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Volume 53 Issue 7



Serving Shilo, Sprucewoods & Douglas since 1947

April 10, 2014

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BComd receives special
pennant. Page 2



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Ex SPARTAN TRIDENT



Members of 1RCHA Z Bty and 3PPCLI await instructions (below) for the dismount entry exercise where they roll off simultaneously into the water and swim to shore. The same soldiers taking part in Ex SPARTAN TRIDENT familiarize themselves with the frigid ocean water at Albert Head on Vancouver Island by swimming to a nearby beach after jumping (above) from a hovering Sea King helicopter. For more on Ex SPARTAN TRIDENT, turn to page 12.

Photos by Kara Tibbel



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Long Service Awards



Long service awards were presented to Base staff Laurie McLeod (NPF Accounting five years); Terry Jefferies (B Maint 15 years); Ken Wilcox (CE 25 years); Rick Nieradka (Ammo 25 years); Karen Gero (PSP 30 years); and Ken McNarland (B Tn 35 years).

Prairie regional badminton Shilo qualifies two players for trip to nationals at CFB Borden

Shilo Stag

Two CFB Shilo soldiers used their racquets and prowess on the court to earn trips to the CAF national badminton championships hosted by CFB Borden.

Competing at the prairie regional championships held at 4 Wing CFB Cold Lake, Capt Ching Cheung continued his dominance on the badminton court from past years, this time winning the open singles division by defeating Cpl John Ku of CFB Edmonton.

Capt Cheung then combined with 4 Wing's MCpl Steven Wahpole to earn silver after losing the open doubles to CFB Edmonton's Cpl Ku and Cpl Merle Buck in the championship tilt.

In the masters singles championship game, CFB Shilo's WO Jamie Burke garnered gold by dispatching CFB Edmonton's MCpl William Ripley.

WO Burke added a second gold when he combined with Sgt Bill Woods of CFB Edmonton to win the senior/master doubles final versus the duo of CFB Edmonton's MCpl Ripley and Capt Michael Brooks.

The winners in each of the eight divisions offered at prairie regionals earn a trip to nationals in Ontario. The prairie region team features 10 CAF members, including WO Burke in the masters division, and Capt Cheung in open men's division.



Pennant for BComd

The Royal Regiment of Canadian Artillery (RCA) and CFB Shilo have had a long history together, starting prior to the First World War. In 1960, as a result of this long standing association, this Army Base was named the home station of the RCA. As such the Base Commander of CFB Shilo is also appointed commander of the home station. A tradition within the artillery is the use of artillery-specific pennants for commanders of artillery sub-units, units and formations. These pennants follow the red over blue pattern. In recognition of the significance of the position, the RCA's regimental headquarters developed a pennant, which features the Shilo stag on the red over blue for the commander's home station. During the recent quarterly Base parade, Col Rick Felstead, Honorary Colonel of Brandon-based 26 Field Regiment RCA, presented the pennant to BComd LCol Stephen Joudrey (right) on behalf of the RCA's regimental colonel. Of note, this is the first time the pennant has been presented to an incoming commander of the home station.

Photo by Jules Xavier



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HCol Rick Hansen presented the Sacrifice Medal to Cpl Darryl Hansen (no relation) during a ceremony at CFB Esquimalt. *Photo by Shawn O'Hara*

Canadian legend presents Sacrifice Medal to soldier

Shawn O'Hara Special

The room buzzed with excitement, admiration, and inspiration when Canadian legend Rick Hansen entered Joint Personnel Support Unit (JPSU) in late February.

Hansen, an Honorary Colonel for JPSU, stopped by the Base during a visit to Victoria, BC and made a few presentations. "It's an honour to be a part of this unit, and by extension a part of the Canadian Armed Forces (CAF)," said Hansen, who inspired the world during his Man in Motion tour, which saw him cross 40,000 kilometres across 38 countries, raising money for spinal cord research and quality of life initiatives.

"The CAF promotes and exemplifies to extraordinary perception the world has of Canada, and our history as a people of determination, strength, and inspiration. People like you are what inspired me to become who I am."

Hansen presented a medal to Cpl Darryl Hansen (no relation), who re-

ceived the Sacrifice Medal for a deployment with 2PPCLI to Afghanistan in 2008. While there he sustained a traumatic brain injury when an Improvised Explosive Device (IED) exploded.

"It was a real honour to have HCol Hansen present the medal to me. He's an inspiration to Canadians everywhere," said Cpl Hansen. "My time in Afghanistan was life changing in many ways, and it means a lot to have those experiences recognized."

Hansen was also on hand to present a quilt from Quilts of Valour, a local organization that provides handmade quilts to military service people and community members going through hard times. One quilt was presented to Cpl Hansen. "When you get down to it, organizations like the CAF are about helping people," said Hansen. "Whether it's helping their own recover from the effects of war or reaching out to the community and easing their burdens, that helping hand is always near and ready. I'm truly honoured to be a part of that effort."

Shawn O'Hara is a reporter with CFB Esquimalt's newspaper Lookout



Inspection

Base Engineer Maj Reg Sharpe and BComd LCol Stephen Joudrey check out the renovations being done at the Officers' Mess. *Photo by Jillian Driessen*



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This Week's Deals!

Spring is in the air!

