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# Shilo Stag

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1RCHA A Bty BK Capt Matt Haynes works on his breathing after hitting the icy water during Ex FROSTY GUNNER. Capt Haynes and MCpl Beth Thompson (inset right) were among 20 soldiers who experienced the frigid waters at Aseissippi Ski Area and Resort during winter training. Besides the lake experience, participants also honed their mushing techniques with Bluesky Dogsledding Expeditions which had puppies (inset left) on site. For more on Ex FROSTY GUNNER, see page 10.

*Photos by Jules Xavier*



# EX FROSTY GUNNER



# SHILO COUNTRY CLUB

Early bird 2016 memberships must be paid in full NLT Jan. 31.

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# Zeke's Jewellers ensures customer satisfaction

## Certified diamond graders educate, offer great deals for military

**Sarah Francis**  
Shilo Stag

Maybe you're looking for a gift for your special someone, hoping they say, "I do!"

Or perhaps you want to spoil yourself, just because you can.

If you are, the fantastic staff at Zeke's Jewellers in Brandon can help you, while their military discounts can help your wallet.

This jewellery store is a member of Brandon Salutes, an organization which works toward promoting support for the military community. They also showcase various businesses which offer discounts and promotions for military personnel.

Store manager Laurie Gillespie has been working for the local company for 22 years. She was working in

**"[This is] to make them feel welcome and to help them out as best we can."**

**-Laurie Gillespie**

the cosmetic department in Shoppers Drug Mart when owner John Zeke asked her when she was planning on coming to work for him.

Both of them are certified diamond graders.

Gillespie said Zeke's Jewellers is proud to be able to offer discounts because it helps fuel the local economy.

"[Also] I love that the military out there is involved in certain organizations in Brandon. It's such a close neighbour," she told the Stag. "Sometimes these people are in Shilo for a short time. [This is] to make them feel welcome and to help them out as best we can. We admire what goes on out there for sure."

The store offers 25 per cent off diamonds, diamond jewellery and gold jewellery and 10 per cent off watches and giftware.

Zeke's Jewellers are also running separate promotions just for military personnel during the year — one which is a Valentine's Day promo.

"So for the last three days, the 11th, 12th and 13th, anyone that comes in with military ID can enter a contest," Gillespie explained. "Over those three days, the person that wins is going to have a choice of a men's or women's watch"

Zeke's Jewellers is a family-owned business

with stores, besides Brandon, in Neepawa and another in Saskatchewan.

The store and its staff pride themselves on being able to offer the best customer service.

One aspect of Zeke's Jewellers customer service is making sure you leave educated on the product you purchase, and feeling confident in that purchase.

"What we like to do here is make sure the customer who is buying, actually learns a little bit about the diamonds," she assured. "We make them look into the loupe and explain it. They're spending a lot of money, so I always [see] these young guys coming in and we give them as much help as we can."

Gillespie said it's important to spend 10 minutes providing information on diamonds and explaining the four Cs — carat, colour, cut and clarity.

They aim to make your experience as educational and streamlined as possible before making an investment in jewellery.

You can even bring in a photo and have them make a custom product for you just like the image.

"We really try to give a personal service," she said. "We pride ourselves on that."



Laurie Gillespie check on a diamond ring.

Photos by Sarah Francis



## Pet of the Week

### Oggy Doggy

This is Oggy Doggy, a nine-year-old Dachshund. According to owner Capt Lindsay Jackson, he is the boss of the house and keeps everyone in line. He thinks he is a big dog and you don't mess with his tennis ball or raw hide bone. Do you have a photo of your pet you'd like to share with our Stag readers? If so, e-mail it to us via [stag@mymts.net](mailto:stag@mymts.net)



  
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## Sigs promotions



BComd LCol John Cochrane looks on (above) as MCpl Ivan Faulkner received his promotion rank for his uniform from his wife during a ceremony held at 3 CDSG Sig Sqn Det Shilo. This promotion was followed by a surprise for WO Shaun Lumley (left) who did not know his MWO promotion was being bestowed on him during a meeting at his office.

Photos by Jules Xavier

# PSP vice-president carries MP badge with appointment

**Peter Mallett**  
Stag Special

An exemplary 35-year military career, with service in many Canadian Armed Forces (CAF) and United Nations operations, has earned Brigadier General (Ret) Peter Atkinson an honorary appointment.

The veteran, who currently works as vice-president Personnel Support Program (PSP) – CF Morale and Welfare Services (CFMWS), was appointed Honorary Colonel Commandant of Canadian Forces Military Police (CFMP) in July following approval from the Minister of National Defence.

The special job even comes with an MP badge and the iconic red beret.

"I've worn a black beret because I was an armoured guy; I wore a blue beret when I worked with the UN, and when I was promoted to colonel and later brigadier-general I wore a green beret. But now I get to put on the red beret," said Atkinson.

The position is more than ceremonial. He will provide vital mentorship to junior MP officers based on his vast and rich career history which was often intertwined with the Military Police.

"I got to see what they do and the positive impact they have on our operations," said Atkinson. "At every point in my career I ended up having interaction with the MP unit, more than most."

It was his deployment to UN operations in Cyprus, and military deploy-

ments to Bosnia and Afghanistan where he said he gained a wider understanding of the military police role in operations.

"I saw the military police doing different tasks from their job of domestic policing at home. They were involved in everything from security to detainment and POW operations."

This knowledge will help him enhance understanding between the front-line members and senior Canadian Forces Provost Marshal and the CAF leadership.

Since his role as PSP vice-president requires frequent trips to military bases across the country, he said these excursions also afford him the opportunity to meet MP units. During his visit to Victoria to meet with senior command staff and PSP two weeks ago, he took time to meet with local MP Unit Esquimalt staff.

"I can talk to those sailors, soldiers and air men and women about their areas of concern and challenges," said Atkinson. "I can see what they do first-hand and then take that back to Ottawa with me. Every time I come off a road trip I can say to the Provost Marshal here are the concerns of your young officers and the challenges they are facing."

He added, "I need to hear what the challenges are for each of our sections in the Canadian Armed Forces, whether it's the CFMWS or the CFMP, we need to do this in order to be successful."



**Peter Atkinson**

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**Submitting articles and photos for print:**

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



Follow the Shilo Stag on Facebook by visiting:

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



BComd LCol John Cochrane pins Cpl Rene Duke's Canadian Decoration (CD) on (above) during the CFB Shilo Christmas dinner held at L25. Also receiving their CDs were G1 Maj Ryan Sheppard (serving meals above right) and senior Base chaplain Maj Greg Costen (below).



Privates arriving at the Christmas dinner, Robert MacFarlane of BCE and Thomas Organ (right) of Base maintenance received their corporal stripes from BComd LCol John Cochrane.

