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Volume 55 Issue 10



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May 19, 2016

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Base money. Page 2



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Ex PROMETHEAN RAM



2PPCLI soldiers hone their mine sweeping skills (below) during training as part of the Canadian Army's 1CMBG Ex PROMETHEAN RAM held at CFB Wainwright. Here, a LAV undergoes repairs in the training field on a broken wheel. 2PPCLI left this week for a 10-day Ex MAPLE RESOLVE 16 as they continue their high-readiness skills.

Photos by WO Matthew Aseltine, 2PPCLI 7 PI 2IC C Coy



Modest investment in asphalt reclaimer saves Base upwards of \$150,000 annually



Maj Andrew Wall Stag Special

Managing infrastructure is a complex and often cumbersome task.

Trying to engage and get the opinion of stakeholders, managing, supervising contracts and contractors, developing, designing, and managing infrastructure projects is a never ending process.

During the last month and a half CE has transitioned to fall under the command and control of the Assistant Deputy Minister (Infrastructure and Environment) and, more specifically, the Real Property Operations Group.

One of the primary reasons for transformation was to become more responsive to the demand and needs of the Base through prioritization of work.

The Real Property Operations Unit (West) Detachment Shilo (RPOU(W) Det Shilo) continuously looks for ways to provide better quality services to units on Base as well as the CFB Shilo community.

One contentious issue which has been lingering since my arrival in 2014 was the problem of potholes on the Base. I am sure this is near and dear to everyone's heart as this seems to be an issue in every community including bigger cities across Canada.

In recent years the RPOU(W) Det Shilo has spent upwards of \$150,000 annually in addressing pothole repairs throughout the Base. Repairs were often completed at inopportune times as a result of a variety of issues.

Due to the small nature of the work required on Base in comparison to multi-million dollar paving jobs around the Province, contractors often could only be scheduled for repairs on Base between larger jobs or at the end of the summer season.

In order to address this issue and in a bid to become more responsive to the growing concern from community residents as well as Base staff the RPOU(W) Det Shilo managed to procure an asphalt reclaimer last fall.

In simplest terms the reclaimer is capable of turning old discarded asphalt from previous paving jobs as well as old asphalt shingles from roofing projects into new asphalt that can be prepared and installed in the matter of minutes.

The RPOU(W) Det Shilo is one of the only infrastructure Dets across Canada that provides this service with in-house resources and making use of this technology.

The modest investment spent for this capability will

save the Base upwards of \$150,000 annually that can be better invested into other priority infrastructure tasks as well as avoiding putting old shingles and old asphalt tailings into the landfill site.

Roads and grounds crews will be using the machine in order to conduct road repairs throughout the Base during the summer months and in the years to come.



Road repairs started with cleaning out potholes prior to adding the "cooked" recycled asphalt.

Photos by Jules Xavier

Discarded asphalt from previous paving jobs and old asphalt shingles are used in the asphalt reclaimer. Potholes on the Base are being repaired with this machine.

Pet of the Week

ASK'IM

Rob Lussier's Black Lab is two-year-old Ask'im. He loves chewing on speaker wire. An active canine, he likes to play, run and retrieve. Weighing more than 100 pounds, Ask'im is affectionate and will sit on his master's lap while watching TV. This often blocks Rob's view. 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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Leafless landscape in spring

MCpl Sara Boland, a weapons tech at Base maintenance, is currently on maternity leave. Here, she enjoys a spring walk en route to CANEX. *Photo by Jules Xavier*

CFMWS celebrates two decades of serving CAF

Stag Special

With the advent of 2016, Canadian Forces Morale and Welfare Services (CFMWS) is celebrating 20 years of unrelenting dedication to helping Canadian Armed Forces members and their families with services that are tailored to handle many unique aspects of the military lifestyle.

It was on Sept. 3, 1996 that the Canadian Forces and the Department of National Defence implemented a VCDS instruction that launched the provision of Personnel Support Programs (PSP) through a Non-Public Property (NPP) delivery model.

Prior to unification of the Canadian Armed Forces (CAF), virtually all NPP activities were controlled and managed at the local level. However, the idea of a common system of NPP control and administration was recommended back in 1966 in a study conducted by Rear Admiral C.J. Dillon.

Three years later, the concept of delivering Morale and Welfare (MW) programs through a combination of Public and NPP resources was introduced and approved.

These defining actions opened the door to a concerted MW program delivery in the CAF and greatly impacted the direction that led to the birth of the present thriving model that is in place now.

By merging PSP services with those offered by CANEX, SISIP Financial and NPP administration, the Canadian Forces Personnel Support Agency (CFPSA), the precursor to today's CFMWS, was created.

