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Volume 53 Issue 3



Serving Shilo, Sprucewoods & Douglas since 1947

February 13, 2014

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Golden Stags

The Shilo Stags are off to nationals at CFB Borden next month after winning the regional title at 4 Wing Cold Lake following a 4-3 overtime victory facing CFB Edmonton. Shilo captain Cpl Bryan Irwin (left No. 10) scored the game-winner and was an offensive headache for opposing goalies during the six-day tournament in Alberta. Gnr Chet Blanchette (above No. 11) defends against a 4 Wing Cold Lake forward in his team's 9-3 victory. Coach Danny Hamilton's charges went undefeated in five Prairie regional games, outscoring the opposition 24-12. For more see page. 12. *Photos by Jules Xavier*

Sports for Youth Registration

March 1: 9:30 a.m. – 6 p.m.

March 2: 11 a.m. – 5 p.m.

See a complete list of participating sports clubs at shoppersmallbrandon.com



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Shilo Theatre
(Located in the General Strange Hall)

Feb. 14 Last Vegas, Rated PG
Feb. 21 Thor: The Dar World, Rated PG
Feb. 28 Delivery Man, 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.

Doors open 15 minutes prior to movie start time
For more info, contact the community recreation office at 204-765-3000 ext 3317/3588

Soldier of the Year dedicated to her work as IC at weapons shop

Jillian Driessen
Shilo Stag

Rising above the rest takes immense dedication and a whole lot of elbow grease.

MCpl Sara Thompson knows this all too well. Being recognized as CFB Shilo's Soldier of the Year (SOY) is Thompson's reward for a year's worth of hard work and unwavering dedication to her position at the always busy Base Maintenance.

"I am IC of the weapons shop at Base Maintenance. We do all the second-line repair work for the units on Base," explains Thompson. "We also do first and second line repair for 3 Cdn Div TC C Coy as well as the reserve units in the area. We do weapons, safes, jacks, laser engraving, etc. It never stops. There is always work to be done."

Thompson and her fellow soldiers — she's the lone woman — are responsible for numerous equipment repairs for several units both on and off Base.

Although the section isn't responsible for electronics or vehicles in need of repair, they are certainly busy.

Above the regular work tasks, the section often hosts members who are training — something that is not generally feasible for the first-line techs at operational units.

"In my section, I have 17 people. There are 10 in the weapons shop and six are QL4s ... that means they aren't yet qualified. They cannot work alone," she says. "It is tight sometimes, but we get the work done."

The section works at a pace that can only be described as dizzying. With a staggering workload, there is little time for rest.

"Right now we are planning annual inspections for the cadet units and at all times we probably have 15 things going," says Thompson of any given day.

"One day you've got 26 Field leaving for an exercise so you have to get this out. The next day, maybe it's 2PPCLI leaving and you have to get that out. When the Regiment goes to the field we have to make sure they've got their howitzers up to snuff. It's one thing followed by another."

All of the section's work has to pass through Thompson before it returns to its appropriate unit.

With the load of administrative responsibility, Thompson relies heavily on her team to work as a well-oiled machine.

"If it wasn't for the team I've got, this work would not be getting done. The group of guys I have are amazing," she says of her crew. "Without them, the shop would not be functioning as well as it does. I cannot take all the credit for our work."

She adds, "When people aren't in or we're busy, I am turning a wrench on the floor and then heading back to my desk to polish off the administrative work into the later day or

evening."

Having been posted to CFB Shilo for nearly two years, Thompson has left an impressive mark on the community as well.

As an active volunteer on this Base, Thompson is often seen at community events.

Having previously been posted to CFB Petawawa, Thompson requested a posting to CFB Shilo.

"The career manager almost fell off his chair," the MCpl exclaimed.

Having previously called the Base home, she was well aware what she and her family would be returning to.

Much akin to sentiments shared by others, Thompson enjoys the pace of the Base and community.

As an Ontario native, she does not, however, appreciate the cold.

In addition to community events, Thompson has also taken time from her hectic schedule as both a mom and military member to coach an eighth grade boys' basketball team and to mentor girls transitioning to ninth grade.

"My son came home last year saying that if the team didn't have a volunteer, he wouldn't be able to play," says Thompson of her initial involvement. "We didn't do too well, but we had a great time. This year we have a pretty good team."

Thompson returned to support the program this year.

With practises held during lunch hours and after school, basketball only adds to the hectic pace of her day. Thompson, however, is not harried. She claims the time is well worth the effort and she has a great time coaching.

With so many contributions to be proud of, one doesn't expect the kind of humbleness the Afghanistan veteran emits.

Despite the praise for her involvement and dedication to her work, she consistently sings the praises of her section.

Thompson was unaware of the SOY award which was presented to her at the Base soldier's appreciation dinner in December.

With no prior knowledge, Thompson says it came to her as a surprise.

"I didn't know at all. It was a shock. I really wasn't expecting it," she says.



Busy with her own work, plus coaching and mentoring students on the Base, MCpl Sara Thompson with her Soldier of the Year trophy. Photo by Jules Xavier

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It was a busy weekend for CFB Shilo's two atom squads. The Sentinels hosted a two-day tournament, with plenty of action in front of both nets from the youngsters wearing their new jerseys for the 2013-14 minor hockey season. While sipping on hot cups of coffee or hot chocolate, enthusiastic parents from the stands cheered on their equally enthusiastic children as they stickhandled and fired the puck on the net. It did not matter the score, for everyone was a winner after each contest.

