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Volume 53 Issue 1



Serving Shilo, Sprucewoods & Douglas since 1947

January 16, 2014

## INSIDE This Issue



Funeral for retired sergeant today in Brandon. Page 2



BComd offers kudos for Base activities. Page 4



Family reunited with war memorabilia. Page 6

## Welcome home dad!



Held by mom Pte Jessica Mullen of 1RCHA, one-year-old Cash Mullen had a big smile for his dad, Sgt Josh Mathers of 2PPCLI, during a Dec. 11 chaulk. Sgt Mathers returned home from the final rotation of Op ATTENTION. For more see a photo essay on page 10.

Photo by Jules Xavier



# Winter In-Store Clearance

On Now Until January 19

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# Join Us!

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**Legion** 



A fixture at Base events, the late Dave Lucas salutes his fallen comrades from the Korean War during the 2013 Remembrance Day ceremony at L25. He died Dec. 28, with his graveside ceremony today (Jan. 16) at the Brandon Cemetery in the veterans section.  
*Photo by Jules Xavier*

## Final salute for veteran Gunner

### Shilo Stag

While he might have seemed gruff on the exterior, young soldiers who mentored under Sgt Dave Lucas concede he was also soft-hearted when it came to the soldiers under his tutelage with 3RCHA.

Lucas, a regular fixture at Base activities including last November's Remembrance Day and December's Canoe River memorial ceremonies, died Dec. 28 at his Sprucewoods home. He was 80.

"Dave was an artillery icon. His first encounter with myself was as the number one of a 105mm gun detachment," recalled Roger Eppert in his condolence written on the Memories Chapel website.

"My first impressions 'who is this madman and

why is he yelling at me.' Beyond his gruff personality was a soft-hearted father-type who looked after the underdog.

"Many young Gunners have looked up to him for advice and Dave never let them down. He was a dedicated hunter and enjoyed his passion while maintaining high morals in what he harvested. He enjoyed teaching young people in weapons handling and hunting courses as he thought this to be important to prepare the next generation."

He added, "What I will miss the most is his energetic and humorous stories over the years of some unwitting officer, sergeant major or Gunner whom had done something to warrant the memories."

Born on Aug. 16, 1933 in Wilcox, Sask., Mr. Lucas was the son of the John and Rosalina Lucas. He served in the Canadian Armed Forces (CAF) for 38 years, and settled in Sprucewoods following his retirement.

A member of the Korean War Veterans of Canada, Mr. Lucas was predeceased by his wife Shirley in 2004. He is survived by his daughter Susan Banks, and grand-daughters Jennifer and Melissa.

Another buddy will miss his friend when it comes to their annual hunting forays in the fall.

"I will miss our outings sitting on our 'hunting stools' out in the cattle pasture where we 'harassed' the many gophers which provided target practice for us," wrote Wes Hockley.

"Our conversations where we reflected upon our own lives, both past and present; local and world events and, in general, solving all of the problems plaguing our world. Of course every hunting outing by us in the pasture was not one of peace and quiet for there were moments when the solitude was broken by the 'bark' of Dave's Tikka .223.

"I still remember the first time I heard it go off and I was surprised at the noise this rifle made as it fired its deadly missile at some unsuspecting gopher some 75 metres or more down range. I recall one of our first rather successful gopher hunts where we decimated a host of gophers and I wondered aloud to Dave upon how many gophers we dismissed from the field.

"His answer stunned me at first, but as our gopher hunts continued I soon realized his answer was neither boastful nor arrogant in any way for he said that he'd tell me after he got home and counted his empty cartridges.

## INTER-COMM

Friday, February 7 5-9pm  
&  
Saturday, February 8 8:30am-4:30pm

Dealing with conflict and improving  
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### INSCRIPTIONS À LA MATERNELLE

Du lundi 3 au vendredi 7 février 2014

Les enfants qui auront cinq (5) ans  
au 31 décembre 2014 sont admissibles.

Les écoles françaises sont ouvertes  
à tous les enfants d'ayants droit.








Photo by Jules Xavier


# Soldiers recall mentorship from 'gruff' 3RCHA sergeant

Ubique!



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CFB Shilo  
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**Welcome 2014!**

<p><b>Catelli®</b> Gluten Free Penne &amp; Spaghetti -340g -Reg. 3.59</p> <p style="text-align: right; font-size: 2em;">2/5<sup>14</sup></p>	<p><b>Prego®</b> Pasta Sauce -Assorted -2 Servings of Vegetables -645ml -Reg. 3.59</p> <p style="text-align: right; font-size: 2em;">2/5<sup>14</sup></p>
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January 16 - 29 2014





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The Shilo Stag is produced every second Thursday.

