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Lantern represents soldiers' spirit on journey to Invictus Games

Former soldier Chris Klodt hoists the Spirit Flame, a symbol for the Invictus Games. It was lit in Kabul Aug. 9 and then made its way to Landstuhl Regional Medical Centre in Germany, where Canadian soldiers injured in Afghanistan were treated. The lantern follows the journey many wounded service members take from the battlefield to the Invictus Games, as well as their journey to recovery. According to the Invictus Games website, "The flame represents the wounded warriors' spirit that despite injury or illness still burns bright, visible in their journey to and participation in the highly competitive Invictus Games." It will then be carried to light the "I AM" cauldron to mark the start of the Invictus Games being held in Toronto. For more on the competition, see page 2.

Photo Sarah Francis

Invictus brings hope to releasing soldier

Sarah Francis

Shilo Stag

"About 50 days, not that I'm keeping track."

1RCHA's Capt Nicholas Verleun registered a year ago to participate in the 2017 Invictus Games being held in Toronto.



Capt Nicholas Verleun

When he sat down with the Shilo Stag it was a near a 50-day countdown to when the Games would start.

Now 31, Capt Verleun joined the military at the age 17, where he enrolled in Kingston-based Royal Military College (RMC).

He is currently in the process of releasing from the Canadian Armed Forces (CAF).

"It's still early in the release process for me. So far Invictus, for me, has

meant hope," the soft-spoken officer explained. "It's given me a chance to see there is life outside [of the military] and it can be great. There can be fulfilling opportunities and you can do and see so much more."

He said the process is a kin to the end of high school searching for your chosen career.

"Last week, I was in Economics 621 and Algebra 61 and that defined my morning and now — what am I going to do?"

As with many soldiers, he had suffered bumps and bruises.

Surgery five years ago following an ankle injury during avalanche control in British Columbia's interior changed his physical fitness capabilities.

"Recovery from that was substantial," recalled Capt Verleun. "It took me a lot to get back into where I was."

Healing was a long process, and he started from ground zero.

"I found out I was too weak to do the prescribed workouts. That was a mild blow to the ego. So I hit the books and did some more reading. I found out a lot of athletes are in the same boat ... to weak to do the workouts prescribed."

During his research he found a number of people turned to a coach in Texas out of the Wichita Falls Athletic Club, Mark Rippetoe. He has helped develop training programs for crossfit.

"He has a workout program called Starting Strength," Capt Verleun told the Shilo Stag. "It takes about a year to complete. I finished it all. It was a long, long year."

His progress was self-taught, and he committed to participating in a powerlifting competition in Moose Jaw, Saskatchewan.

He had one goal — not to finish last. This was a goal he achieved.

"What can I say? It was nice validation because I was self taught."

While he lifts large amounts of weight, it can be kinder to his ankle than an activity such as running.

"A lot of cardiovascular activity is very repetitive. With squats or bench press, I may do 25 reps in a workout, plus accessory work and supplemental work," said Capt Verleun. "Don't get me wrong I'm not slugging cardiovascular, but to run a kilometre, you moving your legs in the same motion 300 to 400 repetitions. That hurts people over time if it's not done correctly."

He added, "To get back into the physical mindset, I started power lifting, just to get strong."

In the past he has played football, rugby, boxed, wrestled as well as hitting the ocean surfing.

While his ankle was the injury which brought him to powerlifting, Capt Verleun said he has many others ailments.

"Old injuries from before in high school sports, through work injuries. Between left ankle, right foot, right hand, right elbow, right shoulder. It's the injuries that pile up over time. Between physical and mental side it takes a toll."

Fortunately, he has gone without injury while training for the sport he'll tackle at the Invictus Games.

Invictus Games were created by Prince Harry after his visit to the United States for the Warrior Games — an event for ill and injured military members and veterans. His aim was to create and international event.

The inaugural event took place in London in the fall of 2014.

The games have given Capt Verleun something to look forward to.

"It's been a tough year. Some stuff at home, illness and news at work. It's been a long year. I can honestly say Invictus has

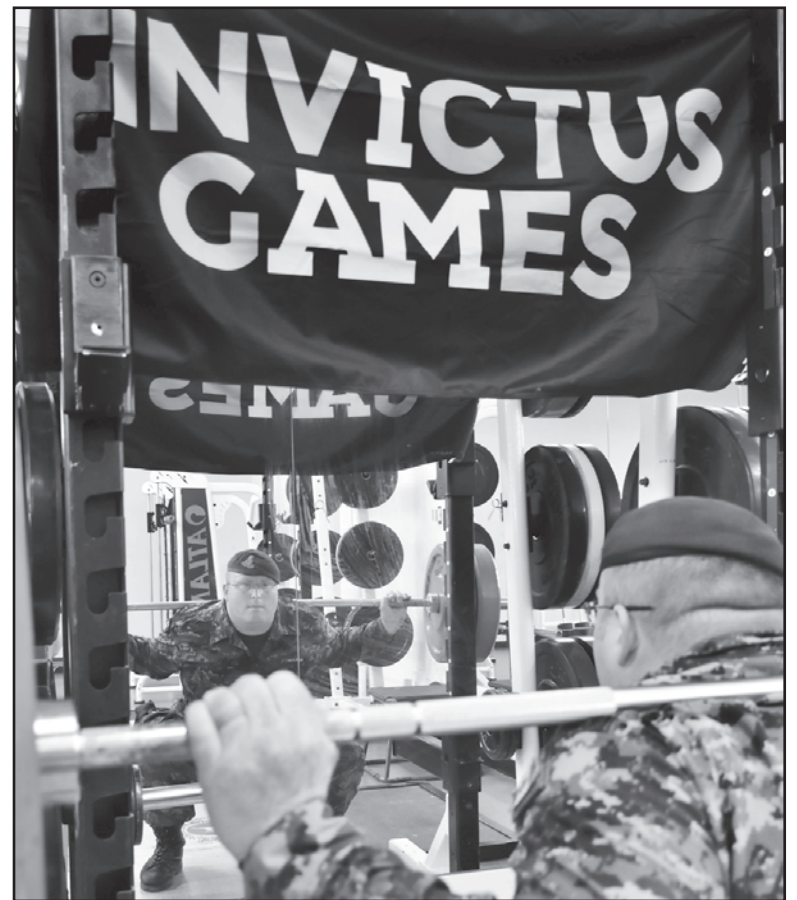
been a [huge] bright spot in my life," he offered.

