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Taking aim during training

Following instruction under the leadership of Sgt Sebastien Perreault, 1RCHA A Bty soldiers honed their Urban Ops skills during two days of indoor training. Here, soldiers in a five-man stack prepare to breach a door as part of their training. For more on this 1RCHA exercise visit www.facebook.com/ShiloSTAG/

Photo by Jules Xavier

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Base rental adjustments are routine annual process

Rents cannot exceed 25 per cent of combined gross household income

Stag Special

Regardless of whether a Canadian Armed Forces (CAF) member lives in private-sector or DND housing, rental adjustments are a routine annual process.

In December 2015, occupants of DND housing received their yearly letter from the Canadian Forces Housing Agency (CFHA) detailing their rent adjustment for fiscal year 2016.

CFHA is part of the Department of National Defence's Infrastructure and Environment family (ADM(IE)) and has been managing the housing portfolio for almost 20 years.

DND recognizes the importance to members of having suitable housing — it contributes to a better quality of life and to the well-being of CAF members and their families. This vision is top of mind for CFHA in its management of more than 12,000 military housing units across 25 sites, including CFB Shilo, and as it applies Government of Canada housing policies and departmental regulations.

Government of Canada housing policy stipulates that Crown-owned housing must reflect local market rental values for homes of a similar size, style, condition and age.

For CAF members opting to live in Crown-owned housing, this means they are provided with a housing unit at a rental cost similar to what other private-sector renters living in similar housing units in their neighbourhood would pay.



It won't be long before the new Base homes are welcoming residents as construction continues.

Photos by MCpl Janie Jacobsen/Jules Xavier



To provide for a fair and consistent approach to this policy, CFHA must also use an annual rent adjustment process. Under this process, CFHA determines whether the rents charged for Crown-owned housing must be changed to reflect fluctuations in the local rental market. Under this system, all occupants of DND housing are subject to an adjustment process every year at the same time. DND, like other government departments, applies the Statistics Canada Consumer Price Index (CPI) to its residential portfolio in order to determine the annual housing rent adjustments.

This year's adjustment is an average one per cent increase across the portfolio and still reflects the local market value in every region across the country.

That being said, under the Queen's Regulations and Orders, Volume IV, Appendix 4.1 rents — not including parking costs and utilities — cannot exceed 25 per cent of the combined gross household income for all families living in Defence housing.

More information about this benefit is available to members on DND's website and existing occupants can contact their local Housing Service Centre for more information. Another policy requires new rental rates to take effect April 1.

This timing is in keeping with federal government business cycles. In accordance with policy and regulations, CFHA must give occupants 90 days' notice, which explains

why letters are sent out in December of every year. Military housing is an important part of the daily lives of our men and women in uniform and their families.

DND has invested more than \$405-million in improvements to the portfolio during the past five years with projects ranging from minor work like furnace replacement to whole-house renovations which can include new kitchens and bathrooms.

In the last year, \$6.2-million was invested through the Federal Infrastructure Investment Program on this Base, where approximately 40 per cent of CAF members opt to live on Base not including several members rooming with primary occupants.

Work to improve the portfolio has included the replacement of exterior doors, windows, roofs and heating and ventilation systems. Also, 12 new houses were built to replace housing which has come to the end of its lifecycle.

The department, through CFHA, is committed to improving the portfolio on a continuous basis and ensuring that CAF members and their families are provided with housing that meets the needs of today and the future.

For more information on DND housing and rent adjustments, visit: forces.gc.ca/en/caf-community-support-services-housing/index.page

Members and their families can also contact their local Housing Services Centre for additional information.

Pet of the Week

BELLE

Belle is a five-year-old Golden Retriever. Her hobbies included laying in the middle of the kitchen floor when somebody is trying to cook meals; staring at you until you move if you sit in her spot on the couch. Amanda Dutchak's canine pet plays in the yard with her squeaky snake and loves rolling in the snow. Belle also has a milk bone cookie addiction. 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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SISIP financial counsellor/insurance rep Debbie Hoddinott is an aficionado of Leggos, and shows off some of her creations, including the one her husband made, with a display in her CANEX office. *Photo by Jules Xavier*

SISIP financial counsellor humbled by recognition

Jules Xavier
Shilo Stag

"I don't do what I do to be recognized."

That was the message Debbie Hoddinott shared with the Shilo Stag after learning she is co-winner of the CFMWS Woman of the Year award.

Calling it a great success, Shirley Tang-Jassemi, CFMWS Chief Financial Officer and Champion representing the Woman's Group, acknowledged the volume of outstanding nominations made it difficult to choose a solo winner.

"After much consideration, the selection committee decided to select two individuals this year," she said.

Hoddinott, who left for Ottawa to receive her award March 8, shares it with Dr. Tara Reilly, who is heavily involved in the FORCE program and the new Canadian Armed Forces (CAF) fitness profile. She is a world expert in her field and is a physical fitness subject matter expert.

At CFB Shilo, Hoddinott works with soldiers at SISIP Financial located in CANEX as a financial counsellor and insurance rep.

"This is a fabulous honour, even being nominated was huge when I think about it," said Hoddinott. "Then to share it with the other winner is phenomenal."

In the nomination paperwork Hoddinott was described as having an "ad-

mirable personality" and her "level of commitment to the military community can serve as a model to others. She is an outstanding ambassador for SISIP Financial" on this Base.

