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Volume 55 Issue 7



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April 7, 2016

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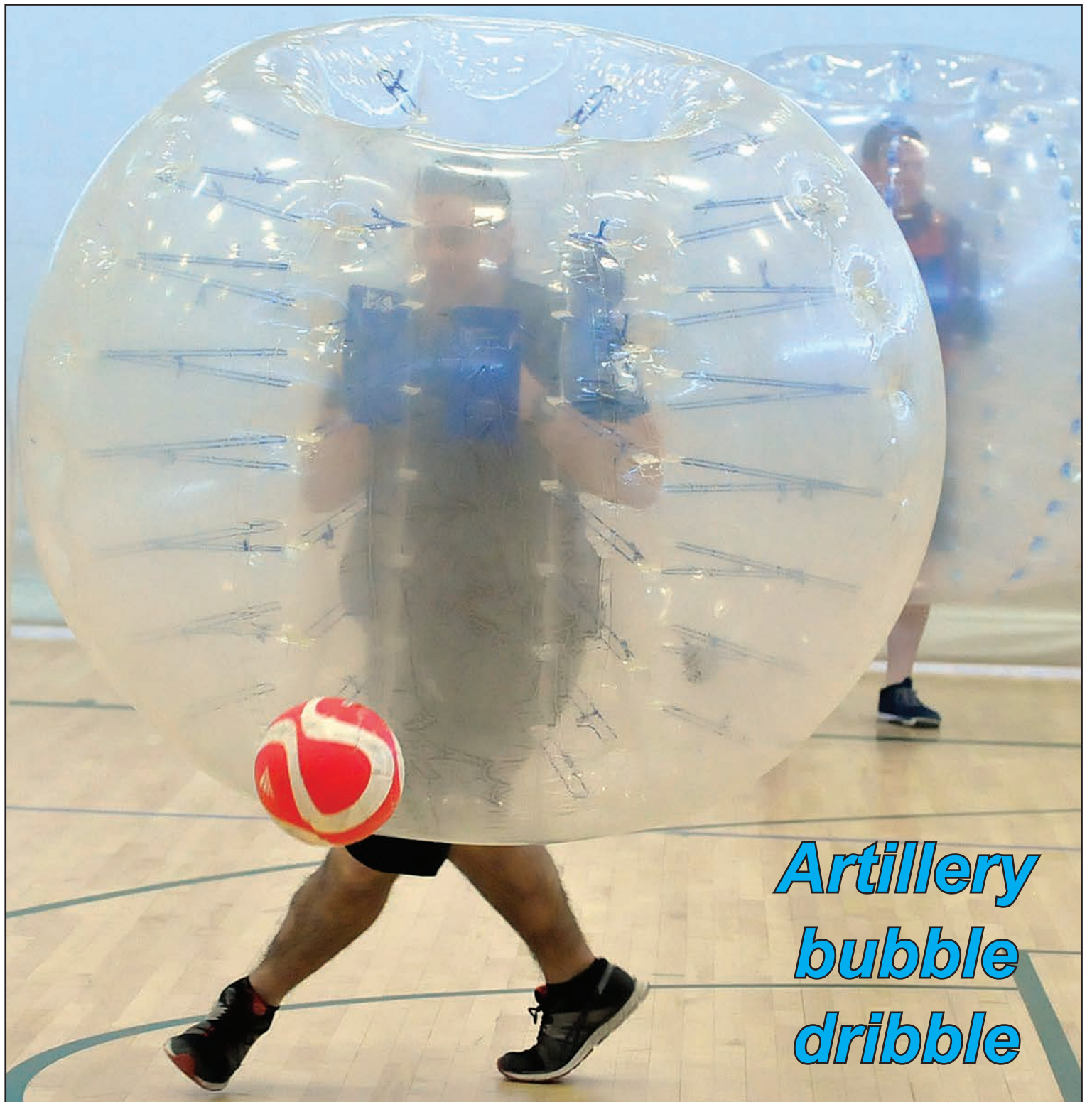
RCA Museum has a new director on board. Page 3



Liberal Budget '16 features DND finances. Page 4



CO pushes himself during 20X SEALFIT. Page 11



**Artillery
bubble
dribble**

There were plenty of laughs, plus collisions, when 1RCHA A Bty participated in a bubble soccer game at the GSH. It took awhile for soldiers to adjust to their protective bubble while at the same time trying to kick a soccer ball. *Photo by Jules Xavier*



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Dr. Sima Samar wants to make a difference in Afghanistan

Shilo Stag

For more than 30 years, she has been a target for those who want to silence her voice when it comes to speaking out on women's rights and against war crimes.

She might be soft-spoken, but she maintains a resolve that won't see Dr. Sima Samar silenced. As the chairperson of Afghanistan's Independent Human Rights Commission, Dr. Samar says one must do what they know is right.

An international advocate for human and women's rights, Dr. Samar was part of an International Women's Day event presented by CFB Shilo and Shilo's MFRC held at the El Prado Club and Brandon University.

During her talk, Dr. Samar shared a slide show, including one image featuring her with now BComd LCol John Cochrane.

It's hard to imagine when you observe Dr. Samar working the GSH stage, an attentive audience listening to her words, that someone would want her dead. Because of these threats in the past, she had to hide in a hotel kitchen while a suicide attack was underway at the Serena Hotel in 2008. When the attack was over, she had to walk out past lifeless bodies on a bloodied floor.

Afghan-born Dr. Samar is part of the first Human Rights Commission in her country's history. For her tireless work she has been recognized for her courage and leadership by numerous human and women's rights organizations globally, and continues to work in Afghanistan.

She acknowledges she feels safest everywhere by her home country, where a person can end up dead visiting a restaurant with your family, or attending a wedding.

Yet, amazingly she still returns home in the hope of making a difference to the lives of young women and bringing war criminals to justice. No easy task, but this does not deter Dr. Samar as she shares her thoughts.

Growing up in Afghanistan, she was from the mi-



Dr. Sima Samar showed a slide from a meeting with BComd LCol John Cochrane in Afghanistan as part of her presentation at the GSH Theatre as part of International Women's Day. Photo by Sarah Francis

nority Hazara community. She wanted to be a road construction engineer, but instead became a doctor. She has helped open schools and hospitals in war-ravaged countries, and now stays busy with her Afghanistan Independent Human Rights Commission work.

