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Volume 55 Issue 16



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August 11, 2016

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1RCHA's Gnr Harte pulls fire truck. Page 6



Camp Hughes visitors experience 'war.' Page 8



Preparing for Ex MOUNTAIN MAN

Capt Chris McDonald (above) hones his paddling skills during a training session at Pelican Lake as he prepares alongside nine other Base teammates for Ex MOUNTAIN MAN. The 50-kilometre competition consisted of a rucksack march, canoe portage, and a canoe paddle, ending with a run once out of the river. The intent of this military competition is to challenge the limits of soldiers mental and physical toughness within 1 Canadian Mechanized Brigade Group (1CMBG). Maj Lindsay Jackson (below) trains at the Base fitness trail with a canoe on her shoulders. Other Base team members include 2Lt Dube Tremblay, Cpl Birrell, Cfn Muller, Capt Geilen, Cpl Organ, Cfn Hewko, Cpl Bilodeau and 2Lt Sandal.

Photos by Sarah Francis/Jules Xavier



Army cadet unit resurrected on Base

Lt Betty Froese
Stag Special

After four years of parading as a "satellite corps" of the 2520 Brandon Army Cadets Corps, the 2502 Royal Canadian Army Cadet Corps (RCACC) will claim its own identity, once again, as CFB Shilo's Army Cadet Corps.

Commanding Officer (CO) of 2502 Capt Rob Lussier said the plan to resurrect the cadet unit at CFB Shilo came as a result of increasing activities for the youth on Base four years ago.

"I was the Commanding Officer of Brandon's 2520 Army cadet corps," recalled Capt Lussier. "The Base Commander, LCol [Rick] Goodyear, approached me saying he would like to see a cadet corps on Base. LCol Goodyear, a former cadet himself, knew the advantages the cadet program could bring to the youth of the Base and area. So, a satellite corps, or additional troop, within 2520 Brandon was started and met each week at the Multi Purpose Training Facility (MPTF) in Shilo ever since."

He added, "This training year, we're ready to move it on to its own cadet corps and branch off from 2520 and become 2502 RCACC. The new corps will be affiliated with the First Regiment, Royal Canadian Horse Artillery (1RCHA) and sponsored by the Shilo and Region Service Club."

Now retired from the Canadian Armed Forces (CAF) and working in real estate in Brandon, Capt Lussier said he's looking forward to working together with 1RCHA to inspire and mentor the youth on Base in different ways.

"1RCHA is the most senior army unit in Canada as they were the very first Regular Forces Army unit, dating its roots back to 1871. So, there is a lot of history going back with 1RCHA. We're really quite happy to be working with the Command Team, the CO and the RSM at 1RCHA to bring this cadet corps to fruition."

The 2502 RCACC has a unique history, having originally formed on February 1, 1954 as the Princess Elizabeth School Cadet Corps, and sponsored by Princess Elizabeth Public School, which was affiliated with the Royal Canadian School of Artillery.

In February 1972 the corps was redesignated 2502 RCACC - Third Regiment Royal Canadian Horse Artillery Army Cadet Corps. Numbers in both staffing and cadets struggled throughout the 1970s and, on



Army cadets test their mettle on the Base's confidence course.

Photo by Lt Betty Froese

June 18, 1982, the unit was disbanded.

Capt Lussier is excited to see what the future holds for the new Army cadet corps. He, himself, has been involved in the Canadian Army for close to 40 years, having joined as a cadet in 1978 with 2422 RCACC at the age 12 in Nanaimo, BC.

He spent five-plus years in the Army cadet program and then joined the infantry for five years. Capt Lussier then continued his military career as a weapons technician for more than two decades.

Joining the cadet program as a Reservist with the cadet instructor cadre five years ago has enabled him to instruct and mentor the youth of today, as a way of "giving back" to the program.

"Those five years that I was in Army cadets, there were so many activities I could be involved in. I grew up in a less-fortunate family and there was no money for extra-curricular activities like baseball or hockey, so I got in the cadet program and did very well with it," he recalled. "Some of the things the cadet program taught back then, and still teaches now, are citizenship, leadership, marksmanship, physical fitness and public speaking. I got out of my shell and the principals that I learned in the cadet program, I carried over

with me when I joined the Canadian Armed Forces, and excelled quite well in the military because of the background I had with cadets."

There are many advantages to having the cadet program at CFB Shilo — the cadets have access to numerous training activities and locations, including the large gymnasium at the MPTF, as well as the GSH's gym and pool, Base confidence course and outdoor training areas.

Capt Lussier said his cadets will focus on three key elements this training year. Expeditions will take the cadets outdoors to experience trekking, fieldcraft and survival skills.

Marksmanship has always been a key part of the Army cadet program and will continue providing participants the opportunity to compete on a local, provincial and national level. With that in mind, a biathlon team will be starting up to prepare for the 2017-18 competition year.