"I like to give back to the community," she said. "I don't do what I do to be recognized. I do what I do because that's my job and people appreciate what I do. I work for the soldiers on this Base, and I contribute to the community further when I volunteer. I eat, breathe and sleep giving back to the military community."

Hoddinott started with SISIP as an admin assistant. Proactive, she has successfully completed the mutual fund and insurance courses, allowing her to truly offer soldiers and families at CFB Shilo a holistic approach towards the achievement of their financial goals.

When she's away from her desk, Hoddinott gives back by being involved with various Base clubs: archery and gun clubs, plus was active with the karate club. She also volunteered to do Lunch and Learns sessions with Shilo MFRC, and is part of the MFRC executive.

"Beyond her impressive accomplishments, [Debbie] is constantly developing and strengthening her relationship with the Base and units at Shilo," noted Tang-Jassemi. "[Debbie] clearly models dignity, respect and a humble approach to learning and leadership."

This has contributed to Hoddinott's selection as one of the two recipients of the 2016 Woman of the Year award.

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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>

Families in the Canadian Army can access a new Mission: Ready website to find resources linked to their job, family life, health, relationships, beliefs, fitness and finances.

DND photos supplied

All-in-one dashboard to access resources

Jeanne Gagnon Stag Special

The Canadian Army has implemented a new strategy to ensure men and women in uniform are physically and mentally prepared to participate in domestic and international operations.

The Canadian Army Integrated Performance Strategy (CAIPS) recognizes that soldiers who are healthy and fit, are socially active, have a good support network at home and have a positive outlook on life contribute to the well-being of the Forces.

The Mission: Ready website is one element of the strategy launched this past December.

The website allows military members and civilians to find resources linked to their career, their family, their health, their relationships, their beliefs, their fitness and their finances.

Users can search information by geographic location and tailored to their situation, whether they are part of the regular force or reservists, whether they are family members or Department of National Defence (DND) employees.

The goal is to reinforce the army, the unit and the individual while keeping the Canadian Armed Forces (CAF) and DND informed, wrote Commander of the Canadian Army LGen Marquis Hainse, in *Mission: Ready – The Canadian Army Integrated Performance Strategy (CAIPS)*.

"My end state is an army that is proud, strong, and

ready to deploy on demanding missions and operations but equally possessing of the resiliency requisite to succeeding and successfully returning to Canada," wrote LGen Hainse.

"Performance optimization and healthy lifestyle choices will permeate everyday life at the unit and at home."

Other elements of the strategy include the Road to Mental Readiness training packages, a Readiness and Resiliency Guide for leaders and performance triad training guides to improve sleep, nutrition and activity.

The website gathers many of the programs and services available to military members and civilians in one location, which is one of the goals of the strategy, explained Maj Jolanta Harding, the team lead on the CAIPS project.

"The website provides a platform from which they can access all the information and resources already available to them," she said. "The intent to have information available to the visitors in three clicks or less is the most unique feature of the website."

The response so far has been favourable, offered Maj Harding.

"The ultimate measure of success is the increased level of readiness and resiliency in our soldiers."

For more information visit <http://strongprouddready.ca/missionready/en/home-en/>

Jeanne Gagnon is with Ottawa-based military newspaper *Guard of Honour*

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Free online French homework help for military children

Stag Special

Voilà Learning, in partnership with Military Family Services (MFS), is offering free online homework support to military children enrolled in French immersion, or children with questions about their French homework.

The Canadian Armed Forces (CAF) Ombudsman Report released in 2013 confirmed that relocation to an environment with a non-fluent predominant second language is a dissatisfying issue among military families.

In response to this challenge MFS began working in partnership with other organizations and enterprises to increase accessibility to language learning services and training for military families.

As an expansion of Voilà Learning's existing services the partnership provides military children with access to free online homework help in French.

Registration is required when enrolling children to validate that they are from a military family. Once registration is complete a code is e-mailed to parents allowing children access to the Voilà Learning virtual immersion campus.

Children find the customized avatar-led virtual support of the campus appealing, as the "world" they work in resembles a typical "école."

Further, their questions are answered in real-time by professional teachers in a virtual group setting.

The homework help is available to children of

military families five to 18 years of age, enrolled in a French immersion program, or children in the English system, taking a French course.

Support is available in a variety of subjects Monday, Tuesday, Wednesday and Thursday from 5 to 11 p.m. EST.

Voilà is a not-for-profit organization that unites hundreds of certified French teachers from school boards across Canada and United States.

The organization also unites hundreds of members, teachers, educators and school principals with a common goal, to encourage students in their acquisition of the French language, and to help parents meet the needs of their children studying in a French program.

To view a video detailing how the service can be of benefit to your military family and/or to register in the Virtual Immersion Campus visit <http://voila-learning.com/en/military-family-services>



Fine-tune fashions

Last minutes touch-ups are done to the displays for the new RCA Museum exhibition which runs until mid-June. Called *Designed for Victory: Women, War and the Vote*, the exhibit opened Feb. 26. For more on our coverage visit www.facebook.com/ShiloSTAG/

Photo by Jules Xavier

Provincial election day is

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C Bty goes beyond line of sight to locate enemy

Sarah Francis
Shilo Stag

There is more to 1RCHA than its guns.

The regiment's C Bty uses its tools to help direct the artillery and other units, as well as locating enemy targets.