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<p>Febreze® Air Effects • Assorted • 275 g • Reg. 4.29</p> <p style="font-size: 3em; text-align: center;">2⁹⁹</p>	<p>Glade® Scented Candles • Burns up to 28 hours! • Reg. 5.49</p> <p style="font-size: 3em; text-align: center;">3⁹⁹</p>
<p>Johnson® Fantastik with Bleach & Windex Original • 650 ml - 765 ml • Reg. 5.69</p> <p style="font-size: 3em; text-align: center;">4⁹⁹</p>	<p>Mr Clean® Citrus, Lavender, or Hawaiian Breeze • 800 ml • Reg. 4.09</p> <p style="font-size: 3em; text-align: center;">2/ 6⁰⁰</p>
<p>Kleen Glo® Latex Gloves • Assorted Sizes • Reg. 1.99</p> <p style="font-size: 3em; text-align: center;">.99</p>	<p>Easy Off® Oven Cleaner • Pump Spray and Fume Free • 400 g and 475 ml • Reg. 4.89 - 5.79</p> <p style="font-size: 3em; text-align: center;">3⁴⁹ - 4⁴⁹</p>
<p>J-Cloth® Reusable Towels • 8 count • Reg. 3.99</p> <p style="font-size: 3em; text-align: center;">2/ 6⁰⁰</p>	<p>Selection® Paper Towel • 2 ply • 40 count • Reg. 1.39</p> <p style="font-size: 3em; text-align: center;">.99</p>

April 10 - April 23, 2014



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The Shilo Stag is produced every second Thursday.

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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Challenge yourself with healthy choices

Shilo Stag Special

Wellness — what's it worth to you?

For many of us, wellness is priceless and we spend most of our lives seeking it. Some folks look for it lifting weights in the gym, others try eating a great diet and others simply go fishing.

Regardless of what you do, it is important to realize that wellness is something that impacts on every aspect of your life and the decisions you make every day impact on it.

If you aren't happy about your current state of health and wellness why not take part in this year's "challenge." You may be surprised what a big difference a few small changes can make in your life.

Strengthening the Forces is once again proud to bring you the CAF Health and Wellness Challenge.

Join the challenge and take concrete steps towards increasing your confidence, improving your overall health and being the best you can be.

Health is truly an every day issue, and the small daily choices you make can have a big impact on improving your life.

Going for a bike ride on the weekend, getting your yearly flu shot, eating more vegetables, spending some time with a friend, and wearing something reflective when you exercise in the dark are choices that can have a huge impact on your mental and physical well being.

Join the challenge! It's all about staying fit, eating healthy, connecting with friends, living addiction free, and enjoying life.

Register today. Visit the Shilo Health Promotion office in the CANEX Mall. Or visit www.cfgateway.com and feel the inspiration, tap into the energy, and get going.

Successful Operation Red Nose provides funding

After a successful Operation Red Nose campaign in 2013 the funds collected from individual and provincial sponsor donations were distributed last month.

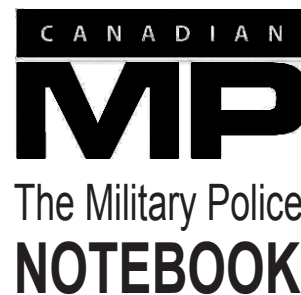
Shilo and area Operation Red Nose gave more than 200 safe rides to community members at no cost, although donations were gratefully accepted. The campaign is completely volunteer driven, and relied on the support of local businesses.

In order to receive funds from Operation Red Nose a group must be oriented towards youth, defined as under 21, and allow those youth to strive for self-betterment whether physical, personal, or social.

Giving the Operation Red Nose donations out in this manner promotes healthy communities, and in turn is a strategy to eliminate problem drinking and lifestyle choices later in life.

Recipients for Shilo and area Operation Red Nose 2013 are the following:

- archery club \$1,500
- youth soccer \$2,000
- Shilo Scouts \$500



- Shilo Guides \$500
- MFRC Teen Centre \$1,000.

Additionally, further contributions of more than \$2,000 will be made in the fall to youth programs.

With Christmas still almost eight months away, planning is underway for the 2014 campaign.

Organizers hope to have the same great community support which has made CFB Shilo among Operation Red Nose's most successful communities.

Lastly, we wish to once again thank

our 2013 sponsors: Manitoba Telecom, Manitoba Public Insurance, Manitoba Lotteries, Manitoba Safety Services, Forbidden Flavours Shilo, Length by Jenn, 340 Trading Post, Brightside Dental, Shilo Inn, Rick's Restaurant, Shilo Barbershop, CANEX, Westoba Credit Union, Shilo Automotive, Bee Clean, and the CFB Shilo Faith Centre team.

Sponsors provided meals for volunteers, gas for moving cars, telecommunication services, insurance, promotional materials, and safety equipment.

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

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CFB Shilo
 CANEX Mall
 Forbidden Flavours
 Shilo Community Centre
 GSH

Country Club (Rick's)

All Messes
Carberry
 East Side Service
 Carberry Legion
Douglas
 General Store

Minnedosa

Minnedosa Legion
Sprucewoods
 The Shilo Inn
 340 Esso
Wawanesa
 Lucky Dollar

Run tap water stream to avoid frozen pipes

Jillian Driessen
Shilo Stag

With winter's snow melting away, many Shilo residents have shifted to a spring mindset.

The ground surrounding this Base's buildings, however, is still frozen solid leaving RHU plumbing at risk of freezing.

In comments put forth to the Shilo Community Council, CFHA recommends leaving one tap in your RHU on at all times with a stream the size of a standard pencil.

