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Volume 53 Issue 5



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March 13, 2014

INSIDE This Issue



Snow removal on Base is prioritized. Pages 3 & 5



Golfers hone skills with virtual game. Pages 6 & 8



Military Police patrolling with new cruisers. Page 9



Begin Lent with pancakes, sausages

There was a good turnout for the annual Shrove Tuesday pancake lunch held at the Faith Centre. The Base chaplains, Padre Lee, Neil, Olive and Costen each took a turn dishing out plates of pancakes and sausage. For just \$4, it was all you could eat and cuisine aficionado Capt Dane Nicholson gave two thumbs up after he consumed six pancakes and six sausages prior to attending boot camp at the GSH. The event allowed participants to celebrate the beginning of Lent.

Photos by Jules Xavier



Shoe Blitz

March 10 - 16

go browse

Shoppers Mall



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Website created for soldiers provides information on kit

Linda Feaver
Stag Special

Whether you are a sailor in Halifax, a soldier in Shilo, an airwoman in Comox or a Canadian Ranger in Yellowknife, a new website called Soldier Systems has been created for information on new kit.

This site describes the work of the Director Soldier Systems Program Management (DSSPM), a multi-disciplinary, military/civilian team charged with designing, procuring and maintaining the clothing and personal equipment for the members of the Canadian Armed Forces (CAF).

The site is designed to accommodate

those who do not normally have Defence Wide Area Network (DWAN) access.

The Soldier Systems site has pictures of new clothing items — both distinctive environment uniform and operational uniforms — for all branches of the CAF.

As well, it addresses new personal equipment such as small arms, Surveillance Target and Night Observation (STANO) equipment, personal protective equipment, footwear and general equipment such as snowshoes and life preservers.

For service personnel, this site will provide information on items currently under development, as well as items recently brought into service.

Contact information is through dsspm-dapes@forces.gc.ca where anyone can ask questions concerning the work of DSSPM or to obtain the website link.

Linda Feaver is Director of Ottawa-based Soldier Systems Program Management (DSSPM)



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WARNING

SHILO RANGES

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

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

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


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

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Department of National Defense

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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.

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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.

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Par ordre du
Sous-ministre
Ministère de la Défense nationale

Ottawa, Canada
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Community service awards were handed out prior to the Brandon Wheat Kings game (6-3 setback to the visiting Edmonton Oil Kings at Westman Place) as part of the annual volunteer appreciation night. BComd LCol Stephen Joudrey thanked the volunteers who give their time on the Base, whether it's coaching a team or helping with army cadets. SISIP Financial Services sponsors the event along with the Base, and handed LCol Joudrey and BRSM CWO James Doppler with a \$3,000 cheque.

Photos by Jules Xavier



Snow removal prioritized for Base Transport staff

Jules Xavier

Shilo Stag

Residential complaints about snow removal in the PMQ area during the winter months are not ignored by those who co-ordinate the manpower and machinery that covers CFB Shilo.

In fact, every year following the melting away of winter, Base Transport will sit down and have a "constructive debate" regarding the existing priorities on what areas need to be cleared first following a snowfall on this Base.

"[We] strive to perform all snow removal duties in an efficient, professional and expedient manner with safety for both the operator and the equipment being paramount," noted Lt Anna Hawkins of Base Transport. "Weather, equipment or personnel shortages only delay snow removal completion, but with the many years of experience and skill that we have within the section, the job ultimately does get done as soon as feasible."

She added, "It is only normal that everyone perceives they should be first in the pecking order, however, we do not have the resources to accomplish this."

Moreover, snow removal priorities are set by the Base Commander, with Base Transport working in designated priority zones using colour codes of red, blue and yellow.

"Recommendations for changes can be brought forth at either pre- or post-season meetings," said Lt Hawkins.

She acknowledged this winter has been especially busy for her staff — two crews of six persons each run 24/7. Following each winter storm, Base Transport is often inundated with requests for changes in priority for clearing snow.

"It can be a balancing act for us some days," she said. "This is especially true right now as we are also tasked to be out in the training area helping with a major brigade exercise [Ex STRIKING RAM]."

1RCHA and 2PPCLI requires the training area roads to be cleared, or landing pads for helicopters to be built, in order for the soldiers on the ground to be able to manoeuvre in winter conditions while they hone their artillery and infantry skills.

