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Shilo Stag

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when he joined. Page 10**



Holding back tears after learning she was named the Base's 2014 Soldier of the Year, then Pte Carmen Pietracupa received the trophy from BComd LCol Stephen Joudrey. Soon after, she was promoted to corporal. *Photo by Jillian Driessen*

Award recipient 'loves' her job at HQ

Jules Xavier
Shilo Stag

Focused on a plate of salad in front of her, Cpl Carmen Pietracupa was oblivious to what was being said about the Base's Soldier of the Year recipient.

"I didn't hear a word when they were talking about the recipient of the award," she recalled during a home interview with the *Stag*.
"I had to ask [husband] Charles what they said. I was eating my salad, and still had salad in my mouth when I heard my name."

Congratulated by her peers around the table where she was sitting during the Base's soldier appreciation dinner in early December, a shocked Cpl Pietracupa made her way up to the head table to receive the award from BComd LCol Stephen Joudrey. **See SOLDIER page 7**



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Enjoy winter on your snowmobile



Snowmobile enthusiasts can enjoy trails on the Base as part of the trail system around CFB Shilo. Photo by Jillian Driessen

Poker derby exposes riders to trail system

Shilo Stag Special

Do you own a snowmobile and enjoy what winter offers in the Shilo area. If so, there's a snowmobile club with an open invitation to join.

With membership covering all age groups, Sprucewoods Snowdrifters is a snowmobile club the whole family can enjoy during the winter months.

Looking back on the 2013-14 season, club members worked on improving the existing shelters, fixing and buying new groomers, and hosted great derbies to increase the ability to thrive as a club.

The Sprucewoods Snowdrifters have been around for more than a quarter century. Today, there are about 40 active members.

As a club, members meet monthly on the third Monday, and the board members meet and discuss matters on a regular basis as business arises.

The club frequently organizes "work bees" throughout the year, which include sprucing up the existing three shelters, cutting wood, cleaning the shelters, painting and taping the stakes for the trails, groomer maintenance and repairs — the list never ends.

Being part of a club, members of Sprucewoods Snowdrifters know how to have fun. Throughout the summer members frequently gather as a group and spend time together — camping, fishing or taking the quads out for drive.

Prior to the arrival of Mother Nature's first blanket of snow, members often gather to get their snowmobiles ready. This includes tuning up the sleds, installing sled wraps, or just chatting about the machines.

In the winter, club members make it an initiative to meet at least on a bi-weekly basis to get out for a ride, whether it be on the club's trail system or to another club's derby/fundraiser to show our support.

On an annual basis, the membership also organize a club weekend trip where participants ride for days.

One of the more memorable annual events Sprucewoods Snowdrifters take part in, is the family fun day at CFB Shilo called Winterfest. The Base hosts this amazing fun day for all ages. As a club, members take part by giving the kids rides on their sleds around the Base.

Most of these kids have never been on a sled, so it is important that club members teach them proper riding safety.

Although club members are only giving the kids a two-minute ride, the look on their faces is priceless.

As a club, Sprucewoods Snowdrifters must apologize in advance to the parents because for sure their child's wish for next Christmas is most likely going to be a sled.

During the course of the season, Sprucewoods Snowdrifters host two derby/fundraisers

The main poker derby on the Snowman Inc. trails is Feb. 7. Normally this derby attracts more than 200 riders. The goal for this event is to reach the 300 mark.

For this derby, the club uses its full trail system, and have three checkpoints which offer food at one, and prize-winning opportunities at the other. The club also likes to finish the day with a hot meal.

At this derby, riders also have an opportunity to win great prizes which are 100 per cent donated by local businesses.

The year end derby which Sprucewoods Snowdrifters host is mainly held to encourage our relic lovers to show off what they own. This year's event is March 7.

This derby is a shorter, separate trail and is mostly a social event. It provides the opportunity to get those old beauties out of the garage and out on the snow. The club encourages all riders to attend so those who own the relics can have their bragging rights.

One major change to the club's trails which members are looking forward to this year is a pit-stop outside south of Carberry. Sandhills Casino has built a new venue which is 100 per cent snowmobile-friendly.

Sprucewoods Snowdrifters have partnered with the casino to encourage riders to stop in and enjoy great meals and live entertainment. If you live in the vicinity of CFB Shilo, or just arriving here during posting season, do not hesitate to join our club. The snowmobile club welcome all new members and always appreciate any extra help it can get. Even if you don't do construction or any manual labour, a good foreman, or someone with website design/technology help is always welcome to be part of the pre-derby preparations and post-derby clean-up.

Visit our website for meeting information and club contact information at www.sprucewoodssnowdrifters.com

Or find Sprucewoods Snowdrifters on Facebook.

During the course of the season, Sprucewoods Snowdrifters host two derby/fundraisers. The main poker derby on the Snowman Inc. trails is Feb. 7. Normally this derby attracts more than 200 riders. The goal for this event is to reach the 300 mark.



JOIN OUR EDITORIAL TEAM

Interested in hanging out of a helicopter while photographing infantry soldiers repelling down to the ground? What about driving across the barren prairie landscape in a LAV while chasing down enemy targets? Does working on a military base in the middle of Canada pique your interest? If so, why not apply for the Shilo Stag's assistant editor's job — this Category I unionized position is open to all interested parties. Preference will be granted in accordance with the Collective Agreement for the UFCW bargaining unit for Category I NPF employees at CFB Shilo — by sending your resume to the NPF HR office by Feb. 1. This is a full-time position with the award-winning military newspaper which has been publishing since 1947. What are we looking for? Under the supervision of the managing editor, the Assistant Editor assists in the preparation of stories, advertisements, posters, and other material for publication in the bi-weekly Base newspaper. He/she ensures stories and photos meet quality, content and deadline standards, and submits them for final approval based on established deadlines. There are other duties as assigned, including filling in for the managing editor during vacations. If you have a college diploma or certificate in journalism, communications, or related field and some years experience or high school diploma and several years experience in journalism, communications or related field you have the qualifications we are looking for. English language is a requirement. Must also demonstrate proficiency working with digital photography and InDesign on MAC computers for layout and design of spot colour and full-colour ads/page design for newsprint or magazine. Other experience requirements include Photoshop editing, office administration, news and feature writing using CP Style, and adept at social media platforms such as Facebook and Twitter. Salary is \$15.24 to \$18.70 per hour. NPF employees must demonstrate the following shared competencies: client service, organizational knowledge, communication, innovation, teamwork and leadership. Start date for this position is "as soon as possible." Submit your resume and cover letter to NPF HR office quoting competition #SHI-15-02 via e-mail at: npfhrshilo@cfmws.com or you can go online by visiting www.cfmws.com

We thank all applicants in advance for their interest in this position, however, only those selected for an interview will be contacted.