Fieldcraft will also be large part of the training program starting this fall, which again, brings the youth outside to enjoy their Canada. It is an important aspect of the Army cadet program which involves orienteering using military GPS, map and compass.

Every cadet corps is always looking for more staff members who are interested in mentoring our youth. Capt Lussier invites those who are interested in joining 2502 as staff this year to contact him.

"One does not need to have previous cadet or military training," he offered. "It's exciting to be part of the cadet program, and there are lots of amazing opportunities available, in training and in staffing at cadet summer training centres across Canada. The cadet program is not just for youth. Anyone who just loves the outdoors and would like to be part of this dynamic youth program in Canada can join as a civilian instructor or enrol in the Canadian Armed Forces in the cadet instructors cadre."

Cadets Canada is a youth program funded by the Department of National Defence (DND) and supported by the CAF. For any youth, aged 12 to 18 who are interested in joining 2502 RCACC, or an adult who is interested in a staff position, contact Capt Lussier at 204-720-1494.

2502 will be parading every Wednesday evening from 6:30 to 9 p.m. at the MPTF and is open to all youth residing at CFB Shilo and surrounding communities. Registration night for joining 2502 RCACC will be the second week of September.

Visit their website for further details: www.2502armycadets.ca

Pet of the Week

WATSON & SHERLOCK

Piper Brechin is the proud owner of Watson and Sherlock. Watson is a two-year-old English Sheepdog (white and grey). He likes cuddles and flaunting his good looks. Sherlock is a 10-month-old Bouvier Des Flandres (blonde and biggest dog). He enjoys long naps (preferably on toys), yoga, and little dogs. Both love guarding their "sheeple", solving crimes, and are probably the fluffiest and most social dogs on Base. 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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The deer tick (top) carry lyme disease. The wood tick (bottom) is common in Manitoba. *Photo submitted*

TICKS

Diligence important when doing check for wood ticks after outing

Sarah Francis
Shilo Stag

Summer in Manitoba — when going outside means phantom itches and paranoia you'll be covered in mosquito bites or ticks.

CFB Shilo soldiers are no strangers to discovering they have tracked some eight-legged blood suckers home on gear, or themselves.

Although there is only so much you can do about preventing ticks from making you their next meal, due-diligence is important when you are out in tick territory.

"They grab on to your clothes from a piece of grass," explained CFB Shilo's senior PMED Tech, Sgt David Jenkins. "That's how they travel. They climb and stick to you."

"Trees, bushes, they climb on to them waiting for something to brush past it. Then their legs stick to your clothes," added Sgt Jenkins.

Wearing long pants and long-sleeved shirts can help as well as bug spray.

If you do find a tick latched to your skin, there are a few things to keep in mind. Firstly, not all ticks carry disease.

"What we have here [in Manitoba] is the wood tick and they're basically harmless to humans. But if they're engorged and they're on you, it's really hard to identify one from the other. So at that point, you're watching for a bullseye target type of rash. That is the big tell-tale sign."

If the tick is engorged, that means it's been there for a while. The rash is one of the first signs of the disease. If this rash shows on your skin you should seek medical attention.

It's the deer tick — also called black-legged tick — which carry lyme disease. However, they aren't often seen in this area.

"There are some supposedly, but I have yet to have one identified as a deer tick," recalled Sgt Jenkins.

On the other hand, not all deer ticks carry lyme disease.

For a tick to carry the disease it first needs to feed on an animal such as a rodent, other small mammals, or a white-

tailed deer.

They don't start feeding for the first 24 hours after attaching themselves, which is why it's important to remove them quickly.

"We recommend that in the field, [soldiers] do tick checks daily. Even twice daily," advised Sgt Jenkins. "That way there is a good chance they're not going to be on you long enough to transmit any lyme disease."

He added, "I know a lot of the guys pull them off themselves, but we always try to tell the Med Techs to do the removal. That way we're sure it's done right and they can keep the specimen for me for identification."

If the specimen is a deer tick, it needs to be sent for testing.

Second, don't try any of those wives tales you've heard for removing ticks from your person, or the family pet.

"I do not recommend burning them off," stressed Sgt Jenkins. "Pulling them off is the best way. You grab as close to the head as you can with tweezers. But you can't crush to hard. Then they just break apart, that's like burning, you don't get all the head part removed. Then there is a better chance for infection."

Some other tall tales for removing them include putting dish soap, or petroleum jelly or alcohol on the tick in hopes of smothering it. All that will do is give the tick a nice clean, shiny coat.

If you're squeamish about insects, there are a few tools you can get that will aid their removal. However, the recommended removal is with tweezers.

Another myth associated with ticks is that they burrow into your skin.

Sgt Jenkins told the Shilo Stag that's not the case.