"I can tell you the Regiment has been — I couldn't have done the last year without them. They've been a family for me and I can't say enough of how well the regiment has treated me. They've been awesome. My wife has been a rock throughout."

He added, "For Invictus itself, I'm just happy to be going. Happy to show up. I can't wait to show myself just how far I can go."

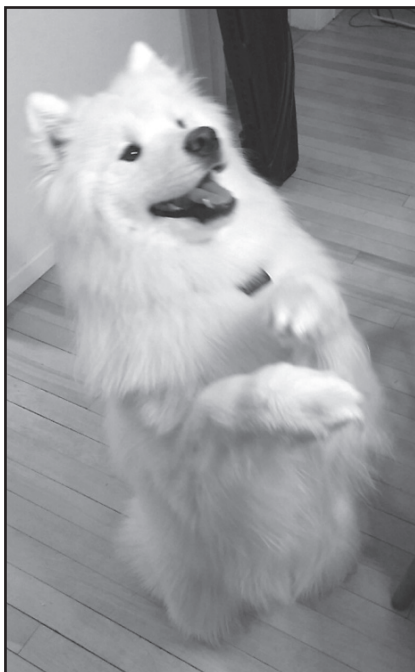
His main focus for the competition is the bench press. His goal this time around is again, not to come last as well as lifting 300 pounds minimum in the bench press.

He still has some time in before his release from the CAF. In the meantime, what he plans to do after that is still in the deciding phases.



Capt Nicholas Verleun performs a squat at the GSH while the Invictus Games flag hangs above him. Photos Sarah Francis

Pet of the Week



REX

Emilie Cann's dog's name is Rex. He is a Samoyed and came from our breeder in PEI. He loves being with people, howling, playing, cuddles, walks in the woods, and doing obedience training. He may look big, but he is a big marshmallow and the silliest dog I have ever had. Do you have a photo of your pet — cat, dog, bird, snake, hamster — you'd like to share with our Stag readers? If so, e-mail it to us via stag@mymts.net



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Annual United Way campaign launches Sept. 8 with breakfast

Stag Special

As fall approaches, so also does another season of CFB Shilo's involvement in the United Way campaign.

This year's campaign officially launches Sept. 8 with a breakfast the WO's/Sgt's mess (building L110), which will include a door prize and symbolic flag raising with representatives of United Way of Brandon.

The 2017 campaign is being chaired by Base chaplain Capt Troy Dennis, with Lt Victoria Evans serving as Base representative.

Padre Dennis sat down with the *Shilo Stag* to speak about this year's campaign. He was quick to point out the importance of the annual fundraising effort.

"The Brandon and District United Way raised almost \$700,000, of which CFB Shilo contributed \$54 500," he recalled. "The funds were distributed to about 25 helping agencies, who in turn helped some 10,000 people with various needs."

Capt Dennis, who served as Base representative last year, added, "We were pretty excited last year to exceed our goal of \$35,000 by almost \$20,000. It means that more people in the Westman area could be helped."

Is there a goal set for the 2017 cam-

paigned?

"Our goal this year is 100 per cent face-to-face canvassing," he offered. "If we can put out maximum effort, we will raise a good amount to help a community which has been so supportive of the military."

About 20 unit reps form the heart of CFB Shilo's United Way campaign each year. Unit reps ensure that all military members and civilian personnel are given the opportunity to donate.

Unit reps also plan fundraising events and raffles which enhance fundraising and create enthusiasm and energy around the campaign.

"Our reps are absolutely key. Without them there would be no United Way campaign in Shilo. They bring so much energy and soul," acknowledged Padre Dennis.

Capt Dennis admitted this year's campaign will face challenges but he remains optimistic.

"Deployments and exercises will be a major factor this year, but we know the reps will do all they can to reach everyone."

The \$5 kick-off breakfast at Flatlands dining hall runs from 7:30 to 9 a.m.

Your Base newspaper *Shilo Stag* and its Facebook page will provide full information and promotion for all campaign events this fall.



Leave your bulk garbage out in front of your home — at the curb — the night before Oct. 10 bulk garbage pick-up. There are certain items, such as fridges or water coolers you cannot put out for the fall bulk garbage pick-up. *Photo Jules Xavier*

Bulk garbage pick-up Oct. 10

Stag Special


It's that time of year again when the leaves turn to yellow and fall to the ground. Besides dusting off your leaf rake, it's also time to think of what you have in the house that can't be easily taken to the Base dump yourself.

Mark this on your calendar: Fall bulk garbage pick-up in the PMQs will be held Oct. 10.

As per the CFHA notice, all appliances that contain Freon — fridges, A/Cs, water coolers, etc — will not be picked up by the fall bulk garbage pick-up crews.

Base residents may dispose of those items at the Eastview Landfill site in Brandon.