Photos by Jules Xavier



The youngest soldier attending the dinner was Pte Lealand Muller, who wore BComd LCol John Cochrane's jacket while cutting the ceremonial turkey (right). Sgt Robert Young (above) received the COMD CJOC award for his work in Portage la Prairie during the July 2014 flood relief effort from LCol Cochrane.



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# Army Renewal

## An overview of the way forward for Canadian Army training

**Lynn Capuano**  
Stag Special

As part of the Canadian Army Renewal program, the Army Training Review is transforming the training system to ensure that it is sustainable, affordable and effective for the Army of Tomorrow. The Army Training Review was initiated in 2012 at a time when the Canadian Armed Forces (CAF) was winding down the war in Afghanistan and the Canadian government was working diligently to reduce the deficit.

"It was a transformational initiative and its intent was to develop a training construct that would maintain our great training system in the face of possible adjustments to our structure, and certainly adjustments to our resource envelope, whether that be money, ammunition or personnel," said MGen Jean-Marc Lanthier, Commander Canadian Army Doctrine and Training Centre (CADTC) Headquarters.

There are 10 renewal initiatives under the umbrella of the Army Training Review, some of which include:

- Greater emphasis on simulation and advanced learning tools;
- Stronger focus on maximizing the experience gained during collective training events;

• Increasing efficiencies by blending Regular and Reserve Forces in both individual and collective training;

• Institutionalization of key enablers (unique capabilities) such as chemical, biological, radioactive, nuclear and explosive (CBRNE) and intelligence, surveillance, target acquisition and reconnaissance (ISTAR);

• A different approach to the training of specialized skills.

The Army has been using simulation for decades to not only help reduce costs, but more importantly, to reduce risk and improve training.

The Army Training Review is making a conscious effort to leverage technology to the greatest extent possible to achieve the Army's vision of an affordable, sustainable and effective training system.

"We found we needed to leverage experience more," said Col Roger Cotton, Chief of Staff of the Army Training Authority, CADTC.

Detailed analysis revealed that there was a need to rely less on individual training and concentrate more on experience gained during collective training events, particularly through the use of Ex MAPLE RESOLVE, which is the Canadian Army's largest annual exercise.

In 2014, about 5,000 soldiers from Canada, the UK, and the United States took part in May at Garrison Wainwright.

A closer look at self-development training is underway.

"This type of training is a challenging one because you have to rely on the individuals picking up some aspects on their own through professional development reading and so on," said Col Cotton. "We've made great headway by integrating regular and primary reserve training in the areas of individual and collective training."

Blending individual and collective training within each large collective training event will meet many individual training requirements in one go, said Col Cotton. Not only will we have a variety of Army trades represented, but the CA regularly trains with its partners, such as the Royal Canadian Air Force (RCAF) and the Royal Canadian Navy (RCN), which could also use the training event to support their training demands.

"We must continually improve our ability to integrate the essential joint enablers that allow us to function as

a unified force when needed, as we have with CBRNE and ISTAR," he said.

"We learned many of these things from the Afghanistan days, others were not part of Afghanistan but they are key enablers that we need to reinforce in the army for

future success."

Management of specialized skills, some of which are Army-only and others which the Army manages on behalf of the RCN, RCAF or Joint environment, are a prime example of how the Defence Renewal Team is finding efficiencies while maintaining effectiveness.

"We classify these as high-cost, low-density. We need these skill sets but we don't need a lot of them and the courses are expensive to run," said Col Cotton.

High-cost, low-density examples include Forward Air Controller courses, Pathfinder skills and Arctic operations courses. "We're realizing some savings by running these courses every second year, while still meeting the requirement to maintain these certain number of qualified folks in that skill," he said.

To date, there have been several efficiencies gained through the Army Training Review, ranging from the redistribution of Functional Centres of Excellence and Training Authorities throughout CADTC; to efficiencies found in the management of training ammunition, resulting in considerable savings; to the cost-savings achieved through reduced residency on Individual Training courses. Under CADTC's leadership, this trend will continue as Army Training Review endeavours to ensure that the Army has an efficient and effective training system that ensures the Army is always ready to meet the challenges of the future.

**"We learned many of these things from the Afghanistan days, others were not part of Afghanistan but they are key enablers that we need to reinforce in the army for future success."**

**— Col Roger Cotton**

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

Jan. 29 Burnt Rated 14A  
Feb. 5 Spectre Rated PG  
Feb. 12 Pan (in GSH pool) Rated PG  
Feb. 19 Hyena Road Rated 14A

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## WARNING

## SHILO RANGES

Day and night firing will be carried out at the Shilo Ranges until further notice.

The range consists of DND controlled property lying approximately 32 kms SE from Brandon and N of the Assiniboine River in Townships 7, 8 and 9; Range 14 WPM, Townships 8, 9 and 10; Ranges 15 and 16 WPM and Townships 9 and 10; Range 17 WPM in the Province of Manitoba. If required, a detailed description of the Shilo property may be obtained from the Base Construction Engineering Office at Canadian Forces Base Shilo.

All boundaries, entry ways, roads and tracks into the Range are clearly marked and posted with signs indicating that there is to be NO TRESPASSING. Hunting is no longer permitted on the Shilo Ranges.

**STRAY AMMUNITION AND EXPLOSIVE OBJECTS**  
Bombs, grenades, shells, similar explosive objects, and their casings are a hazard to life and limb. Do not pick up or retain such objects as souvenirs. If you have found or have in your possession any object which you believe to be an explosive, notify your local police and arrangements will be made to dispose of it.

**No unauthorized person may enter this area and trespassing on the area is strictly prohibited.**

**BY ORDER**  
Deputy Minister  
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OTTAWA, CANADA  
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## AVERTISSEMENT

## POLYONES DE TIR DE SHILO

Des tirs de jour et de nuit seront effectués aux polygones de tir de Shilo jusqu'à nouvel ordre.

Les polygones de tir sont des terrains sous le contrôle du MDN situés à environ 32 km au sud-est de Brandon et au nord de la rivière Assiniboine dans les cantons 7, 8 et 9; polygone 14 OMP, cantons 8, 9 et 10; polygones 15 et 16 OMP et cantons 9 et 10; polygone 17 OMP, dans la Province du Manitoba. Au besoin, une description détaillée de la propriété de Shilo peut être obtenue du Bureau du génie construction de la Base des Forces canadiennes Shilo.

Toutes les limites, voies d'accès, routes et sentiers menant aux polygones sont clairement marqués et ornés d'écriteaux d'ACCÈS INTERDIT. La chasse est dorénavant interdite aux polygones de tir de Shilo.

**MUNITIONS ET EXPLOSIFS PERDUS**  
Les bombes, grenades, obus et autres engins explosifs similaires et leurs enveloppes peuvent causer des blessures ou entraîner la mort. Ne ramassez pas ces objets et ne les gardez pas comme souvenirs. Si vous avez trouvé ou si vous avez en votre possession un objet que vous croyez être un explosif, signalez-le à la police locale, qui prendra les mesures nécessaires pour l'éliminer.