Several homes have had their pipes freeze on Base and every home is at risk until winter's deep freeze finally thaws.

"We've seen an increase in water usage, but it's not what it should be if every home was running a tap constantly," said MWO Robert Brassington of CE.

"There are a lot of homes [residents] choosing not to run their tap."

MWO Brassington and the team at CE cannot guarantee the restoration of water to RHUs affected by frozen water lines. If the lines cannot be thawed by a contractor, residents will be left without water service until the pipes thaw in the warmer weather.

With the current weather projection, it will be several weeks until the ground in Shilo is thawed enough to again see pipes in working order.

Several residents are relying on a hose connection from neighbouring units to provide their home with water, which affects the quality of life for both units.

Until further notice, RHU residents are still encouraged to run one tap in their home to prevent the freezing of water pipes.

Residents can expect notice to cease running of taps later this spring.

CFHA also recommends shovelling a path for water to run away from homes to avoid water-filled basements.

Other business brought up at the community council meeting:

- Theft concerns at GSH are ongoing according to Capt Dane Nicholson.

"Theft continues to be an issue at GSH," said Nicholson. "Again, we would like to encourage patrons to use the provided locks."

Locks are available from the front desk at any time.

- The Community Police Centre, located at 30 Quebec Cres., has reinstated its identity outlet on a full-time basis. As of April 2, the outlet will be staffed during working hours, however, booking an appointment in advance is advisable.

- Base Transport has actively removed ice from the roadways and parking lots the last couple of weeks.

"Thanks for your understanding and support," said Sgt Charlene Mackeigan. "It's been a long winter."

- Fitness Sports and Recreation is hosting a pet vaccination clinic April 12 from nine to 11:30 a.m. at L25. Vaccinated pets living on Base can be registered at no cost.

- If you want to be placed on the waiting list for CFB Shilo's Community Gardens contact Karen Burton at ext 3161, not CFHA as listed in the most recent At A Glance magazine.

- Health Promotion is again running its annual Canadian Armed Forces Health and Wellness challenge. All members of the defence community are welcome to participate. Registration is available on the Community Gateway website as well as by completing a form available at Health Promotion at CANEX.

- Canada Day will be celebrated with a community event again this year. Volunteers are needed for several activities throughout the day. Those interested should contact Kristen Lucyshyn at ext 3588 or Brette Olsen at ext 3317.

- Ward 4 representative Christina Moura has stepped down as of March 27.

The next Shilo Community Council meeting is April 23 at 10:30 a.m. in the Base HQ conference room.

11th Annual Base Commander's
Downhomer Lobsterfest

June 7th
at L-25

\$30

Tickets on sale March 1st at CANEX, Soheys, 340 Esso, Douglas General Store and Carberry Signs

Holy Week

Palm Sunday - April 13th

10:30 am Service at St. Barbara's Chapel
10:30 am Mass at Our Lady of Shilo

Holy Thursday - April 17th

7:00 pm The Lord's Supper & Washing of feet at Our Lady of Shilo

Good Friday - April 18th

11:00 am Multi-Church Good Friday Service at Western Manitoba Centennial Auditorium 205 20 Street Brandon
3:00 pm Stations of the Cross at Our Lady of Shilo Chapel
4:00 pm Veneration of the Cross at Our Lady of Shilo Chapel

Holy Saturday - April 19th

7:00 pm Easter Vigil Mass at Our Lady of Shilo

Easter Sunday - April 20th

10:30 am Service at St. Barbara's Chapel
10:30 am Mass of the Resurrection at Our Lady of Shilo (followed by a potluck lunch at the Faith Centre)

For more information please call the Chaplain Administrative Assistant at 204-765-3000, ext. 3091

Congratulations TO THE SHILO STAG'S JILLIAN DRIESSEN AND JULES XAVIER FOR THEIR THREE NATIONAL COMMUNITY NEWSPAPER AWARDS

Newspapers Canada announced the winners of the 2014 Canadian Community Newspaper Awards (CCNA) March 27. This prestigious annual awards program features more than 30 unique categories honouring outstanding editorial, photography, multimedia and overall excellence in community newspaper publishing. With a circulation of 5,500, CFB Valcartier's Journal Adsum, finished first among Canadian Armed Forces (CAF) newspapers. Runner-up is CFB Shilo's community newspaper, Shilo Stag (3,000 circulation). In 2013, the Stag was judged fourth best in Canada. CFB Esquimalt's newspaper, Lookout (4,800 print circulation), was judged third best. In the writing/photography categories for editorial staff, the Shilo Stag garnered two seconds for its outstanding photography for newspapers with a circulation of up to 3,999 — best feature photo (Jules Xavier) and best photo essay (Jillian Driessen & Jules Xavier).

Congratulations to the Stag's staff: Jules Xavier, managing editor; Jillian Driessen, production assistant; Holly Ralph Ormsby, sales consultant; plus the publisher, BComd LCol Stephen Joudrey, general manager Mike McEwan, editorial advisor Lori Truscott and proof reader Elaine Bullee. This year's first-place winners will be recognized at a special awards presentation May 29 during the INK+BEYOND newspaper conference in Charlottetown, PEI.

Judging for the Best Canadian Forces Base newspaper open circulation category was done by experienced newspaper people familiar with the conditions under which CFB newspapers are produced.