Further information can be found at the City of Brandon landfill overview website by visiting www.brandon.ca/sanitation/landfill/landfill-overview



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The Shilo Stag is produced every second Thursday.

Deadline for submissions is the Thursday prior to the week of publication. Submissions can be sent to the Stag via email at stag@mymts.net, dropped off at the Stag office located in CANEX or via Inter-base mail.

Submitting articles and photos for print:

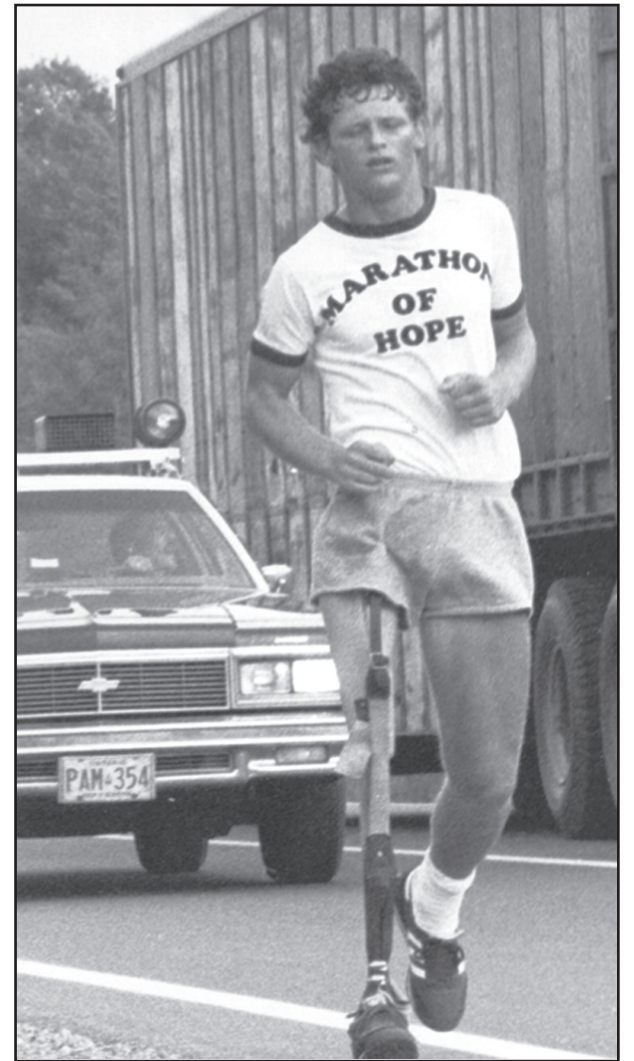
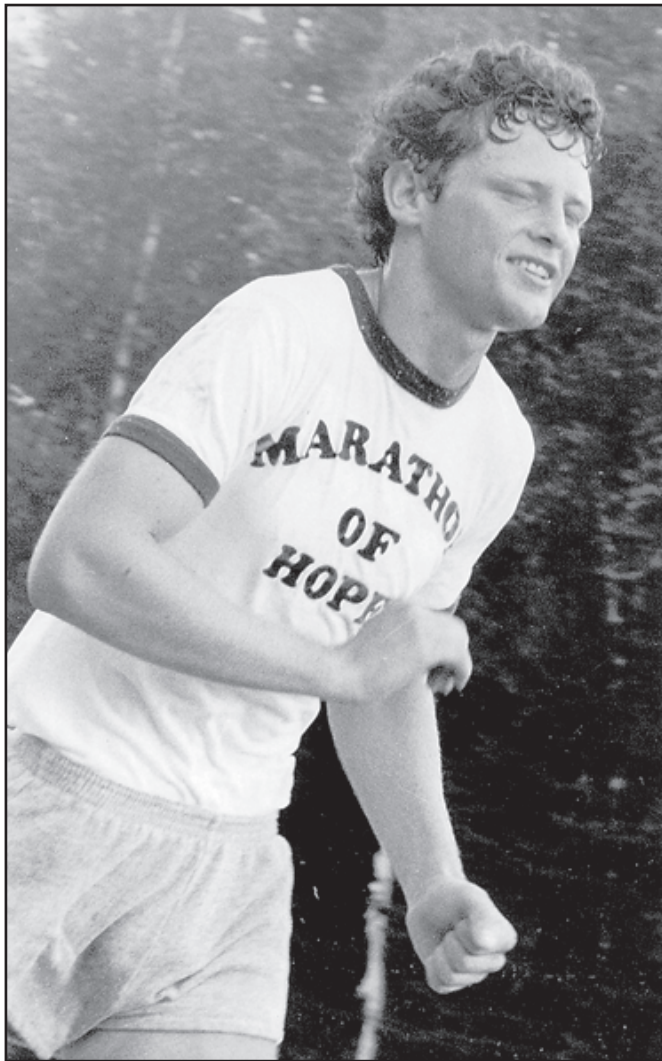
- Please submit articles as a MS Word Document.
- Include the author's full name, rank, unit and contact information.
- Include photos with your articles whenever possible, however, do not embed photos in word documents.
- Please submit photos as high resolution jpegs (if scanned 300 dpi), digital images or in hard copy format.
- With photos, include a caption that names the individuals in the photo; what is taking place; and the name, rank, and unit of the photographer.

• • •



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37th annual Terry Fox Run Walk, run, wheel or cycle from L25

Shilo Stag

It was a journey which Canadians never forgot. Terry Fox was born in nearby Winnipeg, but raised in Port Coquitlam, BC, a suburb of Vancouver. An active teenager involved in many sports, Terry was 18 when he was diagnosed with osteogenic sarcoma (bone cancer) and forced to have his right leg amputated 15 centimetres (six inches) above the knee in 1977.