Lundy's Lane losing bulk garbage bins

Jillian Driessen
Shilo Stag

The Shilo Community Council has a new deputy mayor at the council table.

With a majority vote, MCpl Kyle Roux is making the leap from ward representative to deputy mayor.

With several years experience as a ward rep, Roux was nominated by his council peers and accepted the position earlier this month. He replaces previous deputy mayor, Sgt. Bill Webb.

Having been an active rep on council in the past, Roux is no stranger to getting his hands dirty on the council's behalf. He has been actively involved in the CFB Shilo Canada Day celebrations as well as the designing of the annual Base Commander's Haunted House.

"I have worked with most of you for the last year and half and I like to think I've tried my best to be active with most of the events in Shilo," said Roux prior to his election as deputy.

"I would love the opportunity to take on the responsibilities of deputy mayor and take some of the things I am already doing and add more responsibility to them. When I was nominated, I hadn't expected it. It is definitely a great opportunity I hadn't expected to have the invitation to take on."

Shilo's newly elected deputy mayor can be reached by e-mail at kyle.roux@forces.gc.ca or phone at local 4455.

The council also welcomes a new ward rep, MCpl Dan McInnis, to ward five.

Other council business discussed included:

- CANEX is now open until 8 p.m. Monday through Saturday.
- Jan. 30 will be a sports day for military members.
- The dumpsters serving Lundy's Lane will be removed this spring. Following the removal, Lundy's Lane will participate in weekly garbage collection along with the rest of the residential area.

The dumpsters have continually been misused and are a point of contention for those living on Lundy's. With numerous people dropping bulk items there on a regular basis, those who are required to use the dumpsters are met with a space challenge and an eyesore.

"The dumpsters are being removed in March. The ongoing problems are not a Lundy's Lane occupant issue, but a Base-wide issue," said Jodi Laba of CFHA. "A letter will be going out to those affected and the shelters around

the dumpsters will be addressed as well."

Those with bulk items are encouraged to use the Shilo landfill or to place them out on a designated bulk garbage pick-up date.

- FS&R will offer a spring Active Skillz Camp during March break. The camp will run from March 30 to April 2.

- This winter, several homes in the residential area have had issues with frozen pipes. CFHA reminds those on leave to ensure they have a reliable house-sitter."

"I cannot stress this enough, when people are gone for more than 48 hours, they need to have a reliable house-sitter who is checking on the house every day," said Laba. "Occupants also need to ensure that they don't turn their heat down to an unacceptable level."

During winter leave, Shilo had two frozen homes — an expensive repair and an unnecessary drain of resources.

"In many cases, tenant insurance won't cover damage if the tenant hasn't been responsible on their end," said Laba. "In some cases, CFHA has a part in a frozen house, but when it is a case of an occupant turning the heat off and not having a house-sitter check their home, insurance won't cover the damages. That leaves the occupant on the hook for thousands and thousands of dollars worth of damages."

Occupants are welcome to check with CFHA for travel tips before they leave their house with a sitter.

- During the 2014 campaign, Shilo and Area Operation Red Nose gave more than 120 rides at CFB Shilo and surrounding area. The military police also reported zero impaired driving charges through the campaign.

- CANEX Mall has welcomed Length by Jenn and Naturally Amourified as new tenants. Combined, the two businesses create a full-service salon offering everything from hair-styling to massages.

- Broken glass has been reported in the area surrounding the dog park. A reminder to those using the park, that garbage and recycling bins are placed throughout the residential area.

- The overnight parking ban has been in effect since November and will remain enforceable until May. A reminder to remove vehicles from the road after 10 p.m. on all Base streets. Parking on Royal Avenue is prohibited at all times, regardless of the season.

The next gathering of Shilo Community Council is Feb. 18 at 2:30 p.m.



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<p>Royal Chinet ® Bowls, Dinner Plates, Platters & Dessert Plates</p> <ul style="list-style-type: none"> • Convenient • Throw away when done! • Assorted sizes and prices. 	<p>Mott's ® Clamato</p> <ul style="list-style-type: none"> • Original, Extra Spicy, Garden Cocktail • 1.89L • Reg. 5.49 <p style="text-align: right; font-size: 2em; font-weight: bold;">2/6⁰⁰</p>



Sub-Lt Gregory Ansley at the launch for Op RED NOSE 2014. Photo by Jules Xavier



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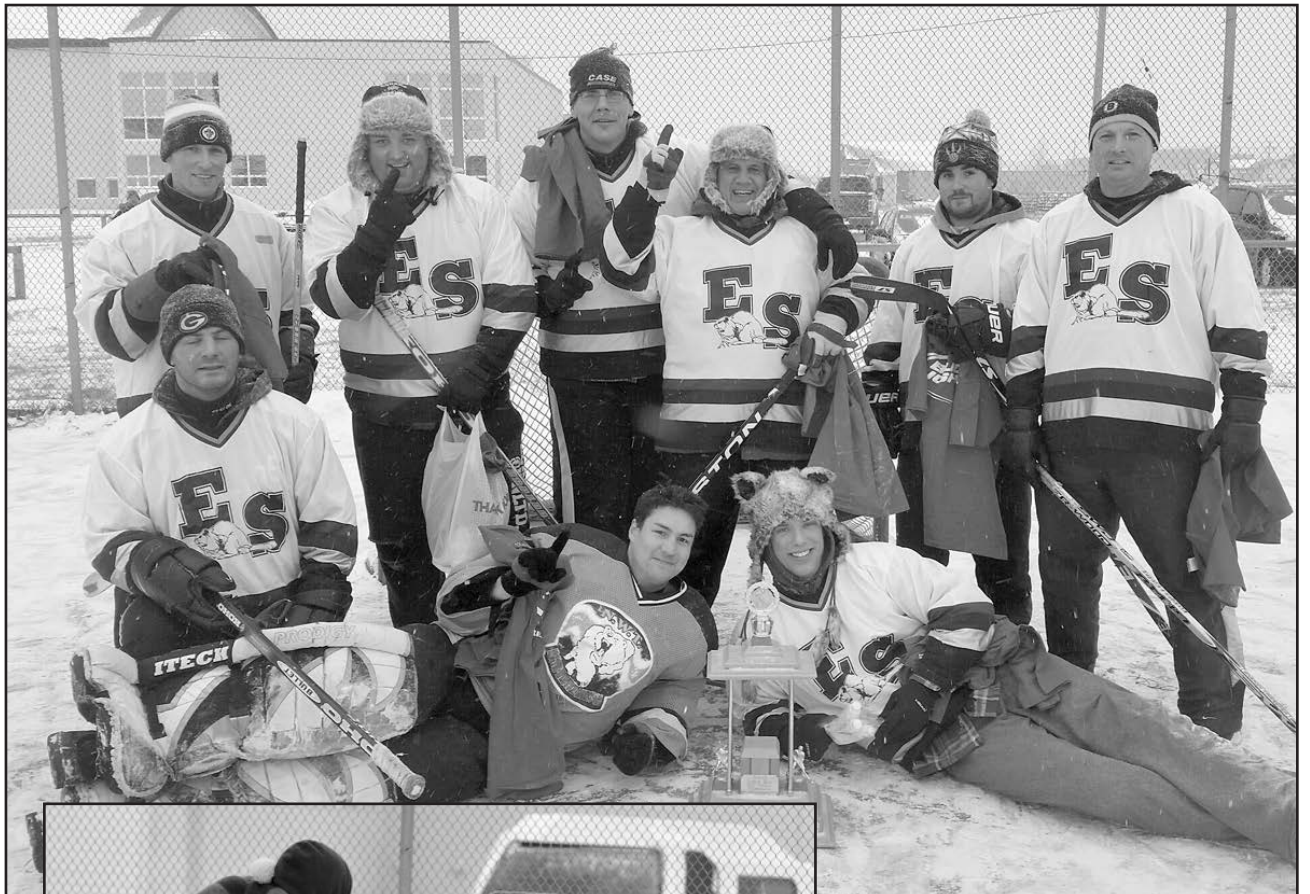
The Shilo Stag is produced every second Thursday.