Later, administration of Military Family Services and Casualty Support Management were added to CFMWS's mandate to become a unified organization and the service provider of choice for the military community.

In the 20 year span of CFMWS' existence, more than just the name has changed. However, its mandate has remained constant throughout.

To echo the original 1996 mission statement: CFMWS continues to excel in supporting the operational effectiveness of the CAF and contribute to morale, esprit de corps and unit cohesion, by ensuring that CAF members and their families have access to programs at levels consistent with military tradition and to those services normally available in comparable progressive Canadian communities.

Today, CFMWS manages more than 4,100 staff of the Non-Public Funds (NPF), CAF employees on Bases, Wings, Units, and at headquarters in Ottawa.

In partnership with bases, wings, and units, we ensure that our customers, the CAF Regular and Reserve Force members, retired and former CAF members, military families, Department of National Defence (DND) employees, NPF employees, and RCMP personnel, receive access to morale and welfare programs, services, and activities, no matter where they are located.

This anniversary provides our dedicated CFMWS staff and the military community with an opportunity to celebrate the undeniable progress achieved during the last 20 years.

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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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Teen benefits from MP Blind Fund

Cpl Glenda Gauthier Stag Special

Lt(N) Greg Ansley and I drove to Swan River late last month for a presentation with Andrea McIvor of Swan Valley Regional Secondary School.

My journey with Andrea began in November 2015, when Sandy Lambert, Andrea's learning/resource support contacted me to request information about applying for funding from the Military Police Fund for Blind Children. During multiple phone calls and e-mails, Lambert introduced me to Andrea and her current situation.

Eighteen-year-old Andrea was diagnosed last year with a brain tumour. Due to a delay in diagnosis, when operated on, removal of the tumour resulted in complete blindness. After years of headaches and deteriorating sight, Andrea's life changed completely.

Andrea is a determined, passionate, humble, charming and caring young woman. She embraced all of her new challenges associated with her blindness with grace, poise, tenacity and a beguiling sense of humour that engages everyone around her.

This was shown by Andrea's ability to learn the Braille alphabet in 150 minutes, followed by learning to read Braille in a few short months. Her advisors believe she has a natural ability for reading Braille.

Andrea tackled her education with vigour and determination, all the while remaining positive and cheerful. Independence is important to Andrea. She worked hard to learn how to use her cane so that she could walk on her own, and she does so at a quick pace.

Andrea is currently finishing her last credits towards her high school diploma so she can attend Brandon University in fall 2017. She wants to study social work and work with at-risk youth.

When Andrea attends university, the equipment she currently uses is funded by the Province of Manitoba and will no longer be available to her, because she will no longer be attending high school.

With Lambert's assistance, it was determined that Andrea would benefit from the same equipment she is using now. The equipment is expensive and her family couldn't afford to purchase it themselves.

Lambert and I knew it was a lot to ask for, but we decided together the best way for Andrea to continue her path towards independence, we would request funding for all of the equipment and hope for the best.

We requested funding for the following equipment in December 2015:

- A laptop with Jaws software that uses a speech synthesizer that reads the text displayed on a computer screen and drives a refreshable Braille display;
- Braille translation software that can convert regular documents into Braille, Braille documents to regular ones;
- A Braille display, which translates print on screen to Braille that can be read with the fingers, which works in conjunction with the Braille embosser;
- A Braille embosser which punches Braille onto paper; and,



A cheque for \$12,039.50 to purchase visually impaired equipment was made to Andrea McIvor. In attendance were (left to right) educational assistant Cindy Bobick, Cpl Glenda Gauthier of 1 MP Regiment – Shilo Platoon, Andrea McIvor, Lt(N) Greg Ansley of 1 MP Regiment – Shilo Platoon, Manitoba Education and Learning for the Blind and Visually Impaired consultant Elaine Bradley and learning/resource support Sandy Lambert.

Photo submitted

- An iPad with software that scans documents which Andrea can email to herself, and then Jaws can read the document to her.

The Military Police Blind Fund for Children approved Andrea's request for \$12,039.50, which covers the cost of all of this equipment.

Lt(N) Ansley and I were amazed by the inspiring young woman we met, along with her loving family and dedicated team of teachers. Andrea's hard work, tenacity and spirit were reflected in the relationships with the people in her life.

We were fortunate enough to spend a few hours with them. Andrea prepared a presentation for us, which she had printed out and read in Braille.

She told us about her journey, her accomplishments along the way, and her goals for the future. She spoke eloquently, with the calm confidence of a young woman that has been doing this her whole life.