While in hospital, Terry was so overcome by the suffering of other cancer patients, many of them young children, that he decided to run across Canada to raise money for cancer research.

He would call his journey the Marathon of Hope. After 18 months and running more than 5,000 kilometres (3,107 miles) to prepare, Terry started his run in St. John's, Nfld on April 12, 1980 with little fanfare or media attention.

Although it was difficult to garner attention in the beginning, enthusiasm soon grew, and the money collected along his route began to mount.

He ran close to 42 kilometres (26 miles) a day through Canada's Atlantic provinces, Quebec and Ontario. However, on Sept. 1, after 143 days and 5,373 kilometres (3,339 miles), Terry was forced to stop running outside of Thunder Bay, Ont. because cancer had appeared in his lungs.

An entire nation was stunned and saddened. Terry died on June 28, 1981. He was just 22.

The heroic Canadian was gone, but his legacy was just beginning. To date, more than \$600-million has

been raised worldwide for cancer research in Terry's name through the annual Terry Fox Run, held across Canada and around the world.

There are many schools, statues, parks, buildings and roads in Canada named after Terry, plus a mountain in BC.

• • •

The 37th annual Terry Fox Run — you can walk, run, wheel or bike — is slated for CFB Shilo Sept. 14. Open to all ages starting from the Community Centre Annex, better known as L25, the actual run starts at 9:30 a.m. but arrive one hour earlier for warm-up and opening ceremonies. Donations to the Terry Fox Foundation are collected at L25. Shirts and raffle tickets are available for purchase, with both available in the CANEX Mall in advance of the Sept. 14 event.

QUOTES FROM TERRY

"I don't feel that this is unfair. That's the thing about cancer. I'm not the only one, it happens all the time to people. I'm not special. This just intensifies what I did. It gives it more meaning. It'll inspire more people. I just wish people would realize that anything's possible if you try; dreams are made possible if you try. When I started this run, I said that if we all gave one dollar, we'd have \$22-million for cancer research, and I don't care man, there's no reason that isn't possible. No reason! I'm not doing the run to become rich or famous."

• • •

Terry Fox (above) photo taken by Stag editor Jules Xavier on Hwy. 17 north of White River, Ont. by White Lake Provincial Park



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Family support critical, says Cmdre Cantelon

Sarah Francis
Shilo Stag

CFB Shilo has a strong sense of community, observed Cmdre Sean Cantelon.

As Director General Morale and Welfare Services (DGMWS), Cmdre Cantelon spent his early years in the military on ships. He never imagined he would wind up in his current position, but it has been rewarding.

"I joined the Navy to drive ships and see the world," he recalled during a recent visit to CFB Shilo. "In the latter part of a career as a senior officer, there are a lot of administrative jobs and this is a real opportunity to give back.

"My family [has] been tremendously supported by programs like those available through Military Family Resource Centres [MFRC] when I've been at sea. I've had lots of great enjoyment from a variety of sports programs and great workouts through the Personnel Support Programs [PSP] gang.

"I was telling the team here, the first thing I ever had to buy in basic training was a kit bag, and I bought that at a CANEX [store]."

He added, "Family support is so critical. None of us in the military could focus on our military life without that support we get on the home-front."

As DGMWS, Cmdre Cantelon aims to visit a Base a month to keep on top of the services they offer, and how they are working for employees on that Base.

He's also there to meet with command teams and MFRC staff.

"I'm here to get a good sense of what's happening on the ground," he said. "That chance to do the one-on-one, meet people and meet the employees.



Cmdre Sean Cantelon spoke to PSP staff during a coffee break held at the Junior Ranks.
Photo Sarah Francis

Get that human interaction that you never get from e-mail."

A common interpretation of CFB Shilo for the Commodore and his team was the sense of community on this Base, he observed.

"We've heard that from the command team and the employees. Very happy to see a great fitness facility and gym. I've gotten to understand the hub of the town. From the CANEX mall, the wonderful little coffee shop, to a variety of services in there, you've got medical to your post office. It's great to [see] how that serves everybody and how the CANEX team acts as support there."

Cmdre Cantelon said it speaks well to see such a positive response to programs which residents are subscribing to, as well as the sense of community and support.

"That's why Morale and Welfare Services are here. We often use the motto, 'Serving those who serve.' What I see here in Shilo is a great team focused on that."

While he didn't mention specific spots for improvement for CFB Shilo, there are overall improvements to the system the team has their eye on.

"We worked hard on the Defence Policy Review and the new Strong Secure and Engaged policy that was developed as a result. There is a whole chapter in there on people. We worked hard to get more funding for fitness, recreation and for the MFRCs," he said.

"One of the reasons I like these Base visits — we've got a commitment

working with the Chief of Defence Staff [CDS] to come up with what's called the Comprehensive Military Family Plan. Part of these visits is to get from the people on the front line delivering the services a sense of what kind of gaps there are, where we can improve, what we can add to the program to better support service members and their families."

It's been nearly a year since he's taken on the job as DGMWS and is now filling in the gaps of locations he has yet to visit.

"You want to come and see and walk the terrain and talk with people in the field to get a good sense of what's going on," he said of finally having an opportunity to come west and visit CFB Shilo.

He said it is like the commander of the army or commander of the division visiting troops in the field while deployed.

"In my case because of what we do in morale and welfare services, we want to walk the Base. That's where our services are. We visit PSP when they're overseas in Latvia."

He said there are multiple ways you can communicate with CFMWS if you have a concern or idea. Speak to PSP staff if you have a concern about sports, fitness or recreation.

On the digital side you can log onto www.CFMWS.com to access e-mail addresses for contacts, or look up programs on various Facebook pages.