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
Facebook by visiting:<http://www.facebook.com/ShiloSTAG>

Road hockey champs

Base CE knows how to win when it comes to playing road hockey. Once again the team prevailed during the annual United Way road hockey tournament held on the Base tennis courts. It was a frigid day for road hockey action, but the triumphant squad found time to pose for a team photo following a 4-0 win over 1RCHA Bty in the final.

Reach out to chaplains for help

Capt Troy Dennis Stag Special

A man running in a marathon experienced a sharp, stabbing pain in his back. Feeling concerned, he saw a race medic.

The medic asked some questions to sort out his problem: "Are you hurt, or injured? If you're hurt, you'll recover fairly quickly after the race. But if you're injured, you could do more damage by running and you should consider stopping."

The man finished the race, in great pain. He found out later he had damaged a disk in his back. He spent months in recovery because he thought he was just hurt when he was, in fact, injured.

"Are you hurt or injured?"

This is a question which may apply to more than sports injuries. We can use it to understand how we are doing emotionally and spiritually.

We all encounter life's ups and downs, and sometimes they feel a little overwhelming. It can be hard to know if we are hurt, and just need a little time to gather ourselves, or whether we are injured and need more resources to overcome.

Chaplains can help in these difficult times.

Chaplains provide support to Canadian Armed Forces (CAF) members, their families, and to Department of National Defence (DND) employees, regardless of faith tradition.

As emotional and spiritual "first-aiders," they offer a listening ear and can help identify resources to get through difficult times.

At CFB Shilo, chaplains can be reached at the Faith Centre by dialling 204-765-3000 ext 3091, through 1RCHA and 2PPCLI, or during quiet hours by calling the Base duty phone at ext 3044.

Capt Troy Dennis is one of five chaplains stationed at CFB Shilo

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New process launched for eyeglasses

Shilo Stag

Canadian Armed Forces (CAF) Health Services Group launched a new process for the provision of eyeglasses Jan. 15 to military members.

This process will not apply to CAF recruits in St. Jean where an onsite provider will remain in place for provision of eyeglasses to that population.

When a determination is made at the member's supporting health care clinic that new eyeglasses are required, the member will report with paperwork from the clinic to an optical provider of their choice.

This will not include use of online providers due to an inability to guarantee prescription and initial fitting accuracy in that environment.

As with other medical corrective devices,

a cost limit is set with the claims administrator and is based on reasonable and customary costs for eyeglasses. Costs over and above these amounts will be an individual CAF member responsibility, which is not unlike the current situation under a contracted provider. Further details on this process will be distributed by your supporting health care clinic when eyeglass provision is next required.

Note that members must report to the clinic prior to obtaining eyeglasses at a provider of choice to ensure eligibility for eyeglasses replacement or initial issue.

It is expected that this new process will increase CAF member choice in eyeglasses while reducing out of pocket expenses through individual exploration of cost effective options.

BASE PROMOTIONS



Pte Desjardin



Cpl Picklyk



Cpl Chatargun



NOTICE OF APPLICATION FOR REVISED ELECTRICITY RATES AND NOTICE OF PRE-HEARING CONFERENCE

APPLICANT:

MANITOBA HYDRO

APPLICATION:

2014/15; 2015/16 and 2016/17 General Rate Application

Manitoba Hydro has applied to the Public Utilities Board (Board) for approval to implement a 3.95% across-the-board interim rate increase effective April 1, 2015 and a further 3.95% rate increase effective April 1, 2016. The proposed rate increases will generate additional revenues of \$57 million in fiscal year 2015/16, and \$60 million in fiscal year 2016/17.

A summary of the proposed rate changes and annual electricity bill impacts for the average residential customer (with and without electric space heat) is provided below:

	Energy Rate (¢/kWh)	Basic Charge (\$/month)	Average Annual Electricity Bill (no electric space heat based on 1,000 kWh/month)	Average Annual Electricity Bill (with electric space heat based on 2,000 kWh/month)
Existing Rate ¹	7.381¢	\$7.28	\$973	\$1,859
April 1, 2015 Applied for Rate	7.672¢	\$7.57	\$1,011	\$1,932
April 1, 2016 Applied for Rate	7.975¢	\$7.87	\$1,051	\$2,008

¹ Includes the 2.75% Interim Rate Increase effective May 1, 2014.

Manitoba Hydro is also requesting approval to finalize the 2.75% rate increase approved, on an interim basis, in Order 49/14 and implemented effective May 1, 2014, as well as final approval of any other interim rate Orders issued subsequent to the filing of the Application and prior to conclusion of the proceeding.