At a recent Shilo community council meeting, Maj Reg Sharpe, the council's mayor, was informed by ward reps that residents are complaining about snow removal practices such as snow push-back. This strategy is used to make room for future snowfalls, and is necessary throughout winter as the Base roadways, especially in the PMQ area, become too narrow to allow for safe clearing and travel. That's why the Base uses its snow blowers to carve back berms along major roads like Royal and Kingston Avenues and Horsesham, Tarvia and Aldershot Roads.

"The people who have concerns about the snow removal both on roads and on sidewalks can rest assured the G4 branch is doing their best," said Maj Sharpe. "My hat is off to the transport and CE staff."

While Base CE looks after the sidewalks with its fleet of small plows, Base Transport's equipment list for snow removal includes two graders, two loaders, two snow blowers, a sander and a combined sander/plow truck. Vehicle maintenance is necessary because the machinery takes a beating during the winter months.

"Base Maintenance does an excellent job of keeping our equipment out on the road," said Lt Hawkins. "Our equipment does take a beating, so we're changing blades on the graders for example. When this is being done, that machine is not on the road. Our sander has been especially busy this winter, and we've used a lot of sand on the roads."

According to Lt Hawkins, depending on snow amounts, all areas of CFB Shilo can normally be cleared within 36 to 48 hours, "bearing in mind that no other precipitation falls after the initial snowfall in which staff will again start the red routes to keep them clear 24/7."

Red routes on the Base are priority for Base Transport to keep open when plowing commences after a snowfall.

"Because some areas can only be cleared with a loader, like small parking lots, or with only a grader [most roads] most snow removal happens simultaneously depending on equipment and personnel," explained Lt Hawkins, "not necessarily because of pri-



Base Transport's front-end loader clears snow at the L25 parking lot, which falls under a yellow priority zone.

Photo by Jules Xavier

ority."

Red routes are first priority due to safety and for emergency access for MPs, the fire hall and 11 Health Services.

"Depending on snowball amounts, all red routes are normally cleared with eight to 12 hours if there is no further accumulation of snow," noted Lt Hawkins.

Fire lanes around compounds and major buildings are plowed as part of the red routes, as are access to the power station, range control, dangerous goods route, heat and water treatment plants and the ammo compound. Once red routes are completed, Base Transport moves on to the blue routes, which are secondary roads and priority parking lots or work areas which have been predetermined or agreed upon at the annual post- and pre-snow removal meetings.

See **PMQ** page 5

Play a leadership role in the electoral process



Elections Manitoba is looking for community leaders to manage the next provincial election.

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Email: RORecruit@elections.mb.ca

Website: electionsmanitoba.ca

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Employment Equity is a factor in selection. Applicants are requested to indicate if they are from any of the following groups: Aboriginal people, visible minorities and persons with a disability.

We thank all who apply and advise that only those selected for further consideration will be contacted.



www.electionsmanitoba.ca

ElectionsManitoba



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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.
- 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.



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Canadian military advisors help train Afghan soldiers

MWO JG Pickard

Special

Countries from across NATO have dedicated their soldiers to Afghanistan with the aim to assist in providing a safe and secure environment for the people of Afghanistan.

Countries like Canada, United States, Great Britain, Croatia, Romanian and Turkey have converged onto Afghanistan's capital city of Kabul for one goal — to advise and train the soldiers of the Afghanistan National Army (ANA).

ISAF soldiers are devoted to ensuring that each ANA Kandak — approximately about the size of a battalion — that rolls through the doors of the Kabul Military Training Centre (KMTC) and the Consolidated Fielding Centre (CFC) are trained, equipped, and ready to deploy to defend their nation against all foes who oppose a safe and secure Afghanistan.

ANA members arriving from across Afghanistan begin their journey as professional soldiers at the CFC.

It is here where the individual Kandaks form as a unit and embark upon their nine week training cycle of collective training.

The ANA soldiers are extremely eager and motivated to further enhance skills recently acquired during their basic training courses at KMTC and are prepared to learn unit tactics at the Kandak level from the ANA staff at CFC alongside their coalition advisors.

CFC has successfully received, organized, trained, equipped and deployed a diverse collection of Kandaks such as Combat Engineer Kandaks (CEK), Mobile Strike Forces (MSF), Military Intelligence Companies (MICO) and Communication Companies in order to meet the demand from the Afghanistan Minister of Defence (MOD).