Well hidden in some trees is where troops are working with the Hostile Artillery Locator (HALO), an acoustic weapon locator system. It's used to detect the enemy by placing sensor posts with microphones in a triangle or a 'W' formation.

When a gun is fired or there is a large explosion, the sound is picked up and microphones will send the signal back to a computer. C Bty soldiers are then able to triangulate where the sound came from by using sound waves.

Each microphone will show a bearing line on the computer, where those lines intersect is where the explosion or gun is located.

HALO works because of the way sound travels.

When an acoustic event happens, sound will reach one microphone more quickly than the others. The computer calculates the distance by using the time between the microphones receiving the sound.

Your ears work similarly. If you go stand outside and listen carefully, you could probably figure out what direction a dog is barking or where sounds of cars on the highway are coming from. This is because the sound reaches one ear faster than the other.



A close up of one microphone from the HALO system used to detect large acoustic events.

The HALO system used by the military works off a minimum of three to a maximum of 16 sensor post locations.

It takes approximately 30 minutes to set up or take down one of the locations.

A short trudge through knee-high snow and some brambles and twigs later and you will eventually find a group working with the Light Counter Mortar Radar (LCMR).

It has the ability to pick up enemy rockets, mortars and also detect aircraft.

The LCMR system has two jobs, locating the enemy and also providing warning for the units C Bty are supporting of incoming threats.

The team looks for optimum coverage for their equipment and vehicles. At this particular time while out on a training exercise on the Base they found a bowl in the ground with a good amount of tree coverage to keep them hidden.



An overhead view of one of C Bty's hiding spots, as seen from the position of the LCMR.

Photos by Sarah Francis

Well hidden they were. This reporter needed their location pointed out.

The LCMR was perched just outside of the bowl, to ensure it will pick up a signal.

Here's how the device works — it has a 360 degree beam of radiation, and when a mortar is fired within that range it will do a calculation to predict the arc and a landing point.

When it is detected there is about 30 to 45 seconds of warning time prior to it landing.

By the book it can see up to 10 kilometres. However, the 1RCHA soldiers working with this equipment have been able to make detections at up to 30 kilometres.

This unit during the training exercise is constantly on the move. A good way of explaining how they will do so, is with the game hopscotch. They always have two units moving while one is set up and ready and searching. It's as if they're leap frogging around the battle space.

Part of the reason they keep moving is because the LCMR can be picked up by the enemy. Moving disperses many targets, hopefully confusing them.

After another trudge through snow and only one incident of slipping and ramming the knees into the ice, this reporter made it to the group working with the Miniature Unmanned Aircraft System (MUAS).

The Raven B plane, Ground Control Station, controller and all the other necessary components make up the MUAS. Who knew you could join the artillery and fly remote controlled planes.

You won't, however, see them flying these aircraft willy-nilly.

MUAS falls under the same regulations as any aircraft, including helicopters and planes.

That means this approximately three-and-a-half-foot plane goes through a pre-flight check, cannot be flown in civilian airspace and requires airspace clearances.

The sound made by the aircraft can be described as a giant mosquito, that's from standing about 20 feet away. The buzzing noise was surprisingly loud.

Imagine being the person who has to throw it into the air for takeoff.

The crew working with this equipment can see what the aircraft does and control is through the remote control or on a laptop with GPS.

The information recorded by the Raven is

shown on a laptop, thus enabling soldiers on the ground to get a beyond line of sight first look at an area without sending in friendly soldiers. They can check a road for IEDs or make sure a bridge is still useable, or take a look at activity in an area.

They can also use MUAS to direct artillery fire. However, that is still somewhat in the beginnings stages.

It has three functions. There is an infrared camera, which sees white and black hot, an electrical optical (EO) camera, and also a laser illuminator, which they can use to direct aircraft to a target, a process they call Sparkle.

A benefit to each of these functions being on one unit is, they can remotely switch between them without having to land the aircraft.

Other models of MUAS have separate payloads for those three options.

The contraption is battery-operated and when there is no wind and it's not too cold, can last for around an hour. This was not the case on this day as the wind was starting to pick up and snow began to fall and the temperature was around minus-15.

An interesting feature about this aircraft — when it lands, it is supposed to come apart. In order to prevent damage from landing impacts the wings and other parts will come off.

However, because of the snow cover present on the day the photos were taken, it had a nice cushy landing and stayed together.



The Raven B is launched into the air by the way of 1RCHA manpower.



Women in wartime fashion unveiled

Brandon University student Brooke Drummond looks over the new exhibition which opened at the RCA Museum Feb. 26. She did a lot of research in order to build the display panels that go with the displays.

Photo by Sarah Francis

Sarah Francis
Shilo Stag

Women's fashion has changed during the last century to reflect the changes in society.

An exhibition called *Designed for Victory: Women War and the Vote* recently opened at the RCA Museum. It showcases women's fashion from before the First World War up to the 1960s, when First Nations people were finally granted the vote.

Museum senior curator Kathleen Christensen said the museum always wanted an exhibit about women and wartime, but the centennial of women winning the vote in Manitoba fit the theme nicely.

"To pull those two together seemed like a natural blend for a new story for our museum and to tie in our overall theme of the museum, which is artillery, the Canadian military as well as Manitoba military history," she explained. "It just seemed like a natural development."

The story of the exhibit highlights that Manitoba was the first province to grant women the vote and the wave across Canada as more and more provinces

followed suit.