Prior to her current role in Afghanistan, Dr. Samar served as the first vice-president in the transitional Afghan government under president Hamid Karzai.

Dr. Samar has stood up for human rights and fought discrimination at many levels — gender, religion, ethnicity — through the Russian invasion of her country in 1978 and later the Taliban oppression, and continues to do what she thinks is right. "The discrimination that I saw within the family and within society (being a girl) as well as amongst the different ethnic and religious groups living in Afghanistan, motivated me to prove that we are no less human," she said.

Her own sister was pushed into marriage against her will at 17, which ensured Dr. Samar was more determined to resist by taking not calculated action, but she did what she thought was right.

Dr. Samar believes women have to fight for their own rights.

"Rights and freedom will not be gifted to you. It is used by politicians as bait before elections, then forgotten and then used again at the next elections,"

Before Dr. Samar was allowed to attend university she first had to meet her father's requirements of being married first. Her marriage to her physicist husband was short lived. He went missing after he was taken from his home.

Recalling her life under the Russian occupation, Dr. Samar acknowledged Afghan's had their freedom taken away, and the occupiers could arrest you for no reason at all — listening to the BBC news was a crime.

Widowed in her early 20s and with a young son, Dr. Samar wanted to avenge her husband's death and was involved in many street protests until it became too dangerous for her to stay in Kabul.

Four years after the Russians arrived, she fled to Jaghori, the district where she was born in and did her doctoring with little in the way of medical equipment and proper amenities. Her village was no stranger to bus bombings, shootings, and fear of Russian soldiers taking over. An anti-Russian sentiment was palpable in the village where she worked.

Leaving her counter two years later for Pakistan, Dr. Samar started a hospital for Afghan women and children refugees in 1987. She went on to start several schools in the country where she lived for almost 17 years.

"Yes, I was under threat and still am; it has become a part of my life. I was afraid, but I was determined to do something," she said.

Her work has its consequences. Her bodyguard count of two has now increased to four. Even today her relatives and friends have to be cautious.

She continues to be a target for backlashes, but laughs it off. She concedes opposition is good because it shows she still exists.

See **JUSTICE** page 7

Pet of the Week

Emilie's dog is named Rex. He's more than 18 months old. He is a Samoyed and came from our breeder in PEI. He loves being with people, howling, playing, cuddles, walks in the woods, and doing obedience training. He may look big, but he is a big marshmallow and the silliest dog I have ever had. Do you have a photo of your pet you'd like to share with our Stag readers? If so, e-mail it to us via stag@mymts.net

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New RCA Museum director Andrew Oakden posed outside by the museum gun park. *Photo by Sarah Francis*

New RCA Museum director has interest in war history

Sarah Francis
Shilo Stag

New RCA Museum director Andrew Oakden is ready to take in all of the history the museum has to offer.

He replaces Marc George, who retired in 2015. Oakden arrived for his first day at the museum Jan. 11.

Although this is his first time in a position running a military museum, he has been studying history for years.

"Originally, I did my Masters in history with a focus on war and foreign policy at Laurier [University]. When you go to university for six years, you hope one day, you have a job that fits what you studied. Now I do."

His interest in particular was war history.

"I've always had an interest in history. It helps you uncover your heritage," he explained. "Originally, I was always into history because I like writing papers — usually on war. That was my first interest. It just developed as I've lived in different places and gone to a lot of museums."

While completing his Masters degree he wrote a thesis on the Abyssinia Crisis, which is a favoured topic of his.

"It's an appeasement policy in the 30s. It does come up in the museum, it does, but only in a small fraction. So what I was focusing on was the between the war period. The appeasement — the British appeasement — in that case appeasing Mouselini, when he took Ethiopia."

Also during his time at university, he served as a teacher assistant for topics on both the First and Second World Wars.

In the past 15 years he has seen a variety of work that has enabled him to gain experience as well as skills which

will help him as the new military museum director.

"I've been a legal editor. I've been a writer. I wrote English textbooks overseas. I worked for a German company, in the Philippines, writing English textbooks."

He added, "Then I worked as a legal editor and researcher, that was in Toronto. I did that for a couple years. Then I worked for Maple Leaf doing foreign recruitment. That's project management, a lot of finance stuff, working with spread sheets. Also, seven years of filling in government applications."

Oakden said he is excited to learn about the museum itself and the specific history for its contents related to the artillery.

"Now I feel I'm able to use my background, so if I want to explore any aspect of one of the exhibits I can do more research on it and hopefully use that in the next Barrage issue on a topic I find quite interesting."

Some of those interesting topics have jumped out at him, leading to the start of two drafts.

"Including the 60-pounder back there and the Order of Vladimir, which was awarded to this fellow here," he indicated to a pile of paper on his desk with a photo, "Col C.H.L. Sharman back in 1919."

You can find some of his essays in the RCA Museum's newsletter. He will pick a topic or item in the museum and delve into its history.

You can take a stroll through women's history and the changes in fashion before, during and after the wars along with the suffrage movement. The RCA Museum recently opened a new exhibit, Designed for Victory: Women War and the Vote.

You can find out more information by visiting www.rcamuseum.com

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

Submitting articles and photos for print:

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



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Members of the Military Police and the Area Security Force practice their weapons handling skills during Operation IMPACT last March. Minister of National Defence Harjit S. Sajjan (inset) announced the 2016 Budget earmarked an additional \$306-million for Op IMPACT.

Photo by Op IMPACT DND

DND budget features money for housing

Last week, the Government of Canada tabled Budget 2016, outlining our commitments to provide security for Canadians at home and abroad, and to ensure the Canadian Armed Forces (CAF) has the capabilities it needs to carry out the important missions we ask of you.

The 2016 Budget contained several highlights of note for members of our Defence Team.

The Government is respecting its commitment to consistent and predictable funding for National Defence. This includes a planned two per cent increase as a result of the annual defence escalator, which is calculated on the basis of key operational expenditures. The full amount of the defence escalator for fiscal year 2016-17 is \$361.1-million.

