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Volume 52 Issue 8



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April 25, 2013

INSIDE This Issue



Facebook fun with WO Walter Ukleja. Pages 2 & 12



Soldiers use howitzer on snowy mountains. Page 3



Army cadets serve up flapjacks at Applebee's. Page 4



Honing grenade throwing skills

Candidates from the BMQ-L are learning the kneeling position during an indoor grenade lesson. The grenades being used by the soldiers are only live once they arrive in the field. For more of LFWA TC C Coy instructor Sgt Hugo Girouard's photographs taken during outdoor classroom sessions with regular and reserve soldiers, see Page 7.

Bomb school a blast for UXO student



Jules Xavier
Shilo Stag

Chuck Roeder has a new respect for the UXO — Unexploded Ordnance — scattered or buried at CFB Shilo's train-

ing area.

This happened following an intense, as well as condensed, four-week UXO technical course the 30-year Canadian Forces artillery veteran took back in late January in College

Station, Texas.

"It was interesting, intense and technically challenging" Roeder said of the bomb school course he took offered by Texas A&M. "The purpose for me attending was to pro-

vide personnel within the Base Operations branch the requisite training and professional credibility when dealing with contractors from the UXO industry.

See **UXO** page 6

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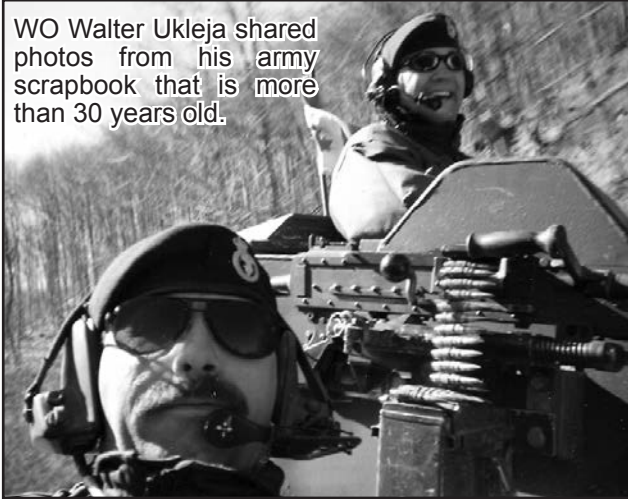
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Video of WO debuts on Facebook page

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WO Walter Ukleja shared photos from his army scrapbook that is more than 30 years old.



Jillian Driessen
Shilo Stag

Being a private person didn't stop WO Walter Ukleja from agreeing to participate in a mini-series highlighting LFWA TC C Coy.

To highlight the activities of the Shilo-based company, Capt David Tower — armed only with his iPad — followed Ukleja through his daily work-life and interactions.

The idea was born when a Facebook photo of Ukleja being presented with a Queen's Diamond Jubilee medal sparked several "likes" and "shares" on the popular social-networking site.

"I tend to be a very private person," explains Ukleja. "I am also a lousy 'Facebooker'. I signed up, went in with the best of intentions to keep in touch with people, but didn't.

"In the military you lose track of your friends when they are posted or they leave the military and as you get my age it is fun to reminisce."

Reminiscing is difficult for Ukleja. He describes his Facebook etiquette as poor at best which often leaves his friends wondering.

"People want to know what's happening with me," says Ukleja. "This project was spurred by the Queen's Diamond Jubilee medal. My name popped up, people saw it and were interested. It's snowballed from there."

Within a few days, the photo and accompanying post garnered substantial attention.

"I expected the initial interest to be okay, but I had hoped this project would die a horrible death and disappear," he adds.

"It has been really successful. The right people have been involved with it."

The mini-series offers a glimpse into Ukleja's 31-year military career, while simultaneously highlighting the activities at LFWA TC C Coy.

Condensing more than three decades into approximately 30 minutes of footage is no easy task. Ukleja, who has always remained attached to 2PPCLI, has been on six tours of duty, countless courses, exercises, and spent four years in Germany.

His 31-year relationship with the Battalion was started completely by chance.

Initially, the native of Poland had intentions of joining the Canadian Forces in the armoured trade. Part way through his basic military qualification, he was directed to chose another trade.