"They don't burrow right into you. Initially they bite, then they start to feed. Then they swell up and the area around starts to swell as well. They're not burrowed right down in, but they do get their head in pretty good. You'll have some localized swelling which tends to hide the head."

If you'd like to know more about ticks log on to the Manitoba Health website at www.gov.mb.ca/health

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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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Human cost was difficult to comprehend on battlefield

The Somme at 100

Capt Thomas Cameron Edelson
Stag Special

On July 1, 1916, the first day of the Somme Offensive, the British Army suffered the bloodiest day in its history, taking 58,000 casualties, a third of them fatal; on that same day the Newfoundland Regiment was nearly annihilated.

Intended to relieve tremendous German pressure upon the French Army at Verdun, the British Army committed itself to a massive offensive to break the stalemate of trench warfare, draw German resources away from Verdun, and gain the advantage of manoeuvre.

However, the trenches of the Western Front conceded the military advantage to those on the defensive. By the end of the fighting 141 days later, on Nov. 18, 1916, when the weather, trench digging and artillery had turned the 35-km front into a treeless quagmire, the Allies had advanced 10 kilometres into German-held territory.

The human cost was, and still is, difficult to comprehend. Roughly 650,000 Allied troops were dead, wounded or missing — 24,000 of whom were Canadian. The German forces suffered an estimated 660,000 casualties defending that same 10 kilometre advance.

This year, to remember, honour and commemorate the effort and sacrifice Canada made, the Canadian Armed Forces (CAF) sent a contingent of 149 personnel to France to participate in a series of events jointly organized with Veterans Affairs Canada.

The contingent was drawn primarily from Canadian Army regiments and units from across the country that carry the battle honour "SOMME 1916."

Other units and branches were also represented, including several support trades as well as the Royal Canadian Navy (RCN) and the Royal Canadian Air Force (RCAF).

During the course of three days, CAF members participated in vigil duties and in large parades at Beaumont-Hamel July 1 and at Courcellette July 2.

Nearly everyone in the contingent expressed both how physically and emotionally demanding the days were. The long hours of standing motionless gave time for them to reflect upon where they were, where they came from and what had happened upon that very same ground 100 years ago.

Sgt Lance Ray serves with Princess Patricia's Canadian Light Infantry (PPCLI) and was a member of the flag party at both ceremonies.

"I found myself thinking of my friends who were killed overseas serving Canada and of all those others who came before us," recalled Sgt Ray.

"In this place, [Courcellette] it took less time for our regiment to lose a lot of people, than it did to finish the parade."

"For me it is a great honour to carry the Canadian flag," said Sgt Eric Renaud, a member of the Royal 22nd Regiment. "We know the stories at our regiment of the fight and the victory at Courcellette, but to see the fields and villages where it happened was humbling."

Some members of the contingent carried out vigil duties at the various sites, including the Thiepval Memorial to the Missing.

The memorial bears the names of more than 72,000 British and South African forces who died in the Somme sector and who have no known grave.

This massive, arched, red-brick building, which can be easily seen from miles away, creates a physical at-

tachment for all those families whose sons were never found.

The environmental conditions and the intensity of the fighting on the Western Front were widely written about in the decades after the war, by both sides, and both agreed that this was Hell on Earth.

It was a place where groups of soldiers would literally disappear in shellfire and the muddy earth could swallow men whole.

Sgt Duane Michelin and four other soldiers from 2nd Battalion, the Royal Newfoundland Regiment, performed the vigil duty at both Beaumont Hamel and Courcellette.

His great-great-uncle fought at Beaumont Hamel and was one of the few who survived to answer the roll the next day.

"It was an honour to have stood vigil where he may have stood, and to think about what he accomplished, which on that day was really just staying alive," he said. "He did survive the entire war."

However, the Battle of the Somme simultaneously marks both a low point and a tipping point in a war where each side had adopted attrition as a means to victory.

As the high-priced lessons were learned, new tactics were developed and new equipment was employed, which aided the Canadian Corps to achieve some battlefield successes, the first being at Flers-Courcellette as part of the British offensive on Sept. 15, 1916.

The Canadian Corps was formed in 1915, when the 2nd and 3rd Canadian Divisions arrived in France. When the 4th Canadian Division arrived at the front in the fall of 1916, the Canadian Corps consisted of 12 infantry brigades in four divisions.

The Canadian Corps would fight as a national Corps until the end of the war, eventually numbering approximately 100,000.

It was at the Somme that the British and Canadian Divisions adopted innovations, integrating artillery and the first use of tanks. This included the perilous balance of "leaning on the barrage": the supporting artillery would shell slightly ahead of the advancing infantry on a fixed schedule.

This allowed the infantry to follow the lethal curtain close enough so the Germans wouldn't have time to leave their dugouts and move into firing positions, but not so close as to have their own shells tear apart the front line.