Photos by Jules Xavier



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5⁹⁹

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- Reg. 1.39

.99_{ea}

- Product of U.S.A.
- Reg. 1.22 - 1.45 /lb

.99/lb

- Product of U.S.A.
- 10 lbs

4⁹⁹

February 13 - February 26



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This newspaper is issued by authority of LCol Stephen Joudrey, Base Commander, CFB Shilo. The views expressed herein are not necessarily those of the Department of National Defence or of the editorial staff. The editorial staff reserves the right to edit, to abridge, to reject copy or advertising to adhere to the policy, as outlined in CFAO 57-5, and for clarity and/or content.

The Shilo Stag is produced every second Thursday.

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

Submitting articles and photos for print:

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

...



Follow the Shilo Stag on
 Facebook by visiting:

<http://www.facebook.com/ShiloSTAG>

BComd LCol Stephen Joudrey inspects during a quarterly parade (left) and checks on the officer's mess flood damage with Maj Reg Sharpe.

10 things I have learned during my first six months

It is halfway through the first year of this 'go around' in Shilo, and I thought I would make note of some things I have learned — or in some cases have had reinforced — from my previous posting here.

These 10 things are in no particular order. Here it goes:

- I really like a large Café Forbidden from Forbidden Flavours. I am not sure whether it is the drink itself, or the smiles that accompany the great service on very cold winter mornings from Sibyan and Brittany.

The community-focussed efforts of Leita and Ray Piche and their entire team are even more impressive than I remember from my previous posting. They are noteworthy in the emphasis they place on serving our military personnel and their families. The Piches are always seeking more opportunities to help out.

- Manitoba is a dry cold!
- I cannot go anywhere without bumping into a relative of Gracie Flynn. When I go to the Mess manager's office to check up on my mess bill — there is a daughter. When I climb the stairs to the top floor of the Base HQ building — another daughter. I attended a regional meeting at 17 Wing Winnipeg — another daughter. Finally, playing intersection hockey — a grandson.
- Breakfast at 'The Wildlife Club' in Sprucewoods is an experience to be shared.

Prior to Christmas, Penny and I took the time to have an enjoyable breakfast with the folks who gather each morning to socialize and help out others. I spent that morning sitting and chatting with the late Dave Lucas. It is now a treasured memory.

The cost of your meal is a donation. The stories and fellowship experienced does not have a price.

I would encourage anyone or small groups to take the time and swing by The Lodge any morning and enjoy a home-cooked breakfast. I guarantee you will find your way back there again.

- Shilo MFRC volunteers are fantastic. This is a group of people who selflessly give to their community and, in many cases, have done so for years.

Recently, I enjoyed an evening honouring their work and have made two specific observations of this group. First, they accomplish far more and do more work than their total numbers would lead one to believe could be done.

Second, most of the volunteers are women. I cannot help but think the reason for my first observation is the second observation!

- Money spent on a proper winter coat is never wasted.

- The Shilo Service Club throws a great post-Christmas party. The members of this Club work just as hard at their own celebrations as they do for the community.

I knew of all the work they do in support of community and unit events and their fundraising efforts for local causes and campaigns, but had forgotten how they like to — and know how to — have a good time.

The evening was a great one despite some questionable wardrobe selections by some of the men/membership. I am not sure how/why their wives let some of them out of the house dressed like that!

- Jules likes to take lots, and lots, and lots of pictures!

His and Jillian's efforts have made the *Shilo Stag* a must-read for not only those of us residing in the area, but also people and families who have left CFB Shilo and

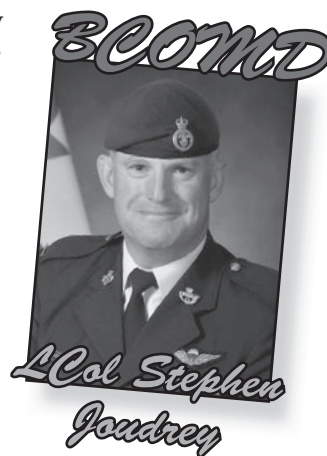
want to keep in touch. It is my favourite Base newspaper!

- Shilo Automotive is never closed! Karl Burke is the hardest working, most accommodating and friendliest mechanic I have ever met.

On many occasions, I have swung by his garage — even on weekends and holidays — seeking assistance with either my vehicle or my son's and he has always been there and never turned me away.

I cannot talk to anyone about him that does not have the same experiences. He is a hidden gem here in Shilo and someone who we will all speak of fondly when we leave.

- I am ready for summer!



Pick up your FREE copy at any of the following locations:

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 Women's Resource Centre - Town Centre Mall
 Royal Cdn Legion Branch No. 3
 Sobey's

Forbidden Flavours

ANAF
CFB Shilo
 CANEX Mall
 Forbidden Flavours
 Shilo Community Centre
 GSH

Country Club (Rick's)

All Messes
Carberry
 East Side Service
 Carberry Legion
Douglas
 General Store

Minnedosa

Minnedosa Legion
Sprucewoods
 The Shilo Inn
 340 Esso
Wawanesa
 Lucky Dollar

No cost for record checks

Criminal Record Checks and Vulnerable Sector Screenings (VSS) are available for Shilo residents at no cost from the Military Police.

Additionally we can conduct record checks and/or VSSs for military members who are working in support of military duties off the Base — for example, paid cadet instructors.

For those who meet either the CFB Shilo residency requirement, or are working in support of military duty there is no need to visit the RCMP or a municipal police agency for a record check. Additionally, you will save \$25 to \$50 in administration fees.

It is advisable, but not required, to call ahead to have a record check or VSS initiated. Dial 204-765-3337.

All checks require the initiator to bring a piece of government issued photo identification.