Manitoba Hydro is also seeking Board approval to:

1. Implement Time-of-Use rates for the General Service Large (GSL) Customer Class served at greater than 30 kilovolts, effective April 1, 2016, and approval to change the definition of Billing Demand;
2. Finalize Light Emitting Diode (LED) rates for the Area and Roadway Lighting Class, approved on an interim basis in Order 79/14;
3. Rescind the Demand Side Management deferral account for the 2012/13 and 2013/14 fiscal years, established in Order 43/13;
4. Finalize the rate approval process for Option 1 of the Surplus Energy Program (SEP) as approved on an interim basis in Order 43/13; and final approval of all interim ex-parte SEP rate orders issued since April 26, 2013 as well as any additional interim ex-parte SEP rate orders issued prior to the Board's final order in this matter;
5. Finalize the rate approval process for the Curtailable Rate Program (CRP) as approved on an interim basis in Order 43/13; and finalize interim ex-parte Order 46/14 as well as any additional interim ex-parte CRP rate orders issued prior to the Board's final order in this matter; and,
6. Finalize the Interim Orders related to the four remote communities served by diesel generation, as outlined in Manitoba Hydro's Application.

PARTICULARS OF APPLICATION:

Full particulars of this Application can be obtained by interested parties from:

Manitoba Hydro
Attention: Odette Fernandes
360 Portage Avenue
Winnipeg, MB R3C 0G8
Phone: (204) 360-3633
(collect calls accepted)
oferlandes@hydro.mb.ca

The Public Utilities Board
Attention: Darren Christle
Executive Director
400 - 330 Portage Avenue
Winnipeg, MB R3C 0C4
Phone: (204) 945-2638
Toll free: 1(866)854-3698
publicutilities@gov.mb.ca

An electronic version of the Application is located at:

http://www.hydro.mb.ca/regulatory_affairs/electric/gra_2014_2015/index.shtml

PUBLIC PARTICIPATION AS AN INTERVENER

The public may participate in this review as an Intervener. Interveners provide evidence to the Board and are subject to cross-examination by the Applicant and other Interveners. Those seeking Intervener status should file their application with the Board by February 3, 2015. Interveners may be entitled to financial assistance. The Board's Rules of Practice and Procedure (Rules) provide the related guidelines and Application forms. These Rules can be seen at the Board's website (www.pub.gov.mb.ca) or obtained on request to the Board, by emailing (publicutilities@gov.mb.ca), writing to the above address, or calling the Board Secretary (204-945-2638 or 1-866-854-3698, toll free).

PUBLIC PARTICIPATION AS A PRESENTER

The Public is welcome to provide written submissions to the Board on the proposed rate increases. Written submissions should be received by May 1, 2015. The public may also present their views orally to the Board during the Hearing. Anyone wishing to present oral submissions to the Board should contact the Board Secretary by May 1, 2015.

PRE-HEARING CONFERENCE:

The Board will convene a Pre-Hearing Conference (PHC) on February 5, 2015, at 9:30 a.m., in its Hearing Room, 4th Floor, 330 Portage Avenue, Winnipeg, Manitoba.

The purpose of the Pre-Hearing Conference is to identify the interveners and their reasons for intervention, provide an opportunity for interveners to cooperate and avoid duplication of interventions, finalize a timetable for the orderly exchange of evidence and information, and to determine the issues and scope of the public review and hearing process.

Persons wishing to address this Pre-Hearing Conference in French are required to notify the Board's Secretary prior to February 3, 2015.

VARIATION:

The Board may make an Order granting the Application in whole or in part, or may order such other remedies as the Board deems appropriate.

DATED this 20th day of January, 2015.

Darren Christle, MPA, B.A., CCLP, P. Log., MCIT
Secretary/Executive Director
The Public Utilities Board



Five days notice required.



Wheelchair access is available.

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MCpl Monique Ryan, a CAF cook on board HMCS Iroquois during Op ALTAIR, prepares a spectacular meal after a Change of Command ceremony.

Photo by MCpl Robin Mugridge Formation Imaging Services Halifax



In the early morning at a forward installation in the heart of the Panjwa'i District, long before many of the others soldiers wake, Sgt Jean-Guy Blanchette, a cook with C Coy, 1st Battalion, The Royal Canadian Regiment Battle Group, prepares a turkey dinner. No matter how remote the location, each soldier will have an opportunity to enjoy a traditional Thanksgiving meal.

Photo by Cpl Shilo Adamson CF Combat Camera



CAF cook Cpl Andrew Pollett smothers pork chops in barbecue sauce at the community day barbecue during Op NANOOK held at Resolute Bay, Nunavut.

Photo by Cpl Jax Kennedy CF Combat Camera

Military cooks use culinary skills to feed soldiers

Samantha Bayard Stag Special

Being a cook in the Canadian Armed Forces (CAF) offers challenges well beyond those you might encounter as a civilian cook.

"I have been all alone feeding 35 people off of a mobile kitchen trailer for about six weeks — a very calm and relaxed atmosphere. On the opposite end of the spectrum, I was responsible for feeding over 2,500 people three meals a day out in Wainwright, Alberta before deployment to Afghanistan. That's a much larger scale, with a team of about 30 cooks working under me, so definitely, a big undertaking," explains CWO Jay Rached, the senior co-advisor for his occupation who has served for 30 years.

As a civilian cook, you might expect people to come in for breakfast, lunch and dinner at their conventional times, but in a military setting, our soldiers can't just drop their weapons and come and eat on a typical schedule if they are on patrol or conducting operations.

"I have been to Croatia, Bosnia and Afghanistan and mealtime is long over but the troops aren't in yet because they've been in a fire fight or on patrol somewhere. You've got to stay ready to be able to feed these folks when they come in. It could be the dead of the night and they have finally come back in to eat. Your need to sleep is suddenly not as important because they have been out on operations, need to be fed, need to be sustained so they can carry on with the mission," said CWO Rached.

It's a rewarding job where you help improve the quality of your fellow soldiers' lives on a daily basis, increasing morale with a task well done, he notes.

"A Captain came up to me in Sarajevo once, I was the baker there, and he said 'I would crawl through broken glass for your apple pies.' To me, they were



When cooks are not available, 2PPCLI soldiers enjoy their rations in the field.

Photo by Jules Xavier

very simple apple pies. To him, they were much more. I thought, 'Wow, you've touched someone,' even if it's something small. Ever so briefly you've made a difference to someone."

Someone considering this trade should be passionate about food and a problem solver with tremendous attention to detail, he says.

"You need to be able to analyze the types of situations you are in and be quick on your feet. You could be ramping up to feed a couple hundred people, yet an extra hundred show up from out of the blue and you weren't prepared for that. You need to be able to think quickly, make a decision, execute it and then live with the decision that you made. You have got to be a team player."

