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**INSIDE  
This Issue**



**Canadian Army traditions returning. Page 3**



**RCAF museum offers Ad Astra program. Page 6**



**2PPCLI soldiers hone their soldiering skills. Page 12**



Liaison Officers, including 1RCHA WO Jason Buenacrus pointing to a location, look at a map of Panay Island before integrating into a remote community to assess the needs of the population and liaise with the Disaster Assistance Response Team (DART) during Operation RENAISSANCE, in Roxas City, Philippines on Nov. 28, 2013. *MCpl Marc-Andre Gaudreault, CAF Combat Camera*

**Jules Xavier  
Shilo Stag**

Imagine being without electricity for two weeks and the temperature, with humidity, hitting +48 C.

Imagine having to eat army rations during this same time period because you have been ordered not to sample the cuisine in a typhoon-ravaged country where you were born. Imagine riding on a motorcycle as a passenger up a steep mountain road en route to an isolated village where the mode of transportation for the 300 residents is a water buffalo. 1RCHA WO Jason Buenacrus did this and more after being deployed to the Philippines following the destructive wrath of Typhoon Haiyan.


"For the two weeks I was in the Philippines there was no electricity," recalls WO Buenacrus, who is the TSM (troop sergeant major) with D troop in 1RCHA's B Bty. "Then the day I leave the power came back on."

See **SOLDIER** page 7



Private Justin Williston, combat engineer with the Disaster Assistance Response Team (DART), cuts a tree blocking the way to Dona Victoria Cortes Dais Memorial School in Pontevedra, Philippines on Nov. 19, 2013.

*Cpl Ariane Montambeault photo*



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**Legion** 



WO Jason Buenacruz and his fire team partner Bdr Yannick Longpre had to endure extreme heat while in the Philippines.  
*Photos supplied*



# Op RENAISSANCE features 1RCHA WO

## Shilo Stag

The Canadian Armed Forces (CAF) contribution to Government of Canada relief efforts in the Philippines last November included more than 315 personnel with a range of specialties as part of Operation RENAISSANCE:

- Liaison officers (16 CAF personnel of Filipino descent) to act as vital links between local authorities, international aid agencies and CAF members.
- Engineering to assist in clearing debris, opening roads, re-establishing electricity, remediating washouts and assessing such as bridges. Power was a major issue, especially in remote areas. The lack of power is more than about having lights and electricity; it's about having the water pumps up and working.
- Water purification to produce clean drinking water.
- Mobile medical teams to treat injuries and identify potential sites for assistance.
- Helicopter pilots and crews to extend the reach of personnel to isolated areas and provide reconnaissance and assistance as required.
- Air transport and maintenance crews.
- Logistics to support the delivery of humanitarian supplies and the daily

operations of Task Force Philippines. During the course of their deployment, CAF personnel produced 493,346 litres of purified water for distribution, treated 6,525 medical patients, cleared more than 131 kilometres of roads and delivered 230,485 pounds of food and humanitarian assistance goods on behalf of non-governmental organizations and local authorities. The Disaster Assistance Response Team (DART) is a self-sufficient, scalable military capability ready to deploy quickly to conduct emergency relief operations as a part of the whole of government response. It is one component of Canada's tool kit to respond to natural disasters abroad. While on Operation RENAISSANCE, DART members helped with road clearance, which enabled power crews to get around and access areas in need of electricity. Among those who volunteered to assist was WO Jason Buenacruz of 1RCHA's B Bty. An artilleryman by trade, because of his Filipino background, he was sent to the disaster zone as a Liaison Officer (LO), and spent two weeks on the ground assessing what was needed for the people, and working with local government and military officials.



## 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 POLYGONES 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



CFB Shilo officers like Capt Jennie Judge will see changes which include the re-introduction of divisional nomenclature and patches for the current Land Force Areas; traditional rank insignia for officers; corps shoulder titles from the restoration of Royal titles to a number of Canadian Army corps in April; and the Canadian Army's secondary badge.

Photo by Jules Xavier

# Canada restores historical features for Canadian Army

## Shilo Stag

Former Minister of National Defence Peter MacKay announced earlier this summer the Government of Canada's intent to restore Canadian Army rank insignia, names and badges to their traditional forms.

"Our Government is committed to honouring the traditions and history of the Canadian Army," said MacKay.

"The restoration of these historical features will encourage the esprit de corps of our soldiers and reinforce a rich military tradition that will continue to develop as they serve their country."

He added, "Wherever I travel in Canada, these changes continue to be cherished in the hearts of our veterans."

The changes include the re-introduction of divisional nomenclature and patches for the current Land Force Areas; traditional rank insignia for officers; corps shoulder titles from the restoration of Royal titles to a number of Canadian Army corps in April; and the Canadian Army's secondary badge.

Furthermore, the former Minister of National Defence announced the intention to restore the historical Army rank names for non-commissioned members.

"The restoration of these features is a significant step in the restoration of the Canadian Army's traditions," said

LGen Peter Devlin, Commander of the Canadian Army.

"Symbols and traditions establish links to soldiers' heritage, and are important. It is very significant that our non-commissioned members have the prospect of being able to bear the same ranks as their forbearers, and our officers will proudly wear the same insignia worn by Canadians who fought in the First and Second World Wars and Korea."

These restorations are the next step in the phased approach that began in August 2011, when the historical name of the Canadian Army was restored.

Stemming from this initial restoration, and in line with historical lineage, the Canadian Army's secondary badge will be reinstated, and the Land Force Areas will be renamed under division names, with division patches introduced accordingly.

Additionally, following from the restoration of traditional titles to a number of Canadian Army corps, shoulder titles for members of these corps will be restored. The intent is also to restore historical rank names for non-commissioned members, the traditional and internationally recognized convention of army insignia of stars and crowns for officers, and gorget patches for colonels and general officers.

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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](mailto: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>

## Festive cuisine

As per tradition, BComd LCol Stephen Joudrey (right) switched positions with the youngest Base side member, with Cpl Deano Legare receiving his rank and jacket prior to the serving of the Christmas meal. Helping with the turkey's arrival was 2LT Anna Hawkins (above). Cpl Legare also made the first cut into the turkey as part of the Christmas meal ceremony. It was a full house as Base soldiers were served by the officers, who also looked after the table settings prior to the meal.

Photos by Jules Xavier



# Have you obtained your CFOne Card?

## Shilo Stag

There's a new card you'll need to use the next time your drop by CFB Shilo's CANEX to purchase a loaf of bread, buy a lottery ticket and fill the car with gas.

Canadian Forces Morale and Welfare Services (CFMWS) has introduced the CFOne Card, the one card you need to access morale and welfare programs and services.

"The CFOne Card is being launched to more tangibly embrace our One Million Strong Community and to more effectively develop for, and deliver programs/services to the one million members of the Canadian Armed Forces (CAF) community," said Commodore Mark Watson, the director general for Morale and Welfare Services.

"Our commitment is to be able to offer at least one program or service to every member of this broad CAF community."

The CFOne Card consolidates the functions of several cards into a single card.

It easily and accurately confirms your membership within the military community of one million strong and currently provides you with access to both the CANEX rewards program — the program that rewards you for shopping at CANEX — and the CAF appreciation program, which is the official discount program of the CAF community.

"The CFOne Card brings exciting enhancements to the CANEX loyalty program which has changed from CANEX Club XTra to CANEX Rewards," explained

Larry Mohr, CFMWS vice-president of commercial services. "It is now easier to earn and redeem points. Your points balance will be printed on your receipt and you can redeem points directly in-store."

"You can also use your CFOne Card to receive discounts and savings at thousands of industry partners at locations locally, nationally and internationally," added Jo-Anne MacDonald, director of CFMWS strategic outreach and initiatives.

"The CAF appreciation program continues to grow, especially in regards to special pricing for travel vacations. The R&R Club has expanded to include Armed Forces Vacation Club, Gov Vacation Rewards, and Anderson Vacation. With these three partnerships you should be able to find and plan your next unforgettable vacation."

In the future, CFMWS will introduce expanded use of the CFOne Card for access to morale and welfare programs and services at Bases/Wings across Canada.

Members of the CAF community may apply for a card through the online registration process at [www.CF1FC.ca](http://www.CF1FC.ca). Obtain your card by Nov. 1 for a chance to win one of 10 prizes.

The toll free number for CFOne queries is 1-855-245-0330.

Spread the word to friends and family members. Help the CFMWS reach its goal of issuing CFOne Cards to all members of the CAF community, which is one community — one million strong.

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# Don't be a cyber bully

The Government of Canada has made 2014 a year to 'Get Cyber Safe' across the country.

This new campaign is intended to make us all safer online, on our mobile, and when sharing information on any digital platform. An extensive website is available at [www.getcybersafe.gc.ca](http://www.getcybersafe.gc.ca) with tips and resources for people of all ages.

Cyber safety includes creating an environment free of cyber bullying or harassment. Often we think of cyber bullying involving children or teens; however, many adults hide behind the anonymity of the Internet to make comments that would never be acceptable in person. While sitting behind a computer or mobile phone can make the internet seem like a distant place, if you post consistent harassing comments online you can be subject to charges under the Criminal Code.

Attorney Generals in all provinces have indicated that they will take a continued tough on cyber bullying posture with prosecutions to send a message about unacceptable Internet conduct.

Military members are bound by further regulation when on-line.

If identifiable as a military member the Queen's Regulations and Orders (QR&O) prohibit "improper comment." An improper comment can include anything that brings the Canadian Armed Forces (CAF) or any of its members into

## CANADIAN MP The Military Police NOTEBOOK

discredit. In addition to the QR&O there is also extensive social media policy published in the Defence Administrative Orders and Directives (DAOD) and by commands.

It is important military members are mindful of these policies which both contribute to a harassment free workplace, and to maintaining a cohesive military. The Internet allows anonymity to flourish, and this is often used as a tool by those who seek to post harmful and inflammatory content online.

In the event you are a victim of harassment from an anonymous online source be sure to report it to the website, such as Facebook or Twitter.

Also ask the individual to stop the behaviour. If these two steps are unsuccessful and harassing comments continue, report it to your home police jurisdiction.

If you live in CFB Shilo, that is the Military Police. As 2014 continues, we will continue to publish information on cyber safety. Look out for more articles in your Base newspaper, information sessions at community special events and information packages around Base starting this spring. Do not be shy — stand up against cyber bullying.

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



## B Bty celebrates

Referee WO Marc Lavoie moves out of the way as two 1RCHA B Bty players celebrate a goal at Gunner Arena.

*Photo by Jules Xavier*

## Plan to arrive safely. Weather or not.

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

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

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

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- Roadwork
- Road closures

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

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# Take flight with Ad Astra stone program



Ad Astra stones purchased by former RCAF members are displayed outdoors, with an opportunity to ask for placement in front of a number of aircraft, like this Voodoo. There are a number of Manitoba residents who have their stones on display at CFB Trenton in Ontario. *Photos by Jules Xavier*

## Museum wants western provinces to participate

**Jules Xavier**

Shilo Stag

Air force veterans from Manitoba are in good company at 8 Wing CFB Trenton.

Of the more than 10,500 stone markers set along the edges of walkways adjacent to the Ontario-based National Air Force Museum of Canada, there are a few of them featuring people with a connection to this province.

Their names are engraved on the grey granite stone's facade such as Andrew Mynarski (1916-1944) and Robert Caswill (1915-2002), both of Winnipeg; Alan McLeod (1899-1918) of Stonewall; and William Barker (1894-1930) of Dauphin.

The motto for the Ad Astra program is "A flower fades ... a stone never."

The outdoor portion of the museum referred to as the RCAF Memorial Airpark features a variety of military aircraft which have been retired from active service or were donated by the United States, Germany and even the former Soviet Union.

"No question, to say the reception the Ad Astra stones have received exceeds our most optimistic expectations would be an understatement," said retired Brig-Gen Jeff Brace, the museum's executive director when it first opened 18 years ago.

The program has blossomed since its inception in January 1996 thanks to media attention and word of mouth, according to Brace. He said in the first nine months of the program when the cost was \$100, 752 stones were installed of the 975 granite stones sold and ordered that inaugural year. The current cost is \$150.

"People have purchased stones for themselves, as gifts, or in memory of a loved one," he said. "[The stones] are a perpetuation of history and tradition of those who served and a dedication to the men and women who died while serving their country."

Brace would like to see more RCAF participation from Canada's western provinces, where RCAF members have served, including 17 Wing in Winnipeg and RCAF members posted to CFB Shilo.

The museum is working with the media and Royal Canadian Legion to spread the word across Canada, perhaps piquing the interest of a family member who might want to honour their grandparents or parents if they served with the RCAF in the First and Second World Wars, Korea War and more recently Afghani-



stan. Bearing the words Ad Astra, which means "To The Stars," each 14-centimetre by 25-centimetre by seven-millimetre marker reflects an Air Force Roundel, a person's name, his or her hometown and province and the years of birth and death.

"If the individual is still living we don't put the birth year on until after we've been notified of their death," Brace said.

The cost of this second engraving following a death is covered by the museum.

The idea for the fundraising project was proposed and developed by retired Col Cy Yarnell. The Ad Astra stone program is something which brings past, present and future members of Canada's Air Force and their families together.

Monuments date back to the Scottish Clans who

had a sacred monument called the Cairn of Remembrance. It was but a loose pile of granite stones thrown together at the top of a Heather Hill, but every stone had precious worth.

Throughout the generations, as the clans went forth to battle, each man took a granite stone and placed it on the cairn. When he came back, he took his stone away and the stones that were left were in memory of those who would never return.

The museum hosts a stone dedication ceremony every September to recognize the new Ad Astra stones, which have been placed in the earth. This year's ceremony at the museum is Sept. 27 at 2 p.m.

CFB Shilo military personnel with the RCAF and Manitoba residents interested in the Ad Astra stone program can visit [www.airforcemuseum.ca](http://www.airforcemuseum.ca), where you can upload an application form. Or call 1-613-965-2208.

Eligibility criteria for obtaining an Ad Astra stone varies:

- Any person who has served, or is now serving, in any of Canada's air forces – RCAF, CAF, CF air element.
- Any Canadian who, prior to the formation of the CAF, served in the RFC or RNAS.
- Any Canadian who has served, or who is now serving, in an allied air force.
- The spouse of any person who is eligible under the above criteria.
- Foreign military persons assigned for duty with Canada's air force in the past or present.

"We also will attempt to accommodate requests for specific locations in the air park," Brace said.

A stone marker can be placed along the walkway or near an aircraft — like the defunct CF101 Voodoo or submarine hunter Argus which flew out of CFB Comox and Greenwood before each was retired by the RCAF, or a MIG-21 that patrolled the sky above East Germany during the Cold War — among those on display.

There's also a Hercules, Dakota, F18 Hornet, Starfighter and Labrador helicopter among the outdoor static displays adjacent to the National Air Force Museum of Canada.

Of note, the stones will not display an individual's rank. This is done so everyone is remembered equally, whether you were a captain or a sergeant.

Personal information regarding service number, rank and military decorations are maintained in a museum register.

# Soldier returns to ravaged birth country to assist with disaster relief

## From the front

So, the 42-year-old artillery-trained soldier had to endure the heat without air conditioning in an area where typhoons are a common occurrence, though Typhoon Haiyan hit that country with such force it took most Filipinos by surprise.

Considered one of the strongest typhoons on record, it caused landslides and knocked out power, leaving the country's central island — where the the Canadian Armed Forces (CAF) sent more than 300 personnel with a range of specialties — with little to no communication and affecting an estimated 11.3 million residents.

In response to this this disaster, Canadian Joint Operation Command implemented Operation RENAISSANCE 13-1, deploying CAF personnel to provide primary medical care, engineering assistance and safe drinking water. WO Buenacruz volunteered himself after having a conversation with his 2IC.

"We were playing basketball and in conversation with my 2IC, I mentioned I would be interested in volunteering if Canada was called upon to help with disaster relief," he says. "There were three of us from 1RCHA who were on standby, myself, a captain and a gunner. I was the only one to go after our briefings [at CFB Trenton]."

WO Buenacruz left Brandon Nov. 21, and returned to Canada Dec. 19 following his two-week disaster relief tour.

"It was gratifying for me not only to serve the country that allowed me to immigrate here, but then to help out a country where I was born ... it was nice to be able to make a difference," he says. "I have done tours to Bosnia and Afghanistan, but who knew I would ever see a tour to my own home country. This was something I never expected in my military career."

At 42, WO Buenacruz has served in the CAF for 22 years. His first exposure to CFB Shilo came soon after finishing his basic training at now defunct CFB Cornwall in Nova Scotia. He was sent here for battle school in January 1991.

"My aunt and uncle adopted my sister and I and we came to Vancouver when I was 12 and lived in Port Coquitlam," he recalls. "Because Canada accepted me to live in this country, I thought I would give back, so when I finished high school I joined the CAF."

"Coming here for the first time, the cold was something I was not used to having lived in the Philippines, and then on the west coast. It was -50 C ... that was the first time I ever froze my nose hairs."

This past summer, WO Buenacruz asked to be posted to CFB Shilo along with his wife Joelle, who teaches the 12-month French course for soldiers on this Base. He had already worked at Petawawa and Gagetown, as well as a stint instructing at CFB St. Jean.

WO Buenacruz said the briefing in Ontario at CFB Trenton prior to flying out was important because he was not doing the trade he's trained in.

"I'm artillery, so being a Liaison Officer was different for me," he says, noting there were 15 other CAF personnel of Filipino descent who were part of Operation RENAISSANCE 13-1.

Although fluent in the main Filipino language, the country is also home to an array of dialects among the people living on the thousands of remote islands in the Mambusao region where the CAF worked, he arrived there with some trepidation.

"I was nervous at first, but quickly became com-



A RCAF CH-146 Griffon helicopter (inset) flies toward the Philippine Army 3 Infantry Division Headquarters during Operation RENAISSANCE, in Jamindan, Philippines.

MCpl Marc-Andre Gaudreault, CAF Combat Camera  
WO Jason Buenacruz (above) prepares his equipment for a one-week stay in Mambusao where he spoke with local authorities about the needs of the population during Operation RENAISSANCE in the Philippines.

Cpl Ariane Montambeault photo

"I was dropped in a region that encompassed many islands," he says. "I worked with a mayor [Rex Gatchalian] and the captains from smaller towns from the region, plus the army and police."

"Initially I stayed in an apartment, which was basically four cement walls, and slept on a cot. There was no electricity, or running [hot] water to take a shower."

Laundry each day was hand-washed by WO Buenacruz, and hung to dry.

And no air conditioners to cool off after spending the day out in the heat and humidity. It was a contrast for him after leaving Manitoba and its frigid temperatures compliments of a polar vortex to helping people in a country ravaged by a typhoon and sizzling temperatures.

Partnered with Bdr Yannick Longpre from CFB Petawawa's 2RCHA, he travelled by ground in an ambulance that held six others, including a security detail of two soldiers and two policemen.

"It was for our protection because we were on a humanitarian mission, so we don't carry weapons," he explains. "The police and soldiers are assigned to us to provide security. We had excellent protection. There are parts of the country where rebels can cause you problems."

As the LO, and with his team in place, WO Buenacruz headed out daily to inspect remote areas affected by the typhoon.

"It was my job to find out what was needed, and what equipment would be required to make things

happen," he says, "whether it be opening up roads to providing clean drinking water."

"It was quite the experience for my fire team partner who was on his first tour. After we were out in the countryside, walking through rice fields and with the extreme temperatures, he made a comment to me that he thought we were in the movie *Platoon*."

His French Canadian fire team partner also garnered attention from the rural locals, who often approached him initially asking for food and help when the team arrived.

"They sure were intrigued by him, standing six-foot-two compared to my height," he laughs. "He would end up telling them to talk with me because he did not speak the language."

With 10 days worth of hard rations, WO Buenacruz and his team each day would ascertain what a remote community required when it came to water and medical attention, while other CAF personnel looked after food distribution.

"We would find out the population numbers where we visited, then relay this information so others could calculate what needed to be brought in."

WO Buenacruz only witnessed the destruction

where he visited, not the deaths. The Filipino army had already removed the dead before he arrived. He observed there

was a noticeable line between where the typhoon destroyed property and the terrain, to the adjacent rural landscape left pristine and lush. Trees snapped like toothpicks on one side of the imaginary line, and were upright and swaying in the breeze on the other.

But it was the people who tugged at the warrant officer's heart as he arrived in villages by various means of transportation, from a motorcycle used on a perilous journey into the mountains, to different boats required to visit island communities. Travelling in muddy waters, some of the trips were slow going because of the antiquated boat motors.

"It was tough on us when people would come up to you crying, and asking for food, or nails and wood so they could fix their destroyed homes. Our team was only there gathering information, so I didn't have anything to give," he says.

"I remember seeing a single mom with three kids. She's living on the apex of the roof that was once her home, but was blown off by the typhoon. You see this and it's heart-wrenching."

He added, "You know they need your help ... they are begging for food, asking for something to eat because they know another region has already received food. You have to explain to them that you will do your best to help out, but they have to be patient. For some of these people after going days without any food, they were rightly frustrated, especially in the remote areas I got to visit."

Some of the logistics of reaching isolated communities visited by WO Buenacruz and his team was rectified later when the CAF brought in CH-146 Griffons from Canada. They were able to help people who had not received much help in more than a week following the typhoon. Returning home just before Christmas to spend time with his wife, WO Buenacruz acknowledged that although he was not able to visit his two brothers in another area of the country not affected by the typhoon nor enjoy a few of his favourite Filipino dishes, he still relished what he was able to do for his birth country.

And he did it as a member of the CAF.





1RCHA's volleyball team, seen above playing 2PPCLI in an exhibition game, won bronze at Ex Strong Contender. The Base's lone ball hockey team (right) garnered gold facing 2PPCLI in the small unit category with a 6-5 overtime victory.

Photos by Jules Xavier

# Colour teams gold after victories

## Shilo Stag

It was a golden haul for the infantry at CFB Edmonton during Ex Strong Contender, with 2PPCLI returning from Alberta with three golds, plus two silvers.

A team of five soldiers combined to win gold in the tactical athlete competition for 2PPCLI, while the other gold medals went to the 2PPCLI basketball and ice hockey teams.

2PPCLI's soccer team was edged 2-1 in a "close match" during the gold medal final versus 3CDSG to collect silver.

The other silver came in a ball hockey final, with 2PPCLI losing to Shilo's lone Base team 6-5 in overtime. The Base tied the game up with .07 seconds remaining, then won the four-on-four contest in overtime when Jack Lajoie found the back of the net.

The overtime marker was scored by Richard Northrup.

The overall minor unit aggregate champions trophy was also garnered by 2PPCLI.

The Second Battalion participated in the small unit category due to the majority of the unit is returning from TF 2-13 from Afghanistan.

1RCHA teams garnered gold in the other ball hockey division, while its volleyball team returned home with bronze.




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# Enjoy family day fun during annual Winterfest

**Jillian Driessen**  
Shilo Stag

CFB Shilo's annual Winterfest returns next month. A sports day will be held Feb. 14, followed a day later with a family day. Winterfest will close that evening with a dinner and comedy night at the Junior Ranks Mess.

In conjunction with Brandon Salutes, Forbidden Flavours, Shilo & Region Service Club, and MFRC volunteers, Shilo's recreation team will bring a jam-packed family day to L25.

Feb. 15 will see a photo booth, bouncy castles, outdoor hay rides, face-painting, snowmobile rides, and the Bubble Man for entertainment.

In addition to entertainment, Brandon Salutes will be kicking the morning off with a free pancake breakfast.

With a history of past successes, Shilo has several family-oriented events every calendar year. The events come with no shortage of hard work from a dedicated recreation staff of four.

With two recreation leaders, community recreation co-ordinator Brette Olsen and recreation administrative assistant Kristen Lucyshyn, they bring these events to fruition.

"We start planning events months in advance," explained Lucyshyn. "For this event, we started three months ago."

"We have to start planning in advance to ensure we have all the entertainment," added Olsen.

Entertainment at a small Base often proves challenging for the recreation staff. Several acts prefer larger venues and it can be a challenge to keep events fresh and interesting for the community at large.

Hence, there are months of careful planning behind each and every community event.

Lucyshyn said in an average calendar year the recreation staff are responsible for about 12 major events. Spring and summer prove to be hectic months in the "rec" department with several back-to-back large scale events in Shilo.

With large-scale events, often comes some staffing challenges for the four-man recreation team, therefore, they often look to community volunteers for support.

For several events, recreation partners with the Shilo Community Council (SCC) and MFRC volunteers for additional manpower.

"The biggest challenge is getting enough volunteers. Our rec staff is small and we often rely on volunteer support," said Olsen of the large-scale events. "Another challenge is working around military operations. We have to ensure there are enough people

here to host a successful event."

In addition to special events, like Winterfest, the recreation department is also responsible for community fitness, aquatics, clubs, bowling alley, and the GSH movie theatre.

Needless to say, the recreation department is an active one.

On top of community recreation activities and events, Shilo's recreation staff are often called upon to support fitness activities.

Although the Feb. 14 sports day falls under the fitness and sports staff, Olsen, Lucyshyn and the recreation leaders will be out in full-force to support their GSH brethren on sports day.

Recreation events often see support from fitness staff in return. Last September's Terry Fox Run was supported heavily by fitness staff who served in roles ranging from first-aid and warm-up to manning water stations and set-up.

Lucyshyn said sports days are more fun than work. "It's sports in the morning and a skills competition in the afternoon. It's a fun day. It's hilarious to watch the participants."

Feb. 14 will feature a morning of organized sports and an afternoon of minute-to-win-it type activities for military members.

In addition to Winterfest, the events spearheaded by the department include, but are not limited to, the always popular Haunted House, Canada Day, and Easter egg hunt at the GSH.

"I think our top event is the Haunted House. We're expanding it this year, as well," said Lucyshyn of the monstrously successful scare-fest.

Olsen agreed, adding the 2013 Haunted House was an improvement over previous years.

"It's better now that it's inside. We have more time to set-up and tear-down. CE built us walls and between rec staff and some members of the Shilo



There's always something to do indoors during the annual Winterfest. Face-painting will return this year, courtesy of Shilo MFRC volunteers. Escape the winter cold and enjoy what's being offered at L25  
File photo by Jillian Driessen

Community Council, we decorated the entire inside," she said.

Despite small numbers and a staggering workload, Shilo's recreation staff bring many community events to life with their unwavering dedication.

"We're busy, but we're never short of recognition," said Olsen of her department's hard work. "We always feel the appreciation from the community."

## Where's Willie?

Somewhere on the pages of this *Shilo Stag* is a picture of Willie, the Wheat Kings mascot.

Tell us on what page, in what particular advertisement Willie was found and correctly answer the following skill-testing question for your chance to win two tickets to an upcoming Wheat Kings home game in Brandon.



### Entry Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

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

Answer to skill-testing question:  
Who was TRCHA WO Jason Buenacruz's fire team partner?

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.

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Jan. 31 Elysium, Rated 14A  
Feb. 7 Free Birds, Rated G  
Feb. 14 Last Vegas, Rated PG

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

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

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Feb. 5  
Medicine Hat 7 p.m.  
Feb. 7  
Swift Current 7:30 p.m.  
Feb. 14  
Kootenay, 7:30 p.m.  
Feb. 15  
Kootenay, 7:30 p.m.  
Feb. 19  
Victoria 7 p.m.

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



## Final salute for Korean war veteran

The late Dave Lucas, who died Dec. 28 at his Sprucewoods home, had a good turnout for his Jan. 16 outdoor funeral ceremony despite frigid temperatures. Representatives from the Base, 1RCHA as well as former comrades attended the service held in the veterans' section of the Brandon cemetery. Lucas was interred alongside his wife Shirley, who died in 2005, in specially made artillery shells that held their cremains. Padre Lee (left) performed the ceremony, while many of his soldier buddies offered a final salute (right) before the shells were placed in the earth.

Photos by Jules Xavier

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38 Jan-13 Feb 2014

## Wawanesa busy with hockey day

### Stag Special

Held Jan. 18, a lot goes into the planning for the volunteers organizing and running Hockey Day in Wawanesa.

The preparations for the busiest day for minor hockey in Wawanesa during the 2013-14 season began the day before as the hamburger and hot-dog buns were loaded up at CANEX for the trek south on Hwy 340 to the arena.

These are the little things that need to get done in order to keep up with all the visitors who were expected to come through the complex on Hockey Day.

There were seven minor hockey games played throughout the day, with two games held the previous night for the peewee and atom girls. While the atom squad prevailed on the scoresheet, the opposition scored a victory over the peewee girls.

The first game the following day was bright and early, with the initiation squad playing at 8 a.m. They won. This was followed by the novice, atom and peewee age groups playing for the Wild taking to the ice wearing Wawanesa colours to round out the action for the morning. The novice came out on the losing end of the score, while the atom and peewee teams were victorious.

The bantam AAA regional team then took to the ice at 2 p.m., with some great action and high-calibre play. The Southwest Cougars features two local residents, Tyler Weatherbie of Sprucewoods and Reg Pohl of Douglas.

This squad makes Wawanesa its home for league games, and plays through-



DOUG WILKINSON

out Manitoba as well as into Northern Ontario to complete its bantam AAA schedule. This is a dedicated group of athletes and parents who spend many hours in the rink and on the road in order to maintain the skill level needed to play in this competitive league.

The Wawanesa bantam team took to the ice next in what proved to be an exciting contest. The Wild features seven players and one coach from the Shilo area: Cody Braid, Cole Kirkpatrick, Doug Wilkinson, Easton Pelletier, Kyle Richardson, Nathan Bonnet and William Lehert, while Mark Pelletier fills an assistant coaching position. The Wild were victorious.

The final game featured a combined Killarney/Wawanesa high school team hitting the ice at 6:30 p.m. The Raiders were also victorious. Overall, Wawanesa posted a 5-2 win-loss record during Hockey Day. The buzz around the rink was constant all day, from the "oohs and awes" of the grandparents watching first thing in the morning, to the students and teachers who came out to cheer on their classmates and students in the evening.

The concession lost count of how many burgers and hotdogs were consumed throughout the day, but rest assured come the following weekend of minor hockey contests all food items offered on the arena menu will be restocked and ready to go for the teams and cheering parents who arrive in the community located south of CFB Shilo.

Hockey fun was had by all.

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## BComd commendation

LS Ashley Justus is a professional and dedicated soldier. She has brought significant credit to CFB Shilo through her volunteer involvement in cadets, United Way events, and taskings outside of the unit. While tasked to the Whitehorse Cadet Summer Training Centre, she excelled in her role as the Non-Public Funds (NPF) finance clerk, despite her unfamiliarity with Cadet accounting programs. Her work ethic and dedication to excellence was formally noted by both the Whitehorse Commanding Officer and the Regional Financial Services supervisor. LS Justus' exemplary performance and community involvement provide an example for all to emulate.





### The Shilo Stag is online!

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## Follow us!



# MFRC offers new programs

### MFRC Special

Shilo's MFRC is offering two new programs this winter — one for adults, the other for youth or children.

If you have ever wished you could take back harsh words barked at a loved one, dear friend, or even the innocent clerk at the grocery store, then Inter-Comm might be for you.

Inter-Comm is a course designed for adults who want to improve communications

in their personal relationships.

This course is specifically designed for the Canadian Armed Forces (CAF) to support families who want to manage conflict effectively, communicate effectively, use a collaborative model for resolving conflicts, and practice a collaborative communication model for building communication skills.

This free 12-hour program is delivered in partnership with CFB Shilo facilitators from the MFRC and Health Promotion.

It will run two days, Feb. 7 from 5 to 9 p.m. and Feb. 8 from 8:30 a.m. to 4:30 p.m.

Light meals will be provided, along with free childcare on request.

Register for this program by contacting Health Promotion at 204-765-3000 ext 3868, or visit [www.familyforce.ca](http://www.familyforce.ca) for more information.

The second program is unique for families where a parent has an operational stress injury, or OSI.

YPET or iSTEP are 10-week programs intended solely for children or youth from a home where a parent has been diagnosed with an OSI.

The premise of these programs is that peer support helps to decrease the isolation children experience when their parent has an OSI.

It creates atmosphere where feel-

ings are acknowledged, and children can feel safe to recognize all the feelings that go along with changes in their life resulting from their parent's injury.

Children require the opportunity to express their feelings, thoughts and behaviours in a safe, confidential environment.

They can be empowered to know that they are not alone in this transforming experience, developing strengths and coping tools to develop a bright and constructive future.

Topics covered include: invisible injuries; all feelings are okay; exploring our anger; handling our anger; being unique; dealing with difficult feelings; stress busters; filling your bucket with esteem and resiliency; and filling your toolbox with resources.

The workshop series ends with a graduation where participants can celebrate resiliency together.

This program is offered in three age groups: six to eight years (iSTEP one hr/wk), nine to 12 years (iSTEP one hr/wk), and 12 to 18 years (YPET two hrs/wk), and is limited to six to 10 participants.

The first program will run for the age group with the most registrants.

To register for either iSTEP or YPET, visit [www.familyforce.ca](http://www.familyforce.ca) or call 204-765-3000, ext 4106.



### GSH Bowling Alley

Open bowling for all ages  
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Ask about Glow bowling birthday parties!

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



## PUBLIC NOTICE

1. To control noxious weeds within the boundaries of the Shilo Country Club property. The projected dates of application will be from May 1, 2014 to October 1, 2014.

The herbicides to be used include:

- Cheminova Glyphosate
- Trillion P

2. To control turf grass disease on greens, tees and fairways. The projected dates of application will be from May 1, 2014 to November 1, 2014.

The Fungicides to be used include:

- Banner Maxx
- Instrata
- Heritage
- Trilogy SC
- Daconil 2787

The public may send written submissions or objections within 15 Days of the publication of the notice to the department below:

Manitoba Conservation  
 Pesticide/Fertilizer Section  
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 Winnipeg, Manitoba R3C 1A5

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**Deadline for next issue:**

**February 6 at noon**

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### Services



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 Padre Costen - ext 3381

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 Wednesday 12:05 p.m.  
 Confession by appointment  
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A 2PPCLI soldier takes aim (above) with the C16 Automatic Grenade Launcher System (AGLS) as the "enemy" approach from the east. Another soldier (right) gathers branches to help camouflage his position on a ridge.

Photos by Jules Xavier



A standing observer watches as the LAV guns take aim at the approaching "enemy" during Ex KAPYONG WARRIOR last fall.

## 2PPCLI soldiers hone their skills during field exercises

It was a two-shower experience spending more than eight hours on my inaugural 2PPCLI exercise.

That's how many showers this multi-media journalist required to clean the dirt from any exposed skin after riding in the back of an open LAV during Ex KAPYONG FURY.