The early weeks of training begin with first aid followed by gaining knowledge of the communications equipment. The acquisition of this knowledge serves as a foundation for all ANA soldiers.

Building upon this, soldiers are then instructed on the theory and basic principles of navigation, including how to read a map and use a compass.

As the weeks pass by, the officers and senior NCOs are pulled away from the regular Kandaks to begin to learn more advanced techniques such as the Troop Leading Procedure (TLP), and the Military Decision Making Process (MDMP).

This training is very intense, as the soldiers are also concurrently instructed on the theory portion of Improvised Explosives Devices (IED) and how to occupy a Tactical Assembly Area (TAA).

Following these training portions, the equipping portion of CFC begins with the soldiers being issued their M16 rifles.

As any soldier from across the globe can appreciate, good army training begins when soldiers learn and apply marksmanship principles during live ranges.

At different intervals during the training, selected soldiers are pulled away to conduct driver training on Light and Medium Tactical Vehicles (LTVs and MTVs) and Heavy Equipment Vehicles (HEVs).

After numerous weeks of training, the camaraderie and pride develops within the Kandak and the soldiers bond together to form this new fighting force.

More collective training continues with platoon attacks, Fighting In Built Up Areas (FIBUA) training, action on IEDs, action on ambush and setting up Vehicle Check Points (VCPs).

The culmination of training is evaluated during the validation exercise at the end of their training cycle at CFC.

During validation exercises, all levels of the Kandak, from the Commanding Officer (CO) to the most junior soldier, are evaluated from receiving orders, to producing orders, to deploying and to successfully reacting to all known threats that they could encounter in a war torn country.



Members of the ANA 209th Combat Engineer Kandak listen to instructions prior to their validation exercise last August at the Consolidated Fielding Centre near Kabul. Canadian Armed Forces (CAF) mentors have helped train and stand-up 161 ANA Kandaks (battalions) during the past three years.

Photo by MCpl Paul Skrypnik

As the Kandak achieves success during the evaluation, a feeling of pride and ownership comes over the coalition advisors.

Each advisor is prepared to deploy Shona ba Shona (Shoulder to Shoulder) with their ANA counterpart anywhere in Afghanistan in order to provide a safe and secure environment for all who call this country their home.

Upon successful completion of their collective training the ANA Kandak is organized, trained and equipped, and is ready to deploy to their Corps and Area of Responsibility (AOR) throughout Afghanistan.

Since the Canadian Armed Forces began its mentoring mission in Afghanistan, more than 110,000 Afghan soldiers have completed their basic training at KMTC, while at CFC a total of 161 Kandaks, consisting of 83,936 individual soldiers have been assembled and equipped with billions of dollars worth of equipment ready to represent their country and their people.

MWO JG Pickard is the TMT 1 RSM advisor at the Consolidated Fielding Centre, Camp Blackhorse, in Afghanistan

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PMQ area snow removal done once priority areas cleared

From page 3

"Blue routes are normally cleared within eight to 12 hours after all red routes are complete," said Lt Hawkins. "Again, the timeline is reflective of the amount of snow."

Blue routes include all roads in the PMQ area; as well as MFRC and CANEX parking (nights only); kitchen staff parking and delivery areas; loop around officers' mess; 2PPCLI and 1RCHA compounds; loop around the GSH; and CE north compound.

Finally, graders and loaders will hit the yellow priority areas, which include all other roads, parking lots and compounds.

"Again, depending on snowfall amounts, and because most yellow parking areas are occupied during normal working hours, these areas can usually be cleaned with 48 hours after all red and blue routes have been completed," said Lt Hawkins.

Some of the yellow priorities include training area Military Supply Routes (MSRs); road to cement dump; supply, maintenance and 742 Signals compounds; kitchen overflow parking; Base headquarters, L25 and church parking lots; the messes and adjoining quarters; CE compound, Gunner Arena and RCA Museum; MTS lot and the various bar-

racks, which are signed 24 hours in advance of the plow arriving.

Even Base Transport's own parking compound is at the bottom of the yellow prioritized list.

The compounds for 2PPCLI and 1RCHA are prioritized low on the blue list because it takes usually a full eight to 10 hours to complete each compound, according to Lt Hawkins, and encompasses the use of a grader, snow blower and two loaders to complete the task.