The Military Police do not process or provide Child Abuse Registry checks which are administered by the Province of Manitoba.

Meanwhile, effective immediately Family Identification Cards will not be generated or updated by the CFB Shilo Identification Services office. The new CFOne card, released by Canadian Forces Morale and Welfare Services in 2013 will replace the Family Identification Card. As a result family members are encouraged to register for this card immediately, online at www.cf1fc.ca or in-person at CANEX.

Spouses and dependents of Canadian Armed Forces (CAF) community members are eligible to participate in the CFOne program. Immediate family is defined as a spouse and/or any dependents younger than 21. If a child is a full-time student, they will be eligible until the age of 25.

As the CFOne card has no photograph, we strongly recommend that all individuals 16 and older carry with them a piece of government issued photo identification. In the event the Base requires an enhanced security posture photo identification may be required for entry, including to the Residential Housing Area.

For those who do not hold a driver's license the Manitoba Provincial Identification card is a suitable, low cost government issued photo identification.

The card can be used for official identification purposes, and looks similar to a driver's license.

While a passport can be used as a form of official government issued photo identification, Passport Canada does not recommend carrying the document during routine business to avoid loss.

More information and links are available at the Military Police Facebook page, www.facebook.com/ShiloCommunityPolice

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

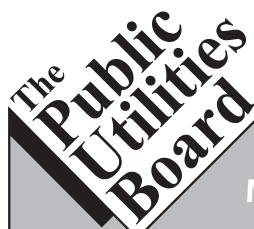
CANADIAN MP The Military Police NOTEBOOK



Kudos to Base contribution

Acting BComd and CFB Shilo COS Maj Scott Lloyd (inset) addressed a gathering at headquarters prior to handing over a cheque for \$50,608.94 to United Way campaign chair Jaime Pugh-Clemmensen, who was all smiles posing for a photograph afterwards.

Photos by Jules Xavier



Notice of Public Hearing: Needs For and Alternatives To (NFAT) Review of Manitoba Hydro's Proposed Development Plan for Keeyask and Conawapa Generating Stations

APPLICANT:

MANITOBA HYDRO

APPLICATION:

On April 25, 2013, the Government of Manitoba issued Terms of Reference to The Public Utilities Board (PUB) regarding the Needs For and Alternatives To (NFAT) Review of Manitoba Hydro's proposed Preferred Development Plan for the construction of the Keeyask Generating Station and Conawapa Generating Station, associated domestic transmission facilities, export contracts, and Canada-U.S. transmission interconnection facilities.

The NFAT Review is being conducted under the authority of Section 107 of *The Public Utilities Board Act (The PUB Act)* for the purpose of making a Report, with recommendations to the Minister responsible for the administration of *The PUB Act*, upon completion of the PUB's investigations and deliberations. The PUB intends to provide its Report by June 20, 2014.

Manitoba Hydro filed a submission with respect to its Preferred Development Plan on August 16, 2013. Other documents including public presentations, Independent Expert Consultants' Reports and other evidence can be viewed on the Board's website at www.pub.gov.mb.ca.

SCOPE

The scope of the PUB's NFAT Review is governed by the Government's Terms of Reference, which can be found on the PUB's website at www.pub.gov.mb.ca or by contacting the PUB at the address set out below.

PRESENTATIONS

The public is invited to participate in the NFAT Review by applying, as soon as possible, to be a Presenter to submit brief oral and/or written Presentations. All persons seeking Presenter status should familiarize themselves with the Terms of Reference, including the scope and procedure set out therein. Presentations will be scheduled and heard by the Board on **Thursday, February 27, 2014** in the Board's Hearing Room.

HEARING DATE AND LOCATION

The Board will convene the oral evidentiary portion of the NFAT Hearing on the following date, time, and location:

Monday, March 3, 2014 @ 9:00 AM
Hearing Room – 4th Floor, 330 Portage Avenue
Winnipeg, Manitoba

The Board anticipates that the Hearing will continue Monday to Friday over a period of eight weeks.

PROCEDURE

The PUB's Rules of Practice and Procedure, as modified by the NFAT Terms of Reference, apply to the PUB's NFAT Review. All parties should familiarize themselves with both documents. The PUB's Rules of Practice and Procedure are available on the PUB's website at www.pub.gov.mb.ca. Any interested party can also request a paper copy from the PUB by writing the PUB at the address below or emailing the PUB at publicutilities@gov.mb.ca.

CONTACT INFORMATION:

The Public Utilities Board
400-330 Portage Avenue
Winnipeg, MB R3C 0C4
Telephone: (204) 945-2638
Toll-Free: (866) 854-3698
Email: publicutilities@gov.mb.ca

DATED this 27th day of January, 2014.

Hollis M. Singh
Secretary
The Public Utilities Board



Five days notice required.



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Manitoba



Set in 1943 during the Second World War, this diorama depicts three PPCLI soldiers fighting on a staircase in Leonforte, Italy. This is one of several new exhibits on display at the PPCLI Regimental Museum that reopened Jan. 21 at The Military Museums in Calgary.



This diorama shows Princess Patricia sitting alone in a parlour sewing the PPCLI Camp Colour that became known as the Ric-a-Dam Doo. PPCLI is celebrating its centennial with a number of special events in 2014.

PPCLI celebrating centennial

Regimental museum features new exhibitions

Grant Cree Stag Special

"With the relaunch of the PPCLI Regimental Museum, we can ensure that the memories of our fallen heroes live on. And we can also ensure that the work of all Canadians in uniform is preserved and honoured for years to come."