**Aucune personne non autorisée ne peut entrer dans ce secteur où tout accès est strictement interdit.**

**Par ordre du**  
Sous-ministre  
Ministère de la Défense nationale

Ottawa, Canada  
17630-77



Prior to his departure last summer for Calgary, former BComd LCol Stephen Joudrey had an opportunity to fire the M777 during 1RCHA's family day.

Photos by Jules Xavier

# 2015 QUOTES

## Stag scribes share words from 24 editions

**Jules Xavier**  
Shilo Stag

With the advent of 2016, your award-winning Shilo Stag is back for another 24 editions.

Around since 1947, your Stag staff were kept busy in 2015. It was a year that featured another artillery reunion in the summer, with the Base's new campground finally put to use.

Besides the words you read, Stag staff also shared some of the thousands of photos which were captured on our Nikon cameras, from sports to military exercises. Plus just life on the Base which piqued our interest while out exploring in the different seasons CFB Shilo residents experience here on the Manitoba prairies.

Looking forward to a busy 52 weeks, we decided to look back on the past 52 weeks and pulled from our pages memorable quotes, plus a few of our favourite photo images.

• • •

"Aside from providing another avenue for soldiers in 1RCHA to test their fitness, it highlights another area of physical training and an important one for gunners. In my opinion, being strong is very much a prerequisite for being in the artillery, in order to continuously load a 97-pound projectile, manhandle a 10,000-pound howitzer or even if you're in a FOO party carrying 80 pounds of kit you need a strong posterior chain to prevent injury and optimize performance, especially in austere conditions. Too often I see people on the elliptical machine or recumbent bike during PT. Those exercises are fine if you like boring and ineffective workouts that get you nowhere, but it doesn't really assist you in dealing with the harsh conditions on the battlefield."

— **1RCHA A Bty BC Maj Joe O'Donnell regarding Ex HEAVY LOADER**

"Approximately half of all funding to our CFB Shilo Base Fund come from CANEX/SISIP contributions. These contributions are possible only due to the patronage of our Shilo CAF members and their families who purchase goods and services from CANEX and SISIP."

— **CANEX manager Rick Kehler on presenting a cheque for \$116,288 to BComd LCol Stephen Joudrey**

"The circumstances of the individual's death have absolutely no bearing on the information on the gravestone. Families can elect to have a badge inscribed on the gravestone, in which case the cross is placed in a lower position. If the soldier's gravestone has no regimental or service badge engraved upon it, the cross is placed in the top position."

— **Former RCA Museum director Marc George explains the process of engraving on military grave markers**

"Sure, I was in shock ... I was still chewing on some

salad when I got to the front. I just remember the Base Commander asking me if I was eating salad once I got to the front. I was humbled by this recognition. It's a privilege to serve, and I was told everyone was in agreement when they were deciding on the recipient. You work hard because that is what you are supposed to do as a serving member. But it was not just my work, but other things I do as part of this community."

— **Cpl Carmen Pietracupa on her surreal feeling after being named Soldier of the Year**

"When we were discussing our respective training in winter I mentioned there was nothing related to being in water. We learn how to build shelters, and light a fire, but what do we do if we were to fall through the ice while out on a winter exercise? What should we do [to survive]?"

— **1RCHA A Bty OC Maj Joe O'Donnell on his idea for winter training for his artillery soldiers during Ex FROSTY GUNNER**

"This is a cool teaching environment for me. I'd have to say this is among my top-five lecture sessions I've been at. And here I am, standing on a piece of plywood covering where you'll be jumping in later on."

— **Dr. Gordon Giesbrecht, or Dr. Popsicle, on teaching 1RCHA A Bty soldiers how to survive hypothermia during Ex FROSTY GUNNER**

"Places like CANEX have to change, so bringing in E-commerce has allowed us to do more because shopping online [via www.CANEX.ca] is something people do more of today. My vision is to have CANEX be Canada's military store."

— **Commodore Mark Watson, the Director General Morale and Welfare Services, addressed PSP staff on his vision of the CF One card and CANEX**

"The biggest challenge the SCC faces is a lack of community input on what they'd like to see to make the CFB Shilo experience even better. Council members would love to receive your input on events such as Canada Day, potential barbecues, additions to currently planned events as well as community facilities."

— **Lt Brechin Piper, Shilo's mayor, seeks input from the Base community on a range of issues, including what to do with the existing skateboard park north of CANEX**

"The purpose of this training was to provide a

unique and rewarding opportunity for soldiers to challenge themselves both mentally and physically. SEALFIT's motto is 'Forging Mental Toughness' and there were quite a few members of 1RCHA who were interested in testing their mettle in this unique '20X' challenge."

— **1RCHA A Bty OC Maj Joe O'Donnell on artillery soldiers taking part in SEALFIT training**

"My son Ryon uses the skatepark (sic) as soon as it's open every year. He practically lives there, and we always know where to find him. He was very upset to hear that it may no longer be there. The skatepark (sic) is a safe place for him to hang out with his friends

instead of them skateboarding in parking lots like CANEX, where they get in trouble for it, or on the streets, where drivers get upset."

— **Kathy MacLean-Sloat addressed a Shilo town hall meeting regarding the future of the Base's skateboard park**

"There are 84 people on the waiting list for a plot, but only 20 plots, so what do we do? We can contract it out and add another 20 plots, or we can spend some money on supplies, then have a fun weekend where people interested in the community garden can come out and build more plots."

— **CFB Shilo mayor Lt Brechin Piper on expanding the Base's community garden**

"My strength is that I know where to aim at 3-D targets. My weakness, which I'm working on, is my follow through. I have to keep my arm up for at least three seconds after the release. If not, my arrow goes where it wants to go."

— **Teen archery competitor Naythton Fleet on getting better with his involvement in the Shilo Archery Club**

"CANEX revenues are returned back to military communities. It is a large chunk of non-public funds for various programs. It is a large chunk of what makes up Shilo's Base Fund."

— **CANEX manager Rick Kehler on cutting a cheque he presented to the Base Commander**

"No tracking is easy. You have to take it slow. Tracking requires patience. Look at everything around you ... look for disturbances in nature such as a spiderweb. If the web is not disturbed, then the person did not go that way."



Shilo MFRC's mud day is enjoyed annually with kids and adults alike going home covered in mud from head to toe.

# 2PPCLI CO reflects on his two-year stint at Shilo

From page 6

— *Human tracking expert Terry Grant who starred on the reality show Mantracker participated in 1RCHA's Ex TRACKING GUNNER*

"Ultimately, we're looking for behavioural change in the short-term, which will lead to culture change in the long-term. It will take months and years, it won't be happening overnight."