Lt(N) Ansley and I made the official presentation, where we each took an opportunity to speak to Andrea about her accomplishments. This was followed by moving speeches from her teachers and family, where everyone described their experiences with Andrea and her journey.

Lunch followed, where we had an opportunity to speak candidly with Andrea and her family. We then took a tour of Andrea's study room, where she showed us how her equipment works. It was amazing to see her work so quickly.

For the final part of the day, I brought our police version Ford Escape to the front of the school and showed Andrea and her cousin the vehicle. Of particular interest were the sirens and the megaphone features. The girls loved it!

It is difficult to put into words how truly meaningful this day was. Lt(N) Ansley and I didn't just get the opportunity to present money to a recipient of the Military Police Fund for Blind Children.

We had the opportunity to meet an amazing young woman and her community of supporters and, we became a part of this wonderful group of people that all reminded us about the power of strength, determination and positivity.

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Brandi Sheppard works one-on-one with clients

Improving kinetic abilities for soldiers

Sarah Francis
Shilo Stag

Found helping soldiers regain their physical fitness after injuries, Brandi Sheppard started her job at CFB Shilo in September 2015.

On an average day Sheppard will meet with various clients and work on improving their kinetic abilities.

"Kinesiology is the study of human movement. At U of S [University of Saskatchewan] you had the option of recreation, education, fitness and lifestyle or adaptive needs," she recalled.

The 34-year-old arrived on this Base that fall with the prospect of a new job, but she's no neophyte when it comes to military fitness. She was at 15 Wing Moose Jaw since 2009 as the physical exercise specialist (PES).

Working at the GSH has kept her busy and she has seen the difference between army and air force personnel.

"The types of injuries I see here are more severe and more intense. So it's a bigger challenge," she offered. "[At Moose Jaw] it was mostly sports-related injuries. You knew they were still at work, they maybe just weren't doing full duties. Whereas here, there are guys here [who] can't do any of their duties."

Her original career aspiration was to work in physiotherapy.

"I thought kinesiology would be the best route for [pre-physiotherapy] training. Then I found the adaptive studies in kinesiology and didn't pursue [physiotherapy] afterwards."

This career keeps her quite busy with travel, meetings and interacting with her many military clients.

"When I'm in Shilo I have two to three one-on-one clients a day, that I'm either with in the gym or I'm working on their programs for them and their files. My region is Thunder Bay to the Alberta border. So I travel a lot."

Here at the Stag we can attest to her busy schedule and travel. Tracking Sheppard down for a time to conduct an interview was no easy feat.

Soldiers who arrive at Sheppard's GSH office located off from the gymnasium have a variety of reasons for seeking her help.

"Most of the guys, especially in Shilo, have some sort or physical injury they want to get stronger. It can go one of two ways," she explained. "There are guys

that can't perform full duties at this time and are trying to get back to the unit. Or their injuries are such that they will never serve for the Forces and they're releasing into civilian life. We're trying to set them up to be successful which ever route they go."

Her job is done by working with the return to work co-ordinator and staff at IPSC.

When you visit Sheppard for the first time, soldiers will initially fill out medical forms and be put through a baseline fitness assessment based on the injury and needs. This helps determine where you are at and then a training plan can be set up.

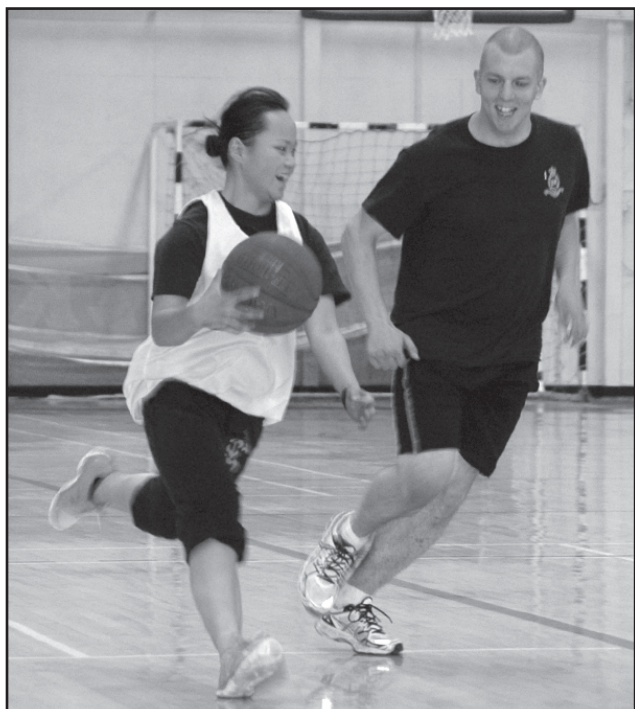
"We'll work on their programs. It gets changed each month."

