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Volume 53 Issue 10



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May 22, 2014

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Soldiers train during Ex BISON WARRIOR. Page 10



www.skyhawks.forces.gc.ca

Leap of faith following his boyhood dream

2PPCLI's Cpl Alex Doduk saw the SkyHawks perform at an air show held in Abbotsford, BC, as a kid and said to himself he'd enjoy doing what the jumpers did performing for an attentive audience on the ground. After a failed first attempt, the second time trying out for the SkyHawks this spring was a charm. The 26-year-old was named to the team following five weeks of intense training in California. For more on Cpl Doduk and the SkyHawks turn to pages 6 and 7.

Photo by www.skyhawks.forces.gc.ca

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'I state this with a great degree of pride' says BComd LCol Stephen Joudrey

Day of Honour ceremony community-focused

Jules Xavier
Shilo Stag

The inaugural National Day of Honour held on this Base was not your typical parade with soldiers standing at attention, followed by salutes, a review and then promotion ceremonies.

CFB Shilo's used May 9 to remember Canada's sacrifices and accomplishments in Afghanistan, with more than 600 onlookers, civilian and military alike, observing a combined parade featuring the Base units, 1RCHA and 2PPCLI.

In all, more than 150 soldiers stood at attention on a sunny late morning as BComd LCol Stephen Joudrey acknowledged this Base was a major player when it came to Canada's 12-year mission in Afghanistan, a mission that saw 20 soldiers posted to Shilo killed fighting the Taliban.

"In Shilo, we have chosen to have a ceremony that is community-focused and highlights the efforts of so many of the soldiers, their families and all of those who supported them throughout the entire mission in Afghanistan," he said.

Ceremonies held across Canada recognized those who fought, remembered those who fell, and saluted all who contributed to Canada's military engagement in Afghanistan. LCol Joudrey told his audience this Base took a different approach to its Day of Honour event.

"When we started a few weeks back to look at what the ceremony could look like here in Shilo, we knew we wanted to do something that was honouring the service of soldiers, recognizing the commitment of their families and acknowledging the support from those who helped us," he explained.

"What we did not want to do was turn this into 'the Army thanking itself for all of its wonderful work!' We chose instead to seek participation from 'all around', in keeping with the Royal Proclamation, to help recognize Canada's commitment to the mission in Afghanistan."



BComd LCol Stephen Joudrey addressed the audience during CFB Shilo's Day of Honour ceremony.
Photo by Jillian Driessen

He added, "As we can see today, all it took was getting the word out and the citizens of Westman came to us!"

LCol Joudrey pointed out that CFB Shilo played an integral role in the war on terrorism during Canada's mission in Afghanistan, from the soldiers who went into battle, to the families who remained home. Even civilians from Shilo contributed overseas.

"It is important to note that public servants, non-public employees and contractors from this Base served with distinction and commitment during this mission," he said. "In fact, there are a few here that have more time in this particular theatre than some of us in uniform."

For the men and women in uniform, LCol Joudrey was especially proud.

"Since the early months of 2002 through to the group that just returned in March, personnel from Shilo-based units have been on operations in Afghanistan. They served as members of formed units, batteries, companies, detach-

ments, hospitals and teams, or as individual augmentees in BGs, OMLTs, POMLTs, HQs, training establishments or support organizations.

"In fact, there is not a single unit here in Shilo that did not contribute military personnel to this enduring mission. I state this with a great degree of pride."

LCol Joudrey cited the importance families played when it came to the 12-year mission. Life went on despite having a parent away on deployment. While missions changed, the stress, strain, pressure and commitment of the military families did not change.

"We in uniform know that many things must be 'picked up' in our absence ... kids still have schoolwork. They have activities," he said. "The bills need to be paid. Dogs need to be walked. Crises need to be resolved. Birthday cards for in-laws need to be bought and sent. I think it is important that on this Day of Honour, none of us overlook the commitment of those families."

See **COMMUNITY** page 12

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SkyHawks three-stack drag

Introducing the famous SkyHawks three-stack drag — this formation consists of MCpl Alex Desjardins in the top pilot slot, CFB Shilo’s Cpl Alex Doduk from 2PPCLI in the middle muscle man slot, and Cpl Charles-Albert Verville as the third man drag slot. After our jumpers have exited the airplane, they will manoeuvre, link up, and form a three stack. Under the experienced formation piloting of MCpl Desjardins, this three stack will fly to the target area. At 2,000 feet, he calls for Cpl Verville to activate red smoke so the entire crowd can vividly see the amazing feat that will soon occur. Cpl Doduk will climb down and take a secure and solid grip on the leg of Cpl Verville. Once Cpl Doduk is ready and holding on tight, Cpl Verville then pulls a sharp left steering toggle and rotates himself and his parachute upside down! With the red smoke billowing, you can clearly see this amazing 180 degree rotation! This spectacular inverted descent continues until approximately 1,000 feet when MCpl Desjardins flies away from the two parachutes below him. Cpl Doduk maintains his grip through the incredible tension and g-force from the upside down Cpl Verville as they transition into a downplane, screaming straight towards the ground at nearly 40 miles an hour! The two jumpers finally separate and then everyone lands safely onto the target area. For more on Cpl Doduk and the Skyhawks, see pages 6 and 7.