"I chose armoured because it is easier to ride into battle than to walk into it. I joined a mechanized battalion so I get to ride anyway," says Ukleja.

"For me, the decision turned out to be the right one."

A decision Ukleja made on the fly has left him with a happy long-lasting career in the infantry, although the military was a clear and easy decision for the young man.

See **SOLDIER** page 12

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Manitoba 



Gnr Tayler McCracken (third from left) of 1RCHA poses with the equipment used near Roger's Pass in BC.

1RCHA assist with avalanche control

Capt Pryor & MBdr Ross
Stag Special

Sixteen Canadian Armed Forces soldiers from across western Canada departed CFB Shilo on their way to the mountains of Roger's Pass in British Columbia for avalanche control (AVCON).

The firing troop comprised of serving members of both reservist and regular force elements from the communities of Kenora, Winnipeg, Portage La Prairie, CFB Shilo, Brandon, Lethbridge, Regina and Red Deer.

Maj Craig Ethelson and WO Trevor Jesseau saw them off Feb. 5 and showed their appreciation for their dedication to Operation PALACI.



A shell leaves the 105mm Howitzer en route to a target on a BC mountainside. *Photos submitted*

keep this 40-kilometre stretch of both highway and railroad open.

This partnership of departments has been in existence for 52 years and has earned the thanks and appreciation of the local population.

Parks Canada officials continuously monitor the mountain pass for current weather and avalanche conditions, while troops from 1 Royal Canadian Horse Artillery (1RCHA), the majority of whom are reservists, stand ready to conduct avalanche control operations in support of Parks Canada, waiting in the relative isolation of the mountain pass for the call.

Along this length of Hwy 1, Parks Canada and the

CAF have built 17 concrete gun positions for the C3 105mm Howitzers from which they are able to engage 270 pre-recorded targets.

These targets, when fired upon as requested by Jeff Goodrich, the senior Parks Canada forecaster, have been strategically chosen to relieve the pressure of the growing snow piles on the mountain sides without putting human lives in danger.

It was a busy rotation — February through April — with many high-ranking visits to the small group of artillery soldiers.

Rear-Admiral Truelove, Commander JTFF and Brig-Gen Juneau, Commander LFWA, took a break from their individual busy schedules and listened to the concerns of the troops.

38 CBG ATG LCol Dalal was also able to pay a visit to the soldiers in Roger's Pass and listen to their concerns as well.

Glacier National Park is one of the only stretches of avalanche prone highway remaining that employs howitzers to control them. Other methods include primarily dropping commercial explosives along the passes from helicopters.

In Roger's Pass, however, due to the large culmination of traffic and snow in such short expanses of time during the winter months, is required to complete avalanche control operations in conditions helicopters are unable to fly in, including windy, low visibility, or night time conditions.

This rotation has been able to fire 256 rounds and caused 152 controlled avalanches within the area this spring season saving countless Canadian dollars and possibly Canadian lives.

Capt Pryor and MBdr Ross are with 1RCHA

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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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Facebook by visiting:<http://www.facebook.com/ShiloSTAG>

Platoon Commander 1 Military Police Regiment, Capt Dane Nicholson, helped serve up the bacon along with local army cadets as part of a fund-raising partnership with Brandon's Applebee's Neighbourhood Bar and Grill. Looking on in the background is the Commanding Officer with the 2520 RCACC - 71 Bty RCA Cadets, Capt Rob Lussier, who also worked in the kitchen when he was not serving coffee to Applebee's patrons.

Photo by 2Lt Betty Froese

Partnering with Applebee's cadets host flapjack fundraiser

2Lt Betty Froese Stag Special

It was a Saturday morning of flipping flapjacks and frying bacon as the staff and senior cadets of 2520's Army Cadet Corps joined the cooking crew of Brandon's Applebee's Neighborhood Bar and Grill in their April 13 flapjack fundraiser.

The Breakfast of Fundraising Champions program is a unique incentive the chain of restaurants has developed to support non-profit organizations in their local communities to further their cause.