Of capital expenditures that had been planned over the next six years, \$3.7-billion has been moved to later years, to match the timing and delivery of key capital projects. This was done at our request to protect this funding and ensure it is available when needed.

These funds remain reserved for the exclusive use of the Department of National Defence (DND) and can be requested as needed — even before the six years are up, should that be required. The government remains committed to accelerating the procurement process to ensure members of the CAF are well-equipped to perform the missions asked of them.

Overall, spending in 2016-17 is currently expected to be about the same as 2015-16, or \$19.7-billion. Of that, \$18.6-billion has already been requested in the Main Estimates, which were tabled earlier this month. As usual, requirements not identified in time for those Estimates will be sought later.

The budget confirmed an additional \$306-million for Operation IMPACT and announced \$200.5-million for infrastructure, both over two years. The latter includes \$50-million to upgrade or construct military housing across Canada.

The funding will also address CAF infrastructure needs to support readiness, such as airfields and

ramps, and infrastructure, such as armouries, to support the Reserve Forces.

Other Budget 2016 highlights which fall outside the mandate of the DND/CAF but may be of interest to Defence Team members includes \$78-million over five years to reopen Veterans' Affairs service offices in Charlottetown, Sydney, Corner Brook, Windsor, Thunder Bay, Saskatoon, Brandon, Prince George and Kelowna and open an additional office in Surrey.

We will also expand outreach to veterans in the North and additional case managers will be hired to reduce the client to-case manager ratio overall.

The Disability Award maximum was increased to \$360,000 in 2017 for injuries or illnesses caused or worsened by military service and access will be expanded to higher grades of the Permanent Impairment Allowance to better support veterans who have had their career options limited by a service-related illness or injury.

Budget 2016 provides additional funding for VAC's Earnings Loss Benefit (ELB) program, mainly to increase the long-term disability benefit from 75 per cent to 90 per cent of salary.

Further, the budget includes more than \$77-million over five years to improve the security of Government networks and information technology systems. More than \$106-million will be provided for the International Police Peacekeeping and Peace Operations Program.

In response to the commitments outlined in the budget, DND and the CAF will work to ensure that Canada maintains a modern, combat-effective, multi-role military able to conduct the missions the Government asks of it.

As the Budget also announced, we will soon be launching consultations with Canadians and a range of other key stakeholders as part of an open and transparent dialogue that will inform the development of a new defence policy for Canada.

Harjit S. Sajjan, Minister of National Defence

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Promotions

LEFT: It was a surprise for now SLt (N) Greg Ansley when wife Katie was able to participate in his promotion at the Officers' Mess. SLt (N) Ansley, Platoon Comd of 1 MP Regiment Shilo, also had daughters Hailey and Abby present for the ceremony conducted by BComd LCol John Cochrane. *Photos by Jules Xavier*

BELOW: Pte Van Nguyen of 3CDSG Sig Sqn Det Shilo met Winnipeg Jets defenceman Tyler Myers during an NHL game on military appreciation night. Fellow soldier Ben Collins received his private's stripes.



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Provincial election day is Tuesday, April 19, but you can vote earlier if you choose.

- Advance voting locations are open from 8:00 am to 8:00 pm (noon to 6:00 pm Sunday).
- Don't forget to bring photo ID or two other documents with your name.
- If you're not on the voters list, you can have your name added when you go to vote.

Advance voting locations in your area are listed below.

For a complete list of advance voting locations in Manitoba, visit electionsmanitoba.ca



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- April 9 McCreary Royal Canadian Legion Hall
- April 11-15 Neepawa & District Drop-In Centre
- April 11 Sandy Bay Community Complex

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- April 11-15 Assiniboine Community College, Brandon
- April 9, April 11-16 Grand Valley Community Church, Brandon

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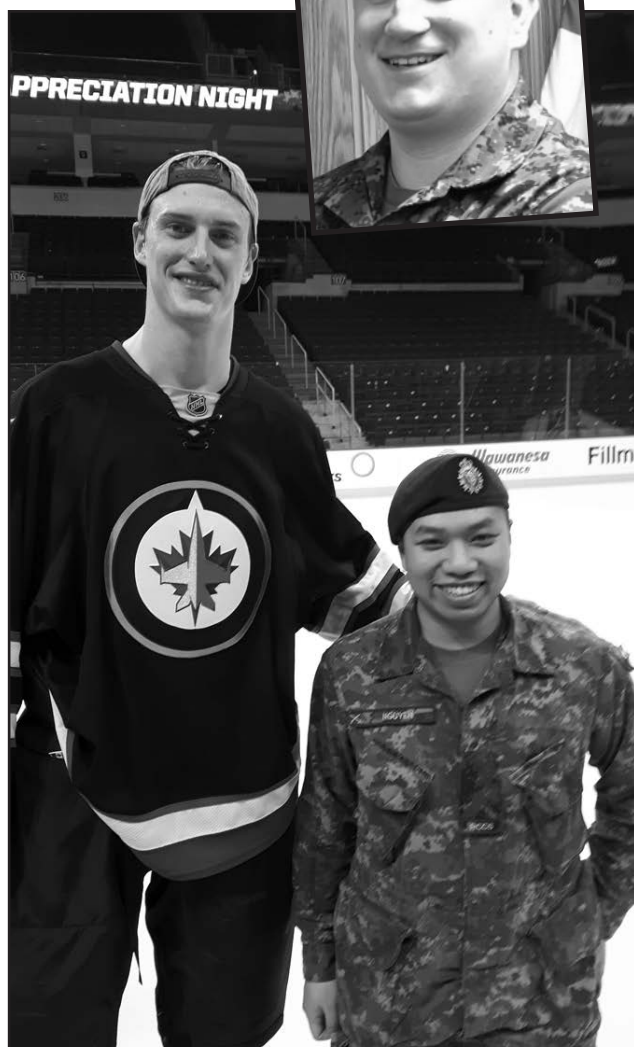
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Photos submitted by 3CDSG Sig Sqn Det Shilo





**ROYAL MANITOBA
WINTER FAIR**

The 109th opening of the Royal Manitoba Winter Fair featured Canadian Armed Forces Day, with CFB Shilo on parade at the Keystone Centre. 17 Wing rapellers dropped in and presented the Base flag. As well, the Base and RCA Museum had displays for fair goers to explore Western Canada's only royalty-approved equestrian and agriculture show. *Photos by Jules Xavier*



International Women's Day

'Justice has not yet been done' - Dr. Samar

From Page 2

Dr. Samar gave up her position as Minister of Women's Affairs in Karzai's interim government, over objections to her calls for justice and accountability for war crimes and equal rights for women.