— *MGen Chris Whitecross engaged soldiers on the action plan during a visit to CFB Shilo*

"I think with any subject you reach a point where you understand — where you've reached the limit of what you can learn by reading about it. You've reached the point where if you want to know more about it you have to do it. That is in essence why I joined the military."

— *Former RCA Museum director Marc George said war stories fascinated him and led to a career as an artillery soldier*

"The trackers definitely used the expert advice provided to them by [Terry] Grant. The tool that was best used was profiling their prey. The trackers knew how soldiers would naturally react to being hunted down. As such, they used this knowledge to get a step ahead of them and [were] able to predict possible routes that they would take to get to the end point."

— *1RCHA's Capt Matthew Delvo on honing his tracking skills during Ex TRACKING GUNNER*

"I was extremely honoured and excited to be informed I was taking command of 2PPCLI. As a young subaltern, I could not have imagined being selected as the CO of a PPCLI battalion. I know that the lineage of COs in 2VP is filled with extremely talented and professional officers ... I have much to live up to as I assume this hallowed post."

— *LCol Wayne Niven on his appointment replacing LCol Bob Ritchie as CO with 2PPCLI*

"I think there's a reason why we have two ears and one mouth. It's probably a lot harder to listen. But I've always been amazed that if you're just willing to listen, at what people will say, if you just keep your mouth shut long enough."

— *New Base padre Capt Troy Dennis on being a good listener*

"I have two main objectives: One ... Support LCol [Wayne] Niven in preparing the Battalion to become operationally ready for any potential Battle group tasks as part of TF 1-16. Two ... to reinstall the 'pay it forward' effect in regard to development of our senior and junior NCOs. It's not how effective [we] within the Infantry Corps can operate now. It's how effective we operate one, two, five years from now in whatever operation the Canadian government requires us to conduct."

— *CWO James Smith told the Stag his objectives as the new 2PPCLI RSM*

"I'm a soldier that likes to have fun during the process. However, I'm a firm believer in the old adage: Mission first, Men next and then Self. Away from the job it's definitely family first, then friends, as these two are the glue that ensures I can do my job. At times they suffer just as much as the self does in the achievement of the mission."

— *BRSM CWO Don Askeland described his personality when it comes to soldiering*

"Tactically astute, agile and resilient, the soldiers of 2PPCLI should take great pride in their esteemed operational record, recently cemented with their expeditionary deployment on the final mission to Afghanistan in 2013-14."

— *Outgoing 2PPCLI CO LCol Bob Ritchie on the soldiers under his command during his two-year stint at CFB Shilo*

"The housing was constructed between the late 1940s and early 1960s. The majority of it being in the '40s and '50s. We've done renovations over the years, but this is the biggest single investment we've had in our houses."

— *Shilo's Canadian Forces Housing Authority (CFHA) manager Jodi Laba on DND allocating \$15.2-million to this Base, with \$8-million going towards building 24 new Residential Housing Units (RHUs)*

"You could count on two things with absolute certainty. First, Peter and 'the gang' of KVA and various regimental associations' members would always be at events on the Base or around Westman with smiles on their faces and proudly wearing their medals. Peter brightened every event that he ever attended. Second, you knew he would be perched next to 'the chow line' telling war stories. He never



CFB Shilo hosted the Prairie regional ball hockey tournament at Gunner Arena last summer. The team coached by Danny Hamilton went on to garner gold and qualify for another trip to nationals in Ontario.

.Photos by Jules Xavier

*adventure aboard his horse*

"If I like to be known as one person — I looked after the troops and I was very respectful to everybody. That's how I roll. Taking care of the troops is a privilege, it's not a right. It's a privilege to look after soldiers. In the artillery it's even [more] special."

— *Colourful Jerry Jackson spoke with the Stag's Sarah Francis during the RCA reunion about his military career*

"No shame in losing to that team. We had 13 guys to their 20. They are a skilled young and fast team. [We] tried our best to shut them down somehow, but couldn't. They'll do well at the nationals."

— *17 Wing player Dan Souka following his team's 4-0 loss to CFB Shilo in the Prairie region ball hockey championship game held at Gunner Arena*

"Over the last 10 or 15 years I would say this golf course has really taken leaps and bounds with the appeal and the conditions and the popularity of the place. We've picked up a lot of the big corporation tournaments from Brandon. We're getting a lot of leagues and we're getting a lot of play outside of the military. It was fitting that eventually we would have to make improvements."

— *Shilo Country Club CPGA professional Dave Scinocca on the opening of the new pro shop and improved customer service*

"I firmly believe in communication and collaboration; no one person has all the answers and there is no monopoly on good ideas. If there is a better way to accomplish something, I want to hear about it. There are a great number of experienced people on this Base and I believe in trusting their experience and judgement to permit them to complete their assigned tasks and responsibilities."

— *New BComd LCol John Cochrane on his approach/style when it comes to running the Base*

"I always believed that I have been blessed to have spent most of my career in an infantry battalion, or in a training school ... in the field, and on operations. I came to Base Shilo with what I thought was an understanding of what its leaders, managers, supervisors, soldiers and civilians were expected to do in provid-

ing support to other units so that they could carry out their tasks. Over these two years, I have come to realize that I did not truly appreciate what the civilian and military members of CFB Shilo do in order to ensure that the units they support have what they need to do 'their business.'"

— *Outgoing BComd LCol Stephen Joudrey addressed the audience during his Change of Command (CoC) parade held at L25*

"Like many [Second World War] veterans, Grant did not talk much about his war experiences. But he did mention that he fought in the Rimini area, in Italy, which would likely have put him fighting against the German 'Gothic Line' and certainly against the German 'Rimini Line.'"

— *Widow Patricia Wagner on her late husband Grant during the Second World War while visiting the Base to donate photographs to the RCA Museum*

"My personal goal was to play the course better ... to come out and actually win the gold ... that's a dream. That's an amazing thing to experience. Because I can only control my game, that was my mentality this time. I can control what I do, I can't control what anyone else is doing."

— *Capt Suzi McBride won the Canadian Armed Forces (CAF) national golf tournament held at the Shilo Country Club with a three-day total 265*



1RCHA soldiers tested their mettle as part of Ex SEALFIT last spring.

CFB Shilo Fire Chief Dennis Hurley looks on as his firefighters and paramedics participate in a mock exercise where soldiers were injured during grenade training.

Photo by Jules Xavier

## 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:

What is the principle of cold water immersion used by 1RCHA?

Cut out your entry form and fax it to 204-765-3814, or scan it and e-mail to [stag@mymts.net](mailto: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.



# New RHUs built on serviced lots

From page 7

"The same way the Canadian [Armed] Forces wants to be representative of the entire Canadian population. We want to have a chaplaincy representative of that religious diversity."

— CAF's Chaplain General BGen John Fletcher visited CFB Shilo

"There has to be a balance between speed and endurance when you are a runner. You have to know this balance when you are racing, therefore, there must be an emphasis on this in your workouts."