Clothing in the exhibit, which includes a war bride dress, dresses worn by flappers and outfits worn by women involved in the suffrage, was provided by the Costume Museum of Canada.

The decision to include clothes was based on the thought that clothes are a way of communication.

"When you dress in the morning, you are communicating a message and this was particularly at the time the issue of women's suffrage came up," she explained.

"Women, when they dressed, they dressed very carefully in order to illustrate what class they belonged to, whether they had a role in society or even a profession. They would dress accordingly. There was messages in that clothing."

The clothing also reflected differences between the suffrage movement in England and Canada.

"The suffrage movement in England was much more militant. They tended to wear more aggressive clothing, more bloomers, more off the floor, sort of at the ankle rather than on the floor," noted Christensen. "They were much more aggressive in their stance."

They threw rocks in public buildings windows, they threw little letter bombs into mail boxes."

But here in Canada that wasn't the case. She said at that point, it was almost as if Canadian women were already starting to develop their separate identity.

"Women were much more conservative, even the suffrage movement was more conservative. It was more low-key, but very politically astute. They dressed according to that. They did not go out in loud clothes, they wanted people to know they were part of the establishment."

Clothing for women involved in the movement became more simplistic and conservative, although what they were doing was seen as being radical. She said their clothing reflected they were meant to be taken seriously.

Changes in women's clothing was also effected by wartime as well as military influences she said.

"There was less cloth because of the economic restrictions that were happening. Even in the homes at wartime, all the economic effort was going into supporting the military."

See **FASHION** page 12

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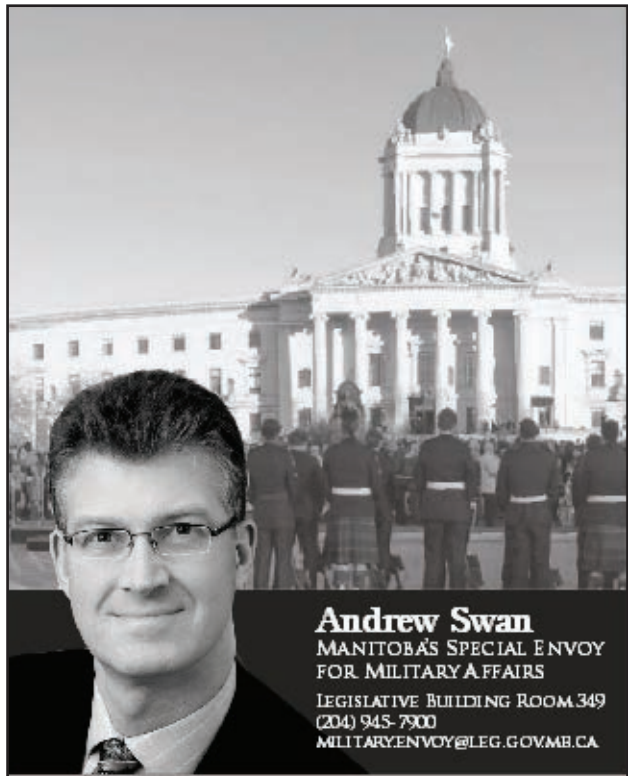
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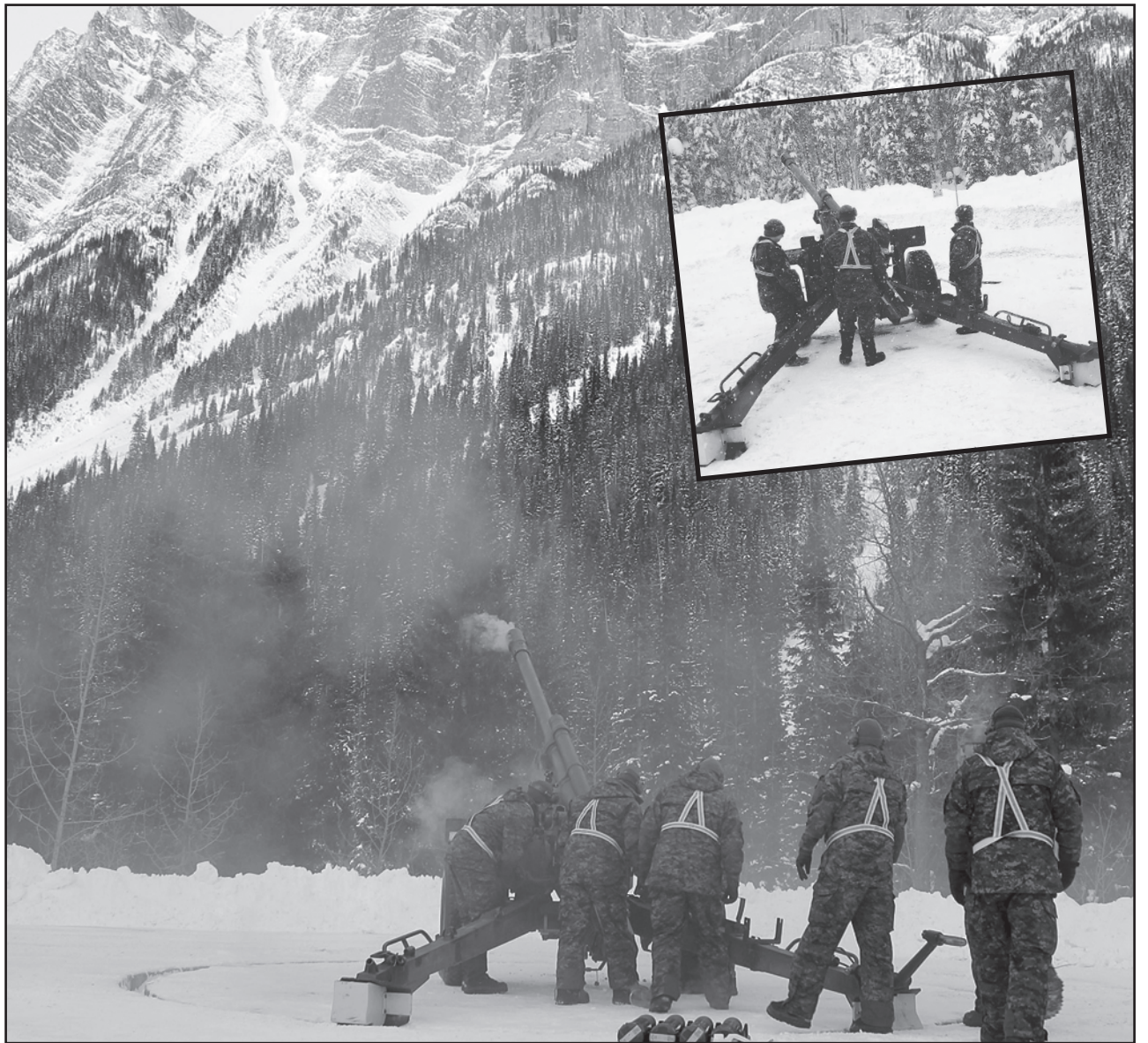
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Canadian soldiers fire 14.7 kilogram 105mm Howitzer rounds into the mountains of Rogers Pass, which transects the Trans-Canada and CP rail lines. (Inset) 1RCHA soldiers are part of Op PALACI. *Photos submitted*