She said the job can be quite gratifying.

"I really like working with the people. It's really nice when they graduate. Especially the ones that ... the ones that graduate and go back to being a soldier or graduate and they're ready to do whatever it is that they're looking forward to in civilian [life]."

With a break between military clients, Brandi Sheppard spent time with the Stag's Sarah Francis talking about her job on the Base.

Photo by Sarah Francis



Hoops!

With 1RCHA home before returning to CFB Wainwright for Ex MAPLE RESOLVE 16, sports afternoon at the GSH is always active in all gyms, from basketball upstairs to floor hockey downstairs.

Photo by MCpl Janie Jacobsen

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Commonwealth Air Training Plan Museum honours men, women who served in Second World War

Sarah Francis
Shilo Stag

Canada's Second World War history unfolds at the nearby Commonwealth Air Training Plan Museum.

Two-thirds of the 21,000 Canadians who served in Britain's air forces in the First World War were recruited and trained in Canada through the Royal Air Force (RAF). This is cited as setting the precedent of the British Commonwealth Air Training Plan (BCATP or "The Plan") as it was controlled from London and commanded by a British officer.

Efforts for the RAF to rebuild for the Second World War were done in the same way. Much of the candidates were selected from outside of Britain and pilots

trained on their home soil. This meant fully trained pilots were sent overseas under the command of the RAF.

Canada insisted that those Canadian trainees would eventually fall under command of the Royal Canadian Air Force (RCAF).

It was decided on Dec. 17, 1939, between the United Kingdom, Australia, New Zealand and Canada, to train pilots and aircraft crews in Canada for service overseas.

The government built 60 brand new air training schools and expanded 20 smaller units.

The building in which you find the Commonwealth Air Training Plan Museum is one of the original structures that was used from 1939 to 1945.

Many of the original buildings have been removed, but a number of additions have been made from around the area.

"Initially we just had this lean-to and a small portion of the hanger. Then ultimately because of 9-11 the property changed up here and the medical building and the canteen became part of our site," recalled museum executive director Stephen Hayter.

A number of buildings in the area, including one in Douglas, were going to be removed, so they took action and decided to do some restorations.

"Then we found out that once the Germans, who had trained at CFB Shilo for 20 years were leaving, they were going to get rid of all those H-huts. An H-hut is part of our story and we thought, 'Wouldn't it be wonderful if we restored one of those?'"

The donated buildings from this Base eventually became the museum's library and archives.

The hanger is not heated — imagine being a trainee in the cold Manitoba winters working on an aircraft? The building has remained much the same, with a few structural and window improvements, but you can certainly still feel the chill from outside.

Even on a slightly rainy day at the beginning of November you could feel the cold air



A female member of the CWATP sits on the wing of an aircraft. Photo from CWATP Museum

from outside sneaking its way in. Part of the reason is because of keeping the building historically accurate. Hayter explained it becomes more difficult as time goes on. Making things look old, costs a pretty penny.

"The challenge is ... there is not the same craftspeople out there to do the work. Like I mentioned, initially we paid 10-grand for seven double-hung style windows. We can produce them a lot cheaper with our own woodworking equipment.

"So we've actually become the expert on producing old-style windows. A lot of other museums have come to [us] and said, 'We have this historic church. Could you help us with our windows?' We restored and replicated their

windows for them."

Fortunately, kids can keep warm by burning off some energy and riding around in a miniature foot-propelled air plane. Kids sit in the plane and use their feet, in the same fashion as the Flinstones cars. It was built to resemble the aircraft in the hanger and is painted bright yellow to match.

Yellow was used to easily distinguish training aircraft from others, which were sometimes painted darker colours or with a blue bottom to be harder to spot in the sky.

The museum located west of the Base off Hwy. 10 North was started in 1980 with five aircraft owned by Wes Agnew, who was from Hartney. Agnew, an RCAF flight instructor, wanted a museum to honour those who trained under "The Plan."

The collection now has 14 aircraft on display with more than 22,000 artifacts. These artifacts have come from across Canada, the United States, England, Australia and New Zealand.

Artifacts include photographs, uniforms, logbooks and personal papers, medals and other items used during the Second World War. On display are two uniforms to keep pilots warm, one of which is electric. The other looks like a teddy bear suit. It's fuzzy and brown, covering the wearer from head to toe.