— 2PPCLI's Lt Eric Henderson won Ex MOUNTAIN MAN in the fall and established a new record, eclipsing the previous one by three minutes when he crossed the finish line in four hours, 35 minutes, 38 seconds

"The producers of Hyena Road generously donated \$500 and the Shilo and Region Service Club added to that, to generously cover the cost of the foods, which was over \$1,200. The event would not have been possible without the support of the Shilo and Region Service Club. Their volunteers put in many hours to prepare for the event, cook during the event, and clean afterwards. They foster a sense of community spirit that is a credit to CFB Shilo."

— Base Public Funds Accounting Officer Lt Keith Au on the support for the United Way campaign's pancake kick-off breakfast

"The cadet program in Shilo started as a satellite troop three years ago from 2520 RCACC in Brandon. With continuous growth and support from the community and our sponsoring regiment 1RCHA, we have proven to be a viable cadet program and are ready to function on our own with our own identity, 1 Royal Canadian Horse Artillery army cadets."

— Capt Rob Lussier, CO of the 1RCHA cadets, on the growth of the Shilo army cadet program

"He said that's a testament to the accuracy of the film. Noting, although you can't please everyone, the movie is as accurate as possible. We went to enormous lengths to make sure everything in there is for real. No call signs or anything that doesn't actually roughly happen. Or at least I could point to someone from the CAF who gave me advice on it."

— Actor/director Paul Gross on the accuracy of his film *Hyena Road*, which was shot in Jordan as well as at CFB Shilo

"He's a great scene partner ... like me, he's done a lot of theatre. We speak the same language. As a director he cares about facilitating our art. He provides us with an arena where we are able to put in a performance. He had a great understanding of allowing us to perform. It's not always about the technical parts of the film because Paul cares about the actor being able to draw on their emotions if the scene calls for it."

— Actress Christine Horne on working with Paul Gross on *Hyena Road* playing the role of Capt Jennifer Bowman

"It's infill where houses had been demolished previously. The lots were already sitting there and the infrastructure under the road was ready. It made sense to do those there where they can be tied into the water and sewer quickly."

— CFB Shilo's Canadian Forces Housing Agency (CFHA) manager Jodi Laba said new RHUs are being built where infrastructure already exists for a home

"It's an honour of course to be recognized for one's involvement in sports, both as an athlete and coach. I played hard, and I had good athletes when I was coaching, so success came as a team effort."

— CFB Shilo's sports co-ordinator Danny Hamilton was inducted into the Ontario-based Quinte West Sports Hall of Fame

"As our task was close to completion, we heard a beeping tone we had not yet heard. The instructor looked us then said to me 'Your air tank is almost empty, you have to leave.' I turned, grabbed the mannequin and exited the building. Once outside the instructor came up to me and said that an air tank under normal breathing conditions usually lasts for 30 minutes. I guess one could say I was a little excited and was breathing a little faster than normal as I ran out of air in less than 15 minutes."

— BRSM CWO Don Askeland commented on experience participating in the annual Fire Ops 101 conducted by the Base fire department

"I say every day is a new learning experience. There is always something new I find that in any job you do. You can be in a job for two or three years, but you're always learning something. I enjoy that, because otherwise, what are you doing if you're not learning."

— Maj Craig Ethelston says working as the COS has given him a better understanding of the intricacies of how different units function

"The guys found it enjoyable, specifically because A Bty will be doing a lot with 3PPCLI [out of Garrison Edmonton] as part of Task Force NEMESIS and our road to high readiness. A Bty delivered the 'Gunner guarantee' once again."

— 1RCHA A Bty BC Maj Joe O'Donnell discussed what his soldiers thought about their training during Ex CHINOOK GUNNER

# SHROVE TUESDAY PANCAKE LUNCH

Come celebrate the beginning of Lent

**TUESDAY February 9<sup>th</sup>, 2016**

**At the Faith Centre, Bldg. T-119**

**Time: 1130 — 1300hrs**

**COST: \$5/ Person or \$15 for Family 4+  
(Children 5 and under free)**

**Net proceeds for the  
Chaplain Services Fund**





### GSH Bowling Alley

Open bowling for all ages  
Wednesday 6 to 8 p.m.  
Saturday 2 to 4 p.m.

Adult: **\$2.50** per game  
Youth: **\$2.25** per game  
Child: **\$2** per game  
Shoe rental: **75 cents**

Prices subject to tax

Ask about Glow bowling birthday parties!

For more info call the community recreation office at **204-765-3000** ext **3317** or **3588**



2PPCLI soldiers participated in a DFIT class Monday morning at the GSH.

## New and improved DFIT.ca: Take your training to the next level Now available to families, military veterans

**Pascale Lalonde**  
Stag Special

Since October 2012, DFIT.ca provides online operational fitness training plans and guidance to more than 28,000 registered Canadian Armed Forces (CAF) members, both Regular Force and Reserve.

Now in its third year, this unique tool launched by Personnel Support Programs (PSP) has been improved and updated, making the site more responsive to mobile devices, introducing more intuitive website design, and ensuring faster response times.

The DFIT.ca mobile web platform now offers customizable fitness training plans, video demonstrations of hundreds of exercises, tips for injury prevention, nutritional information, and online training journals.

DFIT.ca also features an online forum moderated by PSP Fitness professionals who can provide helpful training advice and feedback.

With the aim of expanding its audience of users beyond serving military personnel, DFIT.ca for Families

is a new online resource featuring general fitness and a more family-friendly, total lifestyle approach to active living.

Special features include parenting tips focused on active living, online personal trainers, program discounts and coupons, diet and weight loss guides, and much more.

Using their <https://www.cfmws.com/en/OurServices/CFOne/Pages/default.aspx> CFOne card number, military family members, veterans and their families can access this new, valuable DFIT.ca module available for free until January 2017.

Access to DFIT.ca is also available to all other categories of CFOne members such as NPF employees, DND public servants, RCMP officers, pensioners, and their families on a paid subscription basis.

To celebrate the new and improved DFIT.ca, a series of events will be held at CAF Bases and Wings across the country the week of Jan. 25.

Visit [www.DFIT.ca](http://www.DFIT.ca) to register, or connect with your PSP team at the GSH for more information.

Pascale Lalonde is with Canadian Forces Morale and Welfare Services

## CAF honour athletes, coaches Award ceremony held in Ottawa recognizes Hall of Fame inductees

**Danny Hamilton**  
Stag Special

Ottawa played host to the 27th annual Canadian Armed Forces (CAF) sports award ceremony.

The following are the 2015 CAF sports award winners in their respective athletic pursuits:

- Female athlete of the year — Taekwondo — OS Yvette York from HMCS York. In 2014, she earned a silver medal at the PanAm Games, and a gold medal at the Turkish Open.