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

**Submitting articles and photos for print:**

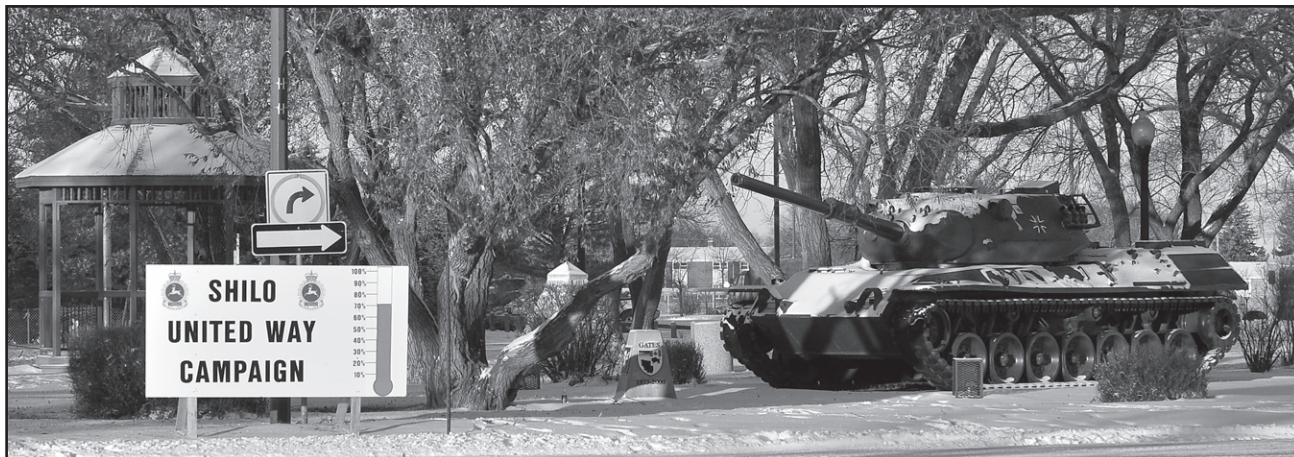
- Please submit articles as a MS Word Document.
- Include the author's full name, rank, unit and contact information.
- Include photos with your articles whenever possible, however, do not embed photos in word documents.
- Please submit photos as high resolution jpegs (if scanned 300 dpi), digital images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

...



Follow the Shilo Stag on  
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http://www.facebook.com/ShiloSTAG



CFB Shilo's annual United Way campaign was at 70 per cent in late fall. When final donations were counted recently the 2013 campaign showed the Base raised \$50,608.94, or 128 per cent of the goal.

Photo by Jules Xavier

## Great work earns BComd kudos

Happy New Year to all. Before we get too far into 2014, I wanted to make a point of commenting on some community successes that wrapped up in late 2013 and dole out some recognition for some great work.

The Shilo United Way Campaign was a huge success.

This year's objective had a primary and alternate goal. The primary goal was 100 per cent canvassing across all of the units on this Base.

That was achieved.

An alternate goal was the raising of \$40,000 in donations.

This was the same "target" as 2012, but with a considerable number of our folks deployed during the bulk of the campaign, the United Way committee and I chose to leave our goal at \$40,000.

The final total raised in Shilo was \$50,608.94, or 128 per cent of our goal.

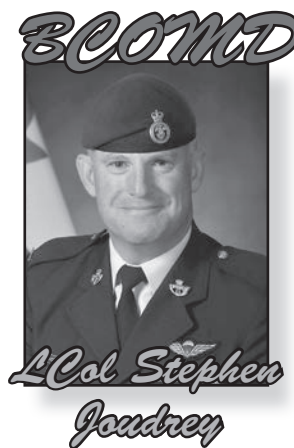
This was solely the result of a collaborative effort with the units, various organizations within the community (i.e. specific recreation clubs, MFRC, CFHA, the two chapels and the Shilo and Region Service Club), and the leadership of some junior leaders in all of the units across the Base.

We will be conducting a cheque presentation ceremony with the chair of the WestMan United Way committee towards the end of the month. Thank-you and well done to all of those who worked hard canvassing, organizing group events and contributing to the Shilo campaign.

I would also like to highlight another resounding success here in Shilo — Operation RED NOSE.

This was the second year of the community-based effort in planning, supporting and executing Operation RED NOSE. In a time when regulations governing such non-profit efforts are making it challenging for smaller communities to conduct this program, in Manitoba the Shilo program has been lauded as a resounding success.

The "numbers" for this year's program show that indeed, it was very successful.



I highlight the following as the key data from Shilo's program ending on New Year's Eve — 2013 stats are below, with the 2012 information following in parenthesis:

**Rides:** 206 (116)

**Donations:** \$1,600 (\$900)

**Volunteer positions required:** 148 (111)

**Number of volunteers:** 98 (42)

To the organizers and volunteers we owe a debt of gratitude and thanks as a community. The positive impact of your selfless efforts to provide others with a safe alternative to getting behind the wheel after they have been drinking is immeasurable.