Judging was based on:

- Quality of news content (20 points);
 - Photography (10 points);
 - Features/columns (10 points);
 - Make-up/typography (5 points);
- Advertising/general impression (5 points);
 - Total: 50 points

Taking flight in a B17 Flying Fortress
Stag staffer Jillian Driessen and Shilo soldier MWO Cady Camerons were invited to enjoy a ride over Brandon in this Second World War B5 Bomber

MUDDY FUN!

Photo Gallery



A Base Transport grader cleared a thick crust of ice from the rear parking lot of CANEX. Other areas on the Base will receive the same treatment with the advent of spring, and melting of this past winter's snow/ice buildup.

Photo by Jules Xavier



2PPCLI's Drum Line performed during the opening of the annual Royal Manitoba Winter Fair in Brandon.

Photo by Capt Henry Leung



MWO Robert Brassington salutes the BComd during a quarterly parade where he received a General Campaign Star Rotation Bar.

Photo by Jules Xavier

Canada Post honours PPCLI centennial

Special edition envelope launched March 17

A special edition envelope which Canada Post unveiled to mark PPCLI's centennial is available.

Shawn O'Hara Special

In a well-attended gathering in the Naval Officer Training Centre (NOTC) Venture gunroom, Canada Post honoured the history of Princess Patricia's Canadian Light Infantry (PPCLI).

To celebrate the regiment's 100th anniversary, a special edition envelope was launched March 17. It commemorates the contributions and sacrifices made by members of the PPCLI.

The unveil date was chosen because March 17 is the birthday of Princess Patricia, after whom the infantry was named. She was Queen Victoria's granddaughter and the youngest daughter of Prince Arthur, who was Governor General of Canada.

"Canada Post is honoured to pay homage to PPCLI with this commemorative envelope on a day as significant as today," said Kevin Pearson of Canada Post, who was on hand to make the presentation.

"We believe it is a fitting way to honour the regiment, marking its 100 years of service, and believe it will bring the regiment's proud and illustrious history to homes across the country."

A historic photo spans the length of the envelope, recalling the "Pats" early days with a placing of a wreath on the Regimental colour in February 1919. A row of images along the bottom capture the Regiment's participation in the First and Second World Wars, the Korean and Afghanistan conflict, and a peacekeeping mission in Cyprus.

The cancel mark features the letters and coronet from Princess Patricia's royal cypher. The Princess's



two first names, Victoria Patricia are visible on both the stamp and the cancel shown as "VP."

On the backside is a synopsis of the regiment's history.

"This small gesture is part of the larger gratitude felt by Canadians everywhere," said Pearson. "Anything we can do to recognize the service provided by regiments like the PPCLI, especially after a century of service, is a definite priority."

Judith Guichon, Lt-Gov of British Columbia, helped unveil the envelope. She spoke to those assembled on the pride Canadians feel for the regiment, and the contributions they made and continue to make today.

"For the last 100 years, the Patricia's have been present across Canada, and the world, contributing to making the planet a better place," she said. "From the Second World War to conflicts in modern theatres across the globe, the Patricia's are there, working, helping, and even giving their lives in service to Canada, and the principles for which it stands. It isn't something we forget, and hopefully we are able to show you, even in some small way."

LGen (Ret'd) Ken Foster of the PPCLI took the podium to thank Canada Post for its contribution, and the respect shown in the gesture.

"What we do, and have done for the past 100 years, has been for Canadians," he said. "To know we have the respective and gratitude of those we have spent so long seeking to serve and protect is a great honour. As times goes on we will continue to give our all protecting the country and people we love so much."

Eight thousand commemorative envelopes have been printed, and can be purchased at Canada Post locations across Canada.

Shawn O'Hara is with CFB Esquimalt's Lookout newspaper

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Capt Anne Pham of 1RCHA Canadian Army provides focus for female artillery soldier

Samantha Bayard
Stag Special

Joining the Canadian Army gave Capt Anne Pham the direction she needed. "It gave me focus and drove everything," said Capt Pham from Kabul, Afghanistan while deployed as part of Op ATTENTION.

Having just returned back to CFB Shilo following the conclusion of her deployment, Capt Pham was taking a variety of classes at the University of Manitoba and didn't know what to focus her attention and energy on. So in 2006, while still a student, she joined the reserves to help pay for her studies, and discovered that a military career suited her.

Though trained as an artillery soldier, she worked out of trade as a Task Force staff information management officer in Kabul.

"I manage all the information in theatre: network and paper information. I oversee the repatriation project. Canadian soldiers have been stationed in Kabul since 2011, all information generated on computers, papers and servers

needs to be accessed and documented for historical and archiving purposes," explained Capt Pham.

She added, "Afghanistan is the hot thing of our military generation. I am happy I got my chance; I caught it just in a nick of time. I feel good, I feel fulfilled that I was able to contribute."

When not on overseas deployments Capt Pham serves at CFB Shilo with 1RCHA. She grew up in the communities of St. Lazare and Winnipeg, where much of her family still lives so she is happy to be only a few hours away from them.

When she joined the military, she said she would have described herself as naïve and very open-minded at the same time. She has grown through her seven years of service with the Canadian Armed Forces (CAF).

"Professionally, I learned a lot of management and leadership skills. What I knew, those skills became refined. I am more comfortable and more natural. I realized a lot of potential I never thought I had," said Capt Pham.

She eventually continued her university studies and is currently one year away from completing a Bachelor of Environmental Sciences.