It was here, at the Somme, that the Canadian divisions cemented their reputation as courageous troops, able to endure and fight in terrible conditions.

BGen Bruce Ploughman, Chief of Staff (Readiness) at Canadian Joint Operations Command, attended both parades with other French and Commonwealth military and civilian dignitaries.

"It was my first time seeing these monuments," said BGen Ploughman. "I have been shot at and I have lost people under my command, but these days were very emotional, a tremendously powerful experience."

His grandfather served with the Newfoundland Regiment, but was killed during the war.

"During the ceremony, I thought about closure and how difficult it is; in many ways impossible. It is one of the reasons why we must always remember, why we must never forget," said BGen Ploughman.

More than 650,000 men and women from Canada and Newfoundland served during the First World War. More than 66,000 gave their lives and over 172,000 were wounded.

Capt Thomas Cameron Edelson is with CJOC Public Affairs

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Stags earn trip to nationals with slo-pitch win

Danny Hamilton
Stag Special

A trip to Garrison Edmonton proved fruitful for the CFB Shilo Stags competing at the Prairie Region men's slo-pitch tournament.

The three-day tournament started July 20, with the Stags eventually battling their way to gold and a trip to nationals at CFB Borden Aug. 25 to 28.

On the ladies side of the tournament, host Garrison Edmonton swept 4 Wing Cold Lake 3-0 to earn a berth at nationals from Aug. 20 to 23.

During the men's tournament the CFB Shilo Stags opened up with an impressive 14-4 victory facing the defending champions from 4 Wing Cold Lake. Leading the way with two homeruns each were 1RCHA's WO Jason Van Damme and Sgt Rick Montgomery.

In its second tilt, CFB Shilo was crushed 21-4 by Garrison Edmonton. Hitting a home run was 1 MP Platoon Det Shilo's Cpl Ken Trenholm.

In the quarter-finals, CFB Shilo cruised to a five-inning mercy rule 21-6 triumph facing 15 Wing Moose Jaw. Highlighting the hitting barrage was 1RCHA's Bdr James Taylor going three-for-three, with five RBIs, two homeruns and a double.

CFB Shilo advanced to the semi-finals and a date with CFB Wainwright. The Stags came from behind late in the game to knockout the previously undefeated CFB Wainwright squad with a narrow 21-19 victory.

1 RCHA's Sgt Livain Doucet and RPOU (West) Det Shilo's (formerly CE) Cpl Colin Kucher-Gardiner both went four-for-five in the game while also slamming a homer each.

The final game had the Stags facing the host team Garrison Edmonton. It was a different outcome compared to the round-robin tilt where CFB Shilo was smothered offensively on the diamond.

With two out in the top of the seventh inning, CFB Shilo scored seven runs to come from behind and capture the championship title with a 20-18 victory.

Three players had monster games for CFB Shilo. Sgt Montgomery went four-for-five, with two dingers and eight RBIs; Cpl Taylor went four-for-four with two homers; and Cpl Trenholm went four-for-five and smacked two dingers.

During the last week of June, CFB Shilo hosted the Prairie Region ball hockey tournament at Gunner

Arena.

Teams from 17 Wg Winnipeg, Garrison Edmonton, 15 Wing Moose Jaw and 4 Wing Cold Lake competed to earn the right to represent the Prairie Region at nationals in Ontario at CFB Borden.

Although CFB Shilo was the two-time defending champion, the Base was unable to field a team due to major work commitments, including back-to-back exercises at CFB Wainwright and a number of Change of Command (CoC) parades.

After round-robin play, 4 Wing Cold Lake posted a 3-0 win-loss record following victories over Moose Jaw 5-2, 17 Wing Winnipeg 4-2, and Garrison Edmonton 1-0.

15 Wing Moose Jaw finished second, with two victories over Garrison Edmonton 6-5 and 17 Wing Winnipeg 6-1.

The only other victor in round-robin action at Gunner Arena was Garrison Edmonton over 17 Wing Winnipeg 7-3.

In one semi-final, 4 Wing Cold Lake skunked 17 Wing Winnipeg 2-0. In the other semi-final tilt, 15 Wing Moose Jaw rallied back in the second period after being down 5-2, and prevailed 6-5 in double overtime.

In the final, 4 Wing Cold Lake scored in the dying seconds of the second period to force overtime. In the sudden death extra period while on a power play, 15 Wing Moose Jaw scored just 35 seconds in to prevail 4-3.

CFB Shilo sent four golfers to the Prairie Region golf tournament held at a course near CFB Wainwright July 10 to 15.

1RCHA's Bdr Jared

Gossen finished with a three-round score of 244, 13 strokes back of the champion from 4 Wing Cold Lake WO Dave Boland.

With his fourth-place finish, Bdr Gossen qualified for nationals at CFB Borden in early August. To qualify for nationals and represent the Prairie Region you must finish in the top-five male golfers and top-two for ladies.