I will say that the option to use Operation RED NOSE to take each of us home to the "PMQ Patch," Sprucewoods, Wawanesa, Carberry, Douglas or Brandon made events like Christmas parties, at homes, appreciation dinners, New Year's Eve, and others more enjoyable and safe.

While figures can always be used for measuring different effects, I have chosen to believe that these numbers demonstrate an increased understanding of the utility and value of this resource to avoid drunk driving.

The education of the community and the "marketing" of this program will continue to grow with each year. Our key partners in this effort included: Manitoba Safety Services — the provincial campaign lead, MLCC, MB Public Insurance and MTS.

To these organizations I also say, thank-you.

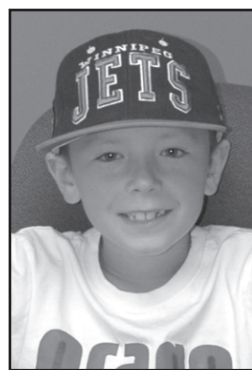
In closing, I want to send a big "shout out" and personal thank-you to Tyson Braund and William Greer.

They are champs. These two fine young men did a great job hand-delivering copies of the Stag and the CFB Shilo At A

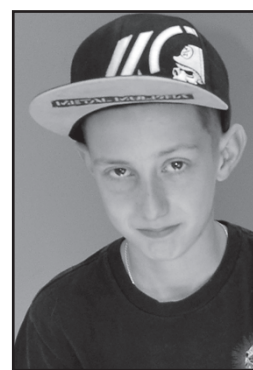
Glance publications to the "PMQ Patch." CFB Shilo is not the kindest of climates, but these two Stag

paperboys never complain and do their jobs with enthusiasm and smiles.

Their efforts throughout 2013 are just a couple of examples of how many people served to help make this community better.



TYSON  
BRAUND



WILLIAM  
GREER

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

**Brandon**

Safeway  
 Brandon Armoury  
 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



# Base Engineering garners hamper award

## MFRC Special

The Christmas hampers came in all shapes and sizes: from a Santa-sized sleigh; a life-sized display right out of The Grinch; a completely recyclable snowman full of gifts; and a tree built from shelves stocked with food.

During the 2013 festive season, so many units put a tremendous effort into the decoration and promotion during the annual Shilo Christmas hamper program.

There were 39 collection boxes located at 25 units on Base. In the end, we helped a minimum of 94 people in 19 families have a more bountiful Christmas.

We estimate the average hamper was 200 pounds of food, which meant 3,800 pounds of food was donated locally. Additional provisions were shared with Samaritan House in Brandon which assist families in and around the Shilo area year round.

If that's not amazing enough, the community pulled together to donate the perfect number of toys/gifts for children ages 17 and younger. Thirty-four boys and 22 girls received a gift through the hamper program toy drive at the MFRC.

A project of this magnitude really demonstrates the strong sense of community we enjoy at CFB Shilo. Your caring and generosity impacted so many with the blessings of a bountiful Christmas in 2013.

Meanwhile, a special thanks to 1RCHA A Bty B troop. They spent a morning retrieving hampers from



Renée Maillet of the MFRC sits in front of the winning hamper winners — for the second consecutive year Base Engineering's administrative department. On hand for the presentation were Padre Lee, Wendy Hamilton, Karen Simmons, Vera Tobin and Maj Reg Sharpe.

*Photo submitted*

They also raised funds through a pork pull meal held at Engineering Services. Monetary donations help us supplement our hampers with fresh goods and turkeys so that each family can enjoy a traditional Christmas dinner. Cash donations reached \$1,687.25.

We applaud the efforts of everyone who offered support to the 2013 Christmas Hamper drive. The chaplain team and the Shilo MFRC are here to support military families year round. Stay in touch by joining our Facebook community, or by checking our website [www.familyforce.ca](http://www.familyforce.ca).

all of the units. We were thrilled to have the manpower, and involve our CAF members in the team spirit this program entails. As they say "many hands make light work" and these guys went above and beyond.

This year, the MFRC asked for the community's support in selecting our Hamper Champs. After a Facebook vote on the Shilo MFRC page, people have spoken.

The honours go to — two years running — to the Base CE administration department. Their life-sized igloo overflowed with toys, food, and goodies; enough to fill two half tonne trucks.



## NEXT HOME GAMES



Jan. 17  
Swift Current 7:30 p.m.

Jan. 25  
Prince George 7:30 p.m.

Feb. 5  
Medicine Hat 7 p.m.

Feb. 7  
Swift Current 7:30 p.m.

Feb. 14  
Kootenay 7:30 p.m.



**For Tickets Call 726-3555 or Visit [Wheatkings.com](http://Wheatkings.com)**

# Policing stats show Base PMQs are safe to call home

With the advent of 2014, it seems appropriate to look back on 2013 and highlight some great successes of our community safety.

Shilo continues to be among Manitoba's safest communities in which to live, work, or play.