On exercise in Canada or on operations abroad, CAF cooks fulfill the same core role: cooking and supporting the unit in a fast-paced and demanding environment.

"When it's blistering hot, we contend with the heat. In Afghanistan at one point, we measured the temperature in a kitchen trailer and it was about 56 degrees. The cooks could not be expected to work all day long without getting out of that heat and into an air-conditioned space to rest, relax, hydrate and then head back out to prepare meals again. You also have to make sure your food doesn't spoil. So you are constantly trying to make sure you have enough ice or enough refrigeration to keep things cold, versus during the winter where you don't want everything to freeze."

"We moved to Germany and spent four years there. The whole group there was like one big happy family, we did everything together — so you felt good about it even though you may not have been home, you made your home there at the time," he said.

According to CWO Rached, the military is unique in giving new recruits opportunity and trust early on.

"When I joined the CF I was 22. When I was in Trenton on my first posting, I was given a shift to run. It comprised both military and civilian employees and I was thinking 'Wow, they must trust me.' They gave me the opportunity to prove myself, I've been very fortunate — I've had bosses that have placed their trust in me with the expectation that I would get the job done properly."

He couldn't picture another life for himself.

"I've been all over the world, with five operational deployments under my belt — having the time of my life. I think that's it's a great life. I'd say to any recruit: come on in and give it a try, it's hard work but it's rewarding."

Cooks work in all three environments throughout their careers: the Canadian Army (CA), Royal Canadian Air Force (RCAF) and Royal Canadian Navy (RCN). After completing their Basic Military Qualification (BMQ), a new recruit will take an 18-week Basic Occupational Qualification (BOQ) training course at the CAF Logistics Training Centre in Borden, Ont.

Upon completion, a member is considered an apprentice cook at a Base/Wing or unit where on-the-job training and experience continues for another 28 months to 3 years.

After on-the-job training, a member is considered a trained cook and then he or she can continue on with the next course, the Qualification Level 5 which qualifies a member to journeyman.

With the requisite of training and roughly 6,000 hours of experience, a journeyman cook can write the exam for their Red Seal and be recognized throughout the industry as an Inter-Provincial Professional Cook.

If a new recruit already has a culinary education from a Ministry-recognized school, he or she could be eligible to forego initial basic cook occupational training dependent on a Prior Learning Assessment.

New recruits are welcome to apply from all stages of experience. Work experience at hotels, restaurants and hospitals is considered an asset.

A typical day sees CAF cooks on their feet most of the time: lifting, stirring, chopping, preparing and plating.

CAF cooks prepare meals for CAF flights, official functions, mess dinners, banquets and special events.

Samantha Bayard is with Army Public Affairs



During Canada Day festivities last summer, Soldier of the Year Cpl Carmen Pietracupa helped three-year-old son Jace roast marshmallows.

Photo by Jules Xavier

From the front

"Sure, I was in shock ... I was still chewing on some salad when I got to the front," she said of the surreal experience being named Soldier of the Year. "I just remember the Base Commander asking me if I was eating salad once I got to the front."

She was close to tears, too, as the trophy was handed to her by LCol Joudrey. This military accolade was not on the corporal's radar when she arrived for the annual Christmas luncheon.

"I was humbled by this recognition," she offered while sipping on a coffee at her kitchen table, with son Jace nearby polishing off a container of yogurt, then a cup of apple sauce. "It's a privilege to serve, and I was told everyone was in agreement when they were deciding on the recipient."

She added, "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 Pietracupa cited her selection to represent the Base at the annual Army half-marathon in Ottawa last fall as another significant plaudit on her military resume.

"I have a feeling someone on this Base has done something more important than me, but as a private I did not think I was important enough to be recognized," she said.

It was truly a surreal afternoon for the mother of two. Besides the Soldier of the Year award, she was also promoted that day to corporal.

"I was not expecting the advanced promotion either," she said.

Born in Halifax in 1981, the Sapper Avenue resident has been with the Canadian Armed Forces (CAF) for three years. She arrived from the east coast, where husband Cpl Charles Pietracupa — a weapons tech working out of Base maintenance — was stationed at CFB Galetown in the summer of 2013.

This was Cpl Pietracupa's first CAF posting following her basic training at CFB St. Jean. Why a military career? A licensed teacher prior to arriving at CFB Galetown with her husband, who she met at university, finding full-time teaching positions around her new home did not come to fruition.

"There were no teaching positions when I moved there, so I tried to find substitute teacher work which was difficult," she recalled.

"So I ended up waitressing."

With an expanding family, trying to live on waitress tips and be a family was not easy: Charles came home from work to be with son Owen, now aged nine, and newborn Jace while mom was off after 4 p.m. to start her shift at the restaurant which employed her.

"I wanted to work, and did not want to go back to school. I wanted something steady," she explained, "which is not waitressing. That's when I decided why not try the military, like Charles."

With this career change from civilian teacher to Canada's military, Cpl Pietracupa feels she's found her niche in life. But it took help from family early on because of the changes in the Pietracupa household.

"There was a lot of juggling after I got back from basic training, then spending five weeks [on course]

at CFB Shilo," she said. "With both of us away on courses, my father took Owen, while Charles' mother had Jace."

What about a military career as an officer, drawing on a university degree? She contemplated officer training, but the only thing open at the time was combat trades.

"I would not have done the combat trade justice," she offered.

Down the road, however, Cpl Pietracupa has not given up on pursuing an officer's rank. She has her eye on a position for a training and development officer.

"I will apply and see what happens down the road, but for now I'm very happy doing what I do at headquarters."

And what does a G1 clerk do? "There are challenges, but I love dealing with people, and there's a constant learning with what we do," she said. "There are always new challenges."

Being a military clerk is not about typing out memos for the chain of command, or filing documents. While there are documents to file, the various tasks require an individual who is able to multi-task, according to Cpl Pietracupa.

"You have to be multi-faceted when it comes to working where I am. I don't find doing the paperwork mundane as one might think. We are not doing the same thing all the time ... you are always learning."

From daily to monthly tasks, clerks rotate so as to be well-versed in what needs to be accomplished at Base HQ.

"There are no lulls when we are working,"

she said. "We're always busy, especially leading up to posting season, and during it. Plus just before Christmas."

During her short stint in the CAF so far, Cpl Pietracupa has discovered the military provides a working environment where opportunities are provided to "grow and develop" as a soldier, whether brandishing a C7 in the field or collating data for a new soldier arriving or leaving CFB Shilo.

