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Volume 55 Issue 9



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May 5, 2016

INSIDE This Issue



Fitness instructor enjoys training at GSH. Page 2



Pet owners don't miss the two-day Pet Expo. Page 5



Hone shooting skills joining Shilo Gun Club. Page 6 - 7



Fire!

It has been a busy few weeks for soldiers from CFB Shilo —2PPCLI and 1RCHA — during the Canadian Army's 1CMBG Ex PROMETHEAN RAM held at CFB Wainwright. Here, 1RCHA's soldiers hone their M777 skills. For more photos from Sgt Hugo Girouard's Nikon camera, see page 12. The exercise in Alberta ends today, with ex MAPLE RESOLVE 16 up next.

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GSH fitness instructor enjoys working out with soldiers

Sarah Francis

Shilo Stag

CFB Shilo soldiers and firefighters stay fit with the help of the GSH's Dean Kachur.

No stranger to teaching fitness, but this is the first time Kachur has worked with military members.

Born in Dauphin, he has spent his whole life so far in Manitoba.

For the past 20 years his trade of choice was teaching physical education for middle years and high school students. Fifteen of those years were spent in Killarney, before that, some time in Winnipeg and Grand Rapids. He received his education at Brandon University. At the age of 42, Kachur decided to experience a change of pace and dove at the opportunity to work with adults and, more specifically, the military.

"It's kind of the opposite end of the spectrum [of] kids and education. I've always enjoyed working with adults, and it was an attractive opportunity," he told the *Stag*.

"I was at a point in my career where I was looking for a change. Working with soldiers, I thought it was a really rewarding and prestigious job ... working with our Canadian military."

His day consists of military fitness testing, training with the CFB Shilo fire department as well as running fitness classes for spouses and families.

This is something he's proud to be part of on this Base.

"Knowing that I'm helping all individuals reach their goals or move towards their goals of improved fitness and improved self-esteem and improved lifestyle," he explained.

"For the firefighters and the soldiers, a big part of their job is their fitness level. Their life depends on it in a lot of circumstances. Knowing I can help contribute to that — that safety net for them, I think is pretty rewarding."

However, there are some aspects of the job which have a steep learning curve.

"The Force Testing was something new. I've always done a lot of fitness testing. The old Express Test they used to do was more what I was used to, with push-ups and beep tests and sit-ups. So the [FORCES Evaluation], with stations were different."

From a school environment a military environment, Kachur had to adapt to the "chain of command" which soldiers adhere to as part of their job.

Fitness has been a large part of his life since he was young, with Kachur playing hockey and other sports for much of his youth.

"My passion is working out. I've always worked out — since the time I was in



Dean Kachur (inset) demonstrates what he wants his firefighters to do on this apparatus. Working out of the GSH, Kachur assists a Base firefighter with their fitness exercises.

Photos by Sarah Francis

Grade 9, I was introduced and kind of fell in love with weight training and fitness training," he recalled. "I've always been an athlete. I played a lot of sports, a lot of elite level sports, so I needed to train personally. I just like helping other people — the public reach their fitness goals."

Fitness has become his way of life and he credits it as an excellent form of stress relief. Helping others toward their fitness goals is the motivation he has to do his job well. Getting you to the body, fitness level, and confidence you want is on his to-do list.

Kachur said there has been a lot of changes in fitness and an emphasis on what is the newest and coolest.

"Peoples perception of 'Oh this has to be good or effective because this is what movie stars are doing.' So everyone is always looking for a new improved thing, but it all comes down to the same thing.

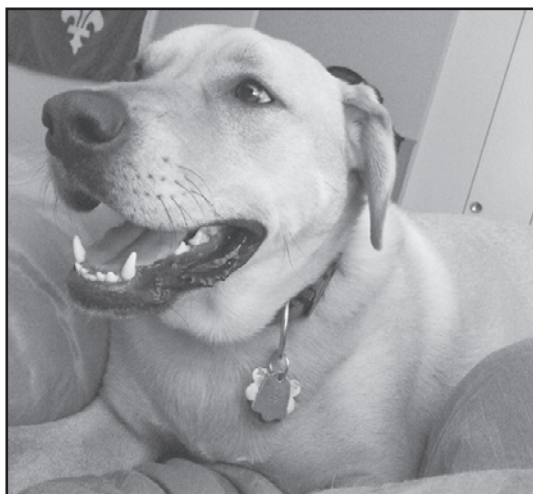
"First of all, you just have to do it and second, you have to come and work hard. If you do that you're going to improve towards your fitness goals. It doesn't matter what you call it."

Fitness classes are offered regularly at the GSH during the day and in the evening. Drop by the GSH and ask for Kachur.

Pet of the Week

MAX

This is Max. The two-year-old Golden Lab is bilingual thanks to learning Spanish from owner Ana Maria Chabot Leal, and French from her husband. He takes commands in both languages from his owners. 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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A youngster is a study in concentration as he hammers in the nails on his birdhouse during a visit to the RP Ops Unit (West) Detachment Shilo. He was part of an MFRC tour, with 15 birdhouses built. *Photo by Sarah Francis*

Manitoba birds nest in homes built on Base by MFRC kids

Brett Sinclair
Stag Special

In January, RP Ops Unit (West) Detachment Shilo — formerly Engineering Services or CE to military oldtimers — was contacted by the Shilo MFRC's youth programs staff inquiring about the chances of a tour of the facilities and a short narrative of what exactly the detachment does on Base.

The request was gladly accepted in order to demonstrate to "prospective" engineers and tradespeople what exactly happens behind the scenes.

The day started off with being met at the front door of the detachment by the construction maintenance manager, with short introductions and then off for a tour of the facilities.

First stop was the works administrative section to see where work orders for tradespeople are created and distributed. Next stop on the tour was to the warehouse area to see where supplies for maintenance and construction projects are kept, "our own Home Depot" as the kids called it.

Following the warehouse stop, the shop areas where tradespeople work out of to maintain the infrastructure at CFB Shilo was visited. This part of the tour included the sheet metal, plumbing, electrical/technical, and lastly the carpentry/painting shop, where there was a small project waiting for each child to participate in.

The small project consisted of a small wooden birdhouse that were pre-cut and ready to assemble. Each child was dressed in appropriate personal protective equipment and assigned a carpenter to act as their own personal tradesmen to assemble their individual bird houses.

The kids assembled their birdhouses while teaching their respective carpenters a thing or two about carpentry. The bird house construction went off without a hitch and turned out extremely

well.

Fifteen new homes for Manitoba birds were created during the Shilo MFRC's visit. Afterwards, the children took their projects back to the MFRC to paint or decorate however they saw fit to apply decals that were made in the paint/sign shop while they were there.

The event was a great success and provided the children an opportunity to see what the detachment does at CFB Shilo. An added benefit was the carpentry staff learned a few new tips and tricks from the aspiring carpenters in attendance on the visit.

For those curious, aside from the children, the detachment looks after all aspects of infrastructure including: new construction — not including RHUs, betterments, recapitalization, and infrastructure maintenance at CFB Shilo.

This includes: the planning and development of infrastructure projects across the Base, construction and maintenance of buildings, roadways, public spaces, amongst numerous other things.

In addition to developing new requirements, the detachment is also responsible for the day-to-day maintenance of most of the Base infrastructure.

The detachment is composed of highly-skilled and certified professional tradespeople, engineers, and administrative support staff, with Maj Wall leading the team.

The organization is relatively small which keeps the detachment extremely busy, but also allows the detachment to maintain positive interpersonal relationships with Base staff.

As ADM(IE) transition continues to occur, community support/involvement is important component to the detachments operations. We will continue to strive towards working towards collective goals of the Base and the Shilo community.

Brett Sinclair is acting construction maintenance manager at Real Property Operations Unit (West) Detachment Shilo

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May 5 to May 18, 2016



Volume 55 • Issue 9

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
Assistant editor Sarah Francis ext 3013
Advertising rep Elaine Bullee ext 3736
Editorial advisor Lori Truscott ext 3813
Proof reader Elaine Bullee ext 3736

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 CFB Shilo, Manitoba, R0K 2A0

This newspaper is issued by authority of LCol John Cochrane, 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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Facebook by visiting:<http://www.facebook.com/ShiloSTAG>

Survey on harmful, inappropriate sexual behaviour in the Canadian Armed Forces

As Canada's national statistics agency, Statistics Canada was contracted by the CAF to conduct this survey, given their vast expertise and infrastructure in conducting and analyzing large surveys, including those on sensitive topics.

Shilo Stag

A voluntary survey is being conducted, to help the Canadian Armed Forces (CAF) better understand the scope of inappropriate sexual behaviour and the impact it is having on members.

Statistics Canada will be conducting a voluntary and confidential 25-minute survey on sexual misconduct in the CAF with Regular Force and Primary Reserve CAF members until May 13.

This survey is a key component of Operation HONOUR that will help determine the scope of inappropriate sexual behaviour in the CAF, better understand the impact it is having on CAF members and help guide an action plan for Operation HONOUR.

The results will provide vital information to the future of the CAF.

Harmful and inappropriate sexual behaviour has a far-reaching, negative impact on morale, cohesion, effectiveness, deployability, recruiting, and retention. Any form of harmful and inappropriate sexual behaviour is a threat to operational readiness.

Input is crucial to a better understanding of this problem, and will enable the CAF to more effectively eliminate harmful patterns of behaviour, give support to those who have been affected, and improve policies, programs, workplace environment, and member well-being.

Results of the survey will be of greater value if there is maximize participation, as this will gather more accurate information to address this problem.

Taking just 25 minutes to complete the survey is an opportunity

for all to contribute to the betterment of our institution.

Accordingly, the Chief of the Defence Staff and the CAF's Chief Warrant Officer strongly encourage all members to complete this survey. All CAF members deserve a professional work environment where they are treated fairly, respectfully, and with dignity.

As Canada's national statistics agency, Statistics Canada was contracted by the CAF to conduct this survey, given their vast expertise and infrastructure in conducting and analyzing large surveys, including those on sensitive topics.

The survey is being conducted under the authority of the Statistics Act, which ensures that any information members provide will be kept completely confidential and used only for statistical and research purposes.

Statistics Canada survey on sexual misconduct available until May 13

Shortly, you will receive an invitation by email and regular mail to participate in a Statistics Canada survey on sexual Misconduct in the Canadian Armed Forces (CAF).

This survey is an important part of Operation HONOUR which will ultimately help me to better understand the nature and scope of issues members of the CAF have been facing and how your Commanders, supported by Military Personnel Command and the Strategic Response Team (sexual misconduct), can address these issues to better support you.

The survey will be available until May 13 and notices will be circulated in advance.

This survey and the information that it will provide is vital to the future of the CAF. Harmful and inappropriate sexual behaviour has far reaching, negative impacts on morale, cohesion, effectiveness, deployability, recruiting and retention.

Any form of harmful sexual behaviour undermines who we are. It is a threat to operational readiness and is a threat to this institution.

While participation in this survey is voluntary, I

strongly encourage each and every one of you to take part.

Your input is crucial to a better understanding of this problem, which will enable us to help eliminate these harmful patterns of behaviour, support those who have been affected and improve our policies, programs, workplace environment and member well-being.

The results of the survey will be of greater value if we maximize participation and gather more accurate information to address this problem.

As I have made clear since the launch of Operation HONOUR, I am fully committed to ensuring a respectful and professional environment for all members of the CAF.

While dealing with harmful and inappropriate sexual behaviour remains a key leadership responsibility, addressing this issue is the responsibility of every CAF member. I encourage you take this opportunity to help make our institution better.

*General J.H. Vance
Chief of the Defence Staff*

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If you are a pet owner on the Base you won't want to miss the two-day Pet Expo held at the Keystone Centre in Brandon. There is something for every pet owner, including a trade show and training demonstrations.

Photos by Jules Xavier



Pet Expo offers educational seminars, training demonstrations

Stag Special

Calling all four-legged friends or creatures featuring feathers or scales.

The Keystone Centre in Brandon is hosting an inaugural domestic pet show for the region this spring. The Brandon Pet Expo will run May 7 and 8 in the Westoba Ag Centre.

A joint project between the Keystone and non-profit animal organizations Crocus Obedience and Kennel Club (COKC), Funds for Furry Friends and the Wheat City Kennel Club, the event aims to develop an annual educational and entertaining domestic pet show supported by local animal groups to benefit the community at large.

Part of the proceeds from this event will be shared by the committee's non-profit animal organizations.

"The Keystone has been home to animal shows for 40 years, but none with a specific focus on domestic animal education and entertainment," said Keystone Centre general manager Neil Thomson. "These types of shows are popular in other markets and we're excited for the opportunity to work with local animal organizations to host one in Westman."

"An event like this has been long overdue in the Southwestern Manitoba region. I am very excited to be a part of an event that will bring the pet community together," added Funds for Furry Friends president Dana Grove.

The Brandon Pet Expo will contain educational seminars for the exploring, new and experienced pet owners. It will showcase experts from a multitude of pet-focused fields, and demonstrations on everything from having fun with your pet to keeping them

healthy to training tips.

A large pet-specific trade show will be open throughout the two-day event and features Virden-based Peaceful Valley Pet Crematorium, with Karen and Rob Gardiner in attendance to help with your pet funeral arrangements in the future.

"Wheat City Kennel Club will be representing a breed parade with the category the dogs are shown in and a description of the jobs they were bred to do," said Lynn White of Wheat City Kennel Club.

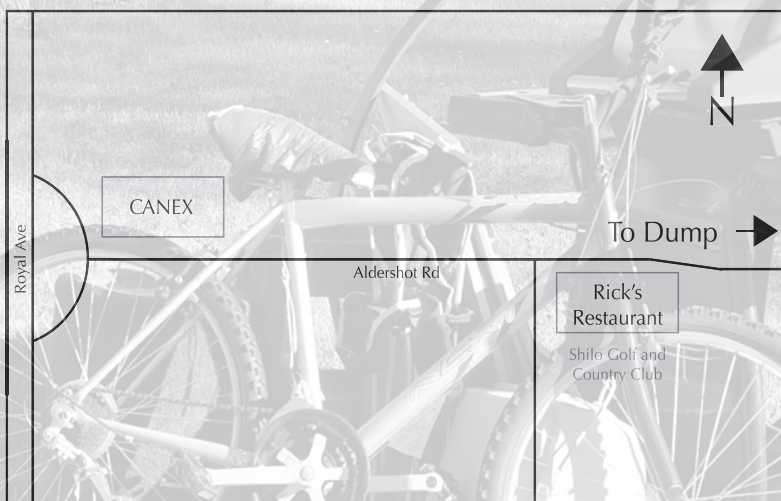
Tickets to the Brandon Pet Expo are \$10 per day, \$6 youth, while children aged 10 and younger are admitted free. Family pricing is an option, too.

They can be purchased at the Keystone Centre box office or online at tickets.keystonecentre.com.

Visit the Facebook page www.facebook.com/brandonpetexpo/

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



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Notice of Public Hearing

TRIENNIAL REVIEW OF ALLOWABLE FEES FOR CASHING GOVERNMENT CHEQUES

PURSUANT to amendments made to *The Consumer Protection Amendment Act (Government Cheque Cashing Fees)*, S.M. 2006 c.17 the Public Utilities Board (Board) conducted public hearings in 2007, 2010 and 2013 towards determining maximum amounts to be charged, required, or accepted as a cheque cashing fee for cheques issued by the federal and provincial governments, local government bodies, and government agencies as designated by regulation. On March 7, 2014, the Board issued its decision (Order 25/14), which is available for viewing on the Board's website, www.pub.gov.mb.ca.

THE ACT REQUIRES THAT

169(5) The board must review its existing orders under this section at least once every three years. After the review, the board must make a new order that replaces the existing orders.

Such reviews resulted in Board Orders 72/07, 51/10 and 25/14.

The Board has now begun the process of conducting the required triennial review and seeks input from any and all interested parties.

Submissions are to be made in writing to the Public Utilities Board, a) by mail to

the Board at 4th Floor 330 Portage Ave., Winnipeg MB R3C 0C4, or b) by email to publicutilities@gov.mb.ca. Submissions must be received by the Board on or before May 20, 2016.

Following review of submissions received, the Board will determine whether there is a need for an oral hearing. If not deemed necessary, the Board will deliberate on the fee schedule, taking into account all comments submitted. If a public hearing is deemed to be necessary by the Board, it will begin June 20, 2016, and, in that event, interested parties will be notified and provided with procedural information ahead of the hearing date.

PROCEDURE

The Board's Rules of Practice and Procedure apply, and are available on the Board's website and either upon request to the Secretary of the Board (at 400-330 Portage Avenue, Winnipeg, Manitoba, R3C 0C4) or by calling at (204) 945-2638 or 1-866-854-3698 (toll free). The Board's email address is publicutilities@gov.mb.ca.

DATED this 22nd day of April, 2016

Darren Christle
Secretary, Public Utilities Board



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PHOTOS BY JULES XAVIER

Outgoing Shilo Gun Club president WO Matthew Aseltine of 2PPCLI fires on his target during a weekend outing on the training range.

Take aim with gun club

Jules Xavier
Shilo Stag

Want to learn how to handle a firearm, whether a rifle or a handgun, but are shy or unsure of yourself? Club membership does not mean you need to be a marksman.

If so, why not approach CFB Shilo Gun Club president WO Matthew Aseltine, the 7 PI 2IC with 2PPCLI's C Coy. As president of the Base club, WO Aseltine is always looking to increase his membership and provide a fun atmosphere for the whole family when it comes to target shooting out on the training range.

Open to all Canadian Armed Forces (CAF) members and civilians on the Base as well as its hinterland, WO Aseltine acknowledged the club is using a social media platform like Facebook to attract new members who want to hone their skills using the conventional rifle and pistol outdoor ranges with safety and fun incorporated when members arrive for an afternoon outing.

"Most of our membership comes from CAF members from Shilo who want to improve their marksmanship," he said, adding membership also includes about 10 spouses and girlfriends of military members.

For someone who might be shy about handling any firearm, WO Aseltine knows how to make you feel comfortable handling, and shooting a gun. It's all about building your comfort level.

"First, we explain to them how the range is conducted and the safety during the standard brief. Then we would move into general range courtesies," he explained. "Then we give first-hand explanations and then walk through the basic functions of the firearm. Then you proceed with dry practice until the person is feeling more confident."

The gun club also recommends new members take the Purchase Acquisition Licenses (PAL) firearms safety course.

Instructing firearms training for 2PPCLI soldiers, WO Aseltine said he takes a different approach when offering instruction to gun club members on the range?

"Teaching and training soldiers in Battalion is set to a specific standard and method that allows the soldier to react to their gun drills under stress," he explained. "At the gun club, we teach those members who are unsure or have not been taught updated rifle and pistol drills to the same standard and safety, but not to the

same level of stress.

"The drills are taught first in a safe and relaxed environment. If the person has not fired a rifle or pistol before, we start with a smaller calibre [firearm] to build their confidence before moving to more advanced levels. The aim is take someone who has not dealt with firearms and finish with someone who can compete in three-gun competitions."

With a current membership around 40 active military and civilians, the gun club has been around since the 70s.

"The club has gone through periods of high participation to inactivity depending on the military participation in events at the time," said WO Aseltine, who has been involved with the club since 2010.

How can members help the gun club grow?

"Members have done a great job by telling fellow enthusiasts through word of mouth, and also publishing videos and pictures of range events," offered WO Aseltine. "There is talk about building a website and using the YouTube channel to display their shooting abilities and as well as competitions."

"Member always help in the laying out of the range and clean up afterwards. Some of the more astute members have brought forward new shooting techniques as well as new competitions to help foster the level of marksmanship in a fun environment."



Depending on operational tempo for both 1RCHA and 2PPCLI, the gun club usually meets one to three times a month for an outing to the training area ranges.

"These events are restricted at this time to weekends and if there is not a CAF unit that requires the range," explained WO Aseltine. "We book ranges through Base Ops and announce the ranges on Facebook — usually two weeks in advance. When a range is booked usually a Saturday or Sunday, the members will meet at range control for a general safety brief, and then proceed in a convoy to the range designate."

Because the gun club is open to civilians, membership does not require that you own a firearm to be a member.

"We don't expect everyone to have firearms," he said. "The club does have firearms to be used during club events by members who do not have firearms."

The club's weaponry includes two AR15 style rifles, two nine-mm with 22lr convert pistols, and a 357 revolver.

See **MEMBERS** page 7

Members engaged on training ranges

From page 6

"This allows for all different types of shooting," he added. "Members are expected to bring their own ammunition. We do hold some small amounts for specific range days to help offset the cost of the ammunition. You need a Purchase Acquisition Licenses for the purchase of firearms and ammunition. Although the club does not request that you have a PAL, but it is recommended. We also have contacts in Brandon that teach and assess the classes required for the application process."

Annual membership is just \$20.

"If the member is not military we do a quick interview as well as a weapon handling test on the club weapons, as the person may have not used these style of firearms before," said WO Aseltine, adding the Base's range control will also give a safety brief for access to the training area.

According to WO Aseltine, "The art of shooting has changed because of video games and [the war] in Afghanistan. The advancement and technology that has evolved in the last 10 to 15 years has changed many sports, the shooting sports are no different."

Case in point: three-gun competitions, with new optics such as holographic sights making a big impact on these sports.

The Base's gun club has a few talented instructors who have been trained in advanced military courses, but also a few who have graduated from some prestigious shooting programs. These individuals have no problem giving back, and providing instruction to new club members who are neophytes when it comes to shooting a pistol or rifle at a stationary target. When it comes to pistol preference among club membership, WO Aseltine said the Glock 17, CZ 75B SP01 Tac, and Sig 226 are popular. The latter are commonly used by police and military forces and are also the cheaper pistols used in competitions.

"The most common rifles used are often used for different applications, some are for long distance marksmanship like the Remington 700 in .308 calibre," he explained. "Some are for the vintage class of marksmanship, like the No. 4 SMLE, SVT 40 or Mosin Nagant, and Norinco M305 or M14 variants."

"The most common are the carbine class which are used in the modern drill practice and also three-gun sporting competitions. Most common are the AR 15 platforms, due to the similarity to work weapons and the ability to customize addition aides and adapters, although there have been new platforms like the Tar 21 and the XCR have started to become popular."

How does the gun club make target practice fun, interesting so members do not get bored just aiming at a static target? "The biggest thing we do to keep members engaged with the ranges and participation is the change of ranges," he said. "Some members are only interested in certain styles of shooting and tend to come out on only those events. We use a multitude of variant of target from standard bulls-eye, to multiple dot, to IPSC targets, to zombie targets with clay pigeon inserts. These all comply with the CFB Shilo RSO."

Which weapon is harder to teach how to use — sidearm or rifle? For WO Aseltine, personally his finds the pistol is easier to teach as most new members and military personal who are interested in shooting have not had much exposure and have learned bad habits.

"I am close to their workspace [shooting] so I can catch errors faster and also they can see how well they group," he said. "I usually start with basic functions of how a pistol works, and then teach them all the drills needed and [then] have them practice multiple times until I am confident in their abilities."

He added, "This also



helps curb fears that some have on their first pistol shooting experience. Then we work our way through from small calibre to larger to work on sight picture, trigger manipulation, and platform and position to develop into proper marksmanship."

When it comes to the non-military neophyte handling any weapon on the training range, WO Aseltine starts with the basics when it comes to firearms instruction. This includes the function of the weapon, plus how to properly hold, and then shoot.

"Once they are comfortable, we move in to load, ready, unload, stoppage drills, with empty magazines. Once they have shown that they are good with the drills, we move in to holstering drills. Once they are comfortable, we then start doing the drills with a lower calibre round and do drill and practices until their fear of the pistol has gone ... then move into larger calibres and marksman drills."

Exposed to guns from an early age with his father, WO Aseltine acknowledged instruction has evolved, though safety is still paramount when it comes to handling weapons, whether instructing raw recruits or showing a gun club member how to load a Glock 17.

"From when I was taught as a child under my dad's instruction, I learned general safety and a lot about accuracy and hunting, but very little on how to clear a stoppage. When I was taught in the army as a private, it was about clearing stoppages and marksmanship under stress and very organized," he recalled. "Which works well for a brand new private in the Army never seeing a C7 or know its functions. When that background has been crossed you strive to become more effective and, with that thirst, you want to learn new and more efficient techniques to

the drills and application of fire."

There are benefits to being a club member if you want to improve your own military shooting skills, or improve your hunting prowess during deer hunting season in the fall?

"Depending on your trade and operational status, you may actually not get a lot of trigger time," offered WO Aseltine.

"Shooting, like all sports, takes practice. If you don't practice you may get rusty and or sloppy on some of the techniques. The more practice the better and sometimes you have to train on your own time. The club allows for members to elevate their levels and will give pointers to help improve your overall skill set."

There are other benefits to being part of the Base's gun club, according to WO Aseltine.

"If you own a restricted firearm or planning in the future to purchase one by law you need to prove that you're a current member of a gun club. The membership card you receive is proof you belong to an accredited club to the Chief Firearms Officer of Manitoba. The club has applied so that your authorization to transport paperwork will now be a condition of your PAL, as you're a part of the gun club."

Club members are also able to come to all events and instructional sessions for free, and can fire their weapon on a 500-metre range and a 180-degree range in a safe and fun environment for the low price of \$20.

"You will also get access to the club's firearms during range events," he added.

Providing instruction to club members, especially rookie shooters, is fun for WO Aseltine. Seeing his pupil take aim and hit the target afterwards is rewarding for the instructor.

"It is always a great pleasure in seeing the look and the descriptions they give after, they have taken fresh new knowledge and apply the knowledge in the application of fire and succeed. Firearms are something a lot of people has some issues with, but when taught properly and in a safe calm environment firearms and the sport of shooting can be a great way to enjoy a Saturday afternoon.

Using a social media platform such Facebook has benefitted the Base's gun club. In the past, communication of events was done via posters, e-mail, phone calls or word of mouth.

"Facebook allows for would be members to see what happens at each club event and also gives them a notification on when and what style of shooting is going to take place," he said. "The club is looking into developing a web page so that those that are shy about Facebook will still see what has taken place and when the next event is."

With the Base experiencing a major training exercise for soldiers, plus another posting season this summer, the calendar will see another long range shooting clinic, three-gun work-up and match, Nato versus Warsaw Pact weapons competition, pistol training and competition, carnival shoot, hunting rifle sight-in, and the Battle of the Second World War era rifles. What advice can WO Aseltine offer a potential member why they should sign up for the Shilo Gun Club, and bring a long a friend, spouse, or other family member?

"There are some great ranges around that offer just a range and a flexible schedule," he said. "The difference here is that the Shilo gun club is more than just a range, it is a club that helps each other out with new knowledge and helps master skills. Members will help fellow members in making decisions in regards to buying equipment and firearms. It is a great experience to use the beautifully kept ranges and being able to conduct drills and learn in a judgement free fun environment."



For more on the club visit www.facebook.com/CFB-SHILO-GUN-CLUB-540737232718681/

The Shilo Stag is online!

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Adult: **\$2.50** per game
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 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**

Shilo Theatre
 (Located in the General Strange Hall)

May 6 Inside Out Rated PG
 May 13 How to be Single Rated 14A
 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.

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

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United Way kudos

BComd LCol John Cochrane and Base United Way organizer Lt Keith Au presented Terry Carlisle, chair of United Way of Brandon and District board of directors with the Base's fall 2015 contribution of more than \$35,000 (right). The goal was \$40,000, with LCol Cochrane offering kudos for those on the Base contributing to this worthwhile cause. Carlisle (above) presented a Wheat Kings jersey to the BComd.

Photos by Jules Xavier



Prepare for your future at SCAN seminar

Lt Bradley Knoll Stag Special

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

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

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

Either way, the CAF recognizes that this transition is a major life-event. We address this issue by providing information and guidance to CAF members and their spouses on how to effectively manage career changes or retirement. SCAN offers a variety of services to help you prepare for a successful transition. This spring's three-day SCAN seminar runs from May 11 to 13 at the 1RCHA theatre. The first two days are general SCAN for all CAF members, while the last day is the medical SCAN for members who may be medically transitioning from the CAF.

This event will comprise a number of presentations by different agencies during the entire seminar.

Director Canadian Forces Pension Services (DCFPS) will facilitate sessions on the financial aspects of release including excellent information on pensions and

severance. The release section will discuss administrative details regarding the release process and SISIP Financial Services will be returning to discuss financial planning and insurance coverage after release.

There is also valuable information on wills, estate planning, and powers of attorneys.

Representatives from Brookfield Global Relocation Services will brief participants on current regulations and entitlements. If furthering your education is something you are considering, the CAF Education Reimbursement Programs and benefits will be discussed. As well, representatives from Assiniboine Community College (ACC) and the Adult Collegiate will provide information on continued learning and adult education. The third day of this seminar focuses on the medical aspects of release and will feature transition services, medical employment limitations, and vocational rehabilitation, clarifying the multi-services and benefits. Representatives from these services, as well as Operational Stress Injuries Social Support and Case Management will present information to both Regular Force and Reserve Force members.

This seminar promises to be packed full of useful information which you will not want to miss.

Register on-line by visiting <http://dgmpradgrpm.sondages-surveys.ca/s/SCANRegistration/>

The registration link is also located on the CFB Shilo DWAN homepage banner or under the G1 Branch/BPSO. Complete and submit the registration form no later than May 6.

Seating is limited, so reserve your seats early.

CFSSG SSU (West)



Cpl Dayner Breier
Soldier of the Quarter



Sgt Wayne Smart, CD

How do you know if OSISS peer support groups are for you?

Stag Special

An OSI is a non-medical term to describe a psychological injury that may include anxiety, depression, and PTSD.

OSISS peer support groups are a place where you can discuss issues with other people who have been through similar experiences.

Peer support groups are confidential and facilitated by trained OSISS staff or volunteers who have been impacted by an OSI and are now healthy and able to help others.

Joining a peer support group can help you to feel better in any number of ways, such as:

- Knowing that others are going through similar experiences – you are not alone
- Helpful tips on how to handle day-to-day challenges
- Connecting with others who understand you
- Learning how to talk about things that bother you or how to ask for help
- Learning to trust other people
- Hearing about new perspectives

OSISS peer support groups can be an important part of dealing with an OSI, and moving forward in your life.

If you require more information, want to meet one-on-one, or want to attend a meeting as a current serving member or veteran or spouse, child or parent of a veteran, contact the following OSISS personnel: peer support co-ordinator Fred Connor at 204-765-3000 ext 4186 or family peer support co-ordinator Christine Howell at 204-765-3000 ext 4031.

NEXT HOME GAME:
 May 6
 May 7
 @ 7:30 p.m.

BRANDON WHEAT Kings
 versus
 Seattle T-Birds
#GOLDRUSH



Four-wheel security

The owner of this four-wheel machine has four-legged security attached as his dog relaxes on the grass adjacent to the GSH.

Photo by Jules Xavier



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manitoba.ca/census

Plan once, deploy many times

Emphasis is on healthy eating with new CAF national standardized cycle menu

Lynn Capuano
Stag Special

Feeding an army takes precise planning, in-depth food science savvy and creativity as food trends and nutritional knowledge evolve.

The Canadian Armed Forces (CAF) is continuing its roll-out of a standardized, three-week cycle menu to support optimal performance and the long-term health of more than 10,000 Defence Team members each day, contributing to mission success.

Does this mean, for example, if it's Wednesday of week three, it's tofu shepherd's pie for supper in every mess hall across the country?

Yes and no.

Diners always have a choice, according to CWO Jay Rached at the Directorate of Food Services (D Food Svcs).

CAF kitchens prepare three meal services a day, 365 days a year. At lunch and dinner, two of the entrées are from the healthier choice and vegetarian recipe database of the national standardized cycle menu.

The third option is at the discretion of the local food services team, within cost boundaries. This allows for a regional touch appreciated by diners and lets CAF cooks display creativity, cultural roots and perhaps incorporate regional ingredients, whether it is fish on the coasts, game in the North or beef in Alberta.

"Dietary patterns are continuously changing across the Canadian population, and the CAF is no different as we are a cross section of our society," said CWO Rached.

"The standard North American diet is evolving from what it was many years ago."

He noted the CAF choice and quantity standards, which dictate the number of choices available at each meal along with portion sizes, are designed with the ideal nutrition in mind to support optimal performance while conducting military operations.

One of the goals of the national standardized cycle menu is to be more appealing and responsive to the diversity in dietary habits seen today in the CAF while meeting the support needs of military operations.

"In the CAF, we must remain fit in order to conduct operations. Food Services has a critical role to play in achieving this goal," he said. "But if the cooks prepare

and serve nothing but high-fat, calorie-laden or high-sodium foods that do not support healthier lifestyle choices, it hinders that goal. There's a good possibility that there will be adverse long-term health effects."

CWO Rached noted that knowledge of good nutrition has increased in the general population over time, and as a result, many CAF members are more than willing to try new foods.

The new three-week cycle menu is intended to recognize and support the CAF's increasingly diverse cultural population, and the provision of a vegetarian diet meets the needs of most religious or spiritual food restrictions.

Secondly, it will improve the overall food service management practices of CAF cooks and Food Service Officers, who must meet performance measurement standards.

Future training of new cooks and Food Service Officers can be optimized to the specific requirements of the national standardized cycle menu.

"The beauty of the cycle menu is that it provides the necessary controls on such things as our standards, procurement and inventory management," offered CWO Rached.

"If you're following it properly with your inventory and procurement practices, you should never be overstocked, but you should never be down to your last item on the shelf, either. It's about being more accountable not only for the funds but for the quality of and the nutritional value of the meals provided."

For now, the cycle menu is in effect only on bases across Canada, said CWO Rached. He added they are still developing starches, salads, desserts and breakfast items.

"It's great to have a salad bar but if it's full of mayonnaise-based potato salad, macaroni and coleslaw, it's going to essentially defeat the purpose," he said.

When CWO Rached joined as an Army cook 31 years ago, the cycle menu was the norm. There were standardized menus and approved recipe books that were in constant use.

"The cycle menu started to fall by the wayside," he said. "Because we diversified by doing what they call a marché-style eatery or other similar trends, we tried to cater to the preferences of our diner base — which isn't a bad thing.

"But the problem is, once you start offering such things as a sushi bar or Thai food station, you head down a path that strays away from and does not necessarily support military operations."

Lynn Capuano is with Army Public Affairs



Island spiced pork tenderloin, baked butter beans and cheese pasta — CAF assortment from week one of the new national standardized cycle menu.

Photo by WO Trudy Grandy/14 Wing Greenwood



CFB Shilo's Flatlands kitchen is using the CAF national standardized cycle menu, with soldiers enjoying the variety and new foods now being offered. Here, kitchen staff prepare roast beef (left) and side dishes during a recent lunch.

Photos by MCpl Janie Jacobsen

Make use of thrift shop

Linda Beauchemin
MFRC Special

Spring has arrived at CFB Shilo and along with it comes cleaning, decluttering and possibly getting ready to move as part of posting season.

What do you do with all those items you have not used in previous years or you no longer need? Shilo's Military Family Resource Centre (MFRC) thrift shop accepts donations as well as consignment items.

Located in the Community Centre, the thrift shop is currently open Tuesday from 1:30 to 3 pm and 6:30 to 8 p.m. and Thursday from 9:30 to 11 a.m. and 6:30 to 8 p.m.

You can find everything from baby to adult clothing, shoes, toys, household items, etc. If you drop by during the thrift store's bag sales scheduled for May 10 and 12 you will be able to fill a bag of blue tagged items for only \$4.

The thrift shop will close for the summer June 24 and reopen in September. If you are cleaning over the summer and have items in good condition which you no longer want or need, you can still donate them to the thrift shop.

Items can be dropped off during Shilo MFRC's office hours — Monday to Friday from 8 a.m. to 4:30 p.m. or in the evening when the library is opened. Just place your donations by the thrift shop door.

Shilo MFRC's thrift shop is not only a place to shop and purchase a good deal, but there's an opportunity to make a bit of money. If you have some lightly used clothing or household items you no longer need, you can place them on consignment in the store.

Anyone can do it and it's an easy way of selling your things. You bring them in, tag them and we'll do the rest.

Drop by the thrift shop and let our friendly and dedicated volunteers help you with your purchases or consignments.

Call this writer at 204-765-3000 ext 4553 for information about the thrift shop.



Time to change tires

RCEME mechanics were kept busy over two days during the annual spring car care clinic, with bookings quickly filled to have an oil change or tires rotated or changed from winter to summer. *Photo by Sarah Francis*

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Our Lady of Shilo Roman Catholic Chapel

Sunday 10:30 a.m.
Wednesday 12:05 p.m.
Confession by appointment

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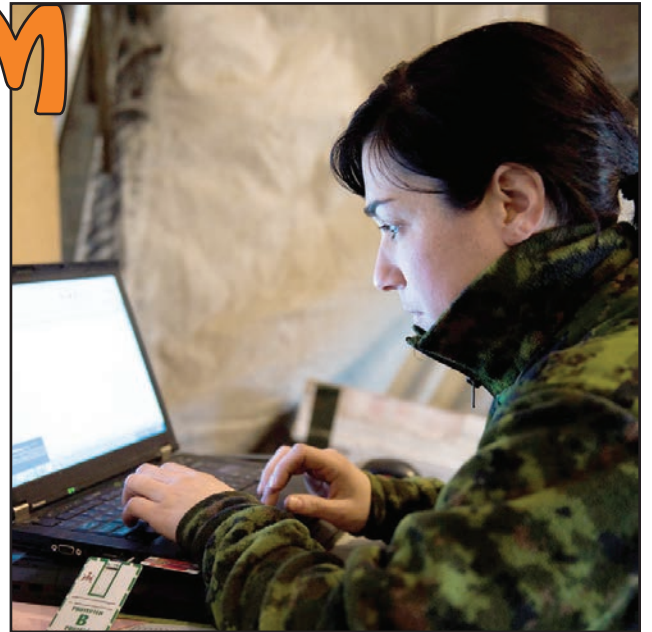
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EX PROMETHEAN RAM



It has been a hive of activity both in camp as well as out in the field for 1RCHA soldiers taking part in Ex PROMETHEAN RAM at CFB Wainwright. The exercise ends today, but the 'road to high readiness' continues with Ex MAPLE RESOLVE 16.

Photos by Sgt Hugo Girouard/1RCHA



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