Statistics on community safety as it relates to policing can be derived from two sources. First reports the Military Police generate information for the National Uniformed Crime Report system, a standard set of codes used by all police to compare criminality across jurisdictions. Many statistics you see or hear in mass media typically come from the Uniformed Crime Report.

Secondly, the Military Police have used an online database for the collection of information for 14 years. Using this database offence types and dates can be searched, and compared with one another to observe trends.

Both of these report types show a decrease in all forms of criminality in our community.

Violent crime levels continue to be incredibly low, family violence is reported below the national average, and impaired driving has been very sharply reduced the past three years.

This past holiday season saw an increase in Operation Red Nose users by 80 per cent and many are making the great choice to take advantage of the free Shilo courtesy shuttle when it is not safe to drive.

Designated drivers, taxis, and walking when the weather allows remain

## CANADIAN MP The Military Police NOTEBOOK

great options for safe travel.

Minor property crime, generally the theft of property at a low value (under \$5,000) continues to be observed at a low rate but is problematic in some areas of the Base.

Remember to lock cars, houses, and personal lockers at work.

This very simple step will assist in the virtual elimination of simple property crime in Shilo.

Do not forget — locks are available at the front counter of the General Strange Hall (GSH) if you forget a lock at the gym.

Our community has also benefited from great social networks between residents. Many issues which could have demanded police intervention were solved informally, leading to better quality of life for many.

This willingness to discuss problems and seek solutions through means other than law enforcement is a characteristic many communities are envious of.

As mental health continues to be topical for both military members and civilians it is important we continue to keep a helpful eye on another.

We are looking forward to a safe 2014. To learn more about the Military Police follow us at [facebook.com/ShiloCommunityPolice](http://facebook.com/ShiloCommunityPolice) or swing by the Community Police Centre at 30 Quebec Cres.

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

## Plan to arrive safely. Weather or not.

### Use the 511 service to get updates on the condition of Manitoba's roads and highways.

Manitoba weather can change quickly, and so can road conditions.

Use the 511 service to get updates on road and highway conditions before you leave home this winter.

#### What is 511?

511 is a road information service operated by the Manitoba government.

You can access 511 by phone, mobile device or computer.

It provides you with information concerning:

- Road and highway conditions
- Roadwork
- Road closures

#### Always available and free-of-charge

Call 511 for road conditions. You can also find road information online at [MB511.ca](http://MB511.ca); mobile device users can use [manitoba.ca](http://manitoba.ca). Road closures are available on Twitter @MBGovRoads or by email subscription.

**NEVER USE 511 WHEN DRIVING.  
HAVE A PASSENGER MAKE THE CALL OR  
PULL OVER AND PARK BEFORE CALLING 511.**

**Manitoba** 





Presented by his son Maj Reg Sharpe, retired WO Reginald Sharpe cherishes the Dead Man's Penny his grandfather Pte Charles Sharp's family received after his death in Belgium during the First World War. Maj Sharpe received it from his second cousin Bonnie Champagne in Ottawa.

# War memorabilia allows retired Gunner to connect with Newfoundland soldier killed in First World War

**Jules Xavier**  
Shilo Stag

Having never met his grandfather, recently retired WO Reginald Sharpe became misty-eyed as he cradled a Dead Man's Penny from the First World War.

"I'm touched by my son's efforts to trace the family tree, and then share my grandfather's war artifacts," says Sharpe, who began his military career at CFB Shilo when he arrived here in 1976 following basic training at Cornwallis, NS. He joined J Bty with 3RCHA.

Sharpe was back on the Base via CFB Gaagetown visiting last fall when he received the family war heirlooms.

"This feels like a fairy tale that was 96 years in the making. It's quite emotional for me. As a little boy I was never able to meet my grandfather [Pte Charles Sharp] because he never returned home after the war, but now I have something tangible from that time which I can touch ... this humanizes him as a person as I hold these items. Holding this memorial plaque I never thought in my life I'd get this close to this ... you see them on eBay, but we never knew one existed in the family."

Even son Maj Reg Sharpe shed a few tears as he reflected on what his 22-year-old great-grandfather endured during the Great War when he was on the battlefield in Belgium 97 years ago.

"It was an emotional experience to set foot in any Commonwealth cemetery, but when you have a direct connection to yourself there ... you don't know what to say," recalls Maj Sharpe. "Looking over his grave, I was reflecting on what he must have gone through in that war."

The artifacts in question include the Dead Man's Penny, or memorial plaque, a signed bible bearing a solemn message Charles presented to his mother Margaret

before he left Newfoundland on June 16, 1916 on the steamship SS Sicilian to replenish the soldiers who had died in all the Sommes battles, and a British war medal.

These items were presented to Maj Sharpe by his Ottawa-based second cousin Bonnie Champagne, who received them from her mother Susan Whorral via her great-grandmother Mary Ellen Sharp — Charles' sister.