"In order to be fair, we make every effort to alternate which one gets done first," she noted.

"People have to understand what we actually do [removing snow] with our resources, and how our priorities are determined."

— Lt Anna Hawkins

She added, "As long as our cadre of equipment is working, and is not in for servicing, this always affects our ability to get the job done quickly."

Base Transport is also at the mercy of Mother Nature, and a snow storm that dumps 30 to 40 centimetres of snow over two days will keep the crews busy on the red routes until those prioritized areas are cleared.

"People have to understand what we actually do [removing snow] with our resources, and how our priorities are determined," said Lt Hawkins.

"Our guys are out there busting their butts to move the snow, and they do it based on the priorities set out for them."

A grader clears the recent snowfall on Edinburgh Road. Base Transport's snow removal equipment has been busy on the Base of late, also helping out on the training range to augment the soldiers involved in the brigade Exercise STRIKING RAM.

Photo by Jules Xavier



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Jillian Driessen of the Shilo Stag takes aim with her club while golfing virtually on a course in Hawaii after dropping by the winter golf school at the Shilo Country Club.

Virtual golfers hone skills during winter

Jillian Driessen

Shilo Stag

I would like to inform you that I'm a great golfer, but I am not prone to dishonesty.

I am, without doubt, the worst golfer on a record-breaking cellar-dwelling four-some. Ladies and gentlemen, I am easily the worst golfer at CFB Shilo. Thankfully my team is composed of good friends. They don't judge my shocking lack of golf ability or skills.

I have a trophy, cup, and t-shirt to prove my last-place standing during the 2013 Base Commander's golf tournament. We aren't a group of golfers, but we sure do have a great time. We're more duffers, than golfers.

We take the heckling from other teams in stride and to make us feel a touch better about lack of skills, we make ourselves our own team shirts for the day out on the links.

Thankfully, being the most honest golf team at the Shilo Country Club garners us a rather cushy prize. It's not often mediocrity pays off, but last-place in a golf tournament is always a decent prize. It takes guts to admit you're a solid double bogey team. I suppose that's why you get a decent prize.

I recently had an opportunity to share my lack of skills with Shilo Country Club golf professional Dave Scinocca at his winter golf school. I assure you I offered my most sincere apologies before I picked up a golf club.

With heavy snow, the virtual golf studio is a haven for golfers in this area. Much like real golf, I leaned heavily toward being the least skilled golfer in the room.

The virtual golf simulators provided at the Shilo Country Club are not your average video. It's not Tiger Woods PGA Tour 2013 for Playstation nor is it Wii golf. The technology is incredible. You simply hit the ball as you would playing outdoors and it gives your statistics back.

Aiming a golf ball at a soft screen in close quarters is a touch intimidating, but I promise you the ball will not penetrate the screen. The sensors in the floor track the speed of the ball and its direction as it flies toward the screen, then gives you an accurate result based on the settings of the golf simulation.

I would share my numbers with you, but they aren't impressive. Quantifying my lack of skill makes it only more obvious, even if I was golfing on a course in Hawaii that offered perfect weather conditions.

With several options for wind, rain, time of day, and numerous actual golf courses, the options are unlimited to the golfer wanting to hone their hitting, chipping or putting skills using the golf simulator.

I picked a sunny destination and didn't give myself any additional weather challenges. Even with the best case scenario, I am capable of making the green and sinking my putt in 11 shots on a par-four hole.

See **PERFECT** page 8

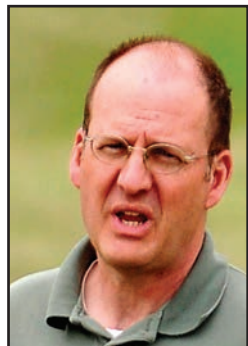
RCA Museum receives 'tremendous endorsement' says director

Shilo Stag

CFB Shilo's RCA Museum has received the highest level designation for a museum under the Cultural Property Export and Import Act.

The RCA Museum has been designated by Heritage Canada under Category A of the Act.

The provisions of the Act help ensure that cultural property of outstanding significance and national importance remains in Canada.



MARC GEORGE

Some of the provisions include: designating Canadian organizations to preserve cultural property and make it accessible to the public; providing tax incentives that encourage Canadians to donate or sell important cultural property to designated organizations; and by awarding grants to help with the purchase of cultural property.