Other results from CFB Shilo golfers — an all-1RCHA team — Gnr Connor Coleman seventh (244), MBdr JC Houle 12th (256), and Bdr K. Lefleche 21st (283).

Employment Opportunity

Shilo Military Family Resource Centre (MFRC) is now accepting applications for two childcare assistant positions (term)

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- Dana Thompson, director of Children's Services 204-765-3000 ext 3351; fax 204-765-3859 or e-mail dana.thompson@forces.gc.ca
- Hailey Kusche, assistant director Children's Services 204-765-3000 ext 3351; fax 204-765-3859 or e-mail hailey.kusche@forces.gc.ca

For more information on Shilo's MFRC visit www.familyforce.ca



New steps

The CANEX Mall has new steps for its south entrances following two phases of work done by CE. The second phase should be completed by the end of this week, with finishing touches being done to the doorways. Railings will be added at a future date.

Photos by Jules Xavier



Powerlifting, military fitness training aid Gnr in Strongman competition

Sarah Francis
Shilo Stag

"We just went for the T-shirts," quipped 1RCHA's Gnr Tyler Harte after participating at the Manitoba Strongman provincials.

The 24-year-old soldier has always been physically active, but didn't pursue competitive lifting until two years ago to train for Ex HEAVY LOADER — the Regimental powerlifting competition.

"I'd never really lifted heavy at the time. I got my wisdom teeth taken out, so I didn't do it that year," recalled Gnr Harte. "The next year I knew I was going to do it. I talked to [Maj Joe O'Donnell] about it. He was pretty open about talking about fitness. I started training heavy around this time last year."

He added, "I did well, and I won [Ex] HEAVY LOADER. Then I did [Ex] STRONG CONTENDER and I came second."

Gnr Harte has participated in weightlifting competitions, but Manitoba Strongman run by McDole's Gym out of Winnipeg was a different duck.

Gnr Harte and 1RCHA 2IC Maj O'Donnell decided to participate less than a week before the scheduled event, without much of an idea on what to expect.

"I'd never done one before and I've seen it on YouTube. I was in the gym for morning PT, in between sets I was looking at my Facebook and I [saw] that somebody posted it — on Tuesday. Maj O'Donnell was in the gym and I said, 'Hey, Sir. Do you want to do this with me?' He said, 'Let's do it for the T-shirt.'"

He added, "The competition was on Saturday so we didn't train for it really. It was all new to us."

The two artillery soldiers would share videos on YouTube, get together and try what they saw in the video.

"The Regiment had some things. They had a log press, which was one of the events. I'd never done it before in my life. It was pretty challenging and that's the only thing I could really train for," he said.

Although he was not able to fully train for the competition, Gnr Harte felt he did well.

"I came second in my class. I did well on the things I have adapted to with my training. One of the things was dead-lifting a car. I dead-lift twice a week."

For both soldiers, there was a considerable difference when lifting weights compared to a keg or pulling a truck.

"One event I was in was called Keg Over Bar. It's a 260-pound keg on the ground and there is about a five-foot, three-inch bar," explained Gnr Harte. "Pretty much eye level for me. I've never tried to pick up a 260-pound keg and try to throw it over a bar that's eye level. It's pretty heavy and there is a lot of technique to that. Especially because I'm shorter and have short arms."

Gnr Harte turned out his arms to show bruises on the inside from trying to grasp the keg to throw it over the bar.

Another event Maj O'Donnell and Gnr Harte were unable to train for was the fire truck pull. However, he plans on



1RCHA Gnr Harte takes on one of the biggest challenges in the competition, the fire truck pull. He looks forward to being able to train for this event in the future.

Photos submitted

preparing with an army vehicle called an ML or another type of vehicle and pulling it around the 1RCHA compound with a harness.

Another event they entered was similar to the FORCE Test. It included a duck walk with a weighted bar. Then contestants had to carry a keg back, where they would have to drag a steel sled with weight on it.

"There are relays in the FORCE Test that would simulate what we did there. So we both did extremely well in that," said Gnr Harte.

He was contacted by the event creator at McDole's Gym, who asked if they would participate next year. The organizer commented that the two Shilo soldiers did incredibly well for being neophytes to the competition.

According to Gnr Harte, these kinds of competitions can only help him with his job.

"Being in the artillery in the field, I've got to pick up 100-pound rounds and stuff like that and move them. There are a lot of awkward shaped things that are pretty heavy that you've got to carry. You've got to do it with speed and precision. In a way, strong man kind of helps you out that way."

He added, "I think that being in the military you should branch out of your comfort-zone."

His next competitive endeavour is preparing for another Ex MOUNTAIN MAN slated for early September in Edmonton. His goal is to finish the race within eight hours.