1RCHA's Capt Anne Pham was interviewed by a Brandon radio station after returning home from Afghanistan following Op ATTENTION.

Photo by Jules Xavier

She describes the Canadian Army as very modern in the sense that women have been in combat arms roles such as artillery since the 1980s. Her camp in Afghanistan is heavily American.

"It's still so new to them that women can apply to anything," described Capt Pham as the reaction some American soldiers have when they find out her trade. "It is huge surprise, a shocker, like they don't understand it, don't get it yet."

Many militaries around the world are considering allowing women to apply to all occupations, but she describes it as a social and societal disparity not just a military decision.

Women in the Canadian Army are still a minority in combat arms trades such as armour, artillery, infantry and engineers, making up just 2.4 per cent of the Regular Force and 5.6 per cent of the primary Reserve.

For any girls or women considering a future in the military Capt Pham suggested not getting in the bad habit of doubting and setting limits for themselves.

"Push yourself in unknown territories, you will learn how much further they are than you thought. Never stop testing your limits, be smart about it and once you realize your limits respect them. Never doubt yourself."

Samantha Bayard is with Army Public Affairs



ABOVE: Capt Anne Pham is ready for work in full kit during her recent nine-month deployment to Afghanistan.

DND photo

BELOW: Capt Anne Pham enjoyed a "welcome home" cookie during a ceremony welcoming home Canada's last troops returning from Afghanistan, at the Ottawa International Airport.

Photo by MCpl Shilo Adamson



Army puts best foot forward as soldiers have combat boot choices

Elyse Van Herk
Special

Soldiers will soon be able to choose which combat boots suits them best.

The Directorate of Land Requirements and the Directorate of Soldier Systems Program Management will give soldiers a choice about which type of Land Operations Temperate Boot (LOTB) they wish to wear. This choice marks a change in how combat footwear is issued, al-

lowing soldiers to choose their preference out of two designs of boots.

This is the newest development to address the requirement for a new temperate combat boot for the Army, and will replace the in-service combat boots, Mark III and the General Purpose Boots.

In order to achieve the most successful design possible, the Directorate of Land Requirements conferred with Canadian footwear manufacturers about the features soldiers were looking for in

a combat boot.

These findings were used as the starting point for the requirements of the new designs. The new requirements placed more emphasis on weight, shock absorption, traction, fit, comfort — including thermal quality and breathability — construction and durability, and over-all design.

This phase of selecting the new LOTB began in spring 2013. Thirteen boots were received for evaluation through a Request for Proposal, and



One of two new designs of Land Operations Temperate Boots (LOTB) have been approved for soldier use. Final designs are subject to slight modifications.

went through a process of assessment based on

appearance and technical performance. The top three boots were selected for a user evaluation trial.

In October 2013, 600 soldiers from CFB Valcartier, Petawawa and Edmonton were issued a pair of one of the three trial boots. Soldiers were directed to wear the boots for 45 days while conducting normal duties and training, and evaluate the boots on the new requirements.

The goal of the trial was to have one boot achieve a minimum of a 60 per cent user perfor-

mance rating in order for it to be deemed acceptable for issue.

In the event that two of the boots achieved a user acceptance of 70 per cent or better and were within 10 per cent of each other, provisions were made to allow the contract to be split and allow both boots to be purchased.

At the conclusion of the trial period, soldiers evaluated the performance of the boots, and it was determined that two out of the three boots had achieved the needed performance rating.

Accordingly, both boots were approved for distribution. Production of the new boots will commence in the late spring and summer this year and will be ready for issue in early 2015.

Elyse Van Herk is with Army Public Affairs

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Économisez 74 %! Les casseroles et les poêles de notre **batterie Canadiana de 10 pièces** est fabriquée en acier inoxydable 18/10. Les casseroles et les poêles Canadiana comprennent une base collée par contact qui est sécuritaire pour toutes les surfaces de cuisson, y compris les cuisinières à induction. **La batterie comprend :** trois casseroles (1,5 litre; 2 litres; et 3 litres), un faitout de 5 litres, une étuveuse de 1,5 litre, une poêle à frire à revêtement céramique antiadhésif de 24 cm/9,5 po et quatre couvercles. **Prix courant : \$849.99. 219,99 \$**



UP TO 73% OFF! Stainless steel Nature Trust pan with environmentally friendly ceramic coating, PFOA and PTFE Free. Safe for induction stovetops. 20cm/8" fry pan. List: \$149.99. **Now \$39.99!** 24cm/9.5" fry pan. List: \$159.99. **Now \$44.99!** 28cm/11" fry pan. List: \$179.99. **Now \$59.99!**

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UP TO 50% OFF! A selection of Paderno Classic and Original bakeware. Made from durable steel with silicone based non-stick coating. PFOA & PTFE free and oven safe to 260°C/500°F. Starting at **\$4.99**

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66% OFF! 20pc Green Park flatware set.

List: \$89.99.

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ÉCONOMISEZ 66%!
Coutellerie Green Park de 20 pièces. 89,99\$. **29,99 \$**

58% OFF!

4pc mug set - blue, red, green, and purple. List: \$16.99.

\$6.99



ÉCONOMISEZ 58%!

Jeu de 4 tasses - bleu, rouge, vert et violet. 16,99\$. **6,99 \$**

APRIL 9-13 | DU 9 AU 13 AVRIL

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ROLLING RIVER SCHOOL DIVISION PUBLIC NOTICE

Public Notice is hereby given that Rolling River School Division intends to conduct the following Pesticide Control Programs during the 2014 school year.