"Old-fashioned letters still work, too," he added.

The organization's mailing address can also be found on its website.

Cmdre Cantelon also encourages everyone to take the opportunity to participate in surveys when offered.

"Votes matter, opinions matter," he observed. "They really do help us a lot in Ottawa, in getting funding and explaining the uniqueness of military families."



No gas!

CANEX's gas pumps will be silent for the next few months while ESSO replaces the existing pumps and infrastructure with a new system. Here, CANEX manager Rick Kehler replaces a fallen fence which highlights the closure sign.

Photo Jules Xavier

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Quality, food safety, customer service top priority for Base cooks

Sarah Francis
Shilo Stag

Preparing food for hundreds of soldiers each day is no small order.

Whether it's at the Base kitchen or in the field, military cooks are working long hours to feed soldiers and maintain quality of nutrition.

Food services officer Lt Victoria Evans had a similar career path in mind.

"I initially applied to be a cook and an air weapons systems technician. I wasn't sure if I wanted to stay in for the long haul. When I did my aptitude testing they said we'd prefer you went the officer route," she recalled during a Stag interview. "The officer route includes signing a 10-year contract. I had to consider that pretty carefully."

She does, however, have a background in the culinary field.

"I kept saying, 'Well I'm a cook, I'm working on my RED seal, can you put me through as a cook?' and they said, 'No, you don't have Grade 12 math.' Which is hilarious in retrospect, now that I'm a food services officer."

She added, "I love being a logistics officer. I get to work with the kitchen and the cooks in a different way."

After taking her food services course with the military, she saw a number of differences.

"It helped me consider a lot of things I didn't see when I was a cook from a management perspective. You think about food safety within the realm of safe food handling when you're a cook," she explained.

"You don't really see the whole defence side of it. You don't see the upper echelon of ordering rations and stuff like that, until you hit the Master Corporal level."

On top of being cooks, the men and women working out of the kitchen are also soldiers.

"They have other regular tasking they have to do on the Base. They have to worry about fitness. Honestly, after working shift work and long days on your feet — sometimes it can be difficult to go to the gym. You're tired."



A cook (above) quarters mushrooms in preparation for a meal to be served at the Base kitchen. Lt Victoria Evans (below right) gave the Stag a tour of the kitchen.

Photos Sarah Francis

Lt Evans noted, "There is a lot of things for them to consider, that I never had to consider as a civilian cook."

She said it's not uncommon for cooks to work 12 to 16 hour days. Lt Evans told the Shilo Stag it's a point of pride to be able to serve soldiers.

"There is something really great about feeding the troops and providing for the troops. Food is really key to morale. Especially when they're in the field."

To get the food out the soldiers, Base cooks use SEVs (Special Equipment Vehicle), which are full kitchens inside of a Seacan, as well as kitchens in trailers, or a MKT (Mobile Kitchen Trailer).

Military cooks are up against more than working in a new space.

"You're dealing with the elements of weather, you also lose a lot of your routine," she explained. "Here, they know the set dining times. When you're in an MKT, you could get the notice to pick up and move in 20 minutes. Suddenly the guys are shutting everything down to move to another part of the field. Supply becomes more difficult."

Fuel to keep utensils and major equipment going and hauling out a refrigeration unit to keep things cold are also concerns for food prep in the field.

One of the other major differences you'll see is what kinds of food are prepared. She offered you're not likely to see spaghetti and meatballs being served.

"It's good when it's individual size portions. People can hand it out relatively simply."

She added, "They can do some pretty incredible things on an MKT and in a SEV. They can cook almost just

like they can here. They might do heartier menus."

One example is providing foods which have a higher fat content to help sustain troops longer.

Lt Evans said those who feed troops in the field often go on to become the best cooks. When you enter the kitchen you can expect to find a variety of options at each meal time.

Through the National Standardized Cycle Menu (NSCM) two of the meals offered are from a Healthier Choice and Vegetarian recipe database. Another is up to the kitchen.

"We have a local choice or a home-grown choice," she said, adding one factor for the switch was inconsistency across the country.

"There were some places where the food was incredible," recalled Lt Evans. "In [CFB] Trenton, they would cook their steak to order. It was amazing. There are other Bases that may have been more isolated, not so much. That came down really to nutrition for the troops, fuelling them the way they need to be fuelled."

Customer service, quality and caution are all components that go into cooking for troops.

"It's in [a cooks] interest to always engage [soldiers], make sure they like what they're eating. Otherwise, it reflects poorly upon them. The first place anybody goes when they're not feeling well, the first place their mind goes is, 'It's something I ate.' We're very cautious here with food safety."

Lt Evans said a lot of thought and hard work goes into the food used in meals they provide for the troops.

"They will work very hard to make sure people are happy, that people are well fed, that they're content, they leave here with a smile on their face," she said. "So thank a cook if you ever get the chance. They are incredibly hard workers and proud of what they do."



A cook from the Base kitchen prepares bananas for banana bread.





MCpl Mak (left) descends the final ladder of the Trail, while Pte Warner looks on from above.



West Coast Trail hikers (above) navigate over smooth boulders on a rocky beach, with the tide out.

3CDSG Signal Squadron conquers West Coast Trail

Cpl Thomas Vickerman
Stag Special

Ten members of 3CDSG Signal Squadron recently returned from completing the West Coast Trail on Vancouver Island as part of the Squadron Adventure Training.

Running from April 20 to May 9, soldiers arrived in Victoria from Detachments scattered from CFB Shilo to Chilliwack, BC. The team had one day to gather last minute supplies, and distribute shared items to spread the weight.