"Bonnie presented me with the bible and medals within minutes of our first meeting [last April]," recalls Maj Sharpe. "In her opinion, she said I was the blood relative and they belonged to our family. This was totally unexpected and truly appreciated."

He adds, "Something she said to me that still rings home is 'there are people that must be rolling over in their graves now. They tried to keep the two sides of the family unknown to each other, and we've brought them together ... after 96 years it's time.'"



**CHARLES SHARP**

The skeleton in the closet is the fact Pte Sharp left for the Great War without marrying his sweetheart, who was pregnant with Sharpe's father, aptly named Charles. Annie Hawkins of Stephenville Crossing would have been his wife when he returned home from the war. His son was born on Oct. 25, 1916. Having enlisted in St. John's on April 4, 1916, two months shy of his 21st birthday, the five-foot-eight Pte Sharp arrived in Southampton, England after crossing the Atlantic Ocean, so was not home for his son's birth. In fact, he would never set foot on Newfoundland soil again.

Pte Sharp was wounded twice after arriv-



Maj Reg Sharpe looks at the British war medal his great-grandfather Charles Sharp received following his death on Oct. 17, 1917 in Belgium.

*Photos by Jules Xavier*

ing in Rouen, France, after joining the First Battalion on Oct. 14, 1916 and fighting the Germans in the muddy trenches. His first battle wound occurred on Jan. 29, 1917. He then contracted the flu in Amiens on Feb. 17. After recovery from both his wound and illness, he returned to the Front and was wounded a second time during the Battle of Arras on April 11.

A third wound on Aug. 16 near Steenbeck would prove fatal.

The following day Pte Sharp was dead, his body strafed by machine-gun fire in the chest, and right arm and leg. He died in a casualty clearing station. He lost his life during the Battle of Langemarck — Aug. 16 to 18, 1917 — which was the second Allied general attack of the Third Battle of Ypres on the Western Front near the Steenbeck River. The British Empire's objective for the Battle of Ypres and use of soldiers from the Newfoundland Battalion in 1917 was to capture the Belgium coast. Annie Hawkins

would not learn about the death until a month later, and it was not from Pte Sharp's father.

"The letters and cards from Europe which had arrived with regularity, suddenly stopped arriving ... she feared the worst," says Maj Sharpe.

The widow would not see a penny of Sharp's military pay, with his father George writing letters to secure it. This caused a rift in the family, according to Maj Sharpe, which was never mended. When he was of age, Charles Hawkins took on his late father's last name, and added the 'e' to it. He would go on to have 16 of his own kids — with Sharpe the 13th born, and only child to have a military career that spanned 38 years in Canada's army as a Gunner.

See **FAMILY** page 7



# Family tree search uncovers soldier killed in battle

From Page 6

"I would ask my own dad [Charles] about his father, but he never really talked about him, even up to when he died in 1999," says Sharpe. "I did ask him before he died why there are two different spellings for Sharpe. He said my grandmother [Annie Hawkins] added the 'e' for being catholic. If you were protestant, then it was just the 'p'."

How did Champagne hook up with her second cousin? By chance she was also researching her family tree like Maj Sharpe. In a twist of fate, while Googling "Charles Sharp" the Nov. 8, 2012 edition of the Stag came up featuring a story on Maj Sharpe finding his great-grandfather's First World War grave near Poeperinghe, Belgium.

After his death on Aug. 17, 1917, the private with the Royal Newfoundland Regiment's 1st Battalion was interred in what is now the Dozinghem British Military Cemetery.

"I almost died," says Champagne of what her computer screen showed when the Stag's online edition came up. "Right beside me on the couch was the same



Retired WO Reginald Sharpe has added Pte Charles Sharp's long-lost war memorabilia to his own military shadow box following a 38-year CAF career as a Gunner.

photo I was now looking at on the [screen]. We always suspected [the photo] was Charles, but it is so nice to know for sure."

She added, "My mother was shocked to find out you [Maj Sharpe] existed considering she or the rest of our family never knew about Annie."

Champagne then contacted Maj Sharpe via e-mail and a meeting was set up when he was in Ottawa for work.

"No one was ever told that Charles had a son, so there was some skepticism associated with me claiming [in the Stag article] to be a great-grandson, which would have been impossible if he had not had children," says Maj Sharpe.

Confusing matters further was Champagne only had half of Charles Sharp's military service records, while Maj Sharpe had the full dossier of 41 pages.

"The online version Bonnie used during her genealogy search had been vetted to remove any reference to Annie Hawkins," he says.

Born in Hearts Delight, Charles Sharp was the son

of George and Margaret Sharp of Trinity Bay, Newfoundland. He is commemorated on page 112 of the Newfoundland Book of Remembrance.

It was this book which started Maj Sharpe's initial search for his great-grandfather after he obtained his military records in 2001. The files proved fruitful, and answered some of his unanswered questions put to other family members.