Alberta Lt-Gov Donald S. Ethell made this statement last month during a ceremony at The Military Museums (TMM) in Calgary.

The crowd of dignitaries, Canadian Armed Forces (CAF) members, and military supporters were at TMM to witness the official re-opening of the PPCLI Regimental Museum gallery which was refurbished after almost two years of extensive work.

The ceremony also included the centennial art show, *Forging a Nation: Canada Goes to War*, which features 59 works of art on loan from Canadian contributors and the Imperial War Museum in London, England.

Both activities were part of several high-profile events leading up to the PPCLI's 100th anniversary this year.

The Regimental Museum refurbishment process began in 2010 when serving and former members decided to renovate the gallery in time for the 100th anniversary commemorations.

They were also determined to include a segment on PPCLI involvement in Afghanistan, and hired an experienced contractor to breathe life into their plans.

Don Smith of the Phoenix Consultancy provided direction and details for the entire project. Since 2011, he led a team of 12 dedicated professionals from across Canada who specialize in museum interpretation and design.

They were all inspired to create graphics, displays and dioramas that would be realistic and informative for visitors—especially military history buffs.

"When we started the project, we had to deal with the existing exhibits," recalled Smith.

"We had to stay within the confines of the square footage that was available to the Patricia's for their museum."

"In the end, we removed about 90 per cent of the existing museum because our mandate was to change it into a new museum."

Those efforts paid off. Visitors can appreciate a dynamic range of new exhibits as they stroll through the refurbished gallery.

There is more floor space so people can stand back and admire the displays, and the extra room makes it easier for handicapped access. The first diorama that visitors encounter shows the grim conditions that PPCLI soldiers faced in 1914.



A First World War trench scene was designed by Don Smith of the Phoenix Consultancy for the PPCLI centennial as part of the renovations done at The Military Museums in Calgary.

Photos by Grant Cree

"You get a real sense of what trench warfare was like during the Great War," said WO Jason Yardley. "It evokes such an image, it really helps you see what it would be like to be there. It gets people talking about the First World War."

WO Yardley joined the CAF in 1994 and has served in Bosnia, Kosovo and Afghanistan. Now the regimental manager of the PPCLI archives at TMM, he worked closely with the Phoenix Consultancy team on the new gallery. One of the new displays is *A Soldier's Farewell*. Set in 1914 with a troop ship in the background, it depicts a fully equipped PPCLI member saying goodbye to his wife and daughter.

Another new diorama shows Princess Patricia sitting alone in a parlour sewing the Camp Colour that became known as the Ric-a-Dam Doo.

Around the corner in another decade, the staccato of machine guns and rifles dominate a battle scene set during the Second World War. It shows three PPCLI soldiers on a staircase in Leonforte, Italy. One holds a Lee Enfield rifle as the other grips a Thompson submachine gun pointed at an unseen enemy. On the steps is a fallen comrade.

"One of the things I wanted to do in this museum was to not only tell the story of the Patricias, but to show the sacrifices they made," said Smith, adding that showing a fallen soldier is intended to heighten the impact of the exhibit.

"Men fought and men died in this regiment. This diorama helps visitors understand what the soldiers faced in combat."

He noted that all uniforms and costumes worn by the mannequins are authentic for each time period. The attention to detail is evident in every display that spans from 100 years ago to recent combat operations in Afghanistan.

"This is a serious exhibit that depicts a Canadian LAV III armed with a 25 millimetre rapid-fire cannon," said Smith, as he gazed at a detailed, full-scale replica of a Light Armoured Vehicle (LAV) used by PPCLI soldiers in Afghanistan.

Intended to give visitors a better understanding of field operations in that country, it depicts a LAV commander and two soldiers holding replica weapons as they scan the area for Taliban fighters.

"You need to see the Afghanistan exhibit to believe it," said Smith. "If you get up to within two feet of it, you will believe that it's real. We often get asked 'How did you get that LAV III into the building?' and that question shows we've done a good job."

The PPCLI Regimental Museum is now open to the public. The art exhibit *Forging a Nation: Canada Goes to War*, is also on display at TMM in Calgary where it will remain until March 7.

With files from CTV Calgary and Calgary Herald



Youngsters were able to hone their cross-country ski skills during an outdoor session at the Shilo Country Club thanks to the instruction provided by the Base’s newest club, the Assinibonjour Nordic Ski Club. While it might have been nippy, the groomed trails and sunshine provided ideal conditions for outdoor fun.

JOIN THE ASSINIBONJOUR NORDIC SKI CLUB

Enjoy cross-country skiing on Base

Jillian Driessen
Shilo Stag

Despite the lack of snow shortening its season, the Assinibonjour Nordic Ski Club is off to a strong start. “We’re just starting small. There are kids Saturdays and adults Fridays after work,” says coach Sheila Clark. “There is plenty of light. It’s still a good time for a ski.”

The cross-country ski club has attracted members from Shilo and area as well as families from Carberry and Glenboro.

With no other clubs in the Brandon area, Assinibonjour is filling a long-overdue need for a club in the area. Clark says despite the cold, the interest in cross-country skiing has really increased this year.



Besides the fresh air, cross-country skiing is an excellent winter sport to stay fit in preparation for your summer sports activities.
Photos by Jules Xavier

The club is not just a place for experienced skiers to gather with like-minded athletes for the evening. Clark is also offering a learn-to-ski program for youngsters looking to pick up this winter sport.

The Jack Rabbits program is offered Saturday afternoons. “Jack Rabbits is a Canadian Cross-country Skiing Association recognized program. We’ve joined the Manitoba Association. We are insured for liabilities and our member fees go to pay our membership and fees and supplies for the Jack Rabbits,” explains Clark. “They learn to ski by completing other tasks and by playing games while wearing skis on their feet.”