This was the first time the Brandon/Shilo Cadet Corps tried their hand at the flapjack fundraiser, greeting patrons and waiting on tables to raise money for uniform accessories such as cap badges, uniform brass buttons and shoulder titles for the increased number of youth that now parade regularly Wednesday nights at the Brandon Armoury and CFB Shilo's MPTF.

"Our numbers have increased from approximately 30 cadets to now over 65 since September," said CO Capt Rob Lussier.

"The Department of National Defense pays for the majority of our needs but certain uniform accessories, and any extras, we must provide ourselves. This is a

great way to raise money for our local corps and we received a lot of support from co-workers, friends and families."

Overall, more than 60 plates of pancakes and bacon were served, which raised more than \$800 through ticket sales and donations.

"We were very pleased with the great response," said Capt Lussier.

"And we had a lot of fun working together with the staff at Applebee's. We look forward to partnering with them again in our next flapjack fundraiser."

The Royal Canadian Army Cadets is a youth program funded by the Department of National Defense designed for teenagers to learn and develop abilities in many outdoor-oriented activities and leadership skills.

The 2520 RCACC - 71 Bty RCA Cadets parade every Wednesday evening from 6:30 to 9 p.m. at two locations — the Brandon Armoury (1116 Victoria Ave.) and the MPTF at CFB Shilo. All youth, ages 12 to 18 are welcome to join at any time.

For more information contact Capt Rob Lussier at 204-720-1494 or check out the website at www.cadets.ca.

2Lt Betty Froese is UPAR, Admin O with 2520 RCACC - 71 Bty RCA Cadets

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Do you have a green thumb?

Tractor driver Max Bratzke of the CE section used the snow blower April 19 to facilitate clearing snow from where the Base's community garden plots will be located this summer. The CE's Maj Reg Sharpe was on hand to explain a quicker melt will allow his staff to begin installing boxes where garden enthusiasts can grow their own crops, plus put up fencing to keep deer from using the gardens as a salad bar. *Photo by Jules Xavier*



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UXO excavation scratches surface

From the front

Working with the G3 Base Operations Branch, Roeder is the Range and Training Area Sustainability Officer (RTASO). It is a co-operative operation when it comes to a UXO contractor working on DND property that is littered with munitions. A recent excavation resulted in more than 400,000 pounds being culled from the ground.

That, according to Roeder, is just scratching the surface when you consider how many decades soldiers have been honing their artillery and infantry skills out on the training ranges, or US B52 bomber pilots this past fall have dropped their payload from the sky.

"With what I do, you are always learning," explained Roeder. "By going to bomb school in Texas I was learning new techniques on disposing munitions that mitigate environmental impacts."

Along with his fellow bomb school classmates, Roeder was there to hone his own skills when it came to identifying ammo through classification and group-

ing and understanding the functionality of the ammunition components.

"We learned to look for those key features that would indicate the appropriate course of action," he said of the 10-hour days in the classroom. "When you come across unexploded ordnance you decide on a course of action to deal with it, most of the time if it contain explosive fill or components like boosters the preferred option is to BIP (Blow in Place)."

He added, "With what we learned we can add UXO avoidance and detection to the branches many capabilities. The course provided insight and fundamental understanding of what the contractors roles and responsibilities are when contracted to do UXO-related works."

Following his practical classroom experience, Roeder had a number of practical tests prior to a final exam. This was not true or false questions, or multiple choice queries on a sheet of paper.

"Everything we did was practical ... hands-on," he said. "We were doing performance tests based on what we were exposed to when it came to an unexploded ordnance. We are taught to identify features of the munitions, know the safety features of the munition so as to deal with it, and take the proper course of action."

Work on UXO clearance at CFB Shilo's training areas is ongoing. Here, a work site shows what was unearthed using UXO clean-up contractors.

Photo supplied

FOR MORE UXO details
see page 9



CHUCK
ROEDER

Roeder quickly realized, despite his own experience and past knowledge of UXO clean-up, the final exam would not be a breeze. He ended up collaborating with classmates in study groups.

Passing grade for the bomb school students was 80 per cent.

"Instructors scattered ordnance in a field ... 20 pieces, everything from 40mm, missiles, rockets, mortars, land mines and bombs and you had 90 minutes to finish the exam," he said of the practical exam site.