A photo of the man which hung on his grandfather's wall was Maj Sharpe's early exposure to a young soldier who left his "railroading" job to be part of the British Expeditionary Force (BEF) when the Great War was a few years old after it started on July 28, 1914.

The reason for this he would learn years later while researching his great-grandfather's legacy as a soldier who made the supreme sacrifice for King and Country. Until then all he knew from what he was told was Pte Sharp "just disappeared in a swamp."

Now the story is complete, with family members on both sides of the fence now cognizant that a relative long dead in a war to end all wars died from a hail of machine-gun fire.

While Pte Sharp rests in a Belgium cemetery alongside his comrades, the son he would never hold would go on to have a long life and raise a large family on the Rock.

Two cousins who never knew either existed, were brought together thanks to a common interest in tracing their family roots.



Retired warrant officer Reginald Sharpe shows off his grandfather's British war medal. Photos by Jules Xavier



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# Flu shot available to all military members

**Capt Keith Wilson**  
Special

H1N1 has received considerable attention in the media recently, with increased cases being reported across the country.

In Alberta in particular, almost 300 hospitalizations, 70 Intensive Care Unit admissions and nine deaths

have been attributed to H1N1. These numbers include people who are young and healthy.

Although there have been limited reported cases of H1N1 in Manitoba to date, the virus is easily spread and may reach Manitoba yet.

This year's flu vaccine is effective against the strain of H1N1 that is circulating across the country. Previous H1N1 vaccination is not sufficient to protect you. If you have already received the flu shot this year,

however, you do not need to get a new shot, it hasn't changed.

Influenza vaccination is available to all military members at the Shilo Base Clinic in the community health office room 1.048, every Wednesday from 1 to 3 p.m.

Drop-ins are also welcome at any time.

Civilian and family members can attend local doctor's offices, walk-in clinics, ACCESS clinics and local health clinics to get their flu shot. For more information, call Health Links at 1-888-315-9257 or Public Health Services at 204-578-2500.

Protect yourself now, get the flu shot.

For more information on the flu vaccine, visit [www.gov.mb.ca/health/flu/index.html](http://www.gov.mb.ca/health/flu/index.html)

Capt Keith Wilson is medical officer with A/B Surg Shilo



## In focus with Hugo

Sgt Hugo Girouard, who instructs at 3 Canadian Division Training Centre C Coy, shows off the 2014 Base calendar featuring his cover — a night visual of the German tank in a winter scene from 2013. If you would like a copy of the Base calendar drop by the Stag in CANEX, or visit the BComd LCol Stephen Joudrey. The colourful calendar is full of colourful photos taken at CFB Shilo in 2013, as well as a list of major events planned for 2014.

*Photo by Jules Xavier*



Prior to leaving for CFB Edmonton to compete in Ex Strong Contender, the Base ball hockey team honed their skills with a scrimmage game at the GSH. The Base team opened competition with two wins, and a draw.

*Photo Jules Xavier*



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Bodybuilder Cpl Blair Klassen (left) salutes during the 2013 Remembrance Day ceremony. Five-year-old Joey and seven-year-old Zeth (right) hold their dad's third-place trophy following Cpl Blair Klassen's first bodybuilding competition held in Brandon last September.

Photo by Jules Xavier/Bodybuilder photo submitted

# Sculpting the body requires dedication

**Jules Xavier**  
Shilo Stag

Training to be a bodybuilder for five different fitness federations has been a boon to Cpl Blair Klassen's military career.

"In 2010, I struggled with alcohol, drugs, and suicide ... it was not that I wanted to kill myself, but I was quite depressed," recalls Cpl Klassen. "My Canadian Armed Forces (CAF) 2PPCLI family sent me to a rehabilitation centre, then watched over and sometimes carried me for two years of sobriety."

"My brothers and sisters in arms continue to have my best interests at heart to a degree that cannot be measured. Everything I experienced at the battalion enabled me and sometimes forced me to always become better in every aspect of my life."

"This provided the most solid mental, emotional, and physical foundation, enabling me to overcome any task to a perfectionist's standard. I owe a lot of my success as a father, husband, friend, bodybuilder and business manager to the soldiers of CFB Shilo."

What turned Cpl Klassen's life around, besides the support of the military, was his interest in bodybuilding. He already enjoyed working out, but why not do more with the weight training.

At his first competition in late September in Brandon, the amateur finished third out of 10 competitors at the International Drug Free Athletics Federation (IDFA) Manitoba Classic.

"As an amateur, I'm proud of what I did in coming in third place," he says. "This was not easy, especially it being my first competition. Bodybuilding is grueling, and tough. I went without water [to drink] for three days prior to the competition."

What was it like standing on stage in front of the judges, plus 20 colleagues from CFB Shilo who arrived to cheer him on?

"I can tell you I was scared," he says. "It was not easy being up in front of that many people, plus having guys from the Base showing up to support me."