Now as the chair of Afghanistan's Independent Human Rights Commission, she continues to speak about human value and the need for justice. The only difference is now, she's not the only one talking.

"Now people are talking openly about warlords and people who commit crimes against humanity. Justice has not yet been done, but things are changing," she said.

Satisfied with what she has achieved so far,

she still hopes to start a university for girls, not so much to promote segregation but to create the possibility of education, for the ones who are not allowed by their families or culture or community to come to a co-ed college.

Besides Dr. Samar's visit to the Westman, she was joined on stage by human rights lawyer Marilou McPhedran, who founded the International Women's Rights Project at Ontario-based York University.

The professor currently teaches human rights courses at Global College in Winnipeg.

She has the distinction of being the only Canadian to be invited by the High Commissioner for Human Rights to present at the 23rd session of the UN Human Rights Council.



Dr. Sima Samar looks on as BComd LCol John Cochrane presents Marilou McPhedran with a BComd coin following their presentation at the GSH Theatre. Photo by Sarah Francis

Historical milestones for women in the Canadian Armed Forces

Women have been involved in Canada's military service and contributed to Canada's rich military history and heritage for more than a century.

They have been fully integrated in all occupations and roles for more than two decades, with the exception of serving on submarines, an exception which was lifted by the Royal Canadian Navy on March 8, 2000.

Below is a non-exhaustive list of milestones and is not a definitive compendium of all the historical achievements or accomplishments of Canadian Armed Forces (CAF) female members.

1885 Women serve as nurses for the first time in Canadian military history during the Northwest Rebellion.

1901 A permanent Canadian Nursing Service is created.

1898-1902 Nurses once again support the Canadian military with the Yukon Field Force in 1898 and the three Canadian contingents in the Boer War in South Africa. During this war, they become a permanent part of the Royal Canadian Army Medical Corps.

1906 Nurses are admitted to the Regular Force.

1914 - 1918 More than 2,800 women serve with the Royal Canadian Army Medical Corps during the Great War between 1914 and 1918, with the majority serving overseas in hospitals, on board hospital ships, in several theatres of war, and in combat zones with field ambulance units. First World War also sees the first organization of women in a military capacity other than nursing. Canadian women form paramilitary groups, outfit themselves in military-style uniforms, and undertake training in small arms, drill, first aid, and vehicle maintenance in case they are needed as home guards.

1939 - 1945 Approximately 5,000 nurses serve in the Army, Navy, and Air Force Medical Corps during the Second World War. They serve overseas in hospitals, casualty stations near combat zones, mobile field hospitals and in many theatres of war. However, they are not permitted to serve in warships, combat aircraft, or combat arms units.

1941 The Canadian government decides to enrol more than 45,000 women volunteers for full-time military service other than nursing. All three services establish women's divisions and the range of duties broadens during the war from traditional trades—clerks, cooks, drivers, and telephone operators—to mechanics, parachute riggers, and heavy mobile equipment drivers.

1942 Mary Greyeyes of the Muskeg Lake Indian Reserve becomes the first Aboriginal woman to enlist in the Canadian Army.

1950 - 1953 Women are once again recruited for military service when military personnel are committed to the Korean War. More than 5,000 women are serving by 1955.

1965 A government decision is made to continue to employ women in the Canadian military. A fixed ceiling of 1,500, to include women in all three services, is established. The limit represents roughly 1.5 per cent of the total force of the day.

1970 The Royal Commission on the Status of Women recommends changes necessary to provide a climate of equal opportunity for women in Canada, with six recommendations aimed specifically at the CAF: standardization of enrolment criteria; equal pension benefits for women and men; opportunity for women to attend Canadian military colleges; opening of all trades and officer classifications to women; and, termination of regulations prohibiting enrolment of married women and requiring release of service-women upon the birth of a child.

1974 Maj Wendy Clay, a doctor, qualifies for her pilot's wings six years before the pilot classification is opened to all women.

1978 Cpl Gail Toupin becomes the first female member of the

SkyHawks, the Army's skydiving demonstration team.

1979 - 1985 Trials take place as part of the Servicewomen in Non-Traditional Environments and Roles (SWINTER) project.

1979 Military colleges at Royal Roads and RMC open their doors to women.

1981 2Lt Inge Plug becomes the first female helicopter pilot. Lt Karen McCrimmon becomes the CAF's first female air navigator.

1982 The Canadian Charter of Rights and Freedoms is signed. It prohibits discrimination based on race, national/ethnic origin, colour, religion, sex, age, and mental/physical disability.

1987 Col Sheila Hellstrom, a graduate of National Defence College, became the first woman serving as a Regular Force officer to be promoted to the rank of BGen. Combat Related Employment of Women trials are announced for selected army units and naval vessels. The Air Force announces that no further trials are required and all areas of Air Force employment, including fighter pilot, are open to women.

1986 - 1988 Following a discrimination complaint, Canadian Human Rights Tribunal orders the CAF to: continue the Combat Related Employment trials as preparation for the full integration of women in all occupations of the CF rather than as a trials program; fully integrate women into Regular and Reserve Forces (with the exception of submarines); remove all employment restrictions and implement new occupational personnel selection standards; and devise a plan to steadily, regularly and consistently achieve complete integration within 10 years.

1988 The first serving women gunners in the Regular Force graduate from qualification three training and are posted to 5e Regiment d'artillerie in Valcartier, Que., as part of the Combat Related Employment trials. Pte Shannon Wills wins the Queens Medal for champion shot of the Reserve Forces at the Connaught Ranges in Ottawa.