Cultural property includes military objects, fine art, scientific objects, and archival material.

It must be movable and need not be of Canadian origin.

"This is a tremendous endorsement of our facilities, curatorial processes and policies," said RCA Museum director Marc George. "It brings to fruition a three year process which began with an application that filled 17 binders."

The process of being designated is exhaustive and examines all facets of the operations of the institution under scrutiny. There are currently 260 designated institutions and organizations in Canada, representing only eight per cent of possible applicants.

Only four of 70 Canadian Armed Forces (CAF) mu-

seums have been designated.

Including the RCA Museum, Manitoba now has 12 designated institutions.

"There have been many people who have worked

very hard to achieve this standard and designation," said George. "It confirms we have a rightful place among the top museums in the Canadian Armed Forces and in Canada."

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**THIRD
QUARTER**

Perfect your game on simulators

From page 6

I would like to blame my 11 shots on the long course I chose or even the technology, but sadly, that is not accurate. I have serious mini-putt skills, but golf itself completely eludes me. The technology is bang on in its assessment of you, the golfer swinging the clubs in front of the large screen that shows the course.

The average golfer, I am sure, would find the technology an excellent winter alternative to actually flying south to golf in Florida or South Carolina. Once you adjust to the simulator, it's just like a round of real golf. I took some time to watch the golfer behind me complete a few holes. He seemed to grasp the simulator and the golfing ambience offered within the first hole played, and he was a great deal closer to par than I was.

There are two simulators at the winter golf school. The simulator that found itself subjected to my questionable golfing methods is designed to help golfers perfect their game. It is the more technical of the two. With each swing, it offers your distance, speed, and angle on what you hit.

For those of you looking to perfect your game, the program is more than helpful and, with a golf professional on hand, there's someone to interpret your figures and help you hone your golfing skills despite the wintery conditions outside the indoor facility.

As I said, the technology is rather incredible.

The second simulator is a more fun-focused program. While I took some time out of my afternoon to show off my stellar slapshot-style drive, there was a group of teachers celebrating a professional development day away from the classroom with a round of simulated golf.

The set-up is similar. One can choose the course and conditions and golf in a group. The return of information is less focused on perfecting the game — it's more focused on fun.

Either virtual game will offer refuge from the bitter cold and a day of golf for golfers with cabin fever.

In addition to simulated golf, the winter golf school is also home to an indoor driving range, simulated greens for putting practice, and a plethora of products for sale in the pro shop.

It's not all isolated either. With Rick's Restaurant next door, it's easy to make a day or an evening out at the winter golf school. It's even a local option for a date night or a ladies night out, according to Scinocca. It's a great escape from the blasts of winter CFB Shilo is prone to and it's right here on the Base.

All summer, many folks flock to the Shilo Country Club to take in a round of golf on the pristine 18-hole course. While you can't take in the Shilo Country Club on the golf simulator, you can play a round of golf on world-renowned courses in the comfort of your own backyard.

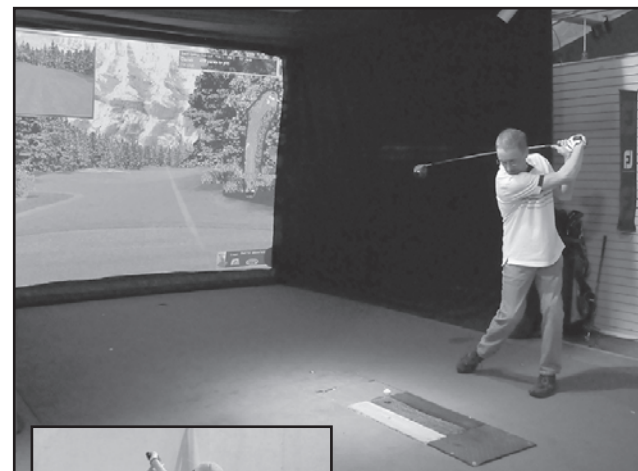
With another winter of heavy snowfall, the spring melt seems impossibly distant. The melt is, however, only a few weeks away. Now is the time to start preparing for a full season of golf. Shilo's immaculate course is often one of the first courses to welcome golfers back to the fairway each spring, with the pre-

dicted date of opening for 2014 slated for April 11.