Photo by www.skyhawks.forces.gc.ca

Drinking does not mix with driving

Shilo has come a long way in the reduction of impaired driving, both within our Base community and among military members throughout Western Manitoba.

With these great successes it is critical that apathy does not develop regarding the importance of having a safe transportation plan when any event you attend involves alcohol.

The list of safe options is well known to most — designated drivers, walking, taxi services, the CFB Shilo Courtesy Shuttle or simply staying where you are. Despite the variety of free and low-cost options available to members of our community, some have still chosen to drink and drive. This senseless decision risks both the driver’s life, and other road users.

If you drink and drive, you will be caught.

Minimum punishments will include a large fine, a deduction of license points, a mandatory breathalyzer to start your car, safe driver courses, and a victim services fee.

Military members will almost assur-

CANADIAN

MP

The Military Police

NOTEBOOK

edly be subject to administrative measures at work. The financial and professional cost of drinking and driving is very high.

Don’t take the risk; don’t drink and drive. Meanwhile, the Canadian Armed Forces Military Police are responsible for the provision of policing services to all CAF Bases and DND establishments. However, it is everyone’s responsibility to report suspicious activity.

To report a crime in progress or to request immediate Military Police assistance, call 911.

To report a non-emergency or to make a complaint about a possible crime, please call the CFB Shilo Military Police at 204-765-3337 or the Canadian Forces National Investigation Service at 1-800-290-1019.

Concerned about illicit drug activity? Call our drug tip line at 1-855-504-3784.

Help us keep our military communities safe and secure.

Capt Dane Nicholson is the former Platoon Commander for 1 Military Police Regiment at CFB Shilo. He’s now with 15 Military Police Company out of Victoria, BC

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This Week's Deals!

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<div>Burns ® Wieners<ul style="list-style-type: none">• limited quantities, limit 5 per family purchase• 450 g• Reg. 4.49</div> <div>1⁹⁹</div>	<div>Burns ® Beef Burgers<ul style="list-style-type: none">• 1 kg• Reg. 13.99</div> <div>10⁹⁹</div>
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<div>Franks ® RedHot Pepper Sauce<ul style="list-style-type: none">• Original and Bollywood• 354 ml• Reg. 5.49</div> <div>3⁹⁹</div>	<div>Ritz ® Crackers<ul style="list-style-type: none">• Original and Cheddar• 200 g• Reg. 3. 79</div> <div>2⁴⁹</div>
<div>French's ® Mustard Squeeze<ul style="list-style-type: none">• Bold Spicy, Honey, and Sweet Onion• 325 ml• Reg. 3.39</div> <div>2⁴⁹</div>	<div>Good Host ® Iced Tea<ul style="list-style-type: none">• Original and Lemon• 1 kg• Reg. 7.49</div> <div>3⁴⁹</div>

May 22 - May 28, 2014



Volume 53 • Issue 10

Regular Circulation: 3,000

Printed bi-weekly by
Struth Publishing, Killarney MB

General manager Mike McEwan ext 3073
Managing editor Jules Xavier ext 3093
Base Photographer ext 6008
Production assistant Jillian Driessen ext 3013
Advertising rep Holly Ralph Ormsby
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This newspaper is issued by authority of LCol Stephen Joudrey, Base Commander, CFB Shilo. The views expressed herein are not necessarily those of the Department of National Defence or of the editorial staff. The editorial staff reserves the right to edit, to abridge, to reject copy or advertising to adhere to the policy, as outlined in CFAO 57-5, and for clarity and/or content.

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.

• • •



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Grass cutting reduced in common areas

Jillian Driessen

Shilo Stag

New mandates and bylaws are bringing changes to the Shilo Community Council.

In an unanimous vote, a new constitution for council was passed and approved. A reorganization of Shilo's wards will see the number of wards reduced and the number of RHUs equalized among the wards.

The previous constitution featured eight wards and was based on the number of units when the constitution was created — which has changed dramatically.

The new constitution will feature six wards, with a more even distribution of units and a more logical layout for the current community.

To minimize the effects of operational tempo on council, each ward will aim to have two representatives. With eight wards currently in place, it becomes challenging to fill each ward with two reps.

Currently, residents in Shilo should still contact their ward rep under the old constitution. The new assignments will be determined at a June council meeting. New titles and appointments will be shared in the Stag as well as online.

Other business discussed included:

- Street sweeping has been deemed a priority for all streets on Base. Base Transport staff are addressing the need for a sweeper and it will be done as soon as possible.

- Grass cutting in common areas will be reduced this summer.

"Our budget has been lowered as part of the deficit reduction program," explained Base Engineer Maj Reg Sharpe. "Part of our budget is contracts for services. If our budget was reduced by 20 per cent we would reduce the frequency of cutting by 20 per cent. It is not just Shilo. Every Base in Canada is in the same boat."

Although the common areas will see a reduction in grass cutting, RHU residents are reminded to maintain their lawns throughout the warm months. The CFHA standard remains the same.

- RHU residents are reminded to complete their yard maintenance. The Base duty staff will be inspecting the RHA for infractions and notices will be issued accordingly. CFHA's Jodi Laba advises correcting infractions before notices are issued. Standards for maintenance can be found in the RHU Occupant Handbook.

- Ward 8 rep Capt Aisha Jawed reported an increase in dumping of garbage at Lundy's Lane dumpsters.