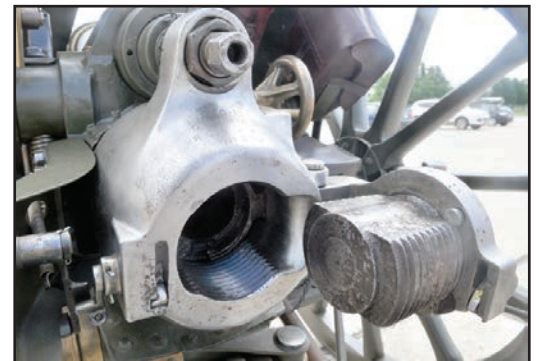
"People are like, 'Why are you doing this? You're a powerlifter.' In the long run, it only makes me better," he offered.



Pulling a heavily weighted sled across the asphalt is no easy feat, but Gnr Harte found it, and other tasks in the relay event, similar to those soldiers are asked to perform during their military fitness testing.



RCA Museum director Andrew Oakden and collection manager Clive Prothero-Brooks move the QF 13-pounder into the museum after its arrival. It is now part of the temporary exhibit *The Somme: The Mechanization of War*.
 Photos by Jules Xavier



RCA Museum acquires rare artillery piece

Shilo Stag

The RCA Museum added a rare artillery piece from the Great War to its already extensive collection.

A QF 13-pounder was recently acquired after nearly a year of hard work and a generous donation from Seymour Schulich from Toronto, Ont.

"The acquisition of the QF 13-pounder field gun fills a significant gap in the history of the Royal Canadian Artillery (RCA) and in our First World War artillery collection," noted RCA Museum director Andrew Oakden. "The 13-pounder is uncommon — not many remain in the world."

Circa 1904, the QF 13-pounder field gun was standard equipment for the British Royal Horse Artillery (BRHA) and the Royal Canadian Horse Artillery (RCHA) during the Great War. The 13-pounder saw action on all fronts supporting cavalry brigades and was highly praised for its lethal effectiveness and mobility in open warfare, but proved less effective in trench warfare.

The British and Canadians converted many of the 13-pounders into anti-aircraft guns during the Great War, so to have one in its original configuration is uncommon. There are very few of these artillery pieces left in the world.

This gun is in almost original condition — it is one of a batch assembled in India from parts shipped from Great Britain.

Many years ago, this gun was on display in a South African museum.

It was eventually bought by a private collector from the United Kingdom and was recently purchased by the RCA Museum.

This addition to the RCA Museum collection fills a significant gap in the history of the Royal Canadian Artillery (RCA) and the museum's First World War collection.

The significant donation by Schulich was made to commemorate the military service of his father, Julius Schulich, who served as a Gunner overseas from 1917 to 1919.

"The purchase of this QF 13-pounder was not possible without his support," said Oakden. "[Julius Schulich] joined the 7th Brigade Canadian Field Artillery on April 26, 1917. In France, he worked in the ammunition column transporting and loading munitions to the guns. He served in a number of brigades over 26 months of service [and] discharged 28 June 1919."

According to Oakden, two major factors led to the development of the QF 13-pounder. First, in 1897 the French introduced the revolutionary 75mm field gun with a hydro-pneumatic recoil system — the first modern gun.

Second, British participation in the Boer War (1899 - 1902) demonstrated a need for technologically advanced artillery.

The British and Canadians did not have a field gun which could match the French 75mm and sought new designs. The best solution came from multiple sources, including Vickers, Armstrong and Royal Ordnance Factory.

In 1904, the British combined the best designs resulting in the quintessential QF 13-pounder and the QF 18-pounder. In late 1914, trench warfare took hold.

British and Canadian forces converted to the 18-pounder and 4.5-inch howitzer rather than the 13 pounder which was not effective against defensive

positions.

During the First World War, the 13-pounder fired 1.5 million rounds versus the 18-pounder which fired 100 million rounds.

"We currently have two QF 18-pounders displayed in our National Artillery Gallery [in Ottawa]," noted Oakden. "However, we have never had a QF 13-pounder."

Oakden pointed out the RCA Museum has worked for nearly a year on this acquisition.

This newly acquired 13-pounder is almost completely original with a serial number circa 1910 and breech circa 1913.

"The 13-pounder is visually in very good condition with pitting under the paint," he observed. "Britain produced the parts for this 13-pounder. The assembled 13-pounder wound up in India, and then in South Africa."

A South African museum actually displayed this 13-pounder which has now found a permanent home at CFB Shilo.

Quick Facts

- The QF 13-pounder will be featured in the museum's temporary exhibit *The Somme: The Mechanization of War*. It will eventually become part of the permanent First World War display.
- The 13-pounder was in service throughout the British Empire from 1904 - 1940.
- The RCA Museum exists to preserve the history and heritage of the Royal Regiment of Canadian Artillery.
- The 13-pounder is now on display in the museum's temporary exhibit *The Somme: The Mechanization of War* which runs to Nov. 25.