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

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Answer to skill-testing question:
 What gun is used to cause avalanches in Rogers Pass, BC.?

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.

CAF, Parks Canada take aim during Op PALACI

Ashley Black
 Stag Special

For more than five decades, the Canadian Armed Forces (CAF) and Parks Canada have been preventing avalanches using the best known method: creating avalanches.

In 1962, Roger's Pass opened as a mountain pass where the Trans-Canada Highway and the Canadian Pacific Railway cross the Selkirk Mountains in British Columbia.

In an effort to prevent naturally-occurring avalanches, Parks Canada and the CAF partnered together for Canada's largest avalanche-control program, known to the CAF as Op PALACI.

The annual program starts in late November with the goal of preventing uncontrolled avalanches by creating small, more frequent avalanches in controlled settings.

For this year's first rotation, 17 members of the Avalanche Control Troop have deployed to Op PALACI and have been through extensive training to prepare for avalanche control operations.

To ensure the program is successful, Parks Canada staff is responsible for examining snow profiles.

Their experts examine snow temperatures, moisture content and conduct various stability tests to determine when avalanche control may be required. Parks Canada's avalanche forecasters, and technicians, closely monitor weather, snowfall and snow pack to assess avalanche hazards.

"This analysis is an ongoing, iterative process," said Jeff Goodrich, senior avalanche officer at Parks Canada.

If a snowpack is deemed unstable, Parks Canada calls upon the CAF to perform avalanche control operations. A C3 105mm Howitzer is used to conduct shoots that create small, controlled avalanches.

"Pre-registered targets are carefully chosen by Parks

Canada in order to trigger avalanches before they become a danger to the highway.

Upon order, the Avalanche Control Troop engages these targets with high explosive projectiles fired from the C3 105mm Howitzer from various gun positions along the highway," said Lt Aaron Brideau, troop commander for Op PALACI's Roto 1.

The CAF's training prepares the troop for when it is essential to conduct avalanche control operations to avoid prolonged highway closure times.

For Lt. Brideau, witnessing the controlled avalanches reaffirms the purpose of the program.

"The most surprising thing when witnessing an avalanche for the first time is the sheer size of the snow cloud as it comes down the mountain," he said. "It underscores the requirement for avalanche control operations in Rogers Pass in order to ensure the safety of all who are travelling through."

The Avalanche Control Program permits motorists and trains to safely use the Trans-Canada Highway and the Canadian-Pacific Railway throughout the winter. It also allows for Parks Canada to ensure the safety of their visitors and staff at Glacier National Park.

"Op PALACI is an excellent example of how government organizations can work together using their individual expertise to achieve a common goal," said Goodrich.

The annual success of the world's largest mobile avalanche-control program using artillery fire can be attributed to the strong partnership between the CAF and Parks Canada.

"At the troop level, the relationship between us and Parks Canada is outstanding. They are incredibly professional and skilled at what they do," said Lt. Brideau.

Op PALACI, which also features soldiers from 1RCHA, continues until April.

Confirmed cases on the Base

Base surgeon recommends seeking medical treatment

Sarah Francis
Shilo Stag

Residents of CFB Shilo are being warned to practice safe sex as Manitoba is experiencing an outbreak of syphilis.

Base surgeon Maj Keith Wilson said this Sexually Transmitted Infection (STI) is not normally as prevalent as it has become in the past few months.