"For the last two or three weeks, the bins have been overflowing ... and it's not Lundy's filling it up," explained Jawed. "There is even bulk garbage being left there."

A reminder to all residents: bring bulk garbage to the Shilo recycling centre located east of the golf course. If garbage pick-up is cancelled or delayed, household garbage is also welcome at this depot.

Recycling items can be taken to the community recycling unit behind CANEX, while yard waste can be brought to the community compost centre adjacent to 30 Quebec Cres.

The next bulk garbage pick-up is Oct. 14.

- With deficit reduction budgets in place, maintenance dollars for the Base have been reduced. With this reduction, there will be a hold on additions and upgrades to places like the dog park and splash park. With reduced maintenance dollars, small projects that will require additional maintenance — such as fencing — cannot be completed. They will be revisited in the future.

- Occupants moving out of their RHU are welcome



Bulk garbage was picked up May 20 on the Base, with the next scheduled pick-up not until the fall — Oct. 18. If you have bulk garbage in the future you can take it to the Base recycling centre located east of the golf course.

Photo by Jules Xavier

to pass along any flower boxes issued last year.

"All we ask is the new owner of the flower box fills out the appropriate forms," said Jodi Laba of CFHA.

The boxes will have to be approved to ensure proper drainage and placement.

- Fitness, Sports, and Recreation will offer a number of events to kick off summer. May 26 to 30 will feature safe kids week. Children caught engaging in safe behaviour by Shilo's Military Police will be rewarded with free ice cream, courtesy of Forbidden Flavours.

FS&R will also offer a bonfire and outdoor movie June 6.

- FS&R is offering a children's day camp this summer. Active Skillz Camp will take 16 children each week, with themes of sports and activity.

- MP rep Linda Levesque reported changes in distracted driving fines and penalties. Within a five-year period, if a driver receives two tickets for distracted driving, they will lose their vehicle for 24 hours. Should they receive a third ticket, they lose their vehicle for 30 days.

Distracted driving is one of the most-issued tickets at CFB Shilo.

- CANEX manager Rick Kehler reports that MLCC regulations have changed to permit CANEX and other outlets to sell alcohol any day they are open. In the past, alcohol could not be purchased on holidays. This is no longer the case.

- Health Promotion's CAF Health and Wellness Challenge is well underway.

"The Health and Wellness Challenge is ongoing. We have 99 registrants, which is awfully close to our goal of 100," said director Shelly Moore. "The kick-off event was a success. We had high attendance and people seemed to have fun."

Health Promotion will offer a Mental Fitness and Suicide Awareness seminar June 4. Several spots are still available. Contact Lacey Collier at ext 3868 to register.

- Several members of Shilo Community Council will be stepping down courtesy of postings to other Bases. Maj Sharpe, Shilo's mayor, has stepped down, after being posted to CFB Edmonton. Calling his term an honour and a privilege, Maj Sharpe leaves the council with his replacement to be announced in June. Also stepping down is Capt Jawed, representative for Lundy's Lane and single quarters, who is also posted this summer to CFB Edmonton.

The next Shilo Community Council meeting at Base headquarters is June 18 at 10:30 a.m.

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 Forbidden Flavours
 Shilo Community Centre
 GSH

Country Club (Rick's)

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Carberry
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Minnedosa Legion
Sprucewoods
 The Shilo Inn
 340 Esso
Wawanesa
 Lucky Dollar



Shilo youngsters are getting a kick out of minor soccer during Thursday night games.

Photos by Jules Xavier

Enjoy June by being active

Shilo Stag

Have you played today?

To celebrate our sixth annual June is Recreation Month campaign, Canadian Forces Morale and Welfare Services (CFMWS) is asking, why does recreation matter to you?

For the Canadian Armed Forces (CAF) leadership, recreation is a key enabler for promoting physical, mental and community well-being.

"Physical activity, recreation, and play are essential for promoting optimal mental health and well-being throughout our lives," says Maj-Gen David Millar, Chief of Military Personnel. "Providing opportunities to participate in recreational activities is an important part of our commitment to families and to quality of life in the Canadian Armed Forces. I encourage everyone to celebrate 'June is Recreation Month' and experience the benefits."

Capt Kimberly Beek, 15 Wing Air Reserve Flight Commander, takes that advice to heart. Her family counts on recreation to help them get involved in their community and enjoy active family time.

"We learned early on that we had to get involved to make the most out of any posting," says Capt Beek, who is part of a dual-service family with kids. "We have all made life-long friends through recreation."

Capt Beek and her family enjoy a wide range of recreational activities, including running, skating, parasailing and camping. Whether they're playing as a family unit or joining the activities as individuals, recreation has also benefited her children's social development and leadership skills.



"I have watched my son develop from an introverted, gifted and somewhat shy boy into a teen who thrives in social situations and is finding his own way of leading in various groups. Much of this development is the result of his participation," she says.

For LCdr Todd Bacon, CO of the Fleet Diving Unit (Pacific), activities like biking to work, geocaching, swimming and skiing have helped build resilience to handle challenges at home and at work.

"Participating in family activities helps to reduce the stresses of work, and leave me more mentally prepared to successfully conduct my job," says LCdr Bacon.

Juggling frequent postings and deployments has also made family time all the more important for LCdr Bacon and his wife Jody.

"As a military family, we've never lived in an area close to family, and maintaining close personal friendships is limited as we often move," notes Jody. "Relying on others is not always possible, so we have learned to be self-reliant and very family-focused. We make a conscious effort to do activities as a family, and to encourage family time when possible."

As the winners of last year's June is Recreation Month Contest, the Bacon family also enjoyed a recreation-filled trip to Alberta's Kananaskis region this March.

In 2014, the June is Recreation Contest shifts to Florida, the sunshine state!

Visit www.cfmws.com/JRM for your chance to win a week of sun-filled family activities, and to learn more about recreation's many benefits.



BComd's Coin

Michael Markmann was recognized for his commitment to improving CFB Shilo. As a result of the recent departure of the Controls supervisor, he is now responsible for monitoring the most critical systems on Base, including heating plant controls, water treatment plant controls and HVAC systems. Recently, there was a malfunction at the RCA Museum due to a planned power outage, which resulted in Markmann working tirelessly to restore services and ensure the artifacts remained safe. He accepts all challenges without hesitation, is proactive in addressing concerns and is worthy of recognition. As a result of his dedication Markmann was awarded a BComd's coin which he received from BComd LCol Stephen Joudrey.

Photo by Jules Xavier



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SkyHawks

2PPCLI soldier follows his dream

Cpl Alex Doduk's second tryout lands him a spot on prestigious parachute demonstration team



Jumping solo, the Candy Cane is one of the more popular SkyHawks formations thanks to the aerial choreography and use of pyrotechnics.

Photos by www.skyhawks.forces.gc.ca

'2PPCLI is extremely proud of Cpl Doduk for exhibiting technical excellence in parachute operations and for being selected to the coveted CAF parachute team for 2014.'

— 2PPCLI CO LCol Bob Ritchie

Jules Xavier

Shilo Stag

He might be in the infantry, but 2PPCLI's Cpl Alex Doduk will spend the next six months in the air attached to a canopy parachute as part of the SkyHawks, the Canadian Armed Forces (CAF) parachute team.

The Mission, BC native has dreamed about being part of the SkyHawks, Canada's only military parachute demonstration team, since he saw them perform while attending the annual Abbotsford Air Show.

The SkyHawks have a proud history — for more than four decades, the team has represented Canada and the CAF to more than 75 million spectators worldwide under their signature Canadian flag parachutes.

"When I saw them jump as a kid I told myself I wanted to be part of it," the 26-year-old recalled during a *Stag* interview while on leave following five weeks of "intense" daily training in Perris Valley, California.

With the CAF for the past five years, Cpl Doduk's first attempt at making the cut and joining the SkyHawks for the 2013 jump season was not successful. Undaunted by being cut, he asked what he needed to do to improve and make the cut for 2014. Dedication to his craft was not a problem.

"I was told I demonstrated tenacity, and that I should take that and not let anything make me quit," the A Coy member of 2PPCLI says. "I asked why I was cut, and was told to log more accuracy jumps."

Not an easy thing to do when you are posted to an army base in Manitoba, with a short jumping season once winter arrives. The only jump venues for Cpl Doduk to find practice time were in Steinback and Gimli.

Wanting to make the SkyHawks during PPCLI's centennial year was another motivator for the young corporal, so on his own time and dime, he travelled to CFB Edmonton where he jumped. Or spent additional time in California training.

While more than two dozen CAF members tried out for the squad, only five were added to the 12-person team following the five-week camp which started in late February.

Experience jumping versus jump numbers are also factored into the SkyHawks adding new recruits to a team where skydivers bring their parachutes in close proximity to build formations in the sky. Performing these aerobatic parachute formations requires a high level of skill and courage. This is known as canopy relative work.

"Looking at my own jumping record the past three years I have had about 100 jumps," says Cpl Doduk. "During the five-week camp I had more than 130 jumps."

2PPCLI CO LCol Bob Ritchie did not lose a soldier, but gained an ambassador when it comes to PPCLI events during its centennial with Cpl Doduk make the SkyHawks team.

"2PPCLI is extremely proud of Cpl Doduk for exhibiting technical excellence in parachute operations and for being selected to the coveted CAF parachute team for 2014," he told the *Stag*. "His participation in the SkyHawks' 43rd season is particularly significant given that he will play an active role in commemorating the PPCLI centennial, at events across Canada, descending under a Regimental parachute canopy."

Supported by the Canadian Army, the SkyHawks are based out of Trenton, Ont., at the CAF's Land Advanced Warfare Centre. There, Cpl Doduk trains alongside soldiers who help defend our territory and sovereignty through a wide variety of domestic and overseas missions.

From both Regular and Reserve Forces, the team members are from various occupations of the Army, Navy, and Air Force and bring a wide range of experience to their performances. Cpl Doduk is the lone PPCLI member on this year's team.

"They look at both your experience and attitude, plus your dedication when it comes to putting the team together," he says. "It's not about being the best jumper there is because it comes down to teamwork with the SkyHawks."



Cpl Alex Doduk

Jumpers thrill audiences with aerial choreography

From Page 6

Going into its 43rd season, Cpl Doduk acknowledges training camp was no picnic as he went back to the basics of jumping under the tutelage of seasoned instructors like J.P. McCann, who has been with the team 26 years, and Doug Forth.

"With the coaches we have, and infrastructure in place for the SkyHawks, you are set up for success. It's a perfect situation, especially when you are learning from some of the best in the world."

He adds, "You make the team, but it's back to basics. We take a canopy course, and learn how to fly our parachutes and land properly. We're

using their canopy parachutes. Some of the jumps are Two-stack Formation, Three-stack Formation, Candy Cane, Parabatics, Canadian T and Tri By Side.

The SkyHawks also practice their free-fall work skills, exiting a Hercules or Twin Otter from 12,500 feet. They call the formation an "open accordion."

After three weeks and a little less than hundreds of jumps polishing their canopy relative work, formations and transitions, Cpl Doduk and his teammates had a chance to go to the Skydive Perris Valley wind tunnel and have a little fun.

With the advent of May, Cpl Doduk returned to CFB Trenton for two more weeks of practice jumping, plus make final preparation for a busy tour that will see the SkyHawks perform at the Cozumel International Air Show in Mexico May 17 and 18. Besides shows across Canada, including a jump in Edmonton Aug. 6 and 7 as part of PPCLI centennial celebrations, the SkyHawks are involved with the PPCLI 100th baton relay in London, Ont., Sept. 3 and 4.

Cpl Doduk will also see a CFL game featuring the host Saskatchewan Roughriders when the SkyHawks jump in Regina Aug. 29 to Sept. 1. The season ends after Oct. 12 when Cpl Doduk and his teammates perform to mark the centennial for the Vandoos in Quebec City.

"Everything we do in the training process is progressive so that by the time we are ready to perform you are adept at your jumps," says Cpl Doduk, "and the performance spectators are watching from the ground is show worthy."

What is the thrill of jumping from an airplane for Cpl Doduk, versus leaping from a LAV III while out on exercise on the CFB Shilo training area?

"It's truly a feeling of freedom," he offers when describing jumping. "You're at 10,000 feet and after leaving the plane you are feeling the air against your body. You are flying your body. There's nothing showing that you are actually falling ... there's no sense of falling for me."

"I would jump from a plane over bungee jumping anytime. When you are falling you are able to look around, there's no rubber-band motion like you have with a bungee jump."

He made his inaugural jump from an aircraft in the fall of 2010 when he was 22.

At all times once he's exited his aircraft, Cpl Doduk says he is conscious of where he's at in proximity to the ground and his teammates.

"You know where you are going [seeing the target below on the ground], and you know the technical stuff of the jump, so everything we do as part of our formation becomes second nature."

And practice makes perfect, he adds. That's why the team will arrive early at each SkyHawks show, check out the terrain for hazards, and take into consideration wind patterns to ascertain at what height the jumpers will exit the plane.

"An ideal height for our jumps would be 6,000 feet," he explains. "This allows for our formations, with our parachute deploying right away. But we can also jump from 4,000 feet. From 6,000 feet up we can be in the air for four to five minutes."

Cpl Doduk points out that each formation has its nuances which the jumpers train to ensure safety protocols are followed, and there is

time for the choreography of the jump which provides the audience below with an exciting show. The Candy Cane is especially thrilling as the jumper not only uses a flag, but has pyrotechnics included in their jump.

Besides a dress rehearsal prior to their performances, Cpl Doduk said the tour also incorporates a media day to promote the show, and on occasion VIPs might be given a tandem drop.

To say Cpl Doduk is excited about his first performance wearing the SkyHawks colours in Mexico would be an understatement.

"This is going to be thrilling for me, when I think back to seeing this show in Abbotsford. And now I'm up there as part of the show. It's a dream come true for me."



SkyHawks tryouts and training occurred during a five-week period earlier this spring in California, with 2PPCLI's Cpl Alex Doduk making the cut. His first performance was in Mexico last weekend.

Photo by www.skyhawks.forces.gc.ca

constantly being critiqued, with the littlest of details brought forth so you are constantly learning."

At the start of camp, SkyHawks members learn to fly their parachutes beside each other. By the end of the camp the team members are successfully able to complete full shows with complex formations, flags and pyrotechnics.

Cpl Doduk's jumps are either photographed, or videotaped by jump cameramen Craig O'Brien and Clint Clawson. The coaches are able to peruse the visuals or video footage, find the mistakes and correct them, thus providing critical feedback to the SkyHawks.

During the final three weeks of camp, jumpers learn crew formations

'It's truly a feeling of freedom. You're at 10,000 feet and after leaving the plane you are feeling the air against your body. You are flying your body. There's nothing showing that you are actually falling ... there's no sense of falling for me.'

— Cpl Alex Doduk

SKYHAWKS



BComd commendation

Doug Sherb is recognized for both his outstanding commitment to CFB Shilo and for dedication during the conduct of his daily duties. Sherb was pivotal in the establishment of the preventative maintenance program in Shilo and continues to prepare work orders, inspection books and record results to ensure the continued success of the program. Preventative maintenance is now recognized as a must-have program in 3rd Canadian Division and CFB Shilo is the only Base which already has a thriving program thanks to Sherb's efforts. He is an employee deserving of recognition of his exemplary performance and dedication. Sherb was awarded the Command Team commendation from BComd LCol Stephen Joudrey.

Photo by Jules Xavier

Ball hockey outdoors

Mother Nature provided ideal conditions for the annual RCME Days on the Base, with participants enjoying an array of indoor activities, from chess to cards. For those who ventured outdoors, there was a fast-paced ball hockey game. Nearby, horse shoes were tossed with some accuracy at the pegs. Families of RCME workers dropped by at lunch for a barbecue.

Photo by Jules Xavier



RCA Museum advisor to latest historic novel

Shilo Stag

The RCA Museum provided important historical advice and information for the latest book from award-winning Canadian filmmaker and author Paul Almond.

The Gunner is now available through Amazon, Indigo and other online book sellers as well as bookstores.

RCA Museum director Marc George provided historic artillery advice

to Almond during the author's research for *The Gunner*, which is book six of the *Alford Saga*. It tells the gripping tale of how Eric Alford's safe and romantic life on the peaceful Gaspé Coast is shattered by his decision to follow his elder brother John — from book four *The Pilgrim* and book five *The Chaplain* — into the 1914-18 cataclysm of death and destruction known as the Great War for Civilization. By his thundering Howitzer, Gnr Alford assaults the Hun through every major Canadian battle of the First World War: Ypres, Vimy Ridge, Passchendaele, Hill 70, The Somme, and The Hundred Days that ended the conflict.

A developing romance with a lovely Londoner is cut short by a German shell. Evacuated to a Rouen field hospital,

he is surrounded by hellish wounds: blindness, amputations, and gas-inflicted horrors.

Finally, back in Blighty among other shell-shock victims, he recovers and returns to his Gaspé home, bereft of his London love and changed forever.

The book is a fictionalized account of the wartime service of Almond's father. According to George, every effort was made to portray the details accurately, from the weather and the gun drill to the sights and sounds of the battlefield.

George recommends the book as a great way to connect with the lives of everyday soldiers in the Great War.

"This book is a great tribute to Canadian Gunners 1914 to 1918 and it is very fitting that it is being published during the centennial year of the

start of the Great War," he said. "Anyone interested in the First World War will enjoy this story and modern Gunners, in particular, will really identify with the book. It was an absolute pleasure helping Paul with *The Gunner*. I think that the Canadians who served in the artillery in the Great War would approve."

Almond, who will be at the museum in early August for an exhibit on the First World War, began his career producing and directing more than 120 television dramas for the CBC in Canada, the BBC, ABC and Granada TV in England and many networks in the United States.

His numerous awards include 12 Genies, a nomination for a Golden Globe and a Lifetime Achievement Award from the Directors Guild of Canada.

In 1990, he turned to full-time writing and began publishing the best-selling *Alford Saga*, a series of historical novels set in the Gaspé area of Quebec.



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**

Active Skillz Sports Camp

Active Skillz Sports Camp is designed to promote healthy lifestyles in all children aged 6-12 years old. Children will be introduced to a variety of sports and will have an opportunity to learn about healthy eating.

Active Skillz Sports Camp also aims to integrate children with special needs, providing them with support that meets their needs. Our goal is to provide all children with a camp experience that is fun, positive and safe. Please let us know at the time of registration if accommodations need to be made for your child.

Week	Date	Cost with a GSH Membership	Cost without a GSH Membership	Deposit Required (non-refundable)
Week 1	Jul 7-11	\$100	\$125	\$10
Week 2	Jul 14-18	\$100	\$125	\$10
Week 3	Jul 21-25	\$100	\$125	\$10
Week 4	Jul 28-Aug 1	\$100	\$125	\$10
Week 5	Aug 5-8	\$80	\$105	\$10
Week 6	Aug 11-15	\$100	\$125	\$10
Week 7	Aug 18-22	\$100	\$125	\$10

For children 6-12 years old

Located at the GSH

7:15 a.m. – 4:30 p.m.

(Drop off between 7:15 – 8:00 a.m. & pick up between 4:00-4:30 p.m.)

A non-refundable deposit of \$10 is required each week per child to hold your spot. Your deposit will be applied to that week's registration cost.

Full payment for each week MUST be made the week prior.

To register, please visit the GSH front desk between the hours of 7:00 a.m. – 4:00 p.m. Monday to Friday. Space is limited, so register early!



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

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(Located in the General Strange Hall)

May 23 Ratatouille Rated G
May 30 American Hustle Rated 14A

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

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Ex BISON WARRIOR tests soldiers ability to complete battle tasks

Capt Grimeau Special

For nine days starting April 25, Gunners from five different provinces, representing seven different Regiments and independent batteries gathered at CFB Shilo to deploy on Ex BISON WARRIOR.

This exercise was designed to test our ability to complete level four battle task standards, and it provided a chance to train in a context which we just can't accomplish during our regular weekend gun exercises.

On the first day of the exercise, we were issued with our Weapon Effects Simulation (WES) gear, signifying to the troops there would be a greater emphasis placed on the local defines of our gun position.

After kitting up, we deployed to the field and occupied a hide, a task that few people in the battery had done before. From there we conducted our

battle procedure and began to shake out any issues that we had.

At this time we also rectified a dress and deportment issue, calling out MBdr Cody McMullen for his promotion to sergeant.

The following morning, the gun Battery saw its first deployment. Following the exercise mentality of crawl-walk-run, we deployed to a well-known area with plenty of time to be ready.

This allowed both recce and the gun line a chance to work out any last issues as well developed our Standard Operating Procedures (SOP) for the upcoming week.

From that position we received two visits from VIP guests. The first being Brig-Gen J.C.G. Juneau, the commander of Third Canadian Division, who visited with the troops and was interested to hear that a high percentage of the troops were employed this summer instructing on, or taking courses.

The second set of guests was the Executrek run by the Brigade to bring influential members of the business community out to witness firsthand what the soldiers of Task Force Bison were doing.

The guests were taken for a tour of the gun line and briefed on our operational capabilities.

During their visit they were able to witness the guns conduct a live fire mission with several lucky guests being able to pull the lanyard when instructed.

Three days later saw an increase in the pace in which we were deploying the Battery, having shaken

out our initial difficulties.

On this day, we received a visit from CTV reporter Daniella Ponticelli, who was interested in talking with the troops about their experiences on operations both foreign and domestic. We made sure we gave her some great shots of the Gunners in action.

Later that day we received our first contact with the enemy force.

We had contact at the rear of our position and were able to chase them away, but not without suffering some casualties first.

With the information we had, we conducted an after-action review and sorted out what we needed to work on.

During that evening, we began to send out guns for harassing fire tasks; where they deployed to a completely different area and using pre-calculated data fired on a target.

The April 29 deployments presented us with our first surprise of the exercise, while traveling to our new position we were ambushed en route, in canalizing ground.

Being unable to back up and take an alternate route, we dismounted and sent the Quick Reaction Force (QRF) into the wood lines to clear out the enemy presence.

This was accomplished with relatively few casualties and we were able to continue on to our gun position.



Artillery round fired during Executrek mission.

tion.

That evening presented us with an increased level of difficulty as the Battery was given move orders at the same time that we were sending out more harassing fire tasks.

This put the pressure on the number one to not only navigate to his harassing fire location, but also to navigate to a new area to rejoin the Battery at the conclusion of their mission.

The following day was our most technically demanding. We began the day with another deployment, en route we were stopped by an actor portraying the role of a local national (LN).



CTV reporter Daniella Ponticelli talks with BK Capt Blake Grimeau.

Photos by 38 CBG Public Affairs

Having learned from earlier scenarios, we stopped with enough standoff distance and approached him with our QRF. After having searched the LN, we began trying to discuss what he wanted.

As he only spoke in Serbo-Croatian, we were forced to communicate mostly with hand gestures. Eventually we were able to figure out that he was telling us that there was a large force ahead ready to ambush us, and telling us to go down a different road.

Thanking him, and getting a photo for intelligence use, we requested a new safe route that took us back the way we came and bypassed the area completely.

Once in our new location, we took a tactical pause and had a troop led discussion on local defence, while we were

doing this, the Command Post and Forward Observer were working out fire plan data.

After the fire plan, we received move orders for a day for night move, a maximum preparation position, a task that very few of the gunners or recce elements were familiar with. This would be the most difficult deployment that we would see.

On the first day of May, our final day in the field, we culminated our field exercise with a number one's open action contest, scored by two independent judges to decide who would win the Battery Commander's pennant.

At the same time, we received another visit to the gun position.

The Brigade Commanders of 38, 39 and 41 Brigades were out to visit with and address their troops; as well the Wing CO of 17 Wing was invited out to pull the lanyard in recognition of the support that his Wing offers to the 38 Canadian Brigade Group Artillery Tactical Group.

The shoots went well and it was a close competition, but 15 Alpha under the command of MBdr Shaun Magill was deemed the winner.

Afterwards, we redeployed back to Base and began maintenance and a secondary task of providing enemy force for the Brigade's final attack.

The final two days of exercise was occupied with the out clearance of personnel and the Brigade smoker, where the soldiers were treated to a barbecue and their coveted two beers per soldier.

It was a very productive exercise for the guns as we were able to accomplish far more in training that week than we would have been on a weekend.

Mistakes were made, but everyone was able to learn from them and move on.

Here's hoping that the next brigade exercise will build upon what we have learned here and be an even better experience for the soldiers involved.

Capt Grimeau is with BK 71 Bty 26 Field Regiment RCA



Mugout!

Capt Dane Nicholson received a plaque from BComd LCol Stephen Joudrey during a mug-out ceremony at the WOs and Sgts' Mess.

Enjoy play dough no matter your age

Melanie Heinrichs
MFRC

Play dough — something so simple to make that adds hours of entertainment for all ages.

Did you know that mixing flour, water, salt, oil and alum could be benefitting you and your family in many ways?

This can include fine motor skills, imagination, creativity, calming, soothing, math, literacy development, and science.

Rolling, squashing, squeezing, flattening, and poking play dough helps in strengthening fine motor development and eye hand co-ordination.

You can add some items from your home to enhance

the play.

This can include wooden letters, google eyes, buttons, coloured rice, glass pebbles, pasta shapes, candles, and objects from nature.

If you look around your house you could add cookie cutters, straws, toy vehicles, fabric, netting and ribbons, muffin tins, small cups, egg cartons and boxes.

Adding some cocoa powder, ginger, cinnamon, turmeric, fruit juices, food colouring, food flavouring, essential oils, and Kool-aid will enhance the play.

If you want to add some more textures to the play dough you can use rice, couscous, coriander seeds, sesame seeds, sawdust, sand pebbles, rock salt, tiny pasta, glitter, plus glitter glue and sequins.

If you want to add some essential oils to the play dough to create the ultimate aromatherapy experience you can do that too.

Cedar wood oil and lavender oil can create calming and relaxing properties.

Playing with play dough can be so exciting.

You can form 2D and 3D shapes, compare lengths, widths and thicknesses, count out shapes and match to a number card, and match and sort by colour or

smell.

Making a volcano out of play dough can turn into a science experiment by adding some baking soda and vinegar to see what happens.

This will start a conversation by asking questions about what will happen? Or what can we make?

Changing the state of ingredients from adding wet to dry makes a very sticky to smooth transformation. In the eyes of a child, this is amazing and you will be called the scientist.

Here is an easy play dough recipe:

2 cups flour
1 cup salt
2 cups boiling water
¼ cup oil
2 tbs alum
Food colouring

Mix flour, salt and alum in a large bowl. Add oil and food colouring to one cup of boiling water. Gradually mix dry with wet ingredients. Add more water as needed. Store in an air tight container.

Melanie Heinrichs is the children services assistant with Shilo Military Family Resource Centre

Participants fight hunger pangs to help raise \$428

Jodi Billard
MFRC

Would you volunteer to go without food for 30 hours?

That is exactly what a group of Shilo MFRC Teen Centre members and MFRC staff did during the World Vision 30 Hour Famine held in late April.

This was the third year the MFRC Teen Centre participated in this event and the MFRC is proud to acknowledge their commitment and success.

The World Vision 30 Hour Famine asks participants to collect monetary pledges in support of their goal to go without food for 30 consecutive hours.

Canadian musician, Lights, sums it up best: "Every day there are kids going without the basics: food, water, a place to sleep or even clothing for their bodies. The 30 Hour Famine gives us a chance to experience what it feels like to be these kids. We can make a difference in their lives. Eat nothing. Do something."

The group began their famine at 8 a.m. on a Friday. Getting through school and work was the first challenge followed by 22 hours of avoiding hunger pangs. At 4 p.m. the group joined forces at the Shilo Teen Centre, where their mission was to create enough distraction from their hunger to make it through the night.

They played video and board games, zombie tag and hung out with friends. As approved by the famine regulations, the kids and staff were allowed juice, slushies, and freezies to keep hydrated.

After the 30 hours of famine, the group was treated to a pizza lunch which they devoured in record time.

Not only did the group have fun creating awareness of famine, they also raised money to give to World Vision. This year the group raised \$428, with Dana Fraser fundraising the most with \$120 of the overall total.

These funds will be added to other World Vision 30 Hour Famine events held across Canada. The money will go towards various international and national programs including programs within Manitoba.

World Vision doesn't just hand out food to the hungry. They deliver medicine, respond to emergencies, treat malnutrition, and educate children.

The most important thing our teens took away from this experience was the desire to help others and to make a difference in this world.

The entire World Vision 30 Hour Famine group would like to pass on a thank-you to the community for donating to this important cause and for supporting the teens. Activities like this wouldn't be possible without your support.

The MFRC also extends a thank-you to the kids and staff members that committed to this important cause.

Jodi Billard is the youth program leader at the Shilo Military Family Resource Centre

11th Annual Base Commander's
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Services



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Padre Neil - ext 3090
Padre Olive - ext 6836
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BComd LCol Stephen Joudrey (above left) was scrummed by the media following the outdoor Day of Honour ceremony. 1RCHA provided the two-minute silence salute (above) with two rounds fired during the May 9 ceremony. MWO Brian Jensen (below) marches off with the more than 150 soldiers involved in the parade. *Photos by Jules Xavier*



Community support key to deployment success

From Page 2

Community support, from the MFRC to the adjacent towns and municipalities in which Shilo's serving soldiers and their families lived, were also acknowledged by LCol Joudrey.

"In this part of the country, a Base the size of Shilo is not an island unto itself. There is a much larger community that provided support to the Base, the units, the families and the soldiers that served in Afghanistan."

He added, "I believe it is safe to say that this strong foundation of support for our families and our soldiers, attributed directly to the success of those who deployed."

For the men and women from Shilo who paid the ultimate sacrifice for their country, LCol Joudrey spoke poignantly of their contribution to the 12-year mission.

"For those of us in uniform, we are reminded of our fallen comrades every time we walk by a Memorial Wall or Wall of Honour in our unit lines upon which their names or photos are fixed," he said.

"For their families, the loss is felt every day. They were members of our community. They were volunteers. They were husbands, fathers, sons, and brothers, a wife, a daughter, and a sister."

"They came from all across this country, but they last served here. Their sacrifice will not be forgotten here in Shilo. We will remember them."

More than 40,000 CAF members served in Afghanistan between 2001 and 2014.

This was the largest deployment since the Second World War.

During a media scrum following the ceremony, LCol Joudrey, who also served in Afghanistan, said soldiers have returned to training at their respective units for whatever their country needs them to handle next.

"I think this is a great commemoration, but it also allows us to close the books and focus on what's ahead."

The 20 soldiers who died in Afghanistan, 17 with 2PPCLI and three with 1RCHA, were acknowledged by Brandon-Souris Conservative MP Larry Maguire, who finished his speech by listing each of their names.

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