To control noxious weeds and rodent control on all school division properties and in buildings, herbicides such as Roundup, 2-4 D Amine will be used. Dragnet, Ant and Roach Pyrodust, Dr. Doom Residual, Pro Aerosol, ATTACK Hornet and Wasp Killer, Fican D, Sevin, Rodent Doom, Gopher Doom, Final Blox and Contrac Blox will be used to control insect pests and rodents.

The public may send written submissions or rejections within 15 days of the publication of the Notice to the department below.

Manitoba Conservation
Water Stewardship
Pesticide and Hazardous Waste Section
Suite 160, 123 Main Street
Winnipeg, Manitoba
R3C 1A5

Soldiers determined despite cold conditions

2Lt Connor Severin
Stag Special

Primary Leadership Qualification Army (PLQ-A) 0015 brought 27 candidates from across Canada, and a variety of trades, to CFB Shilo to qualify personnel to perform the duties of a master corporal within the land environment.

It proved to be a course with a significant level of difficulty. To the candidates, not only did it feel like the instructor cadre was testing them at every moment, but also Mother Nature herself, as this course was conducted during the coldest winter on this Base in 60 years.

The cold left many candidates pining for warm beds and rooms, but they remained determined to soldier on in order to take the next step in their careers.

Call their PLQ-A Op FROZEN LEADERS.

The PLQ-A is the first glimpse that candidates have into the inner workings of the leadership echelon that is essential to the Canadian Armed Forces (CAF).

Candidates were introduced to the battle procedure process and they learned to write orders and lead sections through a variety of operations. They also learned about the theoretical and practical elements of section attacks, patrols, enabling operations, and defensive operations.

The candidates then took all they learned in the classroom and applied it to practical testing during two field exercises.

The first field exercise saw the course conducting enabling operations while learning what it takes to maintain a Forward Observation Base (FOB).

During this exercise, candidates learned the value of snowshoes when operating in deep snow. This exercise allowed candidates to experience commanding a section for the first time, and realize the considerations and preparations that need to be taken for a mission to be completed successfully.

Cpl Brisebois-Bergeron, a candidate on the course, summarized the week as "a good learning experience and an opportunity to work on teamwork and orders writing in preparation for our second field exercise."

The second field exercise saw candidates lead their sections through patrols, section attacks and defensive operations through significantly colder temperatures than the first exercise.

This exercise proved to be a clinic in patrolling spirit, as candidates participated in a number of motivational activities and came into contact with an aggressive enemy force on a number of occasions.

What made this exercise valuable was the opportunity for candidates to lead patrols, including those



Bdr McCoy received the top candidate award for his performance on a PLQ-A course from BComd LCol Stephen Joudrey.

Photo submitted

that reconnoitered the DP-1 infantry course, and other units in the field.

Also, this field exercise proved to be the first time that candidates had to oversee the well-being of the troops under their command, as they had to plan schedules that allowed soldiers to rest, eat and get warm, while still achieving the commander's intent.

Overall, the second field exercise proved to be a valuable insight into the responsibilities of a leader, the expectations demanded of a soldier of the CAF, as well as the candidate's own personal limits and how far they were willing to push themselves.

During the field exercises, the candidates were faced with extreme temperatures, long days and the critical scrutiny of the course staff.

However, each of the 27 candidates triumphed in the face of adversity and graduated from the course without serious injury, thus proving their ability as future junior leaders of the CAF.



Three Decade Club

Admitting it does not feel like three decades working on the Base, mess manager Patsy Marion (PSP) accepted her 30-year long service award from BComd LCol Stephen Joudrey.

Photo by Jules Xavier

The Shilo Stag is now on Facebook.
Check out www.facebook.com/ShiloSTAG
for videos and more photos!



Cliff Cullen, MLA

Spruce Woods Constituency

Constituency Office:

Box 129, Glenboro, MB. R0K 0X0

Phone (204) 827-3956

Toll Free: 1-866-702-1241

Fax: (204) 827-3957

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Shilo Theatre

(Located in the General Strange Hall)

April 11 Walking With Dinosaurs Rated PG

April 18 NO MOVIE

April 20 Easter Film — The Nut Job Rated G

April 25 Jack Ryan: Shadow Recruit Rated 14A

Children aged 10 and younger require adult supervision at all times.

All movies start at 6:30 p.m. Doors open at 6:15 p.m.

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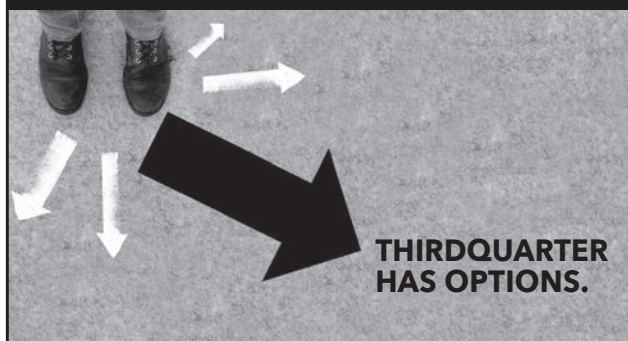
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Base pharmacy: Pharmacist answers your questions

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Lorraine Lockhart Special

The pharmacist is in!
Pharmacy Awareness month is an annual event promoted across Canada to raise public awareness about the roles and health care services that are provided by pharmacists in the community, in hospitals and elsewhere.