Many components of learning to ski are done without the use of poles, which gives youngsters the chance to develop essential skills for skiing at a novice level.

According to Clark, Jack Rabbits are learning more than skiing.

The skills taught through the program are transferring to other activities and sports as well.

“They are at the right age to learn to appreciate physical activity,” says Clark. “It’s nice to be outdoors, make buddies, and have fun.”

The well-groomed cross-country ski trails at CFB Shilo, starting from the Shilo Country Club, are the perfect terrain for all skiers.

With the variety of settings and trails, skiing paths provide enough variety to keep experienced skiers interested as well as challenge those new to the winter sport.

“There is a hill on the trail. We have used it for some training programs so the children can learn to jump and change direction. We had a day out there and had hotdogs. We call it hotdog hill now,” says Clark of the trail.

“We need this kind of terrain for them to practise snow-plowing, stopping, and turning. They can learn

to go around obstacles or go under them. That hill is really critical to the program. It’s a ways out there, but it is there and it is so perfect.”

The hill offers the perfect “buffer zone” at its base to help avoid injury to the neophyte skiers.

The club currently has more of a family feel to it. With only a few members joining Clark for an evening ski on Fridays, the bulk of the club meets Clark for the Jack Rabbit program Saturdays. Families are taking in the activity together.

Clark and the club have made a few adjustments to their day. The club slips into Rick’s Restaurant after their ski to enjoy hot chocolate. They also have adjusted their timings to allow families to take in the open swim at the GSH Saturday afternoons.

See **GROOMED** page 8



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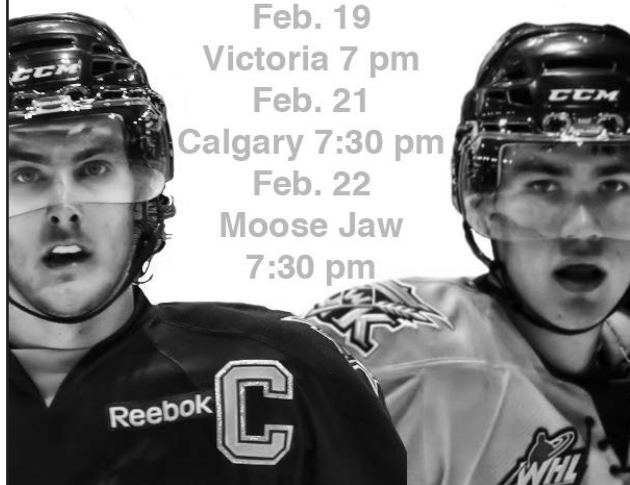


Feb. 14 & 15
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Feb. 19
Victoria 7 pm

Feb. 21
Calgary 7:30 pm

Feb. 22
Moose Jaw
7:30 pm



For Tickets Call 726-3555 or Visit Wheatkings.com



Facelift for museum

Orange tarps are protecting workers who are working on the RCA Museum in frigid conditions.

Groomed trails ideal for honing ski skills

From page 7

"One weekend was so cold, but we didn't want to give it up. We had a quick session then we decided to go to the pool with the kids. It was nice," says Clark. "We changed our time so we can always have the option of going to the pool."

Clark has taken coaching courses to accommodate the youngsters who are joining the club.

"I have the first level cross-country ski instructor course. I didn't take courses to learn how to ski so it's really good for me to learn how to teach others," says Clark.

"When you start coaching, you also have the chance to upgrade your own skills with the training available."

Clark has waited for several years to be able to start a program in the area. With the snowmobile club grooming the trails, the dream became a reality for Clark.

"What has made this really possible is the snowmobile club grooming the trails. They started last year. I was excited because we could start doing something," she says.

CFB Shilo's trails also offer tracks running side-by-side making socialization and skiing a hand-in-hand opportunity.

"The trails are well-maintained. They are so smooth and so nice. We are just so lucky," she says.

The trails are not the

only asset a club looks for. Rick's Restaurant also offers refuge from the cold — a valuable asset when working with children who may not be able to withstand the cold for extended periods of time.

Club fees range from \$40 to \$70 for civilian families and \$30 to \$60 for Military families. According to Clark, the Assinibonjour Nordic Ski Club offers exceptional value for a season's worth of skiing.

Although the club is small in numbers, growth for next season is expected. Clark not only offers the club members the beautiful trails at CFB Shilo, but also offers access to an array of other ski trails and events on a jam-packed calendar.

The club, weather permitting, has a busy season.

The cost of equipment is also low and, for Military families, rentals are no cost if you drop by Gunner Arena.

"Military families can sign their equipment out for free. They don't have many tiny skis, but I have some to lend out," explains Clark.

"It's like going skating. Skiing is really hard with the wrong size skis. You want to make sure the first taste is good."

According to Clark, skiing with overly long skis makes for a challenging trip around the trail. The right length of ski is imperative to enjoyment.

For Clark, the Assinibonjour Nordic Ski Club is about sharing her love of the sport and giving families something to do throughout the winter months — even if that means stepping out into the Arctic-like temperatures.

"This kind of snow is great. It's dry. When the [thermometer] says minus-18, you don't feel that," says Clark. "I think there are a lot of the winter blues this time of year. I try to encourage people to come out with me."

For more information regarding the Assinibonjour Nordic Ski Club contact Sheila Clark at assinibonjour@gmail.com

For more information on equipment rental contact Gunner Arena at local 3326.