Shilo Stag

A public dedication of the Camp Hughes national historic site was hosted by the Friends of Camp Hughes in partnership with Parks Canada and the Province of Manitoba.

An unveiling of the national historic site plaque and provincial interpretive kiosk was held July 24 at Camp Hughes, which is just west of CFB Shilo off of Hwy. 1 heading to Carberry.

Camp Hughes, formerly Camp Sewell, was a summer military training camp for local militias at the turn of the 20th Century.

After the outbreak of the First World War, Camp Hughes became a formative military training site for battalions raised on the Canadian prairies.

This site is Manitoba's significant example of an early 20th century military field training facility and one of North America's significant examples of an extant system of Great War training trenches.

Camp Hughes was designated a provincial heritage site — No. 82 — in 1994 and recently recognized as a national historic site of Canada in 2011.

By 1916, Camp Hughes had become the second largest settlement outside of Winnipeg with nearly 39,000 Canadian soldiers and staff.

Those who managed to survive training and conflict overseas would go on to fight with the Canadian contingent at Vimy Ridge in April 1917.

The trenches at Camp Hughes were constructed to scale and designed to replicate the trench systems found on the battlefields of Belgium and France.

Great War veterans returned to Canada to instruct numerous battalions consisting of 1,000 men on the latest trench warfare techniques.

Following the unveiling, the public in attendance had an opportunity to have a guided interpretive tour of the trench system and learn how the Canadian troops prepared for trench warfare 100 years ago.



Visitors experience 'war' at Camp Hughes



Photos by Sarah Francis

There were plenty of hands-on activities for visitors, who were able to interact with soldiers in the trenches, at Camp Hughes.



Wounded Warriors Canada Fourth Battlefield Bike Ride lands at Vimy in 2017

Shilo Stag

To coincide with Canada's involvement in a major Great War battle on a chilly Easter Monday in France, Wounded Warriors Canada (WWC) has launched its fourth annual Battlefield Bike Ride — Vimy 100: Birth of a Nation.

Next year marks 150 years since the Fathers of Confederation met in Charlottetown and Québec City and first dreamed of a united and prosperous Canada. 2017 also marks 100 years since the Canadian victory at Vimy Ridge, which became a defining moment for Canada.

The Battlefield Bike Ride represents the largest single fundraising event for WWC each year and embodies the charity's guiding ethos to Honour the Fallen and Help the Living. During the past three years, the cyclists, their donors, and ride sponsors have raised more than \$1.1-million. This incredible achievement has allowed Wounded Warriors Canada to expand the delivery of their national mental health programs and services they provide across the country in support of our ill and injured Canadian Armed Forces members, Veterans, First Responders and their families.

Beginning June 9, 2017, BBR17 will host up to 150 Canadians, commemorating Canada 150, and cover more than 600 kilometres in distance beginning in Canterbury, England and culminating at the iconic Vimy Ridge memorial in France.

The tour will pass through sites steeped in Canadian military history as we pay our respects to the 619,638 Canadians and 11,988 men of the Dominion of Newfoundland who served during the First World War.

We will remember and honour the nearly 61,000 Canadians and 1,305 men of Newfoundland who gave their lives

WWC executive director Scott Maxwell said, "2017 will be a year of celebration and commemoration for Canada. We are able to celebrate this incredible country and the freedoms we enjoy thanks to the service and sacrifice of our Canadian Armed Forces members — past, present and future.

"The Canadian victory at Vimy Ridge was a defining moment for our nation as we know it and we are excited to take another group of outstanding Canadians back to Vimy in commemoration of the 100th anniversary." Battlefield Bike Ride Operations manager Todd Mc-

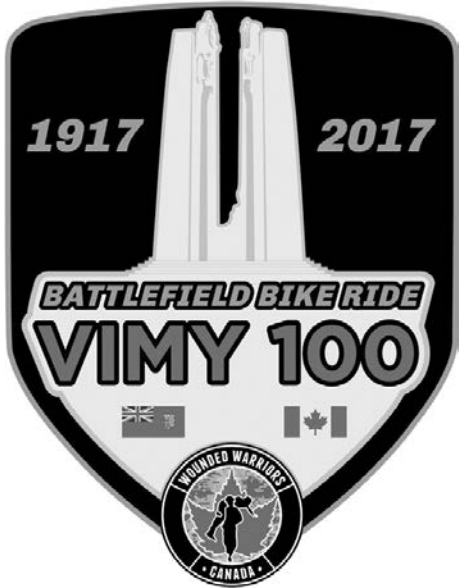
Gowan acknowledged, "As a veteran, and a PTSD affected soldier, I have seen firsthand the incredible benefits of the programs that Wounded Warriors Canada funds. As a ride organizer and participant, I have the unique opportunity to both go through my own healing process as well as directly supporting others."