- Male athlete of the year — Triathlon — Maj Martin Lamontagne-Lacasse from Garrison Saint Jean. He placed first at the Gatineau Triathlon with a time of 1:59.39, the fastest time recorded in the CAF for two consecutive years.

- Coach of the year — PO2 Craig Wells from Formation Halifax. Earning the Atlantic region title in three sports (men's, oldtimer's hockey and ball hockey) his teams went on to win one title, garnering gold at the CAF nationals for oldtimer's hockey, and two bronze finishes.

- Official of the year — Cpl Andy Social from Edmonton Garrison. Recipient of rookie of the year honours by the Edmonton Fastball Association, who also refereed more than 300 fights for the Combative Sports Association.

- Team of the Year — 14 Wing Greenwood men's

slo-pitch team — This team has won four of the past seven Atlantic regional championships, and placed first at the 2014 CAF national slo-pitch championship.

- CAF Hall of Fame — Golf — CWO Tony Stuckless has represented the CAF at nine various CISM golf championships and reached the podium 11 times to earn two gold, six silver and three bronze in team and individual competitions.

- CAF honour roll featured two athletes — Capt Khaled Seweify is rated in civilian national top-10 in squash for 11 consecutive years and is a five-time CAF national squash champion; MWO Mario Gervais is a two-time CAF national master's badminton champion. He also achieved the status of finalist or team champion in CAF badminton events for 10 years straight.

- Dedication to CAF sports award featured a coach, trainer and team manager — Sgt (Ret) George Mooney was head coach for the CAF's CISM basketball team in 25 international level events which include four Military World Games; LCdr Antonio Zezza was team manager for the CAF's CISM swim team and CAF lifesaving team for 10 years; WO David Oakie was trainer at the 2010 Winter Olympics and has attended 24 CISM championships in various sports as a trainer.

For more info on the awards ceremony visit [www.cafsportsawardsceremony.ca](http://www.cafsportsawardsceremony.ca) and click "2015 awards winners."

[www.rcamuseum.com](http://www.rcamuseum.com)  
Call 204-765-3000 extension 3570  
**CFB SHILO**  
EXPERIENCE HISTORY WITH A BANG!  
**THE RCA MUSEUM**  
CANADA'S NATIONAL ARTILLERY MUSEUM

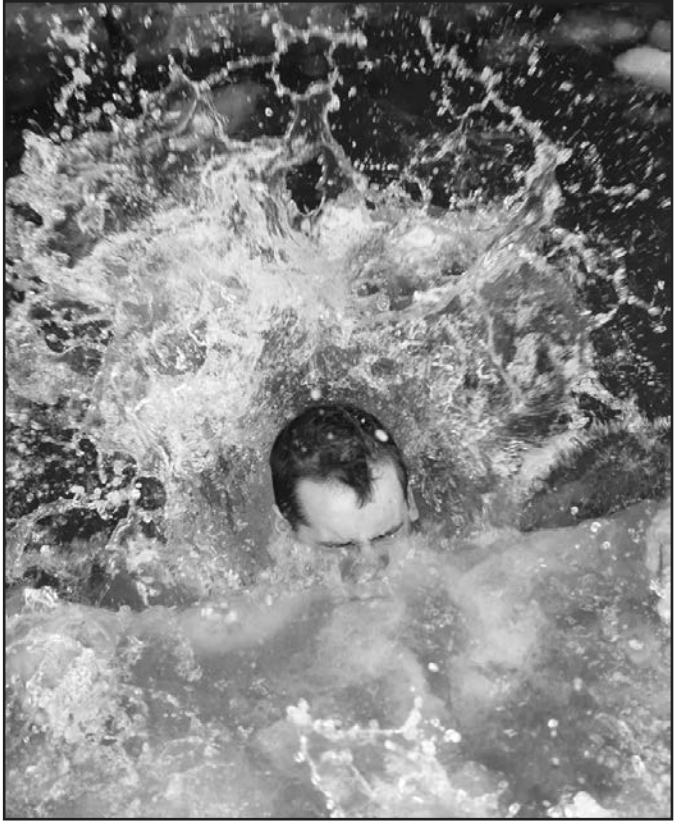
**NEXT HOME GAME:**  
Feb. 5 @ 7:30 pm  
Feb. 6 @ 7:30 pm  
Feb. 9 @ 7 p.m.  
Feb. 12 @ 7:30 pm  
Feb. 17 @ 7 pm

**WHEAT Kings**  
vs Prince George  
vs Medicine Hat  
vs Prince Albert  
vs Saskatoon  
vs Kootenay  
**#GOLDRUSH**

**Shilo Stag**  
Your source for Army News in Manitoba

**We want you on our team**

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



Bdr Evan Robichaud could only laugh after he returned to the surface during his frigid lake jump as part of 1RCHA A Bty's Ex FROSTY GUNNER.

Photos by Jules Xavier

# WINTER TRAINING FOR SOLDIERS ENHANCED DURING EX FROSTY GUNNER

**Jules Xavier**  
Shilo Stag

WO Richard Beatty — 1RCHA A Bty's BQMS — found his niche when it comes to escaping a watery plunge in the lake during Ex FROSTY GUNNER.

Instead of being immersed in frigid waters, the veteran soldier augured holes so he could ice fish and hook a few walleye which he planned serve to hungry soldiers versus another IMP. Nearby he watches as two A Bty Gunners, Marc-Antoine Vivier and Philippe Zannoni, take their inaugural jump into a square that was cut in the ice the previous day.

With apprehensive looks on their faces, and harnesses attached to their bodies so there's no danger of them being lost under the ice, both leap into the water following a 10-count led by A Bty BC Maj Joe O'Donnell.

WO Beatty looks on with a wry smile, and dry CADPAT as he moves between his fishing holes. Jiggling the line, he can only shake his head as the perch, pike and walleye below ignore his bait.

Gnrs Zannoni and Vivier, meanwhile, tread water, holding on to the side of the thick ice while also ensuring their weapons do not sink to the bottom of the lake. Composing themselves first, they learn to control their breathing despite being shocked by the frigid water. Prior to the immersion, Maj O'Donnell briefed all participants on what they could expect, and what to do in case they were to fall into open water while out on a winter patrol.

A winter swim is part of honing winter survival skills when you participate in Ex FROSTY GUNNER. Soldiers also learned to make shelters, snare for food, and light fires using a flint and material they find in the forest at Asessippi Ski Area and Resort.

Ex FROSTY GUNNER was the brainchild of Maj O'Donnell, who had discussions with his brother at Garrison Petawawa's 2RCHA about winter warfare training.

"When we were discussing our respective training in winter I mentioned there was nothing related to being in water," he recalled. "We learn how to build shelters, and light a fire, but what do we do if we were to fall through the ice while out on a winter exercise?"

What should we do [to survive]?"

He then visited *YouTube* online and discovered an array of videos featuring Dr. Gordon Giesbrecht, who studies human responses to exercise/work in extreme environments.