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FAMILY SUPPORT CELL CONTACT INFORMATION



2PPCLI Family Support Cell

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204-765-3000 ext. 3635

Cpl Joshua Preston
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Reception:
1-204-765-3000 ext 3638

Taskforce 2-13
Family Support Cell
duty cell number:
1-204-573-5857

Family Support Cell
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P.O. Box 5000 Stn Main
Shilo, MB
R0K 2A0

facebook.com/pages/Shilo-Task-Force-2-13-Family-Support-Cell

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Website: www.cliffcullen.com

Where's Willie?

Somewhere on the pages of this *Shilo Stag* is a picture of Willie, the Wheat Kings mascot. Tell us on what page, in what particular advertisement Willie was found and correctly answer the following skill-testing question for your chance to win two tickets to an upcoming Wheat Kings home game in Brandon.



Entry Form

Name: _____

Address: _____

Phone: _____

Page #, ad: _____

Answer to skill-testing question:
Who helped with the refurbishment of the Regimental Museum?

Cut out your entry form and fax it to 204-765-3814, or scan it and e-mail to stag@mymts.net or drop it off at the Stag's office at CANEX. Draw will be made on the Monday prior to game day.



Just a skeleton

Buildings no longer in use, or required by DND, at CFB Shilo have been sold off, not demolished as was the case with 14 PMQs last summer. Instead, according to Base Engineer Maj Reg Sharpe, the buildings were purchased and the new owners are systematically dismantling and taking the material away to rebuild elsewhere. This process saves on demolition costs, and the buildings have a new lease on life.

Photo by Jules Xavier

2PPCLI Korean War veteran recalls his tour after returning to country

Shilo Stag Special

Last April, Korean War veteran Mike Ricketts and other veterans were flown to Korea by Veteran's Affairs Canada (VAC) to take part in the 60th Anniversary of the signing of the Armistice.

It was his first time leaving the Annapolis Valley in years.

Ricketts, who is from Kentville, NS, had no intention of ever returning to Korea, it was his children who suggested it.

"I didn't want to leave Shirley," he said, pointing out his wife of 63 years has been in a long-term care facility for two years and he visits her every day. "But my kids told me it would be the last chance I would have to go back. So, I did."

His arrival in Korea by plane with VAC was in sharp contrast with his arrival with the Second Battalion Princess Patricia's Canadian Light Infantry (2PPCLI) in 1950.

"Back then there was nothing. Just one bridge," said Mike, "... and people lived in boxes underneath it."

Now Seoul is a metropolitan city of 10-million people.

"It's amazing. Their roads are so smooth and they have a subway," noted Ricketts with no small amount of pride.

Sitting at his kitchen table in his Kentville home, Ricketts has a book and a small photo from his time during the war in Korea.

He recites his rifle number from 60 years ago like it's a part of his DNA as he thumbs through his Serviceman's book, a history of the time he spent in the military.

He was a Lance Corporal and Section Commander to six soldiers, JE Martin, CA Wilson, CM Rivard, and GD Stafford to name a few.

He brought his Serviceman's book with him to the anniversary celebrations. It contains the names, rifle numbers and service numbers of the soldiers in his section. He had hopes of finding out if they were still alive, to learn any piece of information. No luck on how they were doing.

"I have never spoke so much about the war," said Ricketts about the 60th anniversary trip. "It stirs things up inside."

He recalls being dug into the side of a hill. There was no cover on the forward or backward slopes. They lived in the trenches.

If they were lucky they had a bunker to stay in during daylight hours.

From his position Ricketts would watch an enemy plane they nicknamed "Bed Check Charlie" because he would regularly fly over at 7 p.m. and drop propaganda leaflets. Ricketts and the comrades used to wave and jeer at him.

He also watched the allied planes unleash on the enemy positions.

"You would look up to see the American planes, but you looked down to see the Aussie planes," he said.

He admired the wildness of the Australian pilots — "They flew so low they would suck the water out of the Imjim River."

There is an Asahi beer label plastered to the back of his service book, a souvenir from his first R-and-R in Japan.

"We got seven or 10 days," he said.

Sometimes they got two or three days rest, that would get them off the lines and in a pup tent with their trench mate. Those days weren't always guaranteed.

Ricketts said when the padre came back to the rest area to give a blessing, that was a sure sign their rest was done and they would be heading back up to the lines.

The hardship was punctuated by mail from Shirley. Her parcels containing her homemade bread were cause for celebration in his section.

"She would put a pint of rum inside the loaf of bread," he chuckled.

Toward the end of his tour in 1952, from his trench Ricketts could see the lights of buildings being constructed in the Demilitarized Zone where the Armistice

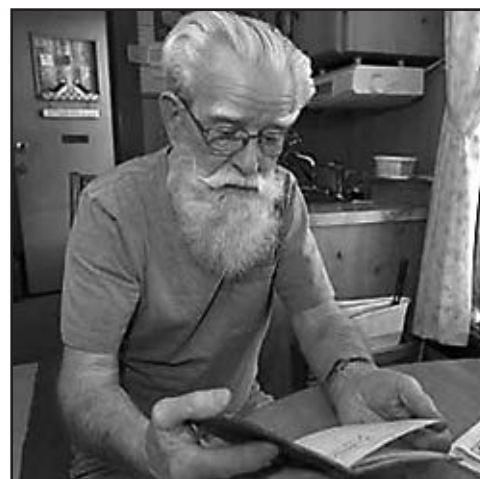
would be signed. He got to see it again during the 60th anniversary trip.

There were many ceremonies and points of interest during their visit, but it was at the United Nations Memorial Cemetery in Busan that he realized why he had made the trip.