He added, "I feel incredibly fortunate to witness the impact, friendships, and team spirit this transformational event can bring to Canadians from coast to coast."

The 2017 WWC Battlefield Bike Ride is open to all Canadians.

Registration is now open and complete information is available at: www.bbr17.ca

To view the 2017 Battlefield Bike Ride video visit: <https://vimeo.com/176133204>



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New Qs welcome addition for Base

BComd LCol John Cochrane and Jodi McFadden from Shilo's Canadian Forces Housing Agency cut the ribbon to officially open 12 new residential housing units — now called RHUs — during a ceremony on Frontenac Crescent.

Photo by Jules Xavier

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CDS wants input from soldiers on strategy

Gen Jonathan Vance
Stag Special

To best serve Canadians at home and abroad, ensure the well-being of our people, and remain an employer of choice, our organization must provide a healthy environment for all personnel.

A strong Defence Team must be one that is characterized by respect, that embraces differences and diversity, and that supports individuals struggling with health challenges, including mental health.

As some of you may know, the Treasury Board Secretariat (TBS) recently released the Federal Public Service Workplace Mental Health Strategy, aimed at Public Service employees and Canadian Armed Forces (CAF) members. This strategy outlines three goals:

- Changing the culture to be more respectful toward mental health issues,
- Building capacity with tools and resources for employees at all levels, and
- Measuring and reporting on actions.

TBS recently launched consultations on the first goal of the Mental Health Strategy: Changing the culture to be more respectful toward mental health issues.

The first phase of consultations will focus on integrating psychological health and safety into all aspects of our work.

Your input into this process is important, as the Total Health Strategy will be greatly influenced by the ideas and suggestions put forth in these upcoming consultations.

We encourage everyone in the Defence Team to provide feedback and make recommendations on how to change the culture to be more respectful toward mental health issues.

Visit the GConnex page (<https://gconnex.gc.ca/discussion/view/21202609/strategic-goal-1-changing-culture-objectif-strategique-no-1-changer-la-culture>) or e-mail mhstrategy@tbs-sct.gc.ca to share your ideas.

The Defence Team leadership is committed to building and sustaining a healthy, respectful, and safe workplace and ensuring the right programs and services are in place to improve the physical and mental workplace health of Defence Team members.

Visit Workplace Wellness (<http://intranet.canada.ca/hr-rh/hw-ms/ww-mmt/index-eng.asp>) to learn more about mental health in the workplace, including resources and tools available to Defence Team members.

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Shadow dance

Concrete at the second phase of the CANEX Mall steps replacement has been poured, and now receives a brushing to give the surface texture.

Photo by Jules Xavier

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Community Centre
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Register for PSP fall programs and check out what clubs are offered in the community!

Don't forget the MFRC will be having a free Dinner's On Us BBQ & Corn Roast!

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

New MFRC pre-kindergarten teacher offering play-based program for children

MFRC Special

Nicky Unger is the new pre-kindergarten teacher at the MFRC for the 2016-17 year.

"I am an ECE two with 15 years experience and have worked at the MFRC daycare for the past 11 years," she said. "I have worked with all ages of children ranging from infants to school age."

Happily married for the last six years, Unger and her husband have two children, four-year-old Bradley and 10-month-old Becca.

"As a family we enjoy spending time at the lake, biking, and playing games," she said.

Unger said she's looking forward to this new adventure working at the MFRC on this Base.

"I believe that children learn best through play so I will run a play-based program," she offered. "I feel passionate about providing new experiences for children and allowing them to explore and learn at their own pace."

Unger also feels strongly that outdoor play and activities are important and will strive to incorporate that into her teaching style.

"I am grateful for this opportunity to try something new," she said. "I am excited to meet new community members and their families."



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Padre Costen - ext 3381
Padre Dennis - ext 3088
Padre Lee - ext 3090
Padre Neil - ext 6836

Our Lady of Shilo Roman Catholic Chapel
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Faith Studies Tuesday 18:30
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Padre Ihuoma - ext. 3089

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Employment

CANEX WANTS YOU: Clerk/cashier part-time position with 13 to 32 hr /week required. Must be available days/evenings, and weekends. Under the direction of the department supervisor, a clerk/cashier scans customer purchases, processes the transactions, and accepts payment. He/she prices, stocks shelves, counters and display areas with merchandise and keeps stock in order. He/she performs cleaning duties as required. Starting salary is \$11.63 per hour, and after two-month probation increases to \$11.88. Apply in person at CANEX admin office, or NPF Human Resources office at base HQ.



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It was a morning of dance and song for participants involved in the Adventure Bible Camp held at the Base's Faith Centre.
Photo by Sarah Francis

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