With golf season fast-approaching, there's no time to waste. If you're looking to get some practice in, seek professional advice, or to try out that new club you scored at Christmas, the winter golf school is the place to do it. There is no need to have your golf game limited to the warmer months while spending time in the south.

For those of you gearing up for another season of golf here, I promise you I am not often found on the course. You won't be held up by "11-shot Jill" if you're playing a round. If you're planning on entering the Base Commander's tournament, that's a whole different story.

To book your virtual tee time dial 204-765-3624.



Besides the indoor driving range (left) to work on your drive, the winter golfing school at the Shilo Country Club features two virtual golf simulators.

Photos by Jules Xavier



VOTE DES ÉLECTEURS HORS DU QUÉBEC

Vous êtes un militaire québécois et vous êtes absent du Québec?

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Pour vous procurer le formulaire d'inscription ou pour plus de renseignements, visitez notre site Web ou communiquez avec notre Centre de renseignements au :

- electionsquebec.qc.ca
- 1 888 ÉLECTION (1 888 353-2846)
- info@electionsquebec.qc.ca

Ces mesures s'appliquent aussi à votre conjoint(e) et aux personnes à votre charge.

Passez le mot!

Si vous connaissez un proche admissible à voter par correspondance, informez-le!



After six years of service the Crown Victoria Police Interceptor model cars are being retired (bottom) and replaced by the 2013 Ford Police Interceptor sedan and utility models (above). Capt Dane Nicholson says the vehicles had to be outfitted with equipment and decals before his staff could start using them on the Base.

Photos by Jules Xavier



Cliff Cullen, MLA

Spruce Woods Constituency

Constituency Office:

Box 129, Glenboro, MB. R0K 0X0

Phone (204) 827-3956

Toll Free: 1-866-702-1241

Fax: (204) 827-3957

E-mail: ccullenmla@mts.net

Website: www.cliffcullen.com

Military Police patrol Base with new cars

New police vehicles have arrived at CFB Shilo.

After six years of service the Crown Victoria Police Interceptor model cars are being retired.

The Crown Victoria was the police vehicle of choice for most North American police agencies until 2011, when the last vehicle came off Ford's production line — 19 years after the first vehicle was delivered to a police agency.

The Crown Victoria had a great reputation for reliability and durability.

Replacing the Crown Victoria is the 2013 Ford Police Interceptor sedan and utility models. The sedan model is made from a modified Taurus, while the utility model is from a modified Explorer.

So what makes a police vehicle special? Many modifications are made to ensure that police vehicles can meet the unique demands law enforcement places on a vehicles.

This includes special paneling for officer safety, a large suite of specialized equipment including lights, radios, a laptop, etc, and a large array of en-

CANADIAN MP The Military Police NOTEBOOK

hanced safety features.

All of CFB Shilo's police vehicles also carry equipment to respond to a wide variety of accidents and medical emergencies, including standard first aid equipment, AEDs and traffic control equipment.

When the new Ford Police Interceptors arrive at a police agency, including CFB Shilo, they do not have all the special equipment required by the agency.

To make these vehicles serviceable and successful we relied on CFB Shilo's Base Maintenance section for contracting and technical support. We extend our thanks to them for making this life cycle replacement project a success.

With a typical service life of approximately five years, the new Ford Police Interceptors should be with the Shilo Military Police for many years ahead.

These vehicles will be an important part of delivering effective services to all Base residents and units.

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

Winter training

During a PLQ course for soldiers training in winter conditions, during a break from their outdoor education they used snow blocks to start the foundation for an igloo.

Photo by Sgt Hugo Girouard



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Popcorn donation

In 2011, Scouts Canada introduced the Canadian Forces Popcorn Program (CFPP). Customers can purchase a donation of Scouts Canada popcorn during the annual fund-raising campaign. This popcorn donation is given to Canadian Armed Forces (CAF) members and their families to show Scouts Canada's appreciation of the hard work our men and women in uniform do every day. Last fall, \$134,000 worth of Scouts Canada Popcorn was donated to the CAF. BComd LCol Stephen Joudrey and MWO Robert Brassington, A/BRSM recently received the Base's annual donation from the CFB Shilo Scouts, on behalf of all CFB Shilo military personnel. The popcorn will be given out to the CFB Shilo military community members at upcoming community events, including Canada Day July 1.