The cemetery is immaculate. Twenty-three hundred soldiers from United Nations countries are buried there including 375 Canadians. A plaque bearing the particulars of each fallen soldier marks each grave.

He points to the small two-by-two-inch black and white photo beside his service book. It shows rows of white wooden crosses.

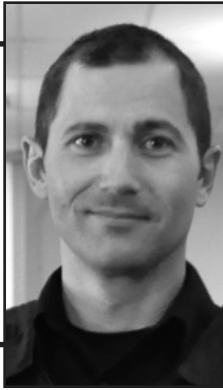
"That was Busan the way I remember it. Now ..." his voice catches. "Now, they've done it up right. I want the people to know that the boys are being well taken care of."



Korean War veteran Mike Ricketts

Soldier of the Quarter

Since being posted to 1 Military Police Regiment, Shilo Platoon during the summer of 2013, Cpl Schoenrock has conducted his military police duties and responsibilities with professionalism and dedication that has provided positive, tangible results for the CFB Shilo community.



Confused about a chronic illness? Don't be afraid to ask your medical officer about health concerns

Jenifer Bradley
Special

Are you afraid to speak to the MO (medical officer) about your health because you might be placed on a medical category?
Are you in the habit of self-medicating, ignoring your symptoms and "soldiering-on" instead of asking for professional help/treatment?
Are you confused about what to do when you have a chronic illness?
Are you scared that you will be medically released?

I started working as the nurse case manager at 11 CF Health Services Centre in January 2011. The position was vacant for several months and many were eager for me to get started.

What a warm welcome I received.
Over time, however, I noticed that some people were afraid to return my calls or e-mails as though getting contacted by the case manager was like receiving the kiss of death.

Many were afraid it meant the death of their military career at the very least. Thankfully, this isn't the case (as often) any more.

People are starting to understand that the nurse case manager's role is that of communicator, collaborator, navigator, manager, advocate and professional.

I know the medical system/process is one that most soldiers try to avoid, and when you find yourself in it's clutches, it is overwhelming and frightening.

Nurse case managers are employed by the Department of National Defence (DND) to help you understand your medical info, treatment options, support services, resources and benefits.

We use a holistic view of nursing care — meaning we consider your physical and mental health, family and social stressors/supports, and your personal goals — to assess your situation and develop a treatment plan that is personalized to you.

Our knowledge of DND policies and benefits allows us to build a plan that is realistic and manageable within the confines of the medical and occupational environments.

Does this sound like a lot for one person to manage?
Well the truth is that sometimes it is! This is why I don't work alone.

Teamwork and communication are at the center of any successful case management plan as resources from within the medical system (MO, mental health, physio, pharmacy, dental, return to work co-ordinator, external clinicians etc) and outside the medical system (BPSO, Integrated Personnel Support Centre, Veterans Affairs, PSP, family liaison officer, MFRC, SISIP, etc) are engaged in the plan in (hopefully) a timely way.

Not to worry, however, informed consent is obtained prior to engaging external services but you will be surprised at how much support that exists for you.

Let me not forget as well, the tireless administrative support that Lynn Potvin provides as the case manager assistant.

At some point you may receive an e-mail or phone call from Lynn inviting you for a screening appointment with me to discuss your situation, so reply as requested.

This may happen when you are on your first or second TCAT or even as late as PCAT, just so you know what to expect.

My goal is to provide you with information which may assist you with recovery, returning to duty or transition from CAF to civilian life.

There is a lot to know, and you have more control over your situation than you may think.

Are you still afraid to speak to the nurse case manager?

If/when it's your turn; I hope that you won't be.
Jenifer Bradley is the nurse case manager with 11 CF H Svcs C. Call her at 204-765-3000 x 3185.



BComd's Coin

Jillian Driessen received her BComd coin for the outstanding efforts she has put forward both in the performance of her job as the Shilo Stag production assistant and her initiative in producing an exceptional Communities in Bloom magazine to showcase CFB Shilo. Dedicating countless hours of her own time, Driessen's hard work and initiative have been instrumental in making both the Stag and CFB Shilo's Communities in Bloom program a success. A true professional who takes great pride in her work, she has proven to be a great asset to both PSP and the CFB Shilo community in general. A surprised Driessen accepted her coin from BRSM CWO James Doppler and BComd LCol Stephen Joudrey.

Photo by Jules Xavier

The Shilo MFRC Building Resilience Speaker Series presents,

Spencer West

Me to We Inspirational Speaker, Author and Humanitarian

"No Can't, No Won't, Only How: Overcoming Obstacles to Make a Difference"

Tuesday, March 11

El Prado Club, Shilo

Tickets \$40
available at Shilo MFRC
Doors open at 5:30 p.m.
Dinner at 6 p.m.
Cash bar

Free tickets for military members and members of the defence community

Refundable deposit required, tickets must be purchased in advance

familyforce.ca



COMMUNITY RECREATION BOWLING - Feb. 11

	Weekly Pts	Total Pts
B Maint	12	87
C Bty (1)	12	82
B Bty	8	68
3CDSG SS	14	63
A Bty (2)	14	56
A Bty (1)	6	55
C Bty (2)	1	54
B Maint/Tpt	WD	12

MFRC hosting speaker series

Garry Reid

MFRC

The Shilo Military Family Resource Centre (MFRC) is bringing two motivational speakers as part of the *Building Resilience Speaker Series*.

Through donations and funding the MFRC has received for community wellness, its goal is to give participants a good meal while listening to a thought-provoking speaker.

The idea surrounding this community wellness series is to bring in special speakers to motivate and inspire the military community.