1989 Pte Heather Erxleben becomes Canada's first female Regular Force infantry soldier. Lorraine Francis Orthlieb becomes the first woman to hold the rank of Commodore. Maj Dee Brasseur and Capt Jane Foster become the first women fighter pilots of a CF18 Hornet.

1990 The Minister's Advisory Board on Women in the Canadian Forces is established by the Minister of National Defence to monitor the progress of gender integration and employment equity in the CAF.

1991 HMCS Nipigon becomes the first Canadian mixed-gender warship to participate in exercises with NATO's Standing Naval Forces Atlantic. Lt Anne Reiffenstein (nee Proctor), Lt Holly Brown, and Capt Linda Shrum graduate from artillery training as the first female officers in the combat arms.

1992 Cpl Marlene Shillingford becomes the first woman selected to join the Snowbirds team. She takes part in the 1993/94 show season as a technician. The Snowbirds are the CAF's aerobatic demonstration flying team.

1993 Lt (N) Leanne Crowe is the first woman to qualify as a clearance diving officer and is subsequently the first woman to become an Officer Commanding the Experimental Diving Unit.

1994 MGen Wendy Clay becomes the first woman promoted to that rank.

1995 CWO Linda Smith is the first woman to be named Wing Chief Warrant Officer in the CAF at 17 Wing Winnipeg.

1996 LCol Wafa Dabbagh becomes the first Canadian Muslim woman to wear the hijab in the CAF.

1997 Col Marcia Quinn assumes command of 41 Canadian Brigade Group. Col Patricia Samson is appointed Canadian Forces Provost Marshall; she is later promoted to BGen.

1998 LCol Karen McCrimmon is appointed Commander of 429 Transport Squadron in Trenton, Ont., becoming the first woman to command an Air Force squadron. CPO 2 Holly Kisbee becomes

the first woman Combat Chief of a major warship.

2000 The Chief of the Maritime Staff announces that women can serve in submarines. Maj Micky Colton becomes the first female pilot to complete 5,000 flying hours in a Hercules aircraft. Lt Ruth-Ann Shamuhn of 5 Combat Engineer Regiment becomes the first female combat diver.

2001 Capt Maryse Carmichael is the first female Snowbird pilot. The Snowbirds are the CAF's aerobatic demonstration flying team.

2002 CWO Camille Tkacz is the first woman appointed to a Command Chief position as Assistant Deputy Minister (Human Resources - Military) Chief Warrant Officer.

2003 Maj Anne Reiffenstein is the first female to command a combat arms sub-unit. She is currently a BC at 1RCHA at CFB Shilo. LCol Marta Mulkins is the first woman to serve as a captain of a Canadian warship. Maj Jennie Carignan of 5 Combat Engineer Regiment (5CER) becomes the first female Deputy Commanding Officer (DCO) of a combat arms unit. LS Hayley John and LS Marketa Semik are the first female non-commissioned members clearance divers. MS Colleen Beattie becomes the first individual qualified as a submariner, followed shortly by MS Carey Ann Stewart. The first and only all-female CAF team completes the Nijmegen March in Holland carrying the same weight as male teams. They are team leader Lt Debbie Scott, 2IC Capt Lucie Mauger, Lt Jody Weathered, Cpl Elizabeth Mutch, WO Nathalie Mercer, WO Jackie Revell, MCpl Denise Robert, Cpl Melissa Cedilot, Cpl Danette Frasz, LCol Teresa McNutt, LtDonna Rogers and Cpl Anne MacDonald.

2004 CPO 1 Jan Davis is appointed Coxswain of HMCS Regina and is the first woman Coxswain of a major warship.

2006 BGen Christine Whitecross becomes the first woman serving as a Regular Force officer to command Joint Task Force North. **Capt Nicola Goddard serving with 1RCHA was killed in action in Afghanistan.**

2007 LCol Tammy Harris becomes the first woman serving as a Regular Force officer to become a Wing Commander at 9 Wing Gander. Commodore Jennifer Bennett becomes the first serving woman to be appointed Commander of the Naval Reserve and is thus the first woman to command a naval formation.

2009 Commodore Josee Kurtz is the first woman appointed to command a major warship – HMCS Halifax.

2010 LCol Susan Wigg, Director for Cadets, one of the initial women to enrol at Royal Military College (RMC) in 1980, becomes its first female director of cadets. LCol Maryse Carmichael becomes the first female Commanding Officer of the Snowbirds.

2011 The Royal Canadian Navy marked two historic milestones when Commodore Jennifer Bennett was promoted and became the first woman to reach the rank of Rear-Admiral, as well as the first woman to be appointed Chief Reserves and Cadets, the CAF's highest Reserve Force position.

2012 Commander Michelaine Lahaie becomes the Commanding officer for the Canadian Forces Leadership and Recruit School. Capt Ashley Collette receives the Medal of Military Valour for her "fortitude under fire and performance in combat" as a Platoon Commander in Nakhonay, Kandahar Province, Afghanistan during the period of May to December 2010.

2013 Rear-Admiral Jennifer Bennett becomes the Defence Champion for Women on Feb. 21. Col Jennie Carignan becomes Commandant at Royal Military College Saint-Jean, the first woman to command this institution. CWO France Dupuis is appointed Chief Warrant Officer at Royal Military College Saint-Jean.

2015 LGen Christine Whitecross becomes first female promoted to that rank and first Commander of Military Personnel Command. BGen Lise Bourgon becomes first female Commander of a Joint Task Force overseas

CAF Challenge starts May 1

Shilo Stag

Join us for the fifth annual Canadian Armed Forces (CAF) Health and Wellness Challenge.

Running from May 1 to 31, this annual event is in support of the CF Health and Physical Fitness Strategy.

Register with the Shilo Health Promotion office to become part of the team.

When you do, you will receive a checklist of "daily choices" — healthy activities to complete. There are even one-time monthly "bonus choices" to increase your total number of checkmarks.

Don't worry — anyone can make these healthy choices, regardless of their level of fitness, or whether they are at home, in the field, or away on exercise.

By making healthy choices, participants will accumulate checkmarks.

Those with enough checkmarks will be entered into a draw to win one of our great local prizes.

Registration started April 1.

By registering for the CAF Health and Wellness Challenge you will have access to health information, healthy eating tips, updates, and many other "exclusive" resources.