Photo by Jules Xavier

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Seminars offer retirement advice

Lt Carterett Noonan
Special

Are you ready for the future? Are you five years or less from possible retirement or thinking about a second career outside the Canadian Armed Forces (CAF)?

Or are you interested in learning about financial, education, and other benefits to prepare a long-term plan for retirement or to develop yourself professionally? The Second Career Assistance Network (SCAN) seminar is your recipe for success.

Many members of the CAF enter the civilian work-force following their military service; others choose to hang up their uniform and live the good life.

Either way, the CAF recognizes that this transition is a major life-event. We address this issue by providing information and guidance to CAF members and their spouses on how to effectively manage career changes or retirement.

SCAN offers a variety of services to help you prepare for a successful transition.

This spring's three-day SCAN seminar, which includes a one-day medical release brief on the third day, starts May 6 at the 1RCHA Theatre. This event will comprise a number of presentations by different agencies.

Director Canadian Forces Pension Services (DCFPS) will facilitate sessions on the financial aspects of release including excellent information on pensions and severance. The release section will discuss administrative details regarding the release process and SISIP Financial Services will be returning to

discuss financial planning and insurance coverage after release.

There is also valuable information on wills, estate planning, and power of attorney. Representatives from Brookfield Global Relocation Services will brief participants on current regulations and entitlements.

If furthering your education is something you are considering, the CAF Education Reimbursement Programs and benefits will be discussed.

As well, representatives from Assiniboine Community College and the Adult Collegiate will provide information on continued learning and adult education.

The third day of this seminar focuses on the medical aspects of release and will feature transition services, medical employment limitations, and vocational rehabilitation, clarifying the multi-services and benefits.

Representatives from these services, as well as Operational Stress Injuries Social Support and Case Management will present information to both Regular Force and reserve members.

This seminar promises to be packed full of useful information which you will not want to miss. We invite you and your spouse to register by calling the BPSO office at 204-765-3000 ext 3086, or register on-line.

The registration form is located on the banner page or under the G1 Branch/BPSO. Complete and submit the registration form no later than May 2. Seating is limited, so be sure to reserve your seats early. Dress is appropriate civilian attire.

Lt Carterett Noonan is CFB Shilo's Base Personnel Selection Officer (BPSO)

FAMILY SUPPORT CELL CONTACT INFORMATION

2PPCLI Family Support Cell

Cpl Jonathon Gosse
jonathon.gosse@forces.gc.ca
204-765-3000 ext. 3635

Cpl Joshua Preston
joshua.preston@forces.gc.ca
204-765-3000 ext. 3638

Reception:
1-204-765-3000 ext 3638

Taskforce 2-13
Family Support Cell
duty cell number:
1-204-573-5857

Family Support Cell
Bldg T114
P.O. Box 5000 Stn Main
Shilo, MB
R0K 2A0

facebook.com/pages/Shilo-Task-Force-2-13-Family-Support-Cell

Officer In Command
Capt Rob Parker
charles.parker@forces.gc.ca
204-765-3000 ext. 3632

Second in Command
WO Eric Grulke
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204-765-3000 ext. 3629

Ops Sergeant
Sgt Murray Bard
murray.bard@forces.gc.ca
204-765-3000 ext. 3639

1RCHA Family Support Cell

Bdr Kevin Brophy
kevin.brophy@forces.gc.ca
204-765-3000 ext. 3633

Gnr Mann Forbes
mann.forbes@forces.gc.ca
204-765-3000 ext. 3638

March Break plans?

Protect yourself during trips outside of Canada

Stag Special

Tired of winter? Planning a trip south during March Break?

With a little knowledge and preparation, you can protect yourself and loved ones against many common, preventable travel-related illnesses.

Be prepared and as they say "expect the unexpected."

- **Influenza viruses:** Flu season varies by location. Before you travel, research the current flu threat level at your destination.

Be sure your flu vaccination is up-to-date. It is your best protection against the flu.

- **Drugs:** Some over-the-counter drugs available in Canada are not always easy to find in other countries. Take some preventive medication along such as medication against diarrhea or allergic reactions.

- **Avoid insect bites:** Some serious infectious diseases such as malaria, yellow fever and dengue fever, are transmitted by insect bites.

While there are vaccines and drugs available to help protect against some of these diseases, travellers are advised to always protect against mosquito bites.