"He has conducted hundreds of cold water immersion studies that have provided life-saving information about physiology and pre-hospital care for human hypothermia," he said.

So last winter, Dr Giesbrecht was invited out and provided an in-depth look at winter survival to more than 80 soldiers so they would be equipped to survive if they happened to fall into a frigid lake.

Dubbed Professor Popsicle, Maj O'Donnell said having Dr. Giesbrecht share his expertise during last year's winter exercise was educational for everyone in attendance, including those who volunteered to take a swim.

"Besides the theory portion in the field, we also wanted to offer a practical portion, so we set up the tent [for the lecture] and cut a hole in the ice in the training

area to ensure soldiers are trained to extract themselves — or someone else — if they fall through a frozen body of water."

When it comes to hypothermia, Dr. Giesbrecht is the consummate expert on the subject.

"Whether it's 10 minutes or less or half an hour," Dr. Giesbrecht told soldiers last year. "It requires a lot of energy to cool us off. We have mechanisms to fight hypothermia, like shivering. Shivering is good ... you are generating heat, and it's not a sign of hypothermia. It's a sign of cold stress."

With our core temperature around 37 C, this is vital to keep a soldier's heart, lungs and brain functioning properly. Medical problems can start after being immersed in frigid environments after 30 minutes.

While it will be uncomfortable initially when you fall into a frigid body of water, Maj O'Donnell during his briefing for this year's lake immersion volunteers advised if you can survive that first minute then your chance for survival increases, especially if you have learned the kick and pull rescue technique.

He demonstrated that it's imperative soldiers first must control their breathing, then slowly kick your legs in the water, as though about to swim, extend the arms out on the ice surface and gradually pull yourself out, continually kicking. Once out, roll away from where the open water is located.

Citing the one-10-one principle of cold water immersion, Maj O'Donnell shared Dr. Giesbrecht's advice: If you fall into frigid water, whether out walking on a river with the dog, or while crossing a lake on a snow machine, do not panic in that first minute.

"Get your breathing under control first," he said. "For the next 10 minutes, you still have meaningful movement to help save yourself."

Following the one-minute and 10-minute marks, the next one hour is when hypothermia can set in, and life-saving becomes critical.

"Just don't panic ... it's when you panic that you make bad decisions," he said.

Like he did in 2015, Maj O'Donnell did a second water immersion jump, this time joined by his BK (Battery Captain) Capt Matt Haynes, who was not smiling after he surfaced from his dunking.

The first woman to experience the water immersion was 1RCHA HQ clerk MCpl Beth Thompson, who warned there might be a few expletives from her mouth when she hit the frigid water. She was joined by Bdr Evan Robichaud, who actually submerged his body from head to toe, while MCpl Thompson managed to stay dry from her shoulders up.

Capt Jon Lee and Bdr Kimberley Urquhart also found themselves underwater when they jumped, and were breathing heavy after resurfacing. Capt Lee's experience jumping was captured on the GoPro he wore on his headgear.

Once the water immersion portion of the training exercise was completed, soldiers then moved on to the park where they were given a chance to learn about mushing techniques with Bluesky Dogsledding Expeditions. While Tony, a former Alberta rodeo cowboy, was able to hook a few walleye using live bait, WO Beatty's planned fish fry did not happen because his lines were ignored by the fish below.

Meanwhile, 1RCHA medical officer Capt Peter Dickinson looked on from the sidelines. With an injury-free outing, he was able to enjoy a day away from the Base hospital and take in the winter surroundings while his soldiers trained.

You can see the 1RCHA A Bty video of Ex FROSTY GUNNER done by Maj O'Donnell's media team on the 1RCHA Facebook page.

## Walleye for lunch?

During 1RCHAA Bty's Ex FROSTY GUNNER, BQMS WO Richard Beatty avoided taking a swim in the frozen lake at Aseissippi Ski Area and Resort by teaching ice fishing skills. It was a civilian on the lake who had all the luck, so WO Beatty offered to fillet the fish in case there was enough for a fish fry following the winter training sessions. Unfortunately on this day, the walleye, pike and perch were not biting and only a few fish were landed. So it was back to IMPs for lunch.

*Photo by Jules Xavier*

# Stressors can impact on relationships

### MFRC Special

The holiday season has concluded, with family and friends having all gone home.

The bills have come in and we can finally check off one more holiday season for the record books. But how is your relationship doing?

The holidays can take a toll on more than just our wallets. The hectic family schedules, high emotions, and crowds of people surrounding the holiday season can affect the best of us.

Our relationships are often impacted by these stressors, but like most couples, we seldom slow down enough to see it. So why not check where your relationship is at?

Relationships play a large role in our lives, but they often go unnoticed. Outside of major events, such as birthdays and holidays, we often don't pay much attention to them.

Our relationships are affected by the wear and tear of our busy lives, and sometimes we need to hit the pause button and see where we're at.

What is it? It is a simple tool designed to help couples gauge where their relationship is at.

It is not a therapy session, but a simple and fun way to explore what is happening between the two of you. It is a one-time free session to tune up something you may have overlooked, your relationship.

How does it work? The couple first books an appointment to come in and fill out a brief questionnaire together.

A MFRC counsellor then goes over the results with the couple. The counsellor highlights the strengths of the relationship as well as its' weak points.

They then offer ways the couple can utilize their strengths to improve upon all areas of their relationship.

When is it? The MFRC will be running relationship check-ups throughout the month of February.

So this coming month, why not give your relationship something more than a card and a box of chocolates? Schedule a check-up for the most important relationship in your life.

For information or to schedule an appointment, contact Ryan Blackman at 204-765-3000 ext 3329 or via e-mail rcheckup@gmail.com



# CLASSIFIED ADS

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

**February 4 at noon**

*Free ads (non-profit only)*

*restricted to members of the*

*CAF, employees of CFB Shilo and the*

*residents of the surrounding area.*

### Services



#### St. Barbara's Protestant Chapel

Sunday @ 10:30 a.m. with  
Sunday school & nursery  
Padre Lee - ext 3090  
Padre Neil - ext 6836  
Padre Olive - ext 3088  
Padre Dennis - ext 3698  
Padre Costen - ext 3381  
Padre Ihuoma - ext 3089

#### Our Lady of Shilo Roman Catholic Chapel

Sunday 10:30 a.m.  
Wednesday 12:05 p.m.  
Confession by appointment

### Services

**Greg Steele Canadian Firearms Safety Course Instructor/Examiner** • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses offered at least monthly and more often with demand. Firearm/hunter safety courses planned for the fall/winter. Examinations by appointment • 204-725-1608 • e-mail [ggs57@wgcwave.ca](mailto:ggs57@wgcwave.ca)

**We buy and sell** good used furniture/appliances and we deal in coins and coin/stamp supplies. People's Market Place, 32-13th St., Brandon, 204-727-4708.

