relocated to the Community Centre.

While the location has changed you can still expect the same great service. Our friendly volunteers will assist you while you are shopping, ring up your purchases, and help you with your consignment items.

These volunteers continue to keep the Thrift Shop running.

During the summer the venue is open Tuesday from 6:30 to 8 p.m. and Thursday from 9:30 to 11 a.m.

There will be a "bag sale" the first two weeks of August. All items which you can fit in a bag will cost only \$4. There are amazing deals to be had.

Meanwhile, during the last two weeks of August the Thrift Shop will be closed to prepare for the "new year."

The doors will re-open Sept. 2 to reveal a variety of new merchandise. As well, September also brings back the regular hours of Tuesday from 1:30 to 3 p.m. and 6:30 to 8 p.m. and Thursday from 9:30 to 11 a.m. and 6:30 to 8 p.m.

New clothes, knick knacks as well as new consignment items will be waiting for you.

Anyone can put items on consignment. It is an easy way of selling things you no longer need.

You bring the item in, tag them and we'll do the rest. Once your item is sold, your money will be waiting for you.

So plan to put items on consignment starting in September.

All proceeds from the Thrift Shop go back into the programs and services of the MFRC.

If you don't want to place items on consignment, drop them off as donations. Any items which are not sold in the Thrift Shop go towards fundraising for the Diabetes Association.

It's a win-win situation. You clean out your closet, and "not for profit" organizations benefit from your generosity.

For more information about the Thrift Shop contact this writer at 204-765-3000 ext 4553.

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**\$10 for first 20 words,  
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**Deadline for next issue:**

**July 24 at noon**

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

#### Our Lady of Shilo Roman Catholic Chapel

Sunday 10:30 a.m.  
Wednesday 12:05 p.m.  
Confession by appointment  
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### Employment

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Photos by Jules Xavier

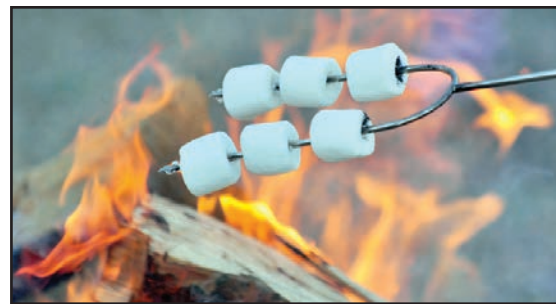
# Canada Day



# with Marshmallows



Roasting marshmallows was a popular evening event during Canada Day activities on the Base.



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