- **Malaria prevention:** Malaria is a serious and sometimes fatal disease found in many tropical and subtropical countries.

It is caused by a parasite that commonly infects a certain type of mosquito which feeds on humans.

The good news is Malaria can be prevented by avoiding being bitten or by taking anti-malarial medications.

- **Immunization:** When travelling, you may be at risk for a number of illnesses which can be prevented by immunization.

Many countries require a proof of yellow fever vaccination if you've passed through an area where yellow fever may occur. Without such proof, you may be refused entry.

During your trip you will also want to protect yourself from food and water borne diseases.

Eat only food that's been well cooked and still hot when served; fruit and vegetables that can be peeled are usually a good choice; wash your hands before eating; drink commercially bottled water; avoid ice from unsafe sources; and brush your teeth with bottled water.

For more info visit www.travel.gc.ca

• • •

Courtesy of 11 CF Health Services Centre

MARRIAGE PREPARATION 2014

Sponsored by CFB Shilo Chaplain Services
and

Presented by The Counselling Centre of Brandon

Friday, 2 May from 7 - 9 PM

and

Saturday, 3 May from 9 AM - noon
and 1 - 5 PM

CFB Shilo Faith Centre

Topics covered include:

Uniqueness of Military Marriage
Communication
Conflict Resolution
Money Management
Sexuality
Family of Origin
Spirituality

Cost

\$20 for workbook (one per couple) due at registration.

A deposit cheque for \$120 is required at registration to confirm a spot and will be returned upon completion of the course.

Lunch

Lunch will be provided at the Faith Centre at no cost. Please advise when you register if you do not need lunch on site. Coffee and snacks will be provided throughout the course.

Childcare

In order to maximize learning for those in attendance please plan for childcare off-site. We anticipate that childcare will be available through the MFRC and will confirm this with you prior to the course.

Registration

Via phone or in person at the Faith Centre
Bldg T-119 ext 3091

*Please note that Marriage Preparation is a requirement for those wishing to be married by a CAF Chaplain or in a CAF Chapel as well as by most civilian clergy. A certificate will be provided as evidence of course completion.



Shilo Theatre
(Located in the General Strange Hall)

March 14 Frozen, Rated G

March 21 Anchorman 2 - The Legend Continues Rated 14A

March 28 The Hobbit: Desolation of Smaug Rated PG

Children aged 10 and younger require adult supervision at all times.

All movies start at 6:30 p.m. Doors open at 6:15 p.m.

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

CLASSIFIED ADS

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

March 20 at noon

Free ads (non-commercial only)

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CF, employees of CFB Shilo and the

citizens of the surrounding area.

Services



St. Barbara's Protestant Chapel

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

Our Lady of Shilo Roman Catholic Chapel

Sunday 10:30 a.m.
Wednesday 12:05 p.m.
Confession by appointment
Padre Inienwe - ext 3089

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204-573-1509.

Services

Greg Steele, Canadian Firearms Safety Course Instructor/Examiner • Hunter Safety and CFSC MAR 31 & APR 1 or APR 2 & 3, Hours 08:30 - 16:30, early drop off okay with registration, bring lunch each day. Minimum & maximum class sizes required. All students must be at least 12 years of age. Call 204 729 5024 OR ggs57@wcgwave.ca

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Greenskeeper (Seasonal Part Time), wage \$10.97 - \$12/hr. Visit www.cfmws.com or contact npfhrshilo@cfmws.com for further details.

Homes For Sale

Wawanesa - 1208 sq. ft 3 + 1, 3 bath bungalow with oversized detached garage (24x28), insulated, heated with in-floor heat. Open concept with large eat-in kitchen. Newer furnace, flooring, and HWT. Two en-suites with walk-in closets, central air & vac. A great place to call home. MLS #1401787. Call Bob Daymond Sutton Harrison Realty 204-751-5918 for more info.

Homes For Sale

Wawanesa - Character home 2.5 storey brick home. 4 bedrooms, huge kitchen and living room, several recent updates. Low taxes, 5 lots, central location. This is a great family home. Check it out.
Wawanesa - 4 bedroom bungalow for sale by tender. This home is in excellent condition. 2 decks, double garage, many recent updates. Fully finished basement. Energy efficient home.
Countryland Realty - Dave Mooney
204-824-2094

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or pay 89⁹⁷ for 12 months*



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• Model UN55FH6300
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