"There are other STIs, in particular, chlamydia [which] is the most common one across the country especially in Manitoba. Syphilis is not nearly as common, but there are times like now, where we have outbreaks."

It's important to know, as with most STIs, avoiding treatment can have some serious long-term repercussions. There have been several confirmed cases on the Base which are being treated by military medical staff.

Both men and women can carry this infection without symptoms, so you might not know you've contracted it. Even if you don't show symptoms you are still able to transmit it.

"In the beginning it's very treatable, it requires penicillin to treat it, in one shot essentially," he explained. "It's injectible, it's one shot in the arm. It does require follow-up to make sure it's gone."

The Base surgeon added, "There are different stages of syphilis. We know this by studying it in the past, where if it's untreated it can progress to more advanced stages which can affect your central nervous system. So if you've had it for years, there is Neurosyphilis."

He acknowledged you can die from it in the end.

"That's why it's so important to catch it early, to treat it, to stop the spread. So we prevent other people from getting it and to stop the long-term health implications to other people."

Syphilis becomes much more difficult to treat the longer you wait to seek medical treatment. If you experience symptoms, typically in the beginning you can see a painless genital ulcer or experience swollen lymph nodes.

"People can mistake it for a sort of common viral infection. Painless ulcers can go unnoticed, because they don't hurt. People can also get a rash — there is a rash they can get on the palms and palms of feet. Not everybody gets it and it can be quite faint and unnoticeable."

Military members can go to the Base clinic any time and request testing. When you arrive and state your reason for a visit you can either leave the field blank or put personal.

After testing, if it comes back positive, the clinic will ask for a list of possible people you've had at risk contact with in the last few months, which is done by Preventative Medicine techs (PMed). They serve as a sort of public health within the military and will conduct education for soldiers.

The lab will send your results to Public Health as well as the practitioner who ordered the test.

"The purpose behind this is to prevent the spread. It's reportable to Public Health. Public Health will then interview the person. For military cases our Preventative Medicine techs do all of that," he said.

"They will want to know sexual contacts, usually within the last three months. They will want to know, if you can name them, the sexual contacts. Then they will contact those people."

When those people are contacted, your medical information is never disclosed. They will be informed they have been in contact with someone who tested positive and they should contact their doctor for testing.

Syphilis is considered a reportable disease, which means there is mandatory reporting.

"That's one way Public Health is trying to stop the spread of these diseases because they are preventable."

Military members are encouraged to go get tested if you have participated in risky behaviour, such as unprotected sex.

Syphilis may seem like an STI from the past, but that's primarily because it wasn't until the discovery of penicillin by Dr. Alexander Fleming in September 1928 that it could be treated. However, it wasn't until the early 1940s that penicillin was introduced as a treatment for syphilis.

Much more sound than the use of mercury or guaiacum in the 16th Century as a treatment.

According to the Journal of Military and Veterans Health, Paracelsus, a German-Swiss physician, believed syphilis could be cured by doses of mercury elixirs. He did after a time, realize the toxic affects and then resorted to using mercury as an ointment made from metallic mercury and rubbed onto skin.

Another one of his methods was a suffumigation, which refers to inhaling, and also bathing in fumes, sometimes both at once. The mercury treatments would cause neurophathy — damage to your nerves — kidney failure, severe mouth ulcers and loss of teeth.

The journal also states that patients died of mercury poisoning as opposed to the disease itself.

Skip forward to the early 20th Century past the treatment theories involving arsenic and it was in 1943 that penicillin became the treatment for syphilis.

There are actually some famous people that are known to or believed to have had syphilis in the past. Al Capone was believed to be one of them and it's believed that's why one of his children was deaf.

"It can cause congenital defects, like deafness in children."

According to Public Health documents from the Manitoba government, the risk of transmission from mother to fetus in untreated women is 70 to 100 per cent with cases of primary or secondary syphilis.

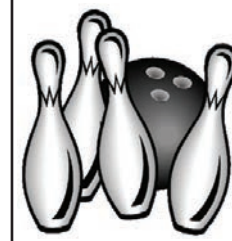
With a disease such as this, prevention is key.

"The biggest way to prevent it of course is abstinence, that's the only 100 per cent safe way. Short of that wear condoms 100 per cent of the time. If it's a married couple that has been monogamous for years or decades and their risk is very low it's up to that couple to decide. If it's people in new relationships or the sort of random one night encounter, wear a condom."

The Base clinic provides military members with condoms in the waiting rooms and has them distributed throughout the clinic.

"You can pick them up any time, you can go to the pharmacy and get them," said Maj Wilson.

Public Health in Brandon also distributes condoms.



GSH Bowling Alley

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

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

Prices subject to tax

Ask about Glow bowling birthday parties!

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

NEXT HOME GAME:

March 12 @ 7:30 p.m.

March 15 @ 7 p.m.

March 18 @ 7:30 p.m.

March 19 @ 7:30 p.m.



vs Saskatoon
vs Swift Current
vs Moose Jaw
vs Regina

#GOLDRUSH

National / Défense nationale

Health Promotion of the Canadian Forces / Promotion de la Santé des Forces canadiennes

Strengthening the Forces presents

THE CAF HEALTH AND WELLNESS CHALLENGE

Prizes are provided by SISIP Financial Services

Canada

CAF Health and Wellness Challenge

1 - 31 May, 2016

Complete daily healthy activities and collect checkmarks!
Earn enough checkmarks and you could win a great prize!