This meant Roeder went to each piece, ascertained what he was dealing with and what actions needed to be done to neutralize the UXO.

"Some were easy for me, but there were a few that offered a challenge," he recalled. "Not that I will ever encounter one here in Shilo, but I can identify and classify a Second World War Japanese knee mortar."

He added, "The best portion of the course was UXO disposal through high-order detonation. Each student had to complete four non-electrical and four electrical demolitions. I gained a renewed respect for explosives and UXOs."

This upcoming summer will see GEMTEC — a UXO contractor — completing the UXO survey of impact area C.

"My section will be working closely with the UXO contractors in the field, providing assistance and over watch during the UXO contract."

The RTAM section is also busy providing UXO avoidance and detection with electro-magnetic detectors determining levels of contamination in the field for areas where troops will be digging and deploying.

"The business of UXO assessments and remediation is a very expensive proposition and is time-consuming and resource intensive" he said. "The preferred option is to have our soldiers clean their own backyard, but the reality is that they are busy and committed to other tasks."

The alternative is to engage the civilian sector and contract the UXO work.

"This is an extremely costly endeavour with estimates for one of Shilo's impact areas costing in excess of several million dollars," he noted.

Roeder points out there is a huge process when it comes to dealing with UXO even in a small area. This entails screening the ground with specialized equipment that traverses the surface and lets him know what is beneath the surface.

"Shilo has been an active RTA since 1932, and the records related to ammunition usage and dispersal is non-existent for a good portion of Shilo's history. With the RTA being predominantly sandy soil, munitions penetrate and lie subsurface for many years.

"It is known that subsurface munitions eventually travel to the surface through frost heaving and ground thawing. Most modern 'arty' and mortar ammunition in our soil will go to depth up to 1.5 meters. These projectiles and mortars will not come to surface for many, many, many years.

"What our immediate concern here in Shilo is the UXO items that are on the surface and that presents a real threat to our training audience."





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King OP machine gun range in panorama. Soldiers practice their live fire exercise under frigid winter conditions.



With MBdr Doerksen looking on, Pte Ouelette fires the M72 at the outdoor range.



A soldier takes aim in the Klein Essen machine gun bunker.