See **LABOUR** page 7



Stephen Hayter examines an opening on a training aircraft which airmen would open manually, and lay in front of to peer down at the ground during flight. Photos by Sarah Francis



One of the numerous completed training aircraft from the days of the CWATP. The signature yellow paint job signifies a training aircraft. For observers on the ground this colour stands out against blue skies.

Labour intensive project keeps volunteer busy working on aircraft

From page 6

They have a number of different aircraft in different stages of completion following restoration. Some are in pieces, some are complete and airworthy, while some are being rebuilt from scratch.

"It was quite an involved process because there are no blue prints for a Fairy Battle. First we got some centre sections, some tail sections and some cockpit sections," he explained. "Then we contacted an air museum in Great Britain. They had a few very blurry, very incomplete blueprints. We got some model drawings."

Hayter added, "You might find it surprising, but model drawings are some of the most accurate representations of aircraft that still exist. Sometimes they're more complete than blueprints. With a combination of these blueprints and model drawings someone who has the understanding of how aircraft are built, which our volunteer does. He can take all of that information and combine it into a program that can print out new blueprints."

The labour intensive project is being done by a volunteer. There are pieces of aircraft all over the workshop with blueprints and models with measurements drawn on them. Hayter explained there are a limited number of people who could or would be willing to

take on such a task.

"With one person working on it, it will take many, many years. That's what this one particular volunteer enjoys doing. He's working away at it."

There are a number of hard-working volunteers with the museum. One of them was an instructor for "The Plan."

"Archie [Londry] is the only one who trained pilots at this site. As for trainees, we just lost Reg. I don't know if there is anyone else now, sadly. We're coming to that tipping point where it's just going to be the history and the stories we've managed to collect."

— Stephen Hayter

"Archie [Londry] is the only one who trained pilots at this site. As for trainees, we just lost Reg. I don't know if there is anyone else now, sadly. We're coming to that tipping point where it's just going to be the history and the stories we've managed to collect."

Londry was a member of the Memorial Project committee, which enabled the building of the RCAF World War Two Memorial Wall. The 300-foot-long granite wall has 19,000 names of fallen airmen engraved on the surface.

The "They Grew Not Old" memorial recog-

nizes the sacrifice made by those who trained in the BCATP. It was unveiled Sept. 10, 2014, the 74th anniversary of Canada's entry in the Second World War.

You can sometimes find Londry hanging about at the museum or dropping off artifacts. During the Stag's visit he was there to donate some old photos he found from the Second World War.

The Brandon-based museum is unique as it is the



A young Archie Londry poses for a portrait during his time with the CWATP. Photo provided by CWATP Museum

only one specifically dedicated to the history of "The Plan." This comes with its own set of unique artifacts. One of these is the Barbers Book, which consists of four separate books. It has more than 22,000 names and signatures of airmen from 32 nations who came through the training facility in Brandon to receive their haircuts.

Museum personnel spent hours logging and scanning the books and trying to decipher names and signatures. The photocopies are on display at the museum. Maybe you can find the name of your relatives if you look hard enough.

If you ever wanted to have a sense of what learning to fly was like 70 years ago, you can check out a restored Link Trainer flight simulator. The simulator looks reminiscent of children's rides you find in a mall. It's a mini blue airplane on a machine to simulate movement — and it's about the same size. It didn't offer much space for comfort, much like the actual aircraft they would eventually be flying.

The cramped device was hooked up to a machine which would track on a map where the "plane" was going. It looks like a small three-legged metal desk about the size of a basketball and it rolls on wheels across the map.

An instructor could then ask the student to fly to a specific location and track if they arrived, how high or low they were flying and test them to see if their skills were on track.

A testament to the skills the airmen had can be seen in the actions of Walter Dinsdale. He was a Member of Parliament (MP) who trained as a pilot and discovered a way of taking down German rockets.

"During wartime, he flew a Mosquito bomber," said Hayter. "It was one of the fastest light bombers during the Second World War. Walter was a very gutsy young man. During wartime, during the Battle of Britain, Germans were firing what they called the V1 Rocket, it was a flying bomb. It had a motor that kind of sounded like a lawn mower and when it stopped running, they would fall out of the sky and blow up. Because they were such high explosives, if you shot at them in the air, chances are you'd blow up along with them. So Walter, what he did, is he had a lot of guts and flew up alongside the rocket, put his wing under the stub wing of the rocket and he flipped it."

Doing this would cause the levelling mechanism to spin out of control, which meant the rocket would spin out of control and crash into the English Channel.