Register by 30 April and be entered into the early bird draw!

PART 1 - DAILY ACTIVITIES
[1 checkmark maximum per day for each activity].
Enter a checkmark for each daily activity completed.

SOCIAL WELLNESS

I took the time to slow down and relax

I connected with friends

I laughed really hard

I took the time to really listen to someone

Personal Item: _____

Additional: _____

WEEK 1

1	2	3
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Call, email, or visit the Health Promotion office to register for the challenge!
204-765-3000 ext 3868 ShiloHealthPromotion@forces.gc.ca
We are located in the CANEX mall near Forbidden Flavours

The Challenge is open to CAF personnel, their family members (18 and older), and civilian members of the Defence Team

Colour Reel Brew green for Base performance



1RCHA's Sgt Tim Stackhouse is looking forward to performing with Reel Brew.

Photo by Jules Xavier

Sarah Francis Shilo Stag

Reel Brew is looking forward to reprising the band's appearance for this year's St. Patrick's Day festivities in CFB Shilo.

Sgt Tim Stackhouse is the senior medical technician at 1RCHA, but he's also the bass drummer for the pipe band. As an avid musician and east coaster, he has been getting bands together at his various postings.

This time around, Reel Brew wants to get you up dancing with the band's original and cover songs inspired by Irish music and songs from Canada's east coast.

Although his band mates have changed during the years due to being posted, he has always tried to put a group together in some capacity.

"I've had the band around since about 2003, when I was posted to [CFB] Moose Jaw," he recalled. "No matter where I've been posted since then I've had the band Reel Brew or another close proximity thereof. So being in Shilo this segment of the band started in 2012."

After some changes in members you will see a trio of musicians, of which only Sgt Stackhouse being the lone military member.

"Matt Zimmerman is my guitarist — a folk and jazz background guitarist and Grayson Ross is our fiddle player with a Scottish kind of background, so it closely matches in with the east coast flavour."

The group hasn't played together since last year, but that isn't a problem.

"Life gets in the way. Real work, real family life, gets in the way. So we played St. Patrick's Day last year and that was it. We got a phone call to come out this year. I quickly made a few phone calls and re-established the band. In the past we played quite frequently."

The group has also spent the last three years playing the Dock on Prin-

cess March 17, the actual St Patrick's Day. They will be offering musical entertainment at The Dock on Princess again this year as well.

Sgt Stackhouse has been playing instruments for a while now, but you won't see his bass drum on stage with him.

"I sing, I drum, I do a little bit of everything, but not a drum kit. The bodhran is an Irish drum. It's a Gaelic word for thunder. I don't know if you've ever seen — Great Big Sea — it's a hand drum basically. I also play other drums."

Having grown up on the east coast of Irish heritage, he had an interest in the music and many instruments involved.

"I'm most skilled with the bodhran and the tin whistles, or the Irish whistles. I can also play some accordion, guitar, some banjo, mandolin."

What can you expect from the band? A couple of pints and a relaxed and fun atmosphere.

"Celtic music, you can make up the words half the time and everyone sings along and thinks that they know the words and everyone is singing a totally different song. It's the best thing about this music," he said.

The band has songs in their repertoire from the Irish Rover, The Dubliners as well as newer music such as Great Big Sea and Spirit of the West.

"I can guarantee you that everybody will know at least one song, probably more," said Sgt Stackhouse.

The combined messes St. Patrick's Day is being hosted by CFB Shilo's Officers' Mess.

To go along with some great music event goers will enjoy Irish pub food, cocktails and beer, as well as thousands of dollars in door prizes.

If you are arriving from Brandon, there's a free shuttle bus back to the city.

Stop by the RCA Officers' Mess March 18 for some good food, drinks and company while you celebrate St. Patrick's Day.



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



Bird house construction

This MFRC visitor to Base CE is a study in concentration as he marks on his bird house during construction on the wood structure.

Photo by Sarah Francis

Families have options

MFRC Special

The local Military Family Resource Centre (MFRC) is committed to enriching the lives of individuals and families at CFB Shilo through positive action, education and support. With a multi-disciplinary team of core staff, trained volunteers, and partners on this Base, we provide relevant programs and services which empower and encourage strong, independent individuals and families within the CAF.

What does Deployment Services offer families? When CAF families are separated due to work requirements for more than 30 days regardless of location, Deployment Services at the local MFRC is available to assist families with information, services, support and referrals.

Our objective is to assist families in coping well with the challenges of deployment, and building their resilience so they may meet each absence with increased skills, tools and confidence. The resources offered include:

- six hours of free monthly childcare and up to 96 hours of respite and emergency childcare
- Presentation briefings
- Special event dinners
- Bus trips
- Children's, adult and family programs
- Morale mail and care package service
- Newsletters
- Social Media: Facebook and text messaging
- Takehome workbooks, journals and print resources i.e. Family Care Plan
- Counselling and support and referrals to military and community agencies

MFRC services are all voluntary. In the deployment program area, we are providing support to families who have said they wish to receive our support. We rely on the family to get in touch with us and let us know they'd like to access our services. Families can include spouses and children, parents of single members, or any other loved one or friend designated by the member. For information contact Eileen Bossons at 204-756-3000 ext 4555. For a list of programs that are happening this month visit www.familyforce.ca and sign up for our newsletter.