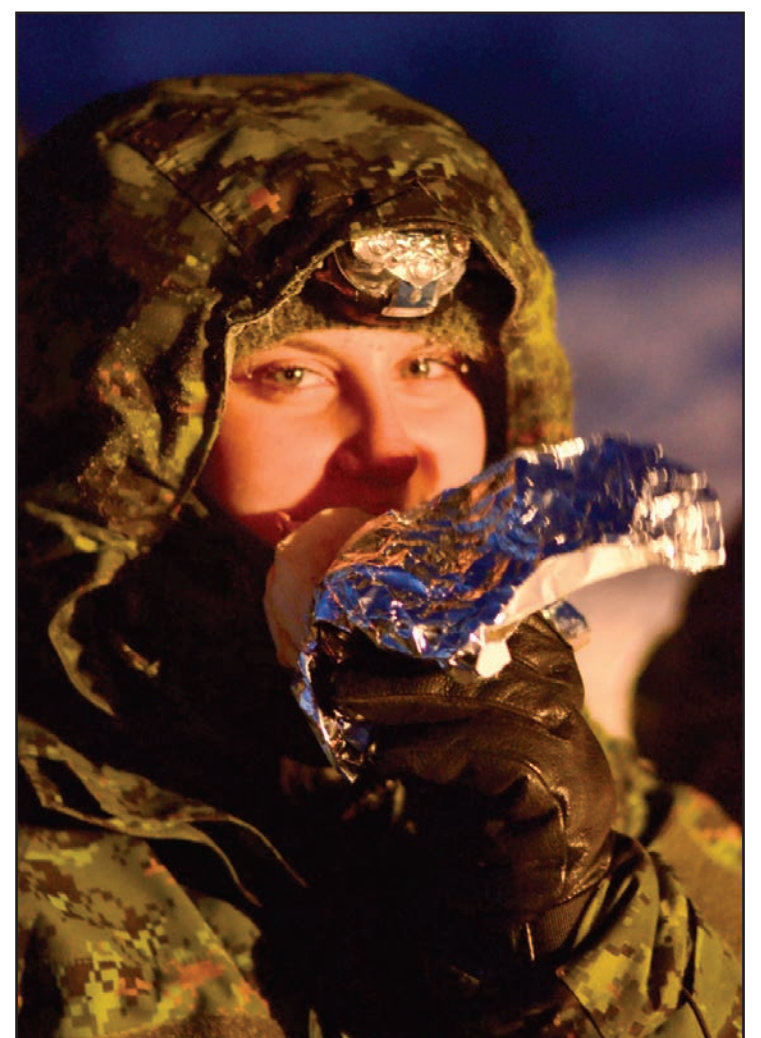
LFWA TC C Coy is one of seven lodger units located at CFB/ASU Shilo. It is a detachment of LFWA TC located in Wainwright, AB. LFWA TC C Coy was established on June 28, 1997 and replaced the Royal Canadian Artillery (RCA) Battle School as the main training presence on Base. The detachment provides training to the regular and reserve force at recruit, area and national level. Training is focused mostly on the infantry and artillery occupation, but can include a variety of occupations when conducting leadership courses. To fulfill their tasks, LFWA TC C Coy is organized into three troops: headquarters, support and training. Training troop is responsible for the conduct of all courses at the detachment. Support troop is responsible for the transport and logistical support for courses and the detachment itself. LFWA TC C Coy is commanded by a Major, and employs a full-time staff of about 30 personnel. Regular and reserve force soldiers heavily augment LFWA TC C Coy, especially during the peak four-month summer training period. The mission for LFWA TC C Coy is to conduct individual training to prepare soldiers and junior leaders — morally, physically and mentally — to easily integrate into units preparing for operations in the Contemporary Operating Environment. Instructor Sgt Hugo Girouard uses his camera as a teaching tool, focusing on his students in the field while they are honing their soldiering skills. He uses the photographs back in the classroom to show future students.



This lonely tank at the M72 range is target practice for soldiers honing their infantry skills.



MBdr Vandecaveye (above) sets up a night light flare on a tree, while a BMQ-L student reacts (right) to a combat winter scenario out on the training range.



Pte Hartwick enjoys her last meal in the field — the always popular “Herby burger.”

BASE SCHOOLS

DE FUTUR CINÉASTES À L'ÉCOLE LA SOURCE

Richard Arcand**École La Source**

Du mardi 9 au jeudi 11 avril les élèves du secondaire ont eu la chance de faire un film avec M. Gabriel Tougas.

M. Tougas est un réalisateur qui vient de réaliser lui-même son premier long métrage, Héliosolst.

M. Tougas est un jeune de 21 ans qui a commencé dès l'âge de 18 ans à faire ses premiers pas dans la réalisation audio-visuelle.

Il a fait de nombreuses réalisations avec Les Productions Rivard.

Ce jeune cinéaste est venu à l'école La Source pour aider deux groupes du secondaire à réaliser chacun un film de leur choix.

En effet, un groupe de garçons et un groupe de filles du niveau secondaire ont eu la chance de travailler durant ces trois jours à la réalisation d'un film intéressant.

Ils ont débuté en prenant conscience des différents moyens techniques nécessaires à la réalisation d'un court métrage.

Ils ont ensuite choisi la sorte de film qu'ils désiraient réaliser. Après avoir fait le scénario du film ils ont pris soin de monter chaque scène avec précaution après avoir distribué les rôles à chacun.

Les élèves ont utilisé une caméra numérique pour prendre les vidéos de chaque scène.



Chacune des scènes ayant été filmé plusieurs fois afin d'arriver à un bon résultat.

Ensuite ils ont fait le montage à l'aide d'un logiciel de la compagnie Apple qu'on appelle I-movie. Ils avaient deux ordinateurs Mc Book à leur disposition pour faire ce travail.

L'école La Source a profité du fait que La Division Scolaire Franco-Manitobaine avait négocié une entente avec Le Centre d'arts médiatiques pour jeunes : Freeze Frame Media Arts Centre for Young People.