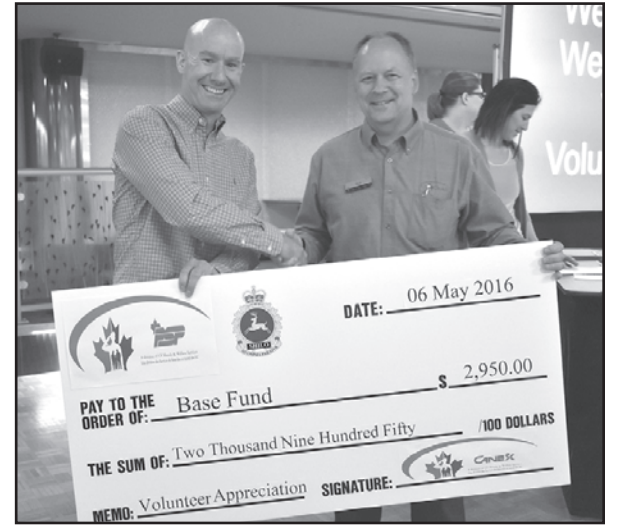
Hayter said that although this meant a lot of fish died, many human lives were saved.

The museum hours and more information can be found by visiting www.airmuseum.ca



Seeing the cramped inside of the simulator used to train pilots during the Second World War will make you appreciate leg room on your next commercial flight.

"He had a lot of guts and flew up alongside the rocket, put his wing under the stub wing of the rocket and he flipped it." — Stephen Hayter



CANEX manager Rick Kehler presented a cheque for Base Fund (above) to BComd LCol John Cochrane. Some of the 162 volunteers (left) recognized posed for a group photo.
Photos by Sarah Francis



The popular TV game show Family Feud was part of the festivities at the El Prado Club (left). During the game Al Pitch of Superb Entertainment (right) interviews Fitness, Sports and Recreation manager Jim Mackenzie. During this annual event dinner goes enjoyed Mexican food, but also had an opportunity (below) to sample an array of sweets provided by PSP/MFRC organizers.



Got Bulk Garbage?

Bulk items, yard waste, tires, and electronics may be disposed of Monday to Friday from 8 a.m. to 4 p.m. at the Shilo dump located two kilometres east of Rick's Restaurant on Aldershot Road



Items may be placed for curbside pick-up the following dates **ONLY**:

May 24 & 25

Items are to not be placed earlier than the evening prior to pick-up



Sweet reception held for volunteers

Shilo Stag

There was plenty of fun and frivolity as PSP and the Military Family Resource Centre (MFRC) hosted its annual volunteer appreciation dinner at the El Prado Club.

It was a busy 2015 for volunteers on the Base, with 162 individuals being recognized from various clubs, sports teams and organizations, according to PSP recreation co-ordinator Brette Olsen. Sponsors for the annual event included CANEX, Base Fund and the MFRC.

Olsen applauded the contributions from entities and businesses such as PSP Messes, Forbidden Flavours Shilo and Garrison Grill as part of the event. The volunteers who attended the May 6 event were treated to plenty of sweets, plus a Mexican dinner.

Afterwards, following group photos after receiving volunteer certificates, volunteers played the popular TV game show, Family Feud. Al Pitch of Superb Entertainment ran the event which featured plenty of laughter and wrong answers from participating contestants.

If you would like to volunteer on the Base check a copy of the summer edition of At A Glance magazine for club lists and contact information for PSP and the MFRC.

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

Shilo Theatre
(Located in the General Strange Hall)

May 20 Daddy's Home Rated PG
May 27 Creed 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.
FREE GSH popcorn — H2O from CANEX

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

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

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

Ask about Glow bowling birthday parties!

See Who's Kickin' 3D 4D Baby Ultrasound
Unit 4 #12 940 Princess Ave Brandon
www.seewhoskickin.com

Military Discounts

Open 7 days a week for your convenience

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www.seewhoskickinbabyboutique.com

Evolution of FORCE testing continues

Stag Special

Physical fitness delivers long-term health benefits for everyone.

To provide Canadian Armed Forces (CAF) members with an accurate assessment of their overall physical fitness, the CAF is implementing the next evolution of the FORCE Program Initiative.

As of April 1, CAF members started to participate in the FORCE Fitness Profile, which — for the first time — will provide members with a measure of health-related fitness, in addition to the existing measure of operational fitness contained within the FORCE Evaluation.

The FORCE Fitness Profile is made up of a measure of operational fitness — the FORCE Evaluation — and a measure of health-related fitness. This is an estimate of aerobic capacity based on FORCE Evaluation results and a measure of waist circumference.

On its own, waist circumference is widely recognized as a strong predictor of long-term health and wellness. When combined with the estimation of aerobic capacity provided by the FORCE Evaluation, this new measure represents an excellent assessment of health-related fitness.