After deploying to the northern trail head at Gordon River, we spent the night at a local campsite so that step-off could be as early as possible. This started wonderfully until we had a small scare when someone thought there was a bear in camp in the middle of the night, waking us all up with their scream.

The first day started out with a sunny morning and a visit to the Parks Canada building for the safety and information brief, weighing of packs and the non-optional group photo.

From there, we kitted up and hit the trail, which gave us our first introduction to the trails' famous ladders — 38 in total we were told, although it seemed like there were a few extra thrown in for good measure. By the end of the day, the weather deteriorated to a full blown deluge which lasted for the next 48 hours.

Our first few days found us camping on Tscowis Creek, Tsusiat Falls, and Cribs Creek. We covered more than half of the trail at this point, enduring 41 kilometres of trail, rain, a lunch watching sea lions, a cable car and the halfway point which involves a ferry ride at the Nitinat Narrows.

Here, we found a locally run crab shack that serves fresh caught fish and crab, and some welcome adult refreshments to give us a break from filtered creek water.

The morning of day four saw the rain finally let up, and held the largest morale booster on the trail, Chez Monique's. This small tarp-on-frame outpost on the beach, just past the 44 kilometre mark, held a key goal for many of the travellers — burgers and beer.

This timely stop for lunch also provided us cover from a significant downpour of rain, some sweet treats and of course the best burger you can get in the area. The day ended with us camping out at Bonilla

Point.

Due to the rain slowing our progress to barely one kilometre in an hour at times, the Command Team determined we would use our scheduled rest day at the end of the hike to give us an extra day on the trail instead.

This allowed us to complete the most difficult section of the trail in a safe manner. It's a good thing we were a group of prepared Signallers — out came the satellite phone and calls were made.

The final days, with stops at Camper Bay and Thrasher Cove, provided the highest concentration of ladders on the trail, as well as the last three cable cars.

Our stay at Camper Bay gave us our first encounter with any type of large and possibly dangerous wildlife in the form of a lone black bear.

No issues were had as it grazed on plants and checked us out from across the creek. The Warrant kept an eye on his bear spray as we all took photos and selfies from a safe distance, before it was bored of us and headed back into the woods.

The final day we awoke early to ensure we would make the last ferry at 3:30 p.m. After a short climb out of the campsite, we took a break for breakfast and a few photos to mark the last leg.

Then we were off on the final kilometres of the trip with the goal to have everyone finished and off the trail by lunchtime. After a few more ladders and passing a derelict Donkey engine, a large steam powered machine that was used for logging, we got to the top of the final and steepest ladder on the trail.

This took us down to the beach where we signalled and waited for the ferry to take us back to civilization, AKA Port Renfrew.

While waiting for the ferry to arrive, we took a couple more obligatory group photos to celebrate the completion of the trail.

Once across the channel, all we had to do was wait for our bus back to CFB Esquimalt. We passed the time by taking a trip into town for real food, and access to

cell signal to start contacting friends and loved ones.

We also played cards and watched a group of otters have a feast of leftover halibut on the dock. Upon our return to CFB Esquimalt, we said our goodbyes to each other as we all had early flights the following morning to head home.

Overall, everyone seemed to have enjoyed the trip even through the rain, bruises, a mildly sprained ankle, wet and soaked packs and at least one member wishing that they had longer legs to make it over the numerous fallen trees, large boulders and steps made



Cpl Lee checks his map in front of the donkey engine. *Photos contributed*



(Front to back) WO Purdy, Pte Warner and Cpl Lee cross a board walk built for hikers on the West Coast Trail.

Our stay at Camper Bay gave us our first encounter with any type of possibly dangerous wildlife in the form of a lone black bear.

BComd's wife looks to establish Shilo wives choir

Sarah Francis
Shilo Stag

Shannon MacIntyre's welcome moment to Manitoba was typical unpredictable weather during the August long weekend.

She informed the Shilo Stag she and her family went camping for the weekend and were confronted with "dry weather only" roads and a lot of rain.

The MacIntyres have been in the area for a short time after being posted to CFB Shilo from Ottawa when her husband Dave commenced his job as the Base Commander.

Here only a short time, she already has her sights set on creating social activities for spouses through a Canadian Military Wives Choir (CMWC) for this Base.

It was during a posting to the United Kingdom (UK) where she was introduced to the idea of a military wives choir.

"They had started a military wives choir in the UK and it's actually a BBC documentary," she recalled. "You can watch the episodes on Youtube."

The idea of a military wives choir spread quickly. "They have over 80 choirs across the UK now," added MacIntyre. "They've released two CDs — two albums. They've won a music award [the] British Music Award. They've done really, really well. Everyone has a lot of fun."

MacIntyre participated in choir, when she was involved in her church choir growing up on a farm in Wetaskiwin, Alberta.

After returning to Canada for a posting to Garrison Edmonton, she founded the CMWC Edmonton. The

process starting up met with a few hiccups.

One of which was a transition of Base Commanders at the time, which made setting up a meeting with him more difficult.

"I don't think I'll have that challenge connecting with the Base Commander this time," she joked.

In the UK, choir practices were twice a week. She hopes to see a similar schedule here depending on community interest.

There are now 10 military wives choirs across Canada.

"Our goal is to have one on every Base," she explained.

Since moving from Ottawa during posting season, she stepped down as treasurer for the association, but remains a board member.

The most appealing component of the choir is the bonding aspect.

"The main purpose of the choir is to bring people together. For women to connect, women in the military community to connect. It's no audition," she said. "If someone isn't comfortable singing, that's okay. They can still join."

She added, "There's women I've met in the choir in Ottawa who for the first two years, just mouthed the words. They're there to meet and be with other people and build those friendships and gain support. It's really about building community among women."