Holy Week Worship Schedule

Palm Sunday – March 20th

10:30 am – Service at St. Barbara's Chapel
10:30 am – Mass at Our Lady of Shilo

Holy Thursday – March 24th

7 pm – The Lord's Supper & Washing of feet at Our Lady of Shilo

Holy Saturday – March 26th

7 pm – Easter Vigil Mass at Our Lady of Shilo

Good Friday – March 25th

11 am – Multi-Church Good Friday Service at Western Manitoba Centennial Auditorium 205, 20th Street, Brandon
3 pm – Stations of the Cross at Our Lady of Shilo
3:30pm – Good Friday Service at Our Lady of Shilo

Easter Sunday – March 27th

10:30 am – Service at St. Barbara's Chapel
10:30 am – Mass of the Resurrection at Our Lady of Shilo (followed by a potluck lunch at the Faith Centre)



Visit the
RCA Museum open Monday to Friday 204-765-3000 ext 3570

CLASSIFIED ADS

Email: stag@mymts.net • Phone 204-765-3000, ext 3013 • Fax 204-765-3814

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

March 17 at noon

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

Shilo Stag
Your source for Army News in Manitoba

We want you on our team

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

Services

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

Our Lady of Shilo Roman Catholic Chapel
Sunday 10:30 a.m.
Wednesday 12:05 p.m.
Confession by appointment

Services

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

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

Services

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

Employment

Looking for a job on the Base? Submit resumes to NPF HR office via e-mail quoting competition # to 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.

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

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

Brandon
Safeway
Brandon Armoury
Women's Resource Centre - Town Centre Mall
Royal Cdn Legion Branch No. 3
Sobeys

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

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

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

Fashion on display

From page 7

Christensen added, "As well, the styles had a military influence. Women wanted to show — in a very visual manner their support for the war and the war effort."

Clothing was made with military-style cuts, even starting at the time of the Great War.

"They have military lines to the jackets, even the skirts are very symmetrical. At World War Two though that was even more so of a military structure when you look at some of the clothes," offered Christensen.

"Very sharp shoulders and the military style cut to jackets, the narrow skirts, also because of the austerity during war time. The hats were a very military styled. Then also during the war time, because of the austerity, when women got married there were less elaborate weddings. The dresses were made to be utilized later on during their home life."

During both the First and Second World Wars there were women's auxiliary units, but early on the army didn't supply them with a uniform.

"They made their own uniform in the First World War for the Women's Auxiliary," she said. "Second World War women were actually more directly involved with units."

Women were assigned to particular units as well as nursing core. However, the nurses were supplied a uniform.

"All that support towards the war, re-enforced their full participation in society which led them to be recognized through earning the vote," she said.

Women in the Second World War were supplied uniforms, supported by the military and also had military ranks.

The choice of continuing the exhibit to the 1960s was due to First Nations people gaining the right to vote, without losing their status.

"That really ties into the military as well because First Nations, the first time they had the vote was during World War One if they were in uniform," she explained. "As soon as they were out of uniform they lost their enfranchisement. They were no longer in uniform, so they were not able to vote anymore."

In the 1960s Canada signed the Universal Declaration of Rights with the United Nations.

"This meant no person could be discriminated against in the citizen ship by their race, creed colour or gender."

Christensen added that Asian people were not given the vote until after the Second World War. Even Mennonites and Hutterites did not have the vote until 1955.

"Partially the logic at the time was, they wouldn't serve in the military," she said. "Therefore, [they] wouldn't fulfill all of the obligations as a citizen and therefore did not deserve the vote."

This was included in the research that was conducted by Brandon University student Brooke Drummond, who designed and wrote all of the text panels. She developed the text and received a grade on it as part of an assignment for classes and was inspired by her interest in history.

"I've always been interested in — especially the wartime history and women's rights and the rights of people in general and how the right to vote evolved over the 60 year period that were spanning," said Drummond.

Creating the text panels was a challenge because the style was much different from what a university student would be accustomed to outside of the classroom.

"When I sat down to write the first text panel, we did that one as a rough draft. I sent it to Kathleen and we edited it," she recalled. "It took me a while to get used to the style of writing. That first one was kind of an experimental one. Then after that I felt a bit better on how to go about it."

The challenge came from having to compress such a large amount of information into a maximum of 150 words for the text panels.

"Another thing was to keep it to an average reading level," Drummond recalled. "Most museums are around a Grade 9 reading level. So using simpler words and things like that. Just keeping shorter sentences which I'm probably not the best at doing in other papers."

Students from Assiniboine Community College will also be partnering on the project by creating a short video. They will film the space as well as include interviews from Christensen and Drummond.

The exhibit will run until mid-June.

2016 COMBINED MESSES
St. PATRICKS DAY
 Friday, March 18th
 RCA Officers' Mess
 1900hrs

- Irish Pub Food
- Irish Cocktails & Beer
- \$2K in Door Prizes
- All-Night Celtic Band
- Free Shuttle Bus to Brandon

Dress: Casual - Jeans OK

Brought to you by:
 The Officers' & WOs'
 and Sgts' Messes,
 CFB Shilo




Drop by the RCA Museum to check out the various fashions war brides wore and compare to today's fashions.

Photo by Sarah Francis

Parade of Homes
Spring 2016
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MARCH 5 - 26 | Monday - Thursday 3PM-8PM
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