"I've decided to make the CAF my career, so I've signed on for 25 years," she said. "I love what I do ... I love my job."

And at the end of the day, when she arrives at home to be with her military husband, two kids and puppy in training, Cpl Pietracupa knows she is serving her country, and enjoys being part of the CAF.

Soldier humbled by Base recognition

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:

How old is Soldier of the Year winner Cpl Carmen Pietracupa?

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.

Stag Special

There's no question that deployment is a life changing experience. Like any other major event, such as moving out on your own or the birth of child, there is an adjustment period.

"The majority of personnel who deploy will come back and be able to re-integrate into their home life," says Maj Paul Sedge, a Canadian Armed Forces (CAF) psychiatrist and program director for the Operational Trauma Stress Support Centre (OTSSC) out of CFB Gagetown. "Things may not be the same as before you left, but you will be able to adjust and to find a new normal."

For those who have trouble adjusting to home life after a deployment and notice changes to their mood, thoughts and behaviour, it could be a sign of operations-related stress, an operational stress injury such as post-traumatic stress disorder (PTSD) or major depression.

But help is available, says Maj Sedge.

"Do not hesitate to visit your regular healthcare provider to discuss your symptoms — the key to successful treatment is seeking care without delay."

Maj Sedge, a former artillery officer and medical officer, says that some soldiers are slow to seek care because they think they can manage symptoms on their own or that nothing can help.

"Sometimes soldiers have that rigid or hardened mentality — you're a soldier, it's part of the job, deal with it," says Maj Sedge, who has seen this attitude first-hand during his 27-year career, including overseas deployments to Bosnia and Afghanistan.

"Our experience has shown that appropriate treatment for operational stress injuries can make a huge difference in a soldier's quality of life."

While physical injuries sustained from a mortar attack or an IED are visible, operational stress injuries such as PTSD and major depression affect a soldier's mood, thoughts and behaviour.

"These are invisible injuries that can be devastating and long lasting. Without appropriate treatment, these injuries can cause suffering for both the member and their family," says Maj Sedge.

Find us on Facebook

The Shilo Stag is now on Facebook. Check out www.facebook.com/ShiloSTAG for videos and more photos!

No smoking allowed in DND vehicles

Shilo Stag

When it comes to smoking in Department of National Defence (DND) vehicles, Military Police are urging drivers and passengers to butt out.

According to DND driver policies the issue is pretty cut and dry, says MCpl Jodi Woolridge, who handles community relations for the Military Police.

"It's a one line thing. 'Drivers and passengers are not permitted to smoke in DND vehicles,'" he says. "It doesn't come up too often, but it's still needs to

be remembered."

While there are no rules against smoking while inside personal vehicles on DND property, it is prohibited in all DND-owned vehicles at all times.

Aside from the health risks and possible distractions associated with smoking while driving, MCpl Woolridge says in some cases it is a safety hazard as well.

"A lot of it is common sense," he says. "For instance, if you're driving a fuel tanker you probably should not be

smoking. too much can go wrong, no matter how unlikely it may seem."

While MPs enforce the bylaws on Base, anybody can report a driver smoking in a DND vehicle to the respective unit's chain of command. MCpl Woolridge says individual punishments are left up to the unit.

"We'll write up the report, but for discipline it comes down to the violator's leadership," he says. "It can be anything from a fine to the revoking of driving privileges."

While the law comprises a fairly small part of the driver policies, MCpl Woolridge says it is just as important.

"Especially in an organization which is founded on discipline, it's important to remember to follow the rules."

Manitoba is opening birth records related to adoptions

If you are an adult adoptee or a birth parent, learn more about accessing birth record information

OR

protecting your information

Please visit manitoba.ca/adoptionrecords

Contact your local CFS agency

Or call **1-855-837-5542** (toll free in Canada and the US)

Manitoba 

SHROVE TUESDAY PANCAKE SUPPER

Come celebrate the beginning of Lent

ALL YOU CAN EAT
PANCAKE, SAUSAGE
AND DESSERT!

TUESDAY February 17, 2015
At the Faith Centre, Bldg. T-119

Time: Come and go starting at
1130 — 1300hrs

COST: \$3.00/ Person or \$10 for Family 4+
(Children under 5 Free)
Pay at the door



Turkey for lunch

Base officers arrive with the ceremonial turkey (above) during the annual soldier appreciation dinner. The youngest soldier in attendance Pte Branden Van de Woestyne was made BComd for the day, here changing jackets with LCol Stephen Joudrey.

Photos by Jillian Driessen



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Open bowling for all ages
Wednesday 6 to 8 p.m.
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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**

Shilo Theatre

(Located in the General Strange Hall)

Jan. 30 *Interstellar* Rated PG
Feb. 6 *Big Hero 6* Rated G
Feb. 13 *Dumb and Dumber To* Rated PG
Feb. 20 *The Expendables 3* Rated PG

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

For more info, contact the community recreation office at 204-765-3000 ext 3317/3588



Crease action

A Bty is the cream of the Labatt's Intersection Hockey League crop after playing a dozen games, losing just once. The battle for runner-up is a little tighter as there's a log-jam among three other teams.

Photo by Jules Xavier

CFB SHILO SCOREBOARD

LABATT'S INTERSECTION HOCKEY
Top-10 Scoring Race

	G	A	P
Pte Brandon Hillis A/C Coy	15	19	34
Gnr Fred Savard B Bty	12	14	26
Gnr Francis Gagnon A Bty	10	15	25
Bdr Dimetrias Moulton A Bty	13	8	21
Bdr Kevin Lefleche B Bty	13	7	20
Bdr Alex Boucher-Dumont A Bty	11	9	20
Bdr Steve Richer A Bty	7	13	20
MBdr JC Houle Z Bty	6	12	18
Pte Brad Phillips A/C Coy	7	10	17
Bdr Jon Wilson Z Bty	9	7	16

LABATT'S COMMUNITY RECREATION WINTER NO-HIT HOCKEY - January 27

	GP	W	L	T	GF	GA	P
A Bty	12	11	1	0	92	40	22
Z Bty	12	7	2	3	82	27	17
A/C Coy	12	7	4	1	65	34	15
B Bty	13	6	4	3	71	59	15
HQ Bty	12	4	6	2	44	24	10
B Reps	13	4	7	2	54	60	10
B Coy	12	4	7	1	51	50	9
Adm/Cbt Sup Coy	14	0	14	0	17	186	0



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
Department of National Defense

OTTAWA, CANADA
17630-77



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

Sense of adventure attracted MGen to CAF career

Gerry Weaver
Stag Special

Though he had little history of military service in his family, an exciting Army recruiting campaign attracted MGen Jean-Marc Lanthier's attention when he was a boy, setting him on the path to his current position as Commander Canadian Army Doctrine and Training Centre (CADTC).