Not only is it a great way to increase your motivation to engage in healthy behaviours, but it's fun to challenge your friends, family members, and coworkers to see who can get the most checkmarks.

The CAF Health and Wellness Challenge is open to CAF personnel and their family members (aged 18 and older), veterans, DND, NPF, and MFRC staff.

Full rules and regulations can be found by visiting www.cfgateway.com and navigating to Shilo Health Promotion.

Remember to register today.

VFP welcomes soldiers transitioning to civy life

Shilo Stag

When it comes to the Veteran Family Program (VFP), Pamela Hall's door is always open to medically releasing soldiers.

The VFP is a four-year national pilot project which will provide support to medically releasing Canadian Armed Forces (CAF) members and their families through their transition from military to civilian life.

According to the Hall, the VFP co-ordinator working out of Shilo's MFRC offers the following services through the program: enhanced information and referral, transition programs, and intervention support.

Since the VFP was initiated Oct. 1, 2015, Shilo's MFRC has been working hard at building up the fundamentals of the program. This includes raising awareness, building partnerships, and developing specific programming.

"Our goal has been to develop programming specific to the needs of our community," she said in a release.

"In order to do so, a community discussion was held in February, where members who are in the process of medically releasing or are medically released, along with their spouses, had the opportunity to voice their needs and share their stories."

Hall encourages all medically released or releasing members and their families to contact the Shilo MFRC and voice their requirements as part of this process of transitioning from military to civilian life.

Providing feedback to Hall's office enables her to tailor VFP activities based on the needs of CFB Shilo and soldiers' families.

Currently, the VFP is running a series of financial Lunch N' Learns which SISIP Financial is running. For these programs, lunch is provided and members

and their families have the opportunity to attend and learn different strategies during the lunch hour to better accommodate their busy schedules.

Topics covered include saving money, credit management, and retirement planning. The next session at Shilo's MFRC is April 13 from noon to 1 p.m. This session will focus on credit management.

As well, licences psychologist and executive coach Suzanne Nault, who specializes in the transition from military to civilian life, will be here from Ottawa to speak May 3.

Nault will cover topics surrounding transitions that include but are not limited to finding out what matters besides work, getting to know oneself, defining strategies for a meaningful transition whether single or in a partnership, and building a strong support system. As co-author of a number-one international best-selling novel *The Expert Success Solution* with more than 35 years of experience, Nault is an informative and engaging facilitator who should not be missed. VFP can be accessed through self-referral, medical or community referral. For additional information contact Hall at 204-765-3000 ext 4557.

Shilo Theatre
(Located in the General Strange Hall)

April 8 Joy Rated PG
April 15 Kung Fu Panda 3 Rated G
April 22 Star Wars - The Force Awakens Rated PG
April 29 Ride Along 2 Rated PG

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



Grace Flynn shows off the last ceramic piece to come out of the now defunct Base ceramics club.

Photo by Sarah Francis

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Board members required

The Shilo Military Family Resource Centre is looking for volunteer board members.

7.3 Eligibility

7.3.1 The Board of Directors shall be made up of a group of people who bring a variety of skills to the Board and the Board shall seek to recruit people to the Board who round out the skillset present at the Board table. At minimum the qualifications for a Director shall be as follows:

- A member of the Shilo MFRC
- 18 years of age or older
- Is able to obtain a satisfactory criminal record and child abuse registry check
- Has not been found of unsound mind by a court in Canada or elsewhere
- Not hold a paid position within the Shilo MFRC and not entered into a contract for services with the organization
- Be interested in furthering the objects of the organization
- Not be in bankruptcy status



This year we are needing military family members who are also a Shilo MFRC daycare or Pre-K parent or a regular OCC user, but we encourage anyone to apply as we anticipate other openings as well due to posting season.

If you are interested in making a difference in your military community, please e-mail your resume to: boardchair@shilomfrc.ca by May 1, 2016 or call 204-765-3000 ext 3367 for further information.

Guide aims to help veterans transition to civilian employment

Peter Mallett
Staff Writer

Making the transition from the military to the civilian world can be a challenging leap for both veterans and their future employers.

This year, approximately 5,000 highly skilled veterans will enter the competitive job market, and one in four will have difficulty transitioning to civilian life despite their skills and experiences, according to the Canadian Education and Research Institute for Counselling (CERIC).

To help make the journey a smoother one, CERIC has produced a new book called *Military to Civilian Employment: A Career Practitioners Guide*.

Aimed at those who work in career counselling and career development circles, the 250-page document is designed to help them better understand what former military members bring to an employer.

That knowledge will make counsellors more effective at helping veterans identify competencies, which in turn will make the individual more competitive in their job search and with the job application process.

Maj Jo-Anne Flawn-LaForge, a 30-year Canadian Armed Forces (CAF) member who is the national transition advisor for the CAF, acknowledged the "desperately needed" guide is an effort to help capture and identify the full potential and skill sets of former military members who have entered the job market.

"It's easier to retain an employee when you understand where they are coming from and where they fit best. The biggest challenge is truly being able to capture everything that a veteran can bring to their working environment."

— Maj Jo-Anne Flawn-LaForge

"It's easier to retain an employee when you understand where they are coming from and where they fit best," said Maj Flawn-LaForge. "The biggest challenge is truly being able to capture everything that a veteran can bring to their working environment."

She was part of a CERIC's study group and worked closely with author and career development expert Yvonne Rodney to produce the guide.

The idea for a guide was developed at last year's Cannexus conference and was very timely

with the passage of the Veterans Hiring Act in 2015, which gives preferential hiring to veterans who hope to enter the public service.

Maj Flawn-LaForge said the biggest challenges facing today's veterans include employers not understanding military culture and systems, the career development needs of veterans or how to determine civilian equivalencies.

She noted that one important feature of the guide is a passage that encourages career professionals to help former military members translate their skill sets into civilian terminology.

"Once employers learn about the varied work experience and multiple competencies that are well articulated in a résumé, they are quite amazed at what that person can bring to the table," she said.

Other content of the guide includes advice for career service professionals to understand military culture and systems, career development needs of ex-military personnel including transition and adaptation, determining civilian equivalencies of military training and education, a list of veteran-friendly employers, implications of employment for military families, education/training providers and support programs.