Passing the FORCE Evaluation will remain the only general employment standard for Universality of Service in the CAF.

Accurate assessments obtained through the FORCE Fitness Profile will provide evaluators with the opportunity to encourage military personnel to improve their overall physical fitness, recommend training plans to target particular weaknesses, and recommend preventative health promotion programs.

The results will also provide CAF leadership with an accurate picture of overall unit and command fitness, which can then be used to tailor fitness training and monitor CAF fitness over time.

During the FORCE Evaluation, evaluators will now use a secure, custom tablet application called eFit to capture and transmit all FORCE Evaluation data from the test site to Human Resources Management System.

The waist circumference and cardio-respiratory fitness results used to calculate one's position on the FORCE Fitness Profile will remain confidential, and be shared only with the participant.

Commanding Officers (COs) will receive summary unit or command data in the form of a scatterplot graph with a single dot representing each individual within their unit; however, individuals will not be identified.

However, should the individual fail the FORCE Evaluation, a DND 279 will be sent to the CO as per the usual procedure.

Health-related fitness has a direct impact on long-term health and disease prevention.

The FORCE Fitness Profile will for the first time provide an assessment of a member's current physical fitness level, and allow the development of tailored training plans to support the well-being of CAF personnel during their military career and beyond.

These improvements will result in some procedural changes to the existing processes (test scheduling, fitness reporting), which will be communicated to personnel and base/wing leadership through local Personnel Support Programs teams. For more information, please visit the FORCE Program website.



Wheat Kings WHL champions

BRSM CWO Don Askel and wife Tracy and MCpl Sara Boland (left with her daughter) watched the Wheat Kings win 3-2 in overtime in game two on home ice. The team won the WHL series 4-1 over the Seattle Thunderbirds.

Photos by Jules Xavier

Adventure Bible Camp

CFB Shilo
August 2 - 5, 2016
9 to 12 PM

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

What to bring:
Hat & Water bottle

For more information, visit
www.adventuredaycampmrb.org

A ministry of:
onehope CANADA

With:
green équipe team verte

FREE

NEXT HOME GAME:

Congratulations from CFB Shilo on your 2015-16 accomplishments

WHEAT Kings

Good luck at the Memorial Cup in Red Deer, Alberta

#GOLDRUSH

LOOK MUSIC SERVICES

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Lookmusic@wcgwave.ca

Pet Vaccination Clinic

Saturday, May 28

9-11:30 a.m.

Community Centre Annex, Building L-25

Cost	
Rabies for Dogs & Cats	\$30
Dog Distemper	\$30
Feline Distemper	\$30
Feline Leukemia	\$25
Canine Kennel Cough	\$25

Nail trims by Kate McKinnon \$10 or \$15 for a **DREMEL** trim



Payment must be in cash or cheque

FREE PET REGISTRATION FOR CFB SHILO RESIDENTS

proof of recent rabies vaccination is required

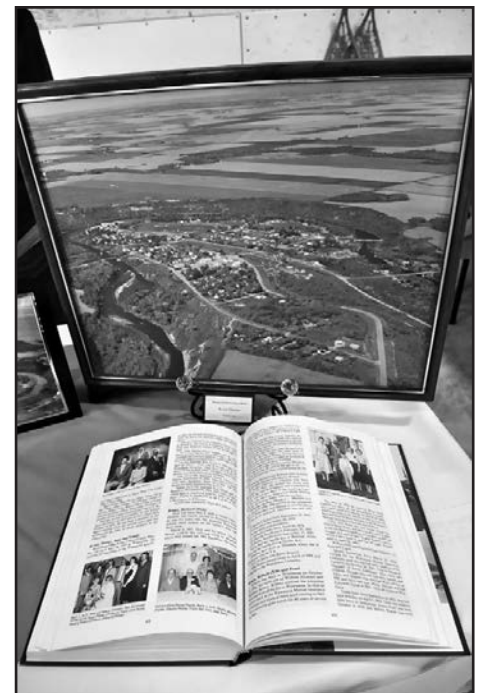
For more information, contact the Recreation Office at 204-765-3000 ext. 3317/3588.



Annual Wawanesa Flea Market

It was a hive of activity at the annual Wawanesa flea market for six hours outside and inside the village's arena. Sellers and buyers mingled as antiques and collectibles found new homes, from Dinky army cars above, to painted skulls, dolls, make-up bags and licence plates below. Wawanesa also promoted the updating of its centennial book.