Cette compagnie étant spécialisée dans l'aide qu'ils apportent aux enseignants et aux élèves dans le but de les aider à monter une réalisation de leur choix. Nos élèves ont eu beaucoup de plaisir à travailler avec M. Tougas.

Par le biais de leur programme d'éducation et de leur Festival de films, le Centre d'arts médiatiques pour jeunes: Freeze Frame, enseigne aux jeunes à développer un œil critique sur les médias.

Leur but étant de leur montrer comment on peut utiliser ceux-ci comme moyens de communication et d'expression. De cette façon, leurs programmes transforment le simple consommateur en observateur critique et objectif.

On peut visiter leur site web à : freezeframeonline.org.

Bravo aux enseignants du secondaire pour avoir fait vivre une si belle expérience à leurs élèves.



Through play, kindergarten provides O'Kelly students the opportunity to grow and develop emotionally, socially and physically.

Photo submitted

Parents offered two options for kindergarten

Stag Special

Is your child ready for kindergarten?

Have you registered your child for kindergarten yet?

O'Kelly School offers two kindergarten programs — English or a French immersion. Both programs are offered half-time.

While the English program is full day every second day, the French immersion program is every morning.

Kindergarten provides students the opportunity to grow and develop emotionally, socially and physi-

O'KELLY SCHOOL

cally through play. Students learn to interact with others on a daily basis.

If you have not registered your child for kindergarten yet, drop by O'Kelly School or call 204-765-7900.

You can also visit the school website.

Those students who are already registered for kindergarten this September will be invited to attend a welcome to kindergarten session May 14.

This session will provide students with an opportunity to meet their teachers and to do different learning centres, such as literacy, numeracy, music and physical education.

Drop by and see what O'Kelly School has to offer.

The Base public school looks forward to meeting our future kindergarten students.

Shilo Theatre
(Located in the General Strange Hall)

April 25 *Looper* Rated 14A 7 p.m.
April 26 *Jock the Hero Dog* Rated G 6:30 p.m.
April 29 *The Last Stand* Rated 18A 7 p.m.

Children aged 10 and younger require adult supervision at all times

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LE SAVIEZ-VOUS?

Richard Arcand**École La Source**

Saviez-vous qu'à l'École La Source, il y avait des repas chauds 2 fois par mois?

En effet des élèves qui étudient en arts ménagers et des parents bénévoles préparent deux fois par mois des repas chauds pour les enfants de l'École La Source.

Les élèves comme les enseignants peuvent bénéficier de cette gâterie.

Il n'en coûte que quatre dollars pour avoir un repas bien équilibré.

La dernière fois que je faisais de la suppléance à l'école j'ai eu la chance de pouvoir goûter au spaghetti servi par des parents bénévoles.

C'était vraiment très bon et c'était chaud, cela faisait changement de mes sandwich traditionnelles. J'ai même pu aider à la distribution des dîners.

En plus d'aider les élèves à devenir autonomes, cela est un moyen de financement efficace pour financer des activités scolaire.

Saviez-vous que les élèves de L'école La Source vont partir en voyage l'an prochain pour visiter le Québec?

Ce sont, en effet les élèves qui sont inscrits au secondaire qui auront la chance de participer à une telle activité. Pour aider à financer l'activité, les élèves ramassent des cannettes de boisson gazeuse (pop).

Si vous avez des cannettes à donner ce serait peut-être une bonne idée de les apporter à l'école dans un sac de plastique et de les remettre au secrétariat.

Saviez-vous qu'à l'École La Source, les élèves parlent français presque toute la journée?

Ils n'ont que leur cours d'anglais pour perfectionner leur anglais.

Presque tous les élèves ne parlent souvent uniquement qu'en anglais à la maison et avec leurs amis. Le fait de devoir s'exprimer en français toute la journée est donc un excellent moyen de devenir bilingue et de posséder pleinement les deux langues.

Ça leur donnera plus de chance de se trouver un meilleur emploi lorsqu'ils deviendront adultes.

Saviez-vous qu'à l'école La Source il y a un conseil étudiant?

Les élèves peuvent donc donner leur avