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Volume 55 Issue 14



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July 14, 2016

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Sylvia Budd retires after 36-year career. Page 2



Soldiers preparing for Op UNIFIER. Page 10



Muddy fun for more than just the children. Page 12



Canada turns 149

Photos by Jules Xavier/Sarah Francis

From Trenton, Ont., Amanda Wilkinson of the Small Town Pistols was part of the Canada Day entertainment. MP Lt (N) Greg Ansley wore his Navy whites in the dunk tank, which attracted plenty of throwers who raised money for the United Way of Brandon. For more, see pages 6 & 7.



Sylvia Budd looking forward to retirement

36-year career on Base brought lots of laughs

Sarah Francis
Shilo Stag

After working on this Base for 36 years, travel and cabin life is what awaits Sylvia Budd following retirement.

When she got a call from the employment office when she was working on her post-secondary education, Budd never imagined CFB Shilo was where her retirement would occur.

"Back then, in the 80s, unemployment insurance used to come to the schools to help students get jobs," recalled Budd. "I had gone back to my home town to work a summer job at the local grocery store."

Leaving work for home to have lunch, her mother informed her that unemployment insurance office in Brandon had called. Returning the call, they informed Budd that they wanted her to go an interview. At first she was apprehensive about the job. She didn't even know where the Base was located.

"The military — in school [it] was not something we knew a lot about. That there was even a Base that existed so close to the community."

Budd was offered a position on the same day as the interview.

The idea of working for the federal government and the generous salary was enough to convince her this was not an opportunity to pass up.

"I was like, 'Wow, how could I not take this job?'," she recalled.

She believed this Base would simply be a stepping stone. After gaining experience, she would move on to bigger and better things. However, the community stuck with her and she even married an artilleryman.

Since then, she has worked at a few places on Base, with the job of support services manager at the Base hospital being her final stop before retirement.

The past eight years at 11 CF H Svcs C have been filled with good times and a lot of laughs.

"I honestly don't know where the time went," she told the *Shilo Stag*.

After 36 years working on Base it will be a somewhat difficult transition. She



To mark her retirement working on the Base the past 36 years, Sylvia Budd received a Command Team commendation from BComd LCol John Cochrane.

Photo by Sarah Francis

joked you might see her around the office with the advent of fall.

As she sat at her cabin, she thought back on the *Shilo Stag* interview, and sent an e-mail with words of wisdom for her former staff and successor — COS Maj Craig Ethelston has retired following a 20-year career with the Canadian Armed Forces (CAF) and will do Budd's job once he returns from vacation.

"In order to achieve our organizational goals we need to work together, military and civilian. Communicate with one another — not only by e-mail, [but] talk in person. You'd be amazed at what can be accomplished. Work as a team"

She added this has helped her be successful during the working years of her life.

"As I indicated I have had a great career over the past 36 years ... filled with many challenges, accomplishments, and good memories," she explained in her post-interview e-mail to the *Shilo Stag*. "Over the past eight years in particular, my accomplishments were not achieved by me alone. It was also due to the hard work, loyalty and dedication of my staff. We worked as a team, communi-

cated with one another, respected one another and got the job done. I thank each and every one of you for your support, we achieved our many goals together!"

Alongside her husband, Budd plans on discovering her new schedule as a retiree — spending time at her cabin and traveling.

"This winter we're going away for six weeks down south. Then we're going to — our hope was always to do a river cruise. Whether it's through Greece, whether it's through Europe. That has always been a highlight we've wanted to do."

The couple's goal is a to do a trip every year to somewhere they always wished they could.

Budd said retiring is bittersweet, but it's a new journey she is looking forward to now that she's left the Base hospital.

"I now will move on to the next book or books and create new chapters in my life with my husband, who supported me, stood by my side throughout my career. We can begin our journey and create memories together as retirees!"

Pet of the Week

CAPER

The Maclean family pet is named Caper. He is eight-months-old here, and tips the scales at 107 pounds. His favourite event is chewing anything in sight as well as chasing the cat. He's a wonderful dog and we wouldn't be without him. Do you have a photo of your pet you'd like to share with our Stag readers? If so, e-mail it to us via stag@mymts.net



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Ex MAPLE RESOLVE

Soldiers appreciate having physical exercise specialists in the field during military exercise

Sarah Francis
Shilo Stag

Shilo's physical exercise specialist Janelle Boyd had many words of praise from her time in the field during Ex MAPLE RESOLVE.

"It was phenomenal, best opportunity I've had so far," she told the Stag.

Usually Boyd can be found at the GSH, where she has worked for the past nine years. She works with ill and injured soldiers through two different programs.

"The first one is the PSP reconditioning program, which is usually a medical referral. The second program is now being standardized across Canada, it's the Supplementary Physical Training Program (SPTP)," she explained.

"It's for people who are transitioning from the PSP Reconditioning, back to unit PT, and those who don't meet the Force Test, the Force Standards, and for those who need extra help getting their fitness back up to unit PT levels."

Boyd added, "On a daily basis I teach classes. I meet with participants. I do a lot of admin work as far as referrals or attendants, that sort of thing, including progressing peoples programs."

Yoga, indoor cycle, functional training and core are some of the classes she teaches for soldiers.

Ex MAPLE RESOLVE was her first time in the field. She said seeing soldiers actively doing what they're trained for, can only help. Living in the field at CFB Wainwright for three weeks gave her a taste of what the soldiers she works with go through. She ate the same food, slept in tents on cots, and dealt with flooding from heavy rains.

"We got the same experience as them. We got to know what it was like, what kind of physical demand they're looking for," she recalled. "So we can come back and train our home units, and realize what they're doing ... we can specify programs."

Boyd and her Edmonton-based cohort Ally Hodgson had busy days, working early in the morning to late night hours.

"The gym opened up at 5:30 [a.m.] and went until 10 o'clock at night. We did some days [where we] closed down at 1300 or 1400 so we could do different things, get ready for things that we were putting on. We weren't just fitness, we were recreation."

Hodgson and Boyd each offered four classes a day — yoga in the morning,



JANELLE BOYD

then classes at lunch, dinner and in the evening.

Keeping activities fun for the soldiers, as well as focusing on health, was an important aspect of her job during Ex MAPLE RESOLVE.

"[In] May, we did a mini health and wellness challenge. Then in June — recreation month — we did a mini Amazing Race challenge with them."

Some of the challenges for the Amazing Race included mini golf with duct tape balls, making human pyramids and running obstacle courses.

The events echoed those taking place at CFB Shilo at the time. They even received prizes from Ottawa to provide to winners.

A number of soldiers took advantage of the on-site gym and recreation opportunity. She said there were also a number of American soldiers she saw frequently.

"They don't have people like PSP there that train them [at US bases]. It's just people who are in the unit," noted Boyd. "Some people might have some training, but some of them don't. They don't have access to these resources, so they really used us and picked our brains to know what they should and shouldn't be doing."

The soldiers particularly liked the group classes, according to Boyd.

"They do a lot of body weight and running. Classes where they got to use the bench press and different things, they really liked that kind of stuff, so they kept coming back."

Boyd had access to a portable gym, which had weights and benches as well as equipment for chin-ups and mats. It's transported in a sea can and came from a company called BeaverFit. They also had a tent set up for fitness classes.

This was Boyd's inaugural time being a part of the effort to keep up fitness for soldiers in the field during a military exercise.

Hodgson and Boyd each worked hard, which didn't go unnoticed. They received the 3CDSG Command Team Commendation from the Camp Commandant and RSM, which she said was an honour.

"They were really good to work with," she offered. "They were our military bosses and they supported us any way, shape [or] form they could, which was awesome."

"Not only recommending us for the award, but really helping us be successful and supporting everything that we did."



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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, 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.
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CD**Operation HONOUR****Soldiers share experiences with Statistics Canada for survey****Stag Special**

During the course of the past two and a half months, more than 40,000 of you have shared your experiences and perspective through Statistics Canada's Survey on Sexual Misconduct in the Canadian Armed Forces (CAF).

We would like to take this opportunity to thank you for lending your voice to this important topic and for supporting Operation HONOUR and its mission to eliminate harmful and inappropriate sexual behaviour within our ranks.

As you are aware, this was the first ever institution-wide survey dedicated specifically to this issue.

During the coming months and years, we will continue to broaden our understanding of the problem through a series of similar surveys. These surveys will also provide the CAF with a better read of the progress achieved in reshaping our organizational culture.

Statistics Canada is currently engaged in the monumental task of rigorously analyzing the confidential responses submitted throughout the collection period.

This process will take time, due to the sheer volume of responses received and the careful attention and analysis each requires.

As Statistics Canada is a world-class leader in executing large-scale surveys, we are confident that the final report provided to the CAF will equip us with a stronger understanding of where we are at and where we need to go.

The survey results will be made public by Statistics Canada in late fall of this year, as it is important for CAF members and external stakeholders to grasp the full extent of the problem.

Fundamentally, every man and woman who willingly serves their country, despite the many dangers and sacrifices of military service, deserves a professional environment in which they are treated with respect and dignity.

Ensuring the CAF is successful in eliminating harmful and inappropriate behaviours remains a top priority for us. Your leadership, support and engagement remain pivotal to the success of Operation HONOUR.

CDS Gen Jonathan Vance and CFCWO CWO Kevin West

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Emotions can trigger mental health conditions

Pamela Hall
MFRC Special

Are you aware of how your mental health affects your physical health?

Many of us view our mental and physical health as separate, when they are in fact connected. This is called the mind-body connection, which is how our thoughts, feeling, beliefs, and attitudes can positively or negatively impact our physical health.

An example of the mind body connection is how our body responds to stress. Constant worry and stress about finances, jobs, family, health, or other problems can cause tense muscles, pain, stomach problems, high blood pressure, and a weakened immune system.

On the other hand, research shows that many health conditions such as arthritis, back pain, and other chronic pain conditions, heart disease, headaches, and insomnia, are impacted by emotions and mind-body therapies.

All of these conditions are impacted by our psychological health because emotions trigger the release of hormones into the body's system.

Our bodies are systems which rely on subsystems such as our immune system, nervous system and endocrine system to constantly communicate in order to create healthy functioning bodies.

So in a time of stress when our emotions are triggering the release of hormones, our overall health can be impacted.

To put it into perspective, think about a time in

your life when you have been stressed and worn out. Doesn't it always seem that a cold or flu hits you at your busiest times?

This is because our body's immune response is influenced by stress. Stress and other psychosocial factors can make the body more susceptible to infectious diseases such as the common cold.

Mind-body therapies are one way to care for our mental health. One of the key ways that they work is by reducing stress to foster overall health.

These therapies include: yoga, tai chi, cognitive be-

havioural therapy, meditation, painting, and more.

However, taking care of your health does not need to be a specific therapy or activity.

It can be as simple as doing your favourite activity, going to coffee with a friend, or taking a bath — whatever helps you to relax.

Be sure to take advantage of summers beautiful warm weather and focus on your health and well-being.

Pamela Hall is the Veteran family co-ordinator based out of CFB Shilo's MFRC



Lt Adam Houghtaling received his mountain bike during a Health and Wellness Challenge wrap-up from Health Promotion manager Shelly Moore and PSP senior manager Mike McEwan.



MWO AI Williston serves a piece of cake —CFB Shilo celebrated its 82nd birthday June 24.

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CANADA CELEBRATES



Wasn't that a birthday party to remember? Canada celebrated her 149th, with CFB Shilo opening the gates to its Westman neighbours. During the afternoon an estimated count of more than 3,000 Canada D'eh goers enjoyed the various events, including the evening entertainment and fireworks. Even the RCA Museum celebrated the 100th anniversary of the start of the Battle of the Somme on July 1, 1916 with a new temporary exhibition opening. The dunk tank proved popular, raising some funds for the United Way of Brandon. Kids of all ages, and some adults, also enjoyed the array of activities located adjacent to L25. And you can't celebrate a birthday without cake, so Base Foods provided a giant cake which was cut by BComd LCol John Cochrane and BRSM CWO Don Askeland.

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Surgeon General visit

BGen Hugh MacKay, the Canadian Armed Force's Surgeon General, had an opportunity to visit the units during his trip to CFB Shilo. He listened intently as soldiers discussed health issues. During a visit to the Base clinic he had an opportunity to talk with doctor Maj Keith Wilson about his work on the Base.

Photos by Sarah Francis



Employment Opportunity

The Shilo Military Family Resource Centre (MFRC) is now accepting applications for an administrative assistant.

The administrative assistant is a part-time position responsible for reception of community members to the MFRC and administrative support to the executive director, business manager and co-ordinators.

Specific qualifications:

- Grade 12 required
- Business/clerical certificate preferred
- Minimum one-year office experience required
- Typing 35 wpm required
- Strong computer skills with experience in Microsoft Word, Excel and Publisher required
- Excellent communication skills
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- Criminal record and child abuse registry clearance required
- Contact us for a detailed job description. Only those candidates interviewed will be contacted.

Anticipated start date: **ASAP**

Deadline for applications: **July 22, 2016**

Submit resume to Shilo MFRC executive director Willemien Van Lankvelt via e-mail willemien.vanlankvelt@forces.gc.ca



Focus on military photo contest

Stag Special

It's time to dust off your camera. Why?

So you can participate in the 2016 Canadian Armed Forces (CAF) photography contest. Running from July 2 to Sept. 15, contest organizers want you to send them your best shots.

Whether you're a seasoned professional or an amateur photography lover, this is the contest for you. The photography contest accepts images in eight diverse categories, and is open to all members of the Defence Team and their families. Photographers will be eligible to win \$10,000 in prizes from our sponsors.

The CAF photography contest also welcomes nominations for the Military Photographer Achievement Award, a prize introduced last year to recognize the contributions that a CAF Imagery Technician has made to the CAF community.

For 48 years, the photography contest has been celebrating the talented photographers that capture life in CAF communities coast to coast.

As you take photos this summer, keep the photography contest in mind.

Family gatherings, sports tournaments, scenic vacations, work events — the possibilities are endless. To enter your photos, visit www.cafphotocontest.ca



Photo contest submissions do not have to have a military theme. Visit the website for contest rules.

Photo by Jules Xavier

Training system transformed to make Army effective in future

Lynn Capuano
Stag Special

As part of the Canadian Army Renewal program, the Army Training Review is transforming the training system to ensure that it is sustainable, affordable and effective for the Army of Tomorrow.

The Army Training Review was initiated in 2012 at a time when the Canadian Armed Forces (CAF) was winding down the war in Afghanistan and the Canadian government was working diligently to reduce the deficit.

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

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

- Greater emphasis on simulation and advanced learning tools;
- Stronger focus on maximizing the experience gained during collective training events;
- Increasing efficiencies by blending Regular and Reserve Forces in both individual and collective training;
- Institutionalization of key enablers (unique capabilities) such as chemical, biological, radioactive, nuclear and explosive (CBRNE) and intelligence, surveillance, target acquisition and reconnaissance (IS-TAR);
- A different approach to the training of specialized skills.

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

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

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

Detailed analysis revealed that there was a need to rely less on individual training and concentrate more on experience gained during collective training events, particularly through the use of Ex MAPLE RESOLVE, which is the Canadian Army's largest annual exercise. In 2014, about 5,000 soldiers from Canada, the UK, and the United States took part in May at Garrison Wainwright. A closer look at self-development training is underway.

"This type of training is a challenging one because you have to rely on the individuals picking up some aspects on their own through professional development reading and so on," said Col Cotton.

"We've made great headway by integrating regular and primary reserve training in the areas of individual and collective training."

Blending individual and collective training within each large collective training event will meet many individual training requirements in one go, said Col Cotton.

Not only will we have a variety of Army trades represented, but the CA regularly trains with its partners, such as the Royal Canadian Air Force (RCAF) and the Royal Canadian Navy (RCN), which could also use the training event to support their training demands.

"We must continually improve our ability to inte-

grate the essential joint enablers that allow us to function as a unified force when needed, as we have with CBRNE and IS-TAR," he said.

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

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

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

High-cost, low-density examples include Forward Air Controller courses, Pathfinder skills and Arctic operations courses.

"We're realizing some savings by running these courses every second year, while still meeting the requirement to maintain these certain number of qualified folks in that skill," he said.

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15 Wing Moose Jaw needs OT to prevail

It was hot and humid in Gunner Arena for the Prairie region ball hockey tournament. Fans were brought in to circulate cooler air, but despite the warmth, it was a battle in the championship game featuring 4 Wing Cold Lake versus 15 Wing Moose Jaw. The all-RCAF final needed overtime to settle which team would qualify for nationals next month at CFB Borden. 15 Wing needed only 30 seconds into OT to score the game-winner.



The defending champs from CFB Shilo did not field a team for the 2016 Prairie region ball hockey tournament because there were not enough players available to play. 17 Wing Winnipeg made if three RCAF teams involved, while Garrison Edmonton represented the Army. Here, referee Mike Gagnon signals a goal with 32 seconds remaining on the clock as 4 Wing Cold Lake scored to tie the game at 4-4 and force overtime.

Photos by Jules Xavier

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Soldiers training for Op UNIFIER

Jules Xavier
Shilo Stag

Building trust with their military counterparts in the Ukraine will be key to a productive relationship for soldiers deployed on Op UNIFIER.

That's the message 2PPCLI CO LCol Wayne Niven had for the media during a break from casualty evacuation and combat first aid training at the Base's training ranges.

For this deployment, the 200 soldiers — more than half are from 2PPCLI — involved have been honing more than just military skills as they prepare to spend six months training Ukrainian troops.

According to LCol Niven, language and cultural awareness training in the classroom are just as important before they arrive later this summer at the Yavoriv Training Centre which is located in the western area of the Ukraine, near the city of Lviv. To assist with this, his soldiers have spent time with Ukrainian military personnel on two occasions since February.

"Most of these soldiers we are training are combat veterans from the eastern part of their country," he explained. "They have experience in combat operations. We're there to assist them in developing their skills and bring them [up] to a more NATO standard."

LCol Niven added, "They are proud soldiers. Establishing that trust and relationship is the key. If you can open that door, then everything becomes smoother. We like to say soldiers speak a universal experience... everyone's got a war story. If you know how to open that door and make that connection, then things become much easier."

Canada is not being deployed to train raw recruits who join the Ukrainian army, but to work with that country's experienced soldiers who previously soldiered under the Russian system prior to independence, who then will use what they learn to educate

their military recruits.

"They are transitioning from a Soviet state-style infrastructure and training system to try and transition to a NATO standard," offered LCol Niven while his soldiers awaited the arrival of lunch following morning training. "It will take a bit of work, but in conjunction with our international partners and our Ukrainian forces, we're already starting to see significant progress in certain lines of operation."

For LCol Niven and his troops, this is the second Canadian rotation of Op UNIFIER. Besides 2PPCLI, there are soldiers from IRCHA, Garrison Edmonton, plus reservists from across Canada who bring with them special skills required for this mission.

Scheduled to conclude next March, Op UNIFIER is a response by Canada, United States, the United Kingdom, Poland and Lithuania to a request from the Ukrainian government to assist with maintaining sovereignty, security and stability of its country.

As the CO for the second rotation (Roto 2) for Op UNIFIER, LCol Niven said the ultimate goal is allow the Ukrainians to achieve NATO interoperability by providing them the tools to do so through military mentorships.

As part of their high-readiness training, the Op UNIFIER contingent have been honing an array of military skills, from improvised explosive device (IED) disposal to the combat first aid training the media observed on an overcast morning, where four different scenarios were being run under the tutelage of seasoned soldiers with combat experience from theatres like Bosnia and Afghanistan.

While it was only a simulation of an IED going off, and the enemy combatants were not firing live ammunition, the stresses associated with what could happen on deployment was not lost on the troops involved. Practice makes perfect, so these scenarios were done with everyone having an opportunity to participate,

but also undergo post-review of what was done right, but what might have also been done incorrectly.

Nothing escaped the eye of the sergeant barking out commands, and ensuring his soldiers were maintaining a security perimeter while others worked on the casualties, including an enemy combatant. He pointed out that it's important that those involved in a combat situation to not be a spectator with what is going on, but being attentive to doing your the job you train for if an IED exploded.

For experienced soldiers, according to LCol Niven, certain tasks become second nature. But it's still good to train to keep these skills sharp when it comes to life and death situations.

"If you hit or contact an IED, it might not be the only one," he explained. "There may be secondary devices, there could be other threats. It could be an ambush, so security is the first thing we need to worry about as well as making sure the person assisting the casualty does not become a secondary casualty by a secondary device."

Unlike fighting the Taliban in Afghanistan, or keeping the peace in Bosnia, soldiers on Op UNIFIER have a different mission which will come with its own challenges.

"We are in a country where there is an ongoing civil war," noted LCol Niven. "There's not a direct threat against the Canadian Armed Forces, however, we know that there is a potential threat for espionage and cyber-threats that our folks could find themselves against."

There will be no tents in a desert location for soldiers like they had in Afghanistan. LCol Niven said his soldiers will be housed on a Ukrainian training base, and accommodations will be barracks.