Photos by Jules Xavier



National Defence
Defence nationale

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

National Defence
Defence nationale

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



Winning artists

Satchal Morgan (above) and William Fowler show off their winning artwork which they submitted to CANEX's Easter colouring contest. *Photos submitted*



Cliff Cullen
MLA for Spruce Woods

Constituency Office:
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P: (204) 827-3956 | Toll Free: 1-866-702-1241
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CFB SHILO

EXPERIENCE HISTORY WITH A BANG!
THE RCA MUSEUM
CANADA'S NATIONAL ARTILLERY MUSEUM



Find ways to keep military families connected Soldiers being deployed

MFRC Special

Six months is a long time for a parent to be away. It's okay for children to feel sad. The parent left to look after the family will also feel a little sad. Don't forget sometimes you can e-mail and talk on the phone. Sometimes you can even talk to the parent through video chat. Sometimes you can also send lots of fun care packages. Above all, remember to take care of each other while the parent is deployed.

Here are some ideas for you to do before and during a deployment:

- Measure and record children's height
- Take a family photo
- Take a picture of the children and the deployed parent before they leave
- Create and decorate your family memory box

Encourage children to sign a family contract with parent(s)/guardians. Have them promise to stay active, eat healthy, and to keep growing while their parent is away. Parent(s)/guardians should promise to

help the children feel good and to stay in touch with their deployed parent.

Put the family contract some place where the family will see it daily to remind everyone of their promise.

There might be special days which the parent will miss during the deployment. If the deployed parent is going to be away for a special day; write down the important dates and talk about ways that the family can share these special times with the parent while they are deployed.

If a family member is having a birthday while the parent is away, take lots of pictures. Send one via the care package and put the others in the family memory box to share later.

If a parent is celebrating a birthday while they are deployed, make them a birthday cake out of construction paper and decorate it. Send it in a care package to arrive in time for their birthday.

For more ideas on how to keep military families connected contact Eileen Bossons, deployment and special events co-ordinator at 204-756-3000 ext 4555.

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:

May 26 at noon

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

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 Fire-
arms Safety Course Instruc-
tor/Examiner** • Restricted
and Non-Restricted • Mani-
toba Hunter Safety Instruc-
tor. Courses offered at least
monthly and more often with
demand. Firearm/hunter safety
courses planned for the winter/
spring. Examinations by ap-
pointment • 204-725-1608 • e-
mail ggs57@wgcwave.ca

We buy and sell good used
furniture/appliances and we
deal in coins and coin/stamp
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personal service. Located out-
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Employment

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tailed information on the jobs
offered at CFB Shilo visit:
www.cfmws.com

Employment

CANEX WANTS YOU!
Clerk/cashier part-time posi-
tion with 13 to 32 hr /week re-
quired. Must be available days/
evenings, and weekends. Un-
der the direction of the depart-
ment supervisor, a clerk/cashier
scans customer purchases, pro-
cesses the transactions, and ac-
cepts 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.

Home For Sale

One-bedroom renovated house for sale in Brandon. Includes all
new siding, shingles, windows, countertop and flooring. Located
in a nice neighbourhood. \$114,900. Call 204-726-0909

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

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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



CANADA D'EH SHILO

Time

- 1900 - Main Event
- 2000 - Aaron Lines
- 1900 - 1900 Activities
- Las / Cancer Awareness Lot
- Rain or Shine

Activities


- Obstacle Course
- Beer Garden
- Fire Pit
- Lazer Tag
- Airbrush Tattoos
- Hairdresser - Ball

Talent

- Clubbing Fraggles
- Just 4 Kicks
- Pete Zipolzheimer
- Small Town Bands
- Stephanie Codman
- Aaron Lines

Friday July 1, 1500 - 2400

[SHILOCANADADAY](https://www.facebook.com/SHILOCANADADAY)



BMO machine dispenses cash

Shilo Stag

BMO has set up a temporary cash dispensing machine on the Base.

Located in the main entrance vestibule at CANEX, it is accessible 24/7.

CFB Shilo has been without a bank and cash dispensing machine since last November when Westoba Credit Union closed its doors.

According to CANEX Supermart manager Rick Kehler, the floor mounted free-standing

BMO branded cash dispensing machine is temporary pending the arrival of the permanent machine which will be a wall mount style.

"Once the kinks are worked out following the install of this temporary machine, CANEX will pull back on the cash back service we have been offering since Nov. 27, 2015," he said.

Kehler acknowledged his staff will continue to provide cash back as a convenience, but only as the funds are available as generated through cash transactions.

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Located in CANEX, BMO's cash dispensing machine is running.

Photo by Jules Xavier





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