With his first competition in the books, Cpl Klassen is planning to compete again in the pro ranks in the spring of '14 if it can be worked out with his military job.

"It would not be easy if I was still with the regiment because of the work schedule, but since I OT'd to Base side, I can watch my diet, which is something you cannot do when you are out in the field. As a bodybuilder, you have to monitor your diet, so you are eating all the time. That's not easy when you are out on an exercise and eating [rations]."

Cpl Klassen is also sculpting his body without the use of steroids, which he knows are used based on hearing and seeing it done by guys looking to gain an edge when it comes to muscle mass.

But this mass is noticeable, especially in a short period of time, versus training with weights and having

the proper diet to build muscle.

"To be humble, I want to do this with no steroids, or drinking protein shakes. I want to improve on my lean mass for the next time," he says.

"My goal is to add another 10 to 15 pounds of lean mass, so instead of competing at 180 pounds as I did this time, I'd like to be up around 190 to 195."

Which means he'll be downing 5,000 to 6,000 calories a day. Don't expect a plate of Big Macs on his dinner plate. He eats his protein — not drinks it.

Moving on to the pro division because he finished top-five will mean he will be up against his own coach. Cpl Klassen, 28, has turned his life around because of his mentorship from personal trainer/dietician, and posing instructor Kevin Frost of Simply Fit Canada.

Competing in the IDFA, having Frost as coach has benefited him in changing his body. Wearing his work uniform you would not know he had a washboard stomach or thigh muscles that rippled when he was in his first pose down on the stage for the judges.

"During the next eight to 10 years I will give all of me into gaining the Mr. Pro Universe title," he says of his goals in bodybuilding, "then onto win the Arnold Classic."

Joining the CAF in 2008, Cpl Klassen left the battalion to change his trade from infantry to plumbing. But until an opening in the plumbing trade becomes available he's working out of Base headquarters as the assistant to the assistant for Base RSM CWO James Doppler. He credits CWO Doppler as the key to enabling him to pursue his life changing experience, especially when he's heavy into his training regime.

"Bodybuilding is not just lifting weights and doing your workouts," he says. "There is a lot you need to know about diet."

He added, "The people I work for [at headquarters] allowed me to work my training and diet into my work schedule. I can't thank them enough."

The father of three recalls why he left a lucrative job working the rigs in Alberta to serve his country.

"I wanted to do something my daughter would be proud of," he explains.

"It was good money, but I left that world because I did not want my daughter hearing from her friends that her dad was a 'rig pig'. That was hard on her [being teased]."

When it comes to his diet, Cpl Klassen is a fan of salmon and rice, but dislikes having to consume a boiled chicken breast.

"It's nasty ... like eating a rubber tire, but you have to do it a week before your competition," he says.

With Sapper Antoine Watts helping with his poses, Cpl Klassen is proudest of the sculpting he's done to his muscles in the legs, chest and back. In the weight room, he wants to add more muscle definition to his calves and shoulders.

"I have been enjoying this, but starting out you learn as you go, and there's always room for improvement for me," he says.

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

Jan. 17 Rush, Rated G  
Jan. 24 Cloudy With a Chance of Meatballs II, Rated G  
Jan. 31 Elysium, Rated 14A

Children aged 10 and younger require adult supervision at all times.  
All movies start at 6:30 p.m. Doors open at 6:15 p.m.

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

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## 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: \_\_\_\_\_

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Page #, ad: \_\_\_\_\_

Answer to skill-testing question:  
What ship did Pte Charles Sharp sail on leaving Newfoundland?

\_\_\_\_\_

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.



# WELCOME HOME



PHOTOS BY JULES XAIVER

There were plenty of hugs, kisses and tears as soldiers returned to CFB Shilo during the last two chaulks of 2013. After spending six months in Afghanistan in support of Operation ATTENTION, Shilo-based soldiers arrived home in time to celebrate Christmas with family and friends.





# Live healthy in 2014

**Maj Patrick Chabot**  
Special

Do you need help in order to achieve your resolutions?

As we have approached a new year, I am sure some of you have made resolutions about improving your health. I want to ensure that the Shilo military population are aware of how, at the 11 CF Health Services Centre, we can help you to achieve those goals.

I have asked the majority of my departments to contribute to help you achieve those goals by writing articles regarding the services they offer — for example, the senior preventive medicine technician, pharmacist, case manager, physiotherapist, community health nurse, social worker, just to name a few. I anticipate articles found in the Stag will provide useful information and will encourage Shilo officers and soldiers to take advantage of their Health Care Services Centre.

I ask that the Chains of Command's place the health of their subordinates as a priority. My Acting Base Surgeon, Capt Wilson, as well as I are available to answer any questions related to our services. We will continue throughout the year to put the well-being of our patients first.

We are currently working on different projects in order to improve our services. We are now sending mental health providers to some unit lines.