The fine dirt churned up by the LAVs working alongside ground troops working against an "enemy" down field found its way into the ears, nostrils and any exposed skin. It was a fine dirt, not dust, but noticeable especially if you had been wearing goggles to protect the eyes.

Think tan lines created by a film of fine dirt, not sunshine, after removing the eye protection.

I can only imagine how many showers the infantry and LAV drivers needed, including former CO LCol Michael Wright, after spending three weeks honing their military skills as part of Ex KAPYONG FURY.

I might have been laughing at the guys following

the conclusion of a scenario attack, seeing their dirt-covered faces, except for the skin protected by goggles or other facial protection.

But it was pointed out that I needed to see myself in a mirror before mocking them.

A selfie taken with my Nikon D90 showed I was just as dirty, if not more, because the LAVs churned up a lot more dirt as it navigated the hilly terrain which had been previously scorched during a prescribed burn.

This was my first exposure to 2PPCLI on an exercise, seeing infantry out on the CFB Shilo training grounds. Plus observing the LAV gunners and drivers as they jockeyed for position on the rolling hills. Tracers showed me where the guns were aiming, sporadic fire hitting the ground in front of the "enemy" targets, but then finding the range not unlike a quarterback hitting his streaking wide receiver on post pattern.

It was interesting for this air force brat, who was used to seeing the now retired Voodoo and other CF fighter jets in the late 60s and early 70s working the skies growing up on CAF air bases, except for that one posting to an army base at CFB Kingston.

This was ground warfare training, not pilots taking flight miles above the ground to hone their own fighting skills, and I took everything in. And asked plenty of questions thanks to my natural curiosity to gain an insight into how Canada's infantry works considering some of the soldiers before me had been in real firefights while deployed to Afghanistan, and Bosnia.

Practice makes perfect and, despite Canada's involvement in Afghanistan winding down — soldiers deployed there the past year were on the ground as instructors helping with that country's military — 2PPCLI still must hone their soldiering skills and tactics in the field to be ready for the next call from the Government of Canada. It can be a dirty job, but that's what the infantry wearing PPCLI shoulder flash on the shoulder of their uniforms signed up for when they joined the CAF.

It was a different experi-

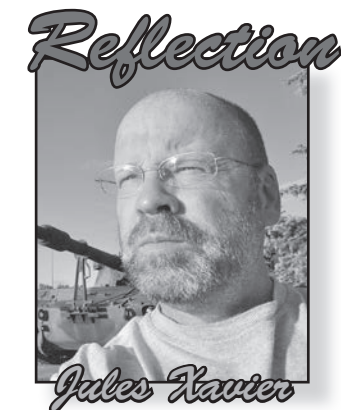
ence for Ex KAPYONG WARRIOR 12 months later, this time under the watchful eyes of a new CO, with LCol Bob Ritchie observing his troops on the battlefield. This time it was infantry dug in awaiting the "enemy" to the east to show themselves. This was not the War of 1812, when generals would meet face to face at a specific time on the battlefield.

2PPCLI soldiers again would have support from LAVs, but unlike Ex KAPYONG FURY where the infantry was on the offensive, this time being dug in meant soldiers were holding the high ground so they had a good view of the battlefield.

Using shovels to dig their deep circular trenches, and disguising them with tree branches and brush found in the vicinity of their stronghold, each soldier

hunkered down until the "enemy" arrived. There was an urgency behind the scenes as Lt Jesse Kettles went over a map of the terrain with others, talking strategies and scenarios once the battle began.

The "enemy" in question was not actual soldiers, but pop-up targets painted on boards. Some were camouflaged men, or tanks. The battle began when exercise observers behind the lines triggered



Jules Xavier

mortar fire coming in on the 2PPCLI positions.

Once engaged, soldiers used C7s and C9s to take out the advancing "enemy." They were supported by LAV heavy fire from the flanks, with precision firepower taking out targets a football field distance away. 2PPCLI also had the C16 Automatic Grenade Launcher System (AGLS) available to inflict further damage, with LCol Ritchie even having an opportunity to fire blue chalk shells — while the bullets and mortar fire was live ammunition, the grenade launcher used training ammo — at the targets. New to this firearm, the 2PPCLI CO was not as proficient as the soldier who regularly trains on it. He fell short or was wide, but when a target was hit, you knew it as a blue puff exploded downfield.

As an observer, watching soldiers at work while in mock battle, you gain an appreciation of what Canada's ground soldiers must go through to prepare them for a life-and-death situation as was the past 12 years in Afghanistan. Or Korea. And before that, the Second and First World Wars.

Ground warfare has evolved during the past century, with better weaponry able to inflict precision destruction from a distance, but it still takes the infantry on foot to take objectives. It might not be the trench warfare soldiers trained for at Camp Hughes before leaving for the Great War in Belgium and France, but some of the tactics remain the same. Attack, defend, and the counter-attack.

But to ensure success and follow the adage "practice makes perfect" 2PPCLI soldiers need their field training, and exercises like KAPYONG FURY and WARRIOR provide these opportunities. Their lives, and that of their company will depend on it.

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