"There is a large training area much like [here]. It's not nearly as austere as what we would find in Afghanistan."



Soldiers spent the day in the CFB Shilo training range honing various skills they will need in preparation for OP UNIFIER Roto 2. The mission to the Ukraine features mainly 2PPCLI soldiers. *Photos by Jules Xavier*



2PPCLI CO LCol Wayne Niven briefed the media, including *Brandon Sun* reporter Tom Bateman.

Roto 2 mission led by 2PPCLI commander

JTF-U Public Affairs
Stag Special

Throughout late June, roughly 200 soldiers from Western Canada completed pre-deployment training on this Base in preparation for Op UNIFIER Rotation (Roto) 2.

Op UNIFIER is Canada's contribution to support Ukrainian forces through capacity building, in conjunction with the United States, the United Kingdom and other countries providing similar training assistance.

The men and women of Roto 2 are primarily coming from 2PPCLI and 1 Combat Engineer Regiment.

"This rotation will continue and build on the high standard of quality training that has been already been delivered by The 1st Battalion, Royal Canadian Regiment, and the 3rd Battalion, Royal 22e Régiment," said 2PPCLI CO LCol Wayne Niven, the incoming

Commander Joint Task Force Ukraine (JTF-U).

"While we will share our best practices with our Ukrainian partners, we also have plenty to learn from them given the diversity of combat experience between our two armed forces."

Quickly switching gears from Ex MAPLE RESOLVE, the Canadian Army's largest and most complex exercise that confirmed the readiness of 1 Canadian Mechanized Brigade Group (1CMBG) as a whole in early June, the members of JTF-U are now focusing on Theatre Mission Specific Training (TMST) to be ready for the challenges of Op UNIFIER.

The TMST includes items such as cultural and language awareness, preventative medicine, mental readiness, and security force capacity building.

With the transfer from Roto 1 to 2 in August quickly approaching, the members of JTF-U Roto 2 continue to prepare, sharpening their skills so they can in turn assist the Ukrainian Armed Forces improve their survivability and lethality during operations.



Battle of the Somme

RCA Museum's new temporary exhibition on the Battle of the Somme opened July 1. Sgt Henry Hayes' letters are on display, as is a Great War ambulance.



Adventure Bible Camp

CFB Shilo
August 2 - 5, 2016
9am - noon

Contact: Sophie Egloff,
 Chaplain's Admin Assistant
 Ph: 204 765 3000 ext 3091
 sophie.egloff@forces.gc.ca

What to bring:
Hat & Water bottle

No pre-registration available.
 For more information, visit
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 Padre Neil - ext 6836
 Padre Olive - ext 3088
 Padre Dennis - ext 3698
 Padre Costen - ext 3381
 Padre Ihuoma - ext 3089
Our Lady of Shilo Roman Catholic Chapel
 Sunday 10:30 a.m.
 Wednesday 12:05 p.m.
 Confession by appointment

Services

Greg Steele Canadian Firearms Safety Course Instructor/Examiner Now offering Red Cross first aid training. Manitoba Hunter Safety Instructor. Courses offered at least monthly and more often with demand. Firearm/hunter safety courses planned seasonally. Restricted and Non-Restricted. Call 204-725-1608 or e-mail ggs57@wcgwave.ca

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Employment

Looking for a job on the Base? Submit resumes to NPF HR office via e-mail quoting competition # to npfhrshilo@cfmws.com OR for more detailed information on the jobs offered at CFB Shilo visit: www.cfmws.com

Employment

CANEX WANTS YOU: Clerk/cashier part-time position with 13 to 32 hr /week required. Must be available days/evenings, and weekends. Under the direction of the department supervisor, a clerk/cashier scans customer purchases, processes the transactions, and accepts payment. He/she prices, stocks shelves, counters and display areas with merchandise and keeps stock in order. He/she performs cleaning duties as required. Starting salary is \$11.63 per hour, and after two-month probation increases to \$11.88. Apply in person at CANEX admin office, or NPF Human Resources office at base HQ.



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1 July- 26 August 2016

CANEX.ca

Muddy Moments



MFRC's annual mud day was an even bigger success compared to past events based on attendance, including more parents getting into the muddy act. Kudos to the Shilo firefighters who worked their magic to create ooze-like mud, which was ideal for enjoying the experience. *Photos by Jules Xavier*



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