### Services

**NEED YOUR TAXES DONE?** Fast, friendly, and personal service. Located outside the gate. For all your income tax needs contact Ingrid Wasserburg at 204-763-4357. **OPEN ALL YEAR.**

### Employment

**Looking for a job** on the Base? Submit resumes to NPF HR office via e-mail quoting competition # to [npfrshilo@cfmws.com](mailto:npfrshilo@cfmws.com) OR for more detailed information on the jobs offered at CFB Shilo visit: [www.cfmws.com](http://www.cfmws.com)

### Employment

**CANEX WANTS YOU:** Clerk/cashier part-time position with 13 to 32 hr /week required. Must be available days/evenings, and weekends. Under the direction of the department supervisor, the clerk/cashier scans customer purchases, processes the transactions, and accepts payment. He/she prices, stocks shelves, counters and display areas with merchandise and keep stock in order. He/she performs cleaning duties as required. Starting salary is \$11.69 per hour after two-month probation. Apply in person at CANEX administration office, or NPF Human Resources office at base HQ.

**Advertise with us!** To place an ad, e-mail [elainebullee@gmail.com](mailto:elainebullee@gmail.com) or call 204-765-3000 ext 3736 or contact Sarah Francis at [stag@mymts.net](mailto:stag@mymts.net) or call 204-765-3000 ext 3013

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Forbidden Flavours  
ANAF  
**CFB Shilo**  
CANEX Mall  
Shilo Community Centre  
GSH  
Country Club (Rick's)

All Messes  
**Carberry**  
East Side Service  
Carberry Legion  
**Douglas**  
General Store  
**Minnedosa**

Minnedosa Legion  
**Neepawa**  
Legion & Fas Gas Hwy. 16  
**Sprucewoods**  
The Shilo Inn & 340 ESSO  
**Wawanese**  
Family Foods

# Dental health month for family pets

## Brushing your dog's teeth part of dental care

**Dr. Marie North**  
Stag Special

February is often promoted as pet dental health month in the veterinary industry.

One of the greatest challenges I face as a vet is explaining dental disease to my clients. Many owners are unaware of their pet's dental health beyond bad breath.



Frequently, I will diagnose broken or missing teeth, abscesses, or growths. One of the reasons owners are unaware is because you can only see some of the teeth in a dog whose mouth is open, never mind a cat.

The most common clinical sign of dental disease? None. Most cats and dogs will continue to eat regardless of their dental health. Whether or not your pet is eating is usually an indicator of other health problems.

Dental disease is the most common disease in our companion animals. An estimated 80 per cent of animals have signs of dental disease by the age of one.

Dental disease does not mean a pet's teeth are rotting or ready to fall out. It is a continuum which pro-

gresses from plaque to tartar formation, gingivitis, periodontal disease and permanent tooth damage.

Plaque is the biofilm of bacteria that grows in the mouth. The plaque then hardens into tartar on your teeth. The concerning thing about dental disease is that it can lead to many other problems such as tooth loss, oral pain, bad breath, and heart or kidney disease.

Frequently owners will tell me that their pet is simply "slowing down" due to age. With elderly pets who receive a dental check-up owners are usually quite surprised at the vitality that returns. The constant shedding of bacteria from their mouth into their body is a daily challenge to their immune system.

There are several tools available to you to help combat dental disease and keep your pet healthy.

Tooth brushing is by far the most successful tool at minimizing dental disease. There are many toothpastes which are formulated for pets that are either beef or chicken flavoured. These pastes are meant to be digested and are safe to swallow.

You can either use a regular toothbrush or a finger toothbrush. It is best to get your pet used to teeth brushing from a young age.

Many adult pets, however, can be trained to accept tooth brushing as well. Brushing two to three times a week is ideal.

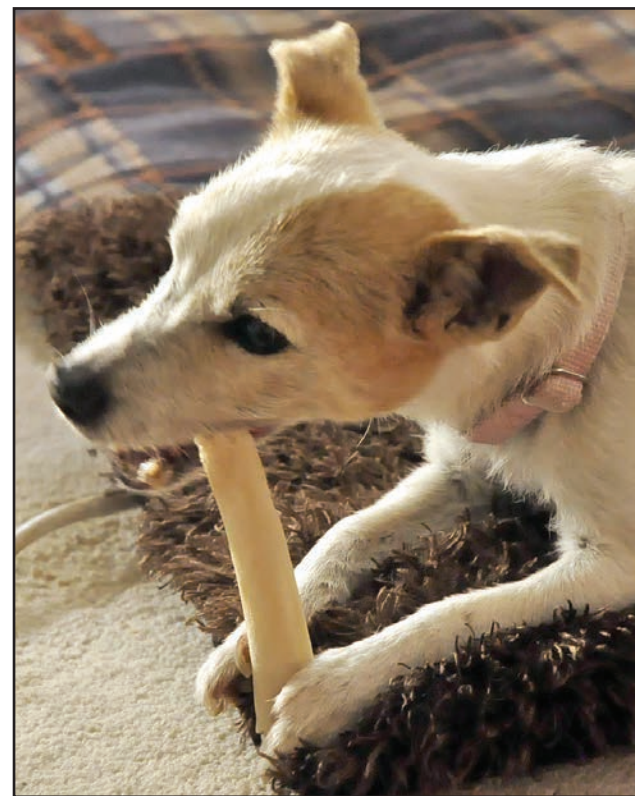
Many diets have been developed for dental care. The kibble are developed to have a mechanical cleaning action to them as the pet bites into it.

Unfortunately, unless it is a specific dental diet, regular kibble is unlikely to have any benefit on the teeth, it just crumbles as soon as they bite into it.

For a long time we thought kibble was better for cats and their teeth. We now know this is not the case and that canned food is preferred.

There is no doubt that pets who chew have better arcades. Take advantage of those chew toys and treats which promote dental health. Remember, they are meant as treats and too many could lead to obesity.

There are also products which can be added to your



Dr. Marie North says take advantage of those chew toys and treats which promote dental health. But remember, they are meant as treats and too many could lead to obesity.

Photos by Jules Xavier

pet's water. These by and large mask the bad breath and some pets will refuse to drink that water. There are certainly more effective and tastier options for your pet. Yet anecdotally, some people swear by them.

You brush your pet's teeth and give them dental food; that still does not mean your pet will have a healthy mouth. Unfortunately, there are many breeds which we have bred to have crowded teeth with overbites and underbites.

Dental care may delay the need for a dental or prolong the duration between dental cleaning recommendations. In general, I try to advise owners when their pets are young if they are prone to dental disease.

Oral health is one of the many things assessed during annual wellness exams. While their eyes may be the window to their soul, their mouth is the window to their body, so remember to take care of that too.

Dr. Marie North is with the Carberry Small Animal Veterinary Clinic

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