As the Commanding Officer (CO), I will ensure that my unit is providing what Shilo military personnel deserve: the best health care.

I encourage everyone who is entitled to use our services to take advantage of what we can offer. I wish everyone a healthy year and look forward to seeing you in our unit lines.

*Maj Patrick Chabot is CO with CFB Shilo's 11 Canadian Forces Health Services Centre*



The Base's trauma bay is ready in case a patient requires medical attention. *Photo submitted*

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Padre Neil - ext 3090  
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Padre Costen - ext 3381  
**Our Lady of Shilo  
Roman Catholic Chapel**  
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Wednesday 12:05 p.m.  
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## Man of many hats

# Greg Steele on target when it comes to firearm instruction in Manitoba

**Jillian Driessen**  
Shilo Stag

Greg Steele is a man who wears many hats.

Historian, instructor, and Papa are three of the many hats he dons. He can now add regional director of the Canadian Shooting Sports Association (CSSA) to his hat rack.

"We [CSSA] are a professional association and lobby group. We do two things. We provide information to regulators so they can make the best laws possible. We also provide information to our membership and citizens at large," says Steele of the association to which has actively pursued him as a director for several years.

"I see my role as being able to speak locally and put forward good news. I'd like to be able to share news of young shooters, of 15-year-olds competing at the national level."

The area which Steele is responsible for as a regional director is not necessarily marked on a map. He explains he is one of three CSSA directors in Manitoba and each director is active in their locale.

He considers Shilo to be "under his wing."

As a regional director, Steele will be able to offer more information and advice to local shooters and hunters seeking it — advice both on the provincial and national level.

"The beauty of being connected nation-wide is we can spread information much easier from coast to coast," he says.

Steele says the shooting sports have been recently invigorated with more and more people taking on various shooting hobbies. A difference he finds, from the last decade.

Ten years ago many were deterred from shooting sports by the changing legislation, however, with the dust settled, many individuals and families are returning to and taking up the sport.

"I had a grandfather sign up with three of his sons and five grandchildren. The shooting sports are not dying by any stretch of the imagination," he says.

"In each of the last five years, I've done more training than the year before. It's great. We don't have a lot of free weekends in the fall."

Steele has been bringing firearms and hunting safety courses to CFB Shilo for several years.

"We have had a terrific relationship with Shilo. The recreation co-ordinator has made space available," he offers. "Even before being in touch with Brette Olsen, we had a number of students come to Brandon from the Base."

"We have really enjoyed being able to come out and save people from driving to Brandon."

Steele offers several courses including hunter safety, Canadian firearms,

and restricted firearms and has never been busier.

Last year, Steele had 55 training days. He offers the majority of his courses on weekends to help accommodate most people's schedules.

As he approaches retirement from his full-time job, he may begin to offer classes throughout the week should there be an increase in demand.

To ensure numbers for courses, he likes to work with local recreation directors to schedule courses and locations — a method which keeps Steele connected and very busy.

Busy does not concern Steele.

He has a deep appreciation for shooting sports and hunting. Steele took his first hunter safety course 45 years ago and, as a memento, still keeps his first certificate.

In addition to instructing firearms courses, Steele is a dedicated and very active historian.

Since 1994, he has served as a model of "living history" visiting schools, fairs, public presentations, and even internships from Manitoba to British Columbia dressed in a period Northwest Mounted Police uniform.

In addition to an accurate costume and a wealth of knowledge about the Northwest Mounted Police, Steele has a significant display of weapons. Ranging from antique and rare finds to cannons, he offers it all in a 18-by-26 canvas tent and showcases this display any chance he can get.

"I've worked every Canada Day since July 1, 1994. We've done a historical display every year," he recalls.

Steele's display is not all serious, though. He offers a highly entertaining and enviable "Candy Mortar" which he claims is a great addition to any event or party.

"It won't be low cal, but it's always guilt-free," he chides.

Steele's vast knowledge of Canadian history spills over into his personal life as well. He has a keen interest in genealogy and adores tracking his family's history.

An astonishing family history including a great-grandfather who fought in the Spanish civil war and a grandfather who had part ownership in a gold-mine leaves Steele thirsty for more knowledge. His next project: to trace his family tree to famous Mountie Sam Steele.

In regards to his recent appointment, Steele's immediate goal is to share shooting sports with the public.

"I really want to push the good news stories," he says. "We have remarkable shooters coming along. At the end of every course I make an offer to all my students. I don't care if you are 82, which was my oldest student, or 12."

"If you have succeeded in something — you've shot that first deer, you've made it to a championship, or whatever your particular goal is — I would like to share that. Send me a picture or send me an e-mail."





### Cool riding!

Frigid temperatures hitting -52 C, with the wind chill factored in, and snowy roads have not deterred a few of the cycling enthusiasts on the Base. Dress warmly and proper tires allow for a comfortable ride to and from the office. Photo by Jules Xavier



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