"It was the sense of adventure that was portrayed, trying something different, that got me interested in the Forces initially," said MGen Lanthier.

A high school visit to the Collège militaire royal (CMR) de Saint-Jean in Saint-Jean-sur-Richelieu convinced him the military was the right path, but MGen Lanthier's parents were initially less enthusiastic. Rather than give up his dream, he decided to delay it until he completed his undergraduate degree.

"After my visit to the CMR Saint-Jean, I had pretty much made up my mind to join the Forces. However, my parents weren't comfortable, and they had to agree to it because I was not 18 years old," he recalled. "Within a month of receiving my bachelor's degree in biochemistry from the University of Ottawa, I enrolled at a detachment in Hull."

He kept his love of learning and later completed a master's degree in applied science at the University of Cranfield, England.

MGen Lanthier's first career choice was to be a pilot, but the recently married officer was discouraged by a two-year waiting period to start. A recruiting officer sold him on the idea of the Armoured Corps by appealing to his adventurous nature.

"He told me about the tanks and the camaraderie. He did such a good job explaining everything and making it exciting that I decided, 'Okay, I'll give it a try!' I joined as an armoured officer and I never regretted it," said MGen Lanthier.

His first posting was with 12e Régiment blindé du Canada. Army life proved to be a great fit, and MGen Lanthier commanded the unit from 2005 to 2007.

His career includes three deployments to Bosnia-Herzegovina and two tours in Afghanistan. In Kandahar, he was appointed CO of the Operational Mentoring and Liaison Team in 2006; in 2011, he served as the ISAF Joint Command Director of Afghan National Security Forces Operations in Kabul.

MGen Lanthier's career highlights also include Commander, 5 Canadian Mechanized Brigade Group in 2009, and Canadian Deputy Commander Joint Task Force Haiti following the destructive earthquake which hit Haiti in 2010.

As a BGen, he served as the Deputy Commanding General Sustainment, I Corps, US Army before taking



As a colonel, MGen Jean-Marc Lanthier served as Deputy Commander Joint Task Force Haiti. Here, he answers questions from Canadian reporters visiting Port-au-Prince, Haiti to cover Air Force operations during Op HESTIA, which was the Canadian Armed Forces (CAF) participation in humanitarian operations conducted in response to the catastrophic earthquake that struck Haiti on Jan. 12, 2010.

Photo by Cpl Pierre Thériault CF Combat Camera

command of the 2nd Canadian Division and Joint Task Force (East) in 2013. He continued his distinguished career when just one year later he was promoted to MGen and appointed Commander Canadian Army Doctrine and Training Centre (CADTC) last July.

According to MGen Lanthier, his new role involves a shift in focus from his previous position.

"The role of a Division Commander is one of force generation and institutional support," he said. "CADTC contributes to the readiness of the Army by leading, if you want to put it that way, the land warfare intellectual development and land operations training, but not only for the Army, for the entire Canadian Armed Forces."

As CADTC Commander, MGen Lanthier is responsible for unifying, enhancing and magnifying the Commander Canadian Army's direction with regard to training for land operations. He is also responsible for institutional support in terms of policies and resource allocation for the conduct of Army training, Canada-wide.

"Canadian Manoeuvre Training Centre (CMTC) is in Wainwright and to the East it goes as far as Gag-

etown where the Combat Training Centre (CTC) is," he said.

MGen Lanthier delivers a significant portion of the individual training and professional military education within the Army through his formation commanders, and he also, on behalf of the Army Commander, directs what the divisions do for collective training.

"So while I am known as the Commander of CADTC, my second hat is the Army training authority," he said. "I am also the Army requirements advisor who coordinates with other Training Authorities and Designated Training Authorities for the development of training documentation and production requirements for non-Army managed occupations employed in Land Operations."

Since taking command, MGen Lanthier has been working on initiatives to increase functionality on a number of fronts.

The Army Training Review will create an Army training system to assess risk and develop training programs for new technology. The project will also be looking at increasing efficiency and effectiveness for collective and individual training, as well as professional development.

"It is a very comprehensive and encompassing review," he said.

Taking care of the well-being of soldiers and families is also a priority.

MGen Lanthier is developing a Fitness and Performance Optimization program, which takes a holistic approach to the emotional, physical, spiritual, familial and social pillars.

"If you don't have the tools to really develop those five pillars, then you don't have a total person who is capable of functioning well from a personal and professional perspective," he explained.

The Commander of CADTC is already looking ahead to the premium annual exercise for the Army, which will take place in Alberta this spring at CFB Wainwright. Ex MAPLE RESOLVE is a key Army training event on the road to high readiness for possible deployment.

It integrates with other elements of the Canadian Armed Forces, such as the Air Task Force and the High Readiness Aviation Battalion. He noted Ex MAPLE RESOLVE also involves the support of allies like the United States and Britain.

"This exercise is really linked to what the Army Commander describes as his 'vital ground,' which is the combined arms training that culminates with live firing at the end of the exercise. That is what occupies a lot of my team from a collective training perspective," said MGen Lanthier.

With files from Helen Bobat



Sentinels Celebrate!

Scoring a goal with less than 15 seconds remaining to play in the third period, the peewee Shilo Sentinels celebrated at Shilo Gunner Arena with a 4-3 triumph. The peewee team hosted a weekend tournament.

Photos by Jules Xavier



Army cadet training

2Lt Brent Lowrie instructs army cadets from 2520 Royal Canadian Army Cadet Corps on the safe use of the Coleman propane lanterns at Spruce Woods Provincial Park. The attentive audience was part of Ex BLACK BADGER. Photo by 2Lt Betty Froese

Having children help prepare supper is a learning experience

Bonnie Mills
MFRC Special

One of my favourite activities to do with a group of children is to bake.

The learning experiences which come from the kitchen are endless — children learn about hygiene; the science of physical changes of state; math with counting and measuring; the physical aspect of mixing; pouring and molding.

Children will gain confidence and be able to explore with their senses. Most important, there are small gestures which go with baking. Like who they are making the baked item for. This whole-hearted learning is fun for grown-ups and children in the kitchen alike.

Something to consider, however, instead of rushing through making supper and getting ready, have your children help. Make the meal preparation part of that quality family time.

Children will gain hands-on experience which will also help lay the foundation for a healthy lifestyle.