This is our attempt to answer some commonly asked questions of the pharmacy department, located at 11 CF Health Services Centre.

Why does it sometimes take "so long" to fill a prescription?

Your prescription needs to be reviewed, evaluated and assessed to make sure that it contains all the required information. Your medication profile is then checked to avoid drug interactions, duplication and to evaluate compliance and effectiveness of therapy.

The prescription is processed through the computer using your Blue Cross Card.

Your prescription is filled, checked by the pharmacist and verbal/written counselling information is given to you on how to take the medication and the possible side-effects you may experience.

Factors which influence the standard time estimate of filling and dispensing your prescription include:

- contacting your doctor for clarification of dose or to get the medication changed due to an interaction or allergy;
- contacting the CF Drug Exception Centre for authorization;
- contacting the Drug Information Centre;
- finishing prescriptions in line ahead of yours;
- answering drug-related information questions from medical staff;
- attending to patients arriving at the pharmacy department with prescriptions, questions or requesting over the counter (OTCs) medications.

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

I called in my refill an hour ago, why isn't it ready yet?

To avoid delays and any inconvenience to you, we request you not wait until you run out of your chronic/maintenance medication before

calling for a refill.

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

You can pick up your refill anytime after 10 a.m. (i.e. post-sick parade), at least 48 hours from the time you left your refill request on the answering service.

Why are some medications not available at a CF pharmacy, but available elsewhere?

The CF Drug Benefit List (CFDBL) is a list of medications that can be prescribed based on clinical evidence and cost.

Restrictions are necessary to limit the number of medications required in theatre, to allow standardization of care across the CF and to increase cost-effectiveness while providing the best care.

What other tasks does the pharmacy staff perform?

11 CF H Svcs C pharmacy department is made up of a small team and includes one pharmacy officer, currently Capt Jennifer Cuthbertson, a pharmacy technician, Dawn Charbonneau, and one medical technician position which is manned by different med techs on a three-month rotational basis. The pharmacy officer is also the Medical Logistics Officer (MLO) for the Base.

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

We also support other units for their medical resupply requirements, on an as needed basis, for exercises and operations. Short notice and deadlines, will at times, require pharmacy staff to focus their efforts on these additional tasks to meet operation requirements.

Only a military pharmacy can support a military operation.

Every time I come to the pharmacy, they are closed. Why?

It may seem like that, but that is not the case. The usual and customary hours of the pharmacy department are: Saturday and Sunday closed; Monday to Wednesday, and Friday 8:30 a.m. to noon/1 to 4 p.m.; Thursday 7:30 a.m. to noon/2:30 to 4 p.m.

However, these hours are subject to change. A pharmacy department is not legally allowed to operate in the absence of a pharmacist.

As the Base has only one pharmacist and she can be tasked elsewhere, as an officer of the CF, (i.e. meetings, secondary duties, training, admin., etc), the pharmacy cannot be open.

Pharmacy technicians and med techs are not permitted to provide services in the absence of the pharmacist and, therefore, although they might be present within the department, you will be asked to return when the pharmacist returns.

Pharmacy hours for the month are printed and posted on the counter just outside of the pharmacy department and at the front reception desk of 11 CF H Svcs C.

Check the posted monthly pharmacy calendar for any changes to the hours above.

Alternatively, you can call 11 CF H Svcs C reception at local 3153 if there is no answer at the pharmacy department for further information.

Lorraine Lockhart is clinical services manager at 11 CF Health Services Centre

Partner 4 Growth

Providing funds to identify and pursue economic opportunity in your region

Partner 4 Growth offers up to \$15,000 in cost-shared funding to communities and non-profit organizations looking to strengthen or diversify economic activity in their regions.

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Your deadline to apply is May 31, 2014.

Manitoba

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Expires June 30, 2014

Develop a list Use contacts during job search

Christine Helgason
MFRC

When conducting a job search, it is important to use all your contacts.

Allow others to help you find the employment opportunity which best suits your skills and experience — your contacts can market you within their networks and to potential employers.

People like to help where they can and give advice, so take advantage of it.

Start by making a list of people you know: family members, relatives, friends and acquaintances.

Make sure you have current contact information for each of your contacts. Record the date which you were in touch with each individual and what the results were.

For example — Mary (sister-in-law); mary@potentialemmployer.ca; March 31, 2014; sent copy of current resume; Mary will forward to her boss.

Do not leave a stone unturned when developing your list of contacts.

Here are some areas and individuals to include: volunteer activities, church and community groups, classmates, conference/workshop/seminar attendees, club members, former customers, former competition, close friends and colleagues, former employers, former co-workers, minister, social worker, banker, insurance agent, as well as immediate and extended family.

Don't rule out your friends or acquaintances who are also conducting a job search. They may have leads which would suit your skill sets or have advice about the market you are trying to break into.

Be clear with those in your network about the kind of work you are looking for as well as the qualifications you have.

Sending an up-to-date copy of your resume will ensure your contacts know your skill sets and your career objective.

The more specific you are, the better your chances of getting an appropriate job lead.

According to George Kent in *You're Hired!*, 74.5 per cent of people who find jobs do so through informal contacts such as employer contacts, friends and acquaintances.

Can you really afford to conduct your job search solo?