The first speaker in this series is Spencer West. His charisma and dynamism captivate audiences every time he speaks. The second is Theoren Fleury at a later date.

Listeners are mesmerized as West describes his journey from losing his legs from the pelvis down at the age of five to when he climbed, and summited, Mount Kilimanjaro using his hands and wheelchair.

As a global speaker, he has captivated hundreds of thousands with his keynote addresses on *Redefining Possible*.

He has shared the stage with luminaries such as former US Vice-President Al Gore, Dr. Jane Goodall, Rick Hansen, Mia Farrow, former Russian President Gorbachev, Gen Romeo Dallaire and musicians such as Macklemore, Jason Mraz, Hedley, Kenyan Boys Choir, Jennifer Hudson and Nelly Furtado.

West's words have encouraged millions to stand up to difficult times, face challenges, embrace change, and learn the tangible skills each one of us can use to redefine what is possible both for organizations and individuals.

He will speak at the El Prado Club March 11. Doors open at 5:30 p.m., with dinner 30 minutes later. West's keynote to follow. Tickets are \$40, with military members eligible for two free tickets. Civilian members of the defence team will be entitled to one free ticket. Tickets must be purchased in advance.

A refundable deposit of \$20 per ticket is required. Deposit will be returned on the evening of the event.

Child care vouchers are available for military members; contact the MFRC for details. Limited tickets for this event will be available to the general public and can only be purchased by contacting Garry Reid at garry.reid2@forces.gc.ca. For more info visit the MFRC website at www.familyforce.ca/sites/shilo



Winter Survival

Because of the extreme cold, 2520 Royal Canadian Army Cadet Corps and visiting cadets spent the night in the MPTF, but honed their snowshoe skills outdoors during the day. Ex Frost Fox is an annual three-day winter training and survival experience for the young cadets.

Photos by 2LT Betty Froese

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Employment

Museum Security Guard/Interpreter (part time/permanent), wage \$11.12 - \$13.05/hr. Competition closes February 19, 2014. Visit www.cfmws.com or contact npfhrshilo@cfmws.com for further details.

Homes For Sale

Wawanesa - Good family home. Bungalow (1987). 1194 sq ft with full finished basement. Main level - 2 bedrooms, office, full bath, kitchen and living room. Large wrap-around deck 2 yrs old plus second large deck. Basement has 2 bedrooms, full bath, family room. Electric Forced Air heat. Central air. Large lot 69 x 208 ft. Double garage. Low heat costs. Call today for further details. or e-mail dsmooney56@hotmail.com. Countryland Realty - Dave Mooney 204-824-2094

Homes For Sale

Wawanesa - 1208 sq. ft 3 + 1, 3 bath bungalow with oversized detached garage (24x28), insulated, heated with in-floor heat. Open concept with large eat-in kitchen. Newer furnace, flooring, and HWT. Two en-suites with walk-in closets, central air & vac. A great place to call home. MLS #1401787. Call Bob Daymond Sutton Harrison Realty 204-751-5918 for more info.

Do you have a story idea?
Have a photo submission?
If so, use our e-mail
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Photos by Jules Xavier



LABAT'S COMMUNITY RECREATION WINTER NO-HIT HOCKEY - Feb. 10									
Z Biv	GP	W	L	T	GF	GA	P		
B Biv	20	16	3	1	122	63	33		
2PPCL	19	14	4	1	128	60	29		
HQ Biv	20	8	10	2	66	80	18		
A Biv	19	7	11	1	91	122	15		
B Reps	19	6	11	2	89	113	14		
		4	14	1	119	174	9		

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PTe Ryan Richardson-Quest deflects the puck wide on the 17 Wing goalie.

Corporal's overtime winner earns Stags trip to nationals

Shilo Stag

Colour them golden.

CFB Shilo's entry in the Prairie regional men's hockey tournament went undefeated in five games playing at 4 Wing Cold Lake, including the championship tilt that saw coach Danny Hamilton's squad prevail 4-3 in overtime (OT) facing CFB Edmonton. Held Feb. 2 to 7, the Stags earned a trip to nationals at CFB Borden from March 15 to 21 with the victory. Cpl Bryan Irwin, who had 12 points in five games, scored the OT game-winner. CFB Shilo went 3-0 in round-robin action and finished first in the four-team pool. This set up a semi-final battle with 17 Wing Winnipeg which CFB Shilo won 2-0 on goals by Irwin and Cpl Nathan Beer. Goalie Pte Spencer Stolk earned the shutout stopping 36 shots.

In round-robin play, 17 Wing Winnipeg dropped a 5-3 decision to the Stags. CFB Shilo bounced 4 Wing Cold Lake 9-3, and edged CFB Edmonton 4-3. The Stags outscored the opposition 24-12 in five games. Irwin, Beer and Lt Joe Bitz combined for 36 points, with Bitz scoring a team-high seven goals.

Members of the triumphant gold medal team from CFB Shilo who will represent this Base on the national stage include: Lt Bitz, MBdr Penny, MCpl Vickers, Cpl Albert, Cpl Beer, Cpl Carson, Cpl Irwin, Cpl Kehler, Cpl Lajoie, Bdr Perry, Cpl Toms, Bdr Wilson, Gnr Blanchette, Pte Corley-Smith, Pte Richardson-Quest, Gnr Richer, Pte Stolk, Pte Stouffer and Pte Walker.



Coach Danny Hamilton (above) and his CFB Shilo Stags went undefeated in five games at the Prairie regional men's hockey tournament. Cpl Nathan Beer (below No. 14) scored three goals versus 4 Wing Cold Lake.

Photos by Jules Xavier