Don't be afraid to explore with children which is where the greatest learning comes from. If you are unsure, start small. Have them help make a salad by tearing the lettuce, pouring on the salad dressing then mix it around.

Make a batch of cookies, or ask the children what they want to make. You will be surprised at what they tell you.

While in the kitchen with children give yourself lots of time to enjoy the conversation and the learning around the baking or preparing of meals.

It is not about the outcome of the project. It is about the moments you are involved in and the memories you are creating. Fill the experience with love and share the results with someone special.

For more information on Shilo's MFRC programs and services, visit www.familyforce.ca

Bonnie Mills is MFRC daycare assistant director

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We want you on our team

The Shilo Stag is looking for another sales consultant for its team. It's posting season, which is the perfect opportunity to sell the Brandon business market on advertising in the Stag. They have a captive audience — people 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 Jillian or Jules about the job. Or call 204-765-3000 ext 3013/3093. Be part of the award-winning Shilo Stag team.

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

February 5 at noon

*Free ads (non-profit only)
restricted to members of the
CAF, employees of CFB Shilo and the
citizens of the surrounding area.*

Services



St. Barbara's Protestant Chapel
Sunday @ 10:30 a.m. with Sunday school & nursery
Padre Lee - ext 3088
Padre Neil - ext 3090
Padre Olive - ext 6836
Padre Costen - ext 3381
Our Lady of Shilo Roman Catholic Chapel
Sunday 10:30 a.m.
Wednesday 12:05 p.m.
Confession by appointment
Padre Inienwe - ext 3089

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 by demand. January 23, 24, 25 in Brandon and January 31/February 1 in Rivers. Examinations by appointment • 204-725-1608 • e-mail: ggs57@wcgwave.ca
huntershooter.orguy.com

Nad's Simply Clean For all of your cleaning needs weekly, bi-weekly, and monthly. Also available for offices, contract cleanup and single occasions. Receipts provided. 204-573-1509.

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.

Vacation Rental

River Crossing Guest House south of Shilo is a family retreat for up to 8 guests. Call 724-9903 or www.rivercrossing.ca
Equipped for winter activities.

PSP Clubs

Interested in playing table tennis? If you are over the age of eight years and would like to see a table tennis club formed, contact the recreation office at 204-765-3000 ext 3317.

Employment

Clerk/Cashier (part time/permanent), wage \$11.12 - \$13.05/hr. Visit www.cfmws.com or contact npfhrshilo@cfmws.com for further details.

Employment

Fitness & Sports Instructor (full time/permanent), wage \$16.87 - \$20.96/hr. Visit www.cfmws.com or contact npfhrshilo@cfmws.com for further details.
Competition closes Feb. 2, 2015.

Volunteer

ANAF Unit 10 Ladies Auxiliary is looking for new members. Meetings held first Monday of each month in Brandon from September to June. If interested, call Angie Smith at 204-752-2088

Pets

Free to a good home: Male and female English Bulldogs. If interested contact richardwilson19@outlook.com

Fire Ops 101

CFB Shilo's COS Maj Trevor Michelsen (front) and BEng Maj Andrew Wall work together during their firefighter training exercise. The annual event exposes non-firefighters to some of the work done by actual Base firefighters, from running hose to opening a locked door with special equipment.
Photo by Jillian Driessen



New program helps couples cope with PTSD

Shawn O'Hara
Stag Special

Another step on the road to mental health can be taken when Wounded Warriors Canada unveils COPE.

Couples Overcoming PTSD Everyday (COPE) is an initiative started by LCol (Ret'd) Chris Linford, the national ambassador for Wounded Warriors Canada.

COPE will see five couples, per session, whose lives have been affected by PTSD coming together for a five-day retreat. Guided by two trauma therapists, the issues and relationship pressures of living with PTSD will be explored and addressed.

"We want them to be able to explore topics that they've maybe never talked about before in their relationship," said Linford. "They'll work through it together, and with the trauma therapists, but also with the other couples. It's about support and honesty."

To help them along the path to wellness following the retreat, COPE will set participants up with six months of free family coaching from a registered Family Coach.

"The point isn't just to treat PTSD," said Linford. "We want them to be able to take what they've learned, and the goals they've set during the retreat, and have a way to really implement them in their lives."

How PTSD affects a person's relationships is a topic very close to Linford, who first developed the idea for COPE while seeking his own treatment in 2010. Having suffered PTSD from a deployment to Rwanda in 1994, Linford's condition reached its peak after returning from Afghanistan in 2010.

"I began attending therapy at the base hospital, of which I was the Commanding Officer," he said. "As I began to get well again I realized I needed something more. I needed contact with veterans and people who had been through similar events."

Attending several groups and organizations in which veterans work through their problems together, Linford recognized a common thread: many of the veterans were at a loss as to what to do in regards to their relationships at home. Making a concerted effort to work with his wife to be more open and honest, he recognized a change.

"The better my life at home was, the better my health was," he said. "I had more energy to direct towards my health and happiness."

Linford would like to see COPE be one more step on the road to normalizing public perception of mental health issues like PTSD.

"We're creating programs, and getting people all the help we can," he says. "Hopefully eventually we'll remove the stigma and people can live normal, happy lives."

For more information on Wounded Warriors Canada and the COPE program visit www.woundedwarriors.ca

VALENTINES DAY DEALS

FRESH CUT FLOWERS

- Roses (dozens and half dozens)
- Bouquets
- Potted plants

Arriving February 12

BOXED CHOCOLATE

- Turtles, Russell Stover, and Heart-Shaped and more!

VALENTINES CARDS

- Assorted cards

CFB Shilo
204.765.2343

DIVISION SCOLAIRE FRANCO-MANITOBAINE

INSCRIPTION À LA MATERNELLE

- du lundi 2 au vendredi 6 février 2015
- pour les enfants qui auront 5 ans au 31 décembre 2015

Le certificat de naissance de l'enfant sera demandé.
Les écoles de la DSFM sont ouvertes à tous les enfants d'ayants droit (pour la définition d'un ayant droit, voir la section Informations aux parents de notre site Web).

SHILO

École La Source
204 765-5050
lasource@dsfm.mb.ca

Apprendre et grandir ensemble
www.dsfm.mb.ca

UPCOMING HOME GAMES:

- Jan. 30 Moose Jaw**
7:30 p.m.
- Feb. 13 Spokane**
7:30 p.m.
- Feb. 15 Prince Albert**
4 p.m.
- Feb. 25 Medicine Hat**
7 p.m.

For Tickets Call 726-3555 or Visit Wheatkings.com