Christine Helgason is the employment counsellor at Shilo MFRC



Military exposure

Brandon's Army and Sea Cadets had an opportunity to showcase what they do during the opening day of the Royal Manitoba Winter Fair. Gnr Connor Browett shared what he does as an Army Cadet (above) while the Sea Cadets prepared for a parade in the arena.

Photos by 2Lt Betty Froese

CLASSIFIED ADS

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

April 17 at noon

Free ads (non-commercial only)

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CAF, employees of CFB Shilo and the
citizens of the surrounding area.*

Services



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Padre Neil - ext 3090
Padre Olive - ext 6836
Padre Costen - ext 3381
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Wednesday 12:05 p.m.
Confession by appointment
Padre Inienwe - ext 3089

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Fitness Leader (full time/permanent), wage \$15.21 - \$18.70/hr. Competition closes April 12. Visit www.cfmws.com or contact npfhrshilo@cfmws.com for further details.

Homes For Sale

Wawanesa - New in 2011 - 1400 sq ft, 2-storey home with finished basement and double attached garage. 3 + 1 bedrooms, 3.5 bath/ Geothermal heating and cooling. Custom maple cabinets. Large pie-shaped lot. Check out eBrandon.ca ad for pictures. Private sale, buying agents are welcome. Contact Jennie 204-720-9197

Homes For Sale

Wawanesa - Modern 4 bedroom bungalow with finished basement. 1184 sq ft on each level. 2 large decks - 1 is only 2 years old. Kitchen, dining, and living room. Many recent updates including windows, doors, flooring, etc. Double garage, large treed lot. For viewing and tender forms call 204-824-2094. Tenders close April 15, 2014 at 6 p.m.

Acreage for sale by tender - located 2 miles north of Wawanesa on PTH # 340. Approximately 30 acres, beautifully treed, private with 2-storey brick home. Fully updated 3 bedroom, good water, newer septic service. Small barn wired with piped water. Showing will start on April 15, 2014. Tenders close June 15, 2014. Call Dave Mooney Countryland Realty at 204-824-2094

Homes For Sale

Wawanesa - 2.5 story brick character home on 5 lots. 4 bedrooms and bath upstairs. Walk up attic. Large country-style kitchen and living room plus basement. All in well-kept condition. \$215,000 MLS 1404892 Dave Mooney, Countryland Realty - 204-824-2094

Glenboro - Approx 3 acres in town. 840 ft x 153 ft highway frontage on #2 hwy. 1.5-storey, 3 bedroom home with partly finished basement, garage and gazebo. Lots of spruce and fruit trees. For sale by tender. Showings start April 15. Tenders close June 15, 2014. Call 204-824-2094 for details and tender forms.

Homes For Sale

Noble Lake - Year Round - Enjoy efficient 4 bedroom home. 2 level walk-out lower level. 2 full baths. Hardwood floors in new condition. Situated on over 1.5 acre lakefront lot. \$239,000 For details, call Dave Mooney, Countryland Realty - 204-824-2094

Special Events

Navy League of Canada Brandon Branch spring Fundraising Trade Show Sunday April 27th, 2014, 1 to 4 p.m. Brandon Armoury, 1116 Victoria Ave. Over 20 Vendors, free admission 204-728-3168 stanhawitt04@gmail.com debbie.mcarthur@cadets.gc.ca

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3PPCLI soldiers, with 1RCHA's Z Bty accompanying them during Ex SPARTAN TRIDENT, patrol along the Vancouver Island shoreline near Victoria.

Photos by Kara Tibbel/Lookout

1RCHA's Z Bty hone maritime skills working with 3PPCLI

Kara Tibbel
Special

Soldiers with 1RCHA's Z Bty spent three weeks on Vancouver Island jumping from helicopters, zipping around the ocean in rigid hull inflatable boats (RHIB), and earning their sea legs on Orca patrol training vessels.

They were joined by more than 300 Edmonton-based soldiers from the Third Battalion Princess Patricia's Canadian Light Infantry (3PPCLI) at Albert Head for 20 days starting March 9 for Ex SPARTAN TRIDENT.

The joint training exercise, which included Royal Canadian Navy (RCN) and Royal Canadian Air Force (RCAF) assets, helps prepare the army's light infantry to operate within a joint construct in littoral areas and rugged terrain.

"Light infantry is all about mobility and our ability to adapt," explained WO Todd McKee.

"These training exercises give our soldiers a wider understanding on integrating navy, air force and army tactics into one."

This exercise had platoons rotating through various naval and air force platforms, such as helo casting from a Sea King helicopter, and recovery skills of a capsized inflatable boat, as well as numerous small boat operations in conjunction with the Orca training vessels.

It culminated in a platoon raid on an enemy position supported by a number of air and navy assets.

"This exercise has proven to be very successful with the comprehensive integration with both the navy and air force. It has exposed our soldiers to new skill sets within a Maritime environment," explained WO McKee.

"Being from Edmonton, we are used to operating within a prairie or mountain environment and have limited experience with maritime operations. This has been a great learning opportunity for these men and women."

Such training exercises enable the Canadian Armed Forces (CAF) to display their capability and preparedness to undertake operations quickly and effectively in any and all regions of Canada or the world.

Kara Tibbel is with CFB Esquimalt's Lookout newspaper



Artillery and infantry soldiers alike learned the ocean off of Vancouver Island was frigid once they jumped from a Sea King helicopter or dived from a moving Orca training vessel as part of Ex SPARTAN TRIDENT.