"This is also a valuable tool for hiring managers, whether they are in the public or private sector, to

open up their level of knowledge about the veteran population," said Maj Flawn-LaForge. "It might also be quite helpful for any member of the military who is considering entering the civilian workforce."

CERIC chair Jan Basso, the director of Co-operative Education and Career Development at Wilfrid Laurier University, advised receiving input from the military was key to producing the guide.

"It was essential to have Maj Flawn-LaForge and other military people involved," said Basso. "We also

did extensive research with military friendly employers and Veterans Affairs Canada. It's a comprehensive resource that is rich with information."

Military to Civilian Employment: A Career Practitioners Guide was launched in association with Canada Company, a charitable organization that serves to bridge the gap between community leaders and the military. Print copies are currently available via Amazon and Chapters Indigo for \$17, but can also be downloaded for free at www.ceric.ca



Make your choice



Provincial election day is Tuesday, April 19

When will you vote? You can vote on election day or at any advance voting location in Manitoba from Saturday, April 9 to Saturday, April 16. You don't need a reason to vote in advance.

To find your electoral division and advance voting locations near you, visit electionsmanitoba.ca or download our mobile app.

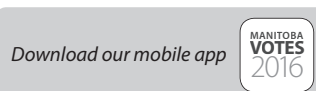
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- CPC-M** – Communist Party of Canada – Manitoba
- GPM** – Green Party of Manitoba
- Ind.** – Independent
- Lib.** – Manitoba Liberal Party
- MP** – Manitoba Party
- NDP** – New Democratic Party of Manitoba
- PC** – The Progressive Conservative Party of Manitoba

For more information:

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LET'S GET STARTED

Strengthening the Forces presents THE CAF HEALTH AND WELLNESS CHALLENGE

Prizes are provided by SISIP Financial Services

CAF Health and Wellness Challenge
1 - 31 May, 2016

Complete daily healthy activities and collect checkmarks! Earn enough checkmarks and you could win a great prize!

Register by 30 April and be entered into the early bird draw!

Call, email, or visit the Health Promotion office to register for the challenge!
204-765-3000 ext 3868 ShiloHealthPromotion@forces.gc.ca
We are located in the CANEX mall near Forbidden Flavours

The Challenge is open to CAF personnel, their family members (18 and older), and civilian members of the Defence Team

Road trip for army trucks

It was a hive of activity on the Base in recent weeks as numerous transport trucks were laden with an array of vehicles needed to be shipped to Alberta for Ex PROMETHIAN. Soldiers from this Base will be leaving this week for more than two months of high-readiness training at CFB Wainwright, and the support vehicles were transported in advance of their departure.

Photos by Jules Xavier



Spring Shootout

Kudos to Capt Kelly Holden and his crew for the work they did on consecutive weekends during a novice and atom spring shootout tournament at Gunner Arena. Here, novice players battle for the puck on Easter Sunday. Photo by Jules Xavier

Base Reps sweep B pool to garner hockey title

Danny Hamilton Stag Special

With Ex PROMETHIAN training looming on the horizon, the Base's community recreation hockey league concluded its season at Gunner Arena at the end of February.

Because teams played a different amount of games, the formula per cent points won into points available was used to determine regular season champs. 2PPCLI's Combat Support Company was declared the regular season champions based on a better percentage, .955 to 1RCHA B Bty's .923.

2PPCLI Combat Support Coy played two fewer games than 1RCHA B Bty, which finished with a 12-1-0 win-loss-tie record. The regular season champs played only 11 games, going 10-0-1.

It was decided at a league meeting that for the playoffs, teams would be divided into two pools.

Pool A consisted of four teams, 2PPCLI Combat Support Coy, 1RCHA A/Z Bty, 2PPCLI Rifle Coy and 1RCHA B/C Bty. Each series was a two-game total goals, with the team scoring the most goals advancing.

Starting with the first round, it was 2PPCLI Combat Support Coy winning 8-1 facing B/C Bty, while A/Z Bty advanced with a 24-8 triumph over 2PPCLI Rifle Coy.

This meant the championship final featuring 2PPCLI Combat Support Coy and its unbeaten season battling 1RCHA A/Z Bty.

In the opening game, 1RCHA A/Z Bty emerged with a 5-3 lead going into the final game. Pacing A/Z Bty with two goals each were Z Bty's MBdr Tyler Perry, A Bty's Bdr Alex Boucher-Dumont. Chipping in with a single goal was A Battery's Bdr Craig Leslie.

For 2PPCLI Combat Support Coy, it was Pte Devin Robertson with two goals while Cpl Ryan Richardson-Guest added a solo marker.

In game two, on a two-man advantage powerplay with less than two

minutes left, Bdr Boucher-Dumont tied the two-game total goal series at 7-7.

This led to overtime, with both teams using four skaters. Despite having a powerplay 2PPCLI Combat Support Coy could not finish off 1RCHA A/Z Battery. Just 12 seconds after killing off the penalty, 1RCHA A/Z Bty notched the winning goal from Bdr Leslie.

Scoring the other goal for 1RCHA A/Z Bty was A Bty's MBdr Benson Chow.

For 2PPCLI Combat Support Coy it was MCpl Robb Hutchison with two goals, while single markers went to Cpl Tom Corley-Smith and Cpl Robertson.

With the OT victory, 1RCHA A/Z Bty was declared the 2015-16 Community Recreation League playoff champions.

In the B pool, Base Reps ran the table going unbeaten in three games and capturing the playoff title with a 7-2 win facing 1RCHA HQ Battery.

In other military hockey news, the Prairie Region women's hockey championship was held at 17 Wing Winnipeg from Jan. 31 to Feb 4.

Capt Nicki Witham and Pte Isabelle Dubord from CFB Shilo were members of the winning team, when they suited up and played for 4 Wing Cold Lake.

Pte Dubord of Base Transport was selected the MVP for Prairie Regionals. She also participated with 4 Wing Cold Lake at the Canadian Armed Forces (CAF) women's hockey nationals held CFB Borden from March 19 to 24.

Due to military commitments CFB Shilo was unable to send a team or players to old-timers Prairie Regional hockey which was held at CFB Wainwright Feb. 1 to 5 or Prairie Regional basketball held at Garrison Edmonton Feb. 14 to 18.

Garrison Edmonton emerged victorious in both sports.

At the Prairie Regional volleyball tournament hosted by Edmonton Garrison, 28 Feb. 28 to March 4 CFB Shilo was able to send two players as floaters — Capt (N) Milena Johnson in the ladies division, while Avr Kyle Van Genne took part in the men's action.

CAF Health and Wellness Challenge
Make your choices count... May 2016

Last Name		First Name	
Rank		Unit	Phone
Email Address			
Affiliation (Circle one)		Element (CAF members circle one)	
Reg Force	Reserve	CAF Family	DND/NPF
		Army	Navy
			Air Force

I have read and I understand and agree to the rules and regulations (Signature)

Rules and Regulations can be found at www.cfgateway.com

Please return this form to the Health Promotion office
Here are a few ways to get it to us...

- Place in CFB Shilo's internal mail system
- Scan and send to us at ShiloHealthPromotion@forces.gc.ca
- Place it in the drop box outside of the Health Promotion office in the CANEX Mall

OR

Visit the website and submit your registration form electronically
www.cfgateway.com

Shilo Health Promotion
Shelly Moore (Manager) 204-765-3000 ext-3867
Lacey Collier (Admin Assistant) 204-765-3000 ext-3868

1RCHA CO LCol Stewart Taylor is a study in concentration as he endures the 12-hour crucible.

CO enjoys 20X SEALFIT experience

Jules Xavier
Shilo Stag

A casual observer with 1RCHA hosted Ex SEALFIT GUNNER in 2015, this time CO LCol Stewart Taylor was a participant during the four-day 2016 edition.

Wet and tired following the intense 12-hour crucible on the final day, LCol Taylor conceded the experience doing it with his soldiers was uplifting physically as well as mentally.

"I found the 20X SEALFIT program to be a unique training event that focused on enhancing physical toughness and mental resiliency," he offered. "Moreover, it compliments the Regiment's existing performance optimization program inasmuch that it promotes a number of the mutually reinforcing initiatives nested within the recently released Canadian Army Integrated Performance Strategy (CAIPS) such as the Road to Mental Readiness (R2MR) and the performance triad.

"Together, these initiatives arm soldiers with the tools they need not just to survive, but to thrive in the face of adversity. Stress is no longer viewed as an impediment, but rather as an opportunity for self-growth."

As a participant, LCol Taylor found each day, in fact, each activity was a learning experience.

"What I truly appreciated about the 20X SEALFIT experience was the combination of theoretical learning and demanding hands-on exercises, guided by a remarkable cadre of instructors, which emphasized personal improvement, teamwork and fostering a warrior spirit.

"I also enjoyed the fact that participants, including myself, were continually pushed outside of our comfort zones during the various challenges and conditioning activities throughout the course culminating with an intense 12-hour crucible."

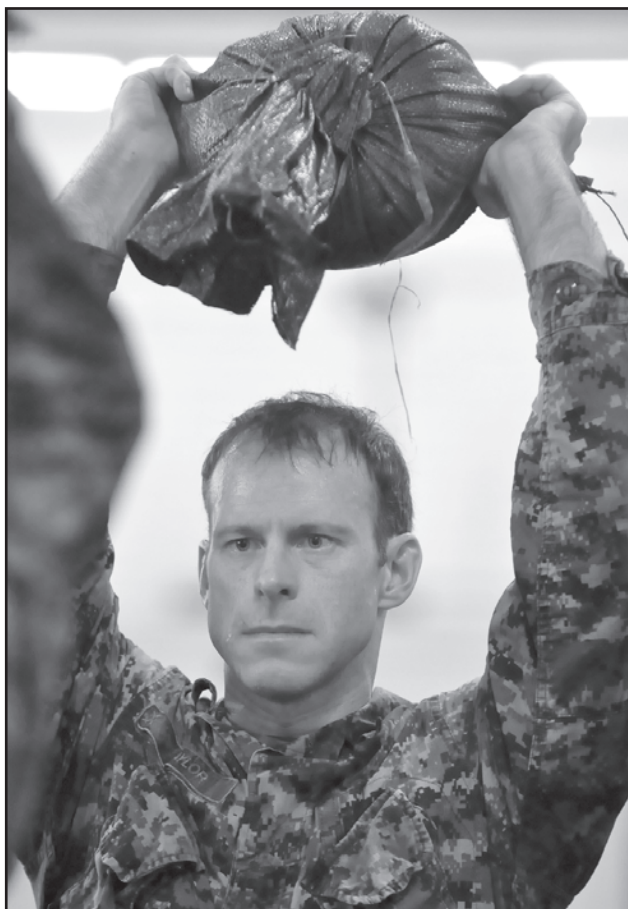
Ultimately, this experience pushed LCol Taylor beyond his own self-imposed barriers.

"In doing so, it not only left me with a great sense of pride and accomplishment, but also with a reinvigorated perspective on humility and a strengthened resolve to succeed," he offered.

While he was grateful and privileged to have been given the opportunity to participate in this four-day program with 1RCHA, LCol Taylor was particularly impressed and proud of the diverse cast of men and women from across the Regiment who volunteered for this training.

"There was an equitable mix of officers, senior NCOs and soldiers from across various trades, from a 20-year-old gunner to a 40-year-old Air Force administrative clerk [Cpl Beth Thompson]," noted LCol Taylor.

He added, "Congratulations to all participants for taking on the 20X SEALFIT challenge and 'embracing the suck' in pursuit of their desire to improve their physical and mental toughness."



We want you on our team

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

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Wawanesa
Family Foods

Easter Egg hunt at GSH

It was a hive of activity at the GSH for the annual PSP Easter Egg hunt. Thousands of Easter eggs were scattered about the building, with certain areas designated for specific age groups. In the small upstairs gymnasium a young boy shared his chocolate goodies with youngsters aged three and younger who arrived to find all the Easter eggs gone. Easter Bunny posed for photographs with kids afterwards.




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Photos by Jules Xavier



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