There have been studies on the effect of singing in groups — believe it or not, the singers heart rates will sync up.

Singing can also increase confidence, decrease stress and rates of depression, promote better posture and increase lung function to name a few benefits.

MacIntyre said negativity won't be tolerated. The choir is set up the same at

all Bases. Music and uniforms are the same across the board.

"We're trying to bring women together locally as well as nationally," she explained. "There are set songs that each choir needs to know. The uniform is the same. When people are posted, from choir to choir, they already know some of the music. They already have the uniform. So you're part of that community."

The uniform is a red shirt with black pants, or a knee length dress and scarf.

Choirs from across the country will come together for their first national performance during the Invictus Games in Toronto.

"We have about 210 women going to Toronto," said MacIntyre.

While some special events have auditions, there is no audition process to join the choir. They categorize voice ranges in soprano one, soprano two and alto.

The choir is open to military members' wives, fiancées, as well as common-law partners. MacIntyre had a table set up during the Aug. 23 registration day at the GSH.



Shannon MacIntyre (right) has been part of the military wives choirs in Edmonton and Ottawa.

Photo supplied

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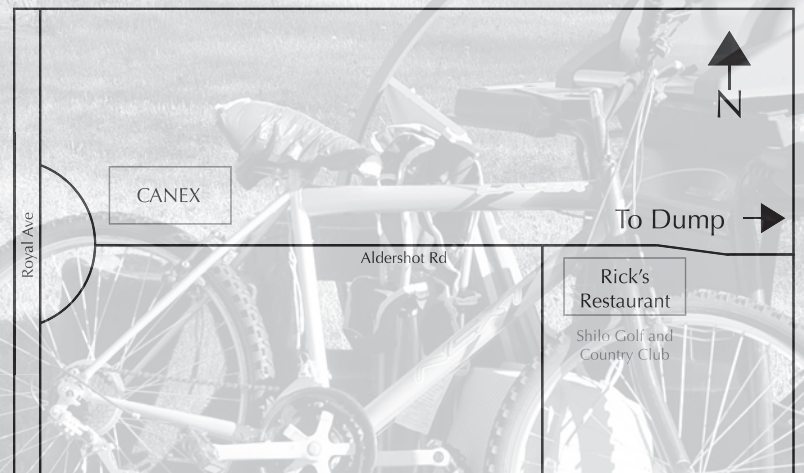
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FALL 2017



Got Bulk Garbage?

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



Items may be placed for curb-side pick-up the following date ONLY for fall clean-up:

Oct. 10

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

New padre looking forward to Manitoba lifestyle

Sarah Francis
Shilo Stag

Padre Shanahan, or Padre Lizzy as she goes by, is excited to be back at CFB Shilo.

She spent a short time on Base earlier in her career and is looking forward to showing her Irish husband all which Manitoba offers.

The past few years of her military career have been spent at CFB Esquimalt.

"[I] was an Army girl in a Navy world," joked the newly posted padre.

Padre Lizzy was a teacher before starting her career as a pastoral associate.

"In the Canadian military, we have priests, we have deacons and we have pastoral associates," she said. "Nothings changed, we have men only for priests and deacons, but there are both men and women that are pastoral associates in the forces. We're different compared to other military, whereas US military only has priests."

She added, "When we get to do things with the Americans there is a little bit of an explanation there because it's not something that they normally see."

As for the difference between a priest and a pastoral associate, Padre Lizzy said it's simpler to explain what she can't do.

"I need a priest to consecrate the Eucharist. I can go into the field or do liturgy of the word with pre-consecrated hosts — wafers. Only a priest can give absolution, only a priest can hear a confession and give that absolution, which is so important.

"My best case scenario is that I can pray with an individual who's dying. If they want me to, I can take what they tell me and then tell a priest."

She said the Canadian military is in need of more priests.

"Pastoral associates is one way of supporting until we can get more priests. It's the best job I've ever had. It's the calling I was meant to be," she offered.



Padre Lizzy stands near a stained glass window at the Roman Catholic Church. *Photo Sarah Francis*

Her mother was in the medical core in the Reserves, while her older sister was in logistics and her younger sister is also a chaplain in the Canadian Armed Forces (CAF).

Following the family trend and joining the military led her to CFB Shilo once before. A place she was eager to return for this latest posting.

"I used to be a school teacher in the Edmonton catholic school system. I was in Reserves as I was getting my masters. One of my experiences in the Reserve's student entry officer program for the chaplains is — I was posted here seven years ago for four months. It was part of the two summers of discernment. I actually fell in love with Shilo. Especially the people, it was one of the warmest places I have ever been."

"I did ask for Shilo," she added regarding her posting from the west coast's Vancouver Island to the Manitoba prairies.

She moved here with her husband, who is originally from Ireland.

The two were married in Ireland and came back to Canada in September last year.

"He's been incredibly supportive, let's put it that way."

Padre Lizzy said the trip across four provinces has given him a better understanding of how large Canada is when you compare his homeland. One of the spots on her to do list is to visit the Spirit Sands in Spruce Woods Provincial Park. She also plans to take her husband snowshoeing.

"When I was a kid I remember doing it in school and a little bit in the Reserves and my husband [has] never done that. The snow just doesn't accumulate in Ireland. There's so many things I want to show him."

Growing up Padre Lizzy was told to choose the belief that was right for her.

"My parents were divorced and when I was teenager my mom said, 'If you want to go to church, pick a religion.' She was Roman Catholic. I went through the RCIA program as a teenager, so I became a catholic in my teens. That's one of the most important things ... you can't force a person to believe. You can nurture that belief that's in them and help them find where they want to be. We're blessed here in the military because we have such a wide spectrum of faith groups."

She has more than 20 years experience either being employed or volunteering with the church.

To her, part of being in the chaplains group is learning about other peoples beliefs and spiritualities. As well as what being spiritual means to others.

"I'm still trying to define it for myself. When people tell me that they're spiritual I ask them. It's because I want to learn, it's not to criticize. Because I think you need to have spirituality to pick a religion," she said.

"They go hand in hand. It's not one or the other. But then, that's how I see it. Somebody else may not see it that way."

She joins the Our Lady of Shilo Roman Catholic chapel, where you can take in her [Sunday services](#).

Bible lessons, fun crafts at Adventure Day Camp



It was a busy and fun week for kids from Base, aged five to 12 who spent a week at Adventure Day Camp. The week was spent doing crafts as well as learning bible lessons. One craft made was lanterns using clear plastic Sharpie markers and electronic tea lights. The camp is put on each year by CFB Shilo's Chaplains Services through One Hope Canada and is free for families to enroll their kids.

Photos Sarah Francis



New directive for military members

Canadian Army improves promotion criteria

Devon Atherton
Stag Special

Maintaining a high standard of physical fitness and health is important for members of the Canadian Armed Forces (CAF), with Canadian Army (CA) leadership focusing on a new directive, now in place, that removes barriers to promotion which were based on a member's medical status.

The directive also encourages personnel to seek medical help as soon as they need it.

Maj Jeff Manley and Maj Peter Bishop, both CA Personnel Policy writers and analysts, are part of the team responsible for making sure the implementation process for the directive runs smoothly.

Maj Manley explained that the directive ensures members no longer need to have perfect physical fitness immediately in order to move up a rank.

Now, instead of having to complete physical fitness testing and career courses prior to promotion, CAF members have a flexible timeline to meet promotion

criteria while being promoted to an acting rank.

This change is intended to help ease anxiety about seeking medical treatment earlier, and allows members sufficient recovery time without negatively affecting their careers.

"We feel members should have confidence that the CAF is modernizing," explained Maj Manley.

Maj Bishop added, "Changes to promotion requirements will improve the Forces' health overall and ensure that members are promoted based on their merit."

Maj Bishop pointed out that physical fitness is extremely important within the CA specifically.

"If you think about it comparatively to the Navy and Air Force, the Navy fights with ships and the Airforce fights with aircraft. But from the Army perspective, we fight with our soldiers. They are the weapons."

Maj Manley acknowledged the Army places such an emphasis on physically demanding work that applying the directive will require much consultation and co-ordination between career managers and unit command teams.

"However, he added that, "making this policy work, regardless of the challenges, is perfectly within the Army's scope."

The CA's most senior medical officer, CA Surgeon Col Annie Bouchard, said the earlier a patient seeks treatment, the more effective it will be.

"Health Services Group has high hopes that this will decrease the stigma around consulting the medical clinic in a timely manner," she said. "Particularly in the case of mental health disorders, consulting early improves those outcomes."

Maj Bishop was part of a working group held in November 2016 and tasked with finding solutions to

medically-based promotion barriers. He said there were some concerns early on, but the directive does not lower existing promotion standards, which remain merit-based.

"The discussion around delinking medicals from promotion started with a shared concern among the working group members that the change would lower promotion standards," he said. "But universality of service still applies, because in order to be substantively promoted, a member still has to meet the requirements of the promotion."

Under the directive, those members with a medical condition who are given an acting promotion will be evaluated regularly to determine whether they are healthy enough to complete the remaining requirements for permanent promotion.

"In this way," said Maj Bishop, "members are given a reasonable amount of time to recover and receive treatment without lowering overall fitness standards in the long run."

Additionally, when it comes to deployment, CA leadership isn't taking any chances, Maj Bishop explained. "If, for example, a member with a broken leg is due to be deployed on operations, they would replace him or her. They wouldn't send a member off on operations if he or she couldn't physically do it."

However, the directive still outlines very important changes for promotion standards, even if it does not apply to deployment.

"Normally, you're not promoted into a position for deployment except in very rare circumstances," said Maj Manley. "This means that most promotions are usually for domestic postings. Members are not often given a promotion with the intention of deploying them right away, so the directive still applies in most cases. For this reason, the majority of members facing promotion will have less reason for anxiety when revealing their medical needs."

He asked for members to be patient and understanding as the changes begin to roll out.

"This represents a great opportunity for our organization. But, as with any change, there's going to be a transition period where we, the Army, are going to have to adjust to a new system. That's a very natural and healthy part of policy modernization, and we need to keep the bigger picture in mind."

Devon Atherton is with Army Public Affairs

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WHO IS ELIGIBLE FOR THIS EVENT?
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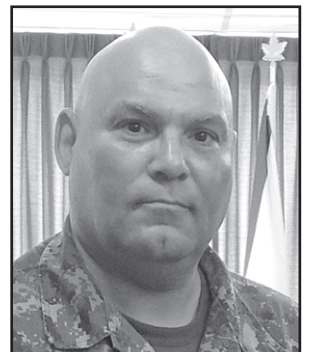
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3CDSG Command Team Commendation

Cpl Jonathan Boucher-Kovacs from Base Maintenance was awarded the 3CDSG Command Team Commendation for his outstanding response to a medical emergency in mid-June. While manning a military display at the Relay for Life event in Brandon, while investigating a commotion during the opening ceremonies, Cpl Boucher-Kovacs found an elderly participant had fallen unconscious due to a heart attack. He took control of the situation, ensuring first aid was administered until the ambulance arrived. His actions under pressure reflect highly on himself, CFB Shilo's G4 branch and, 3CDSG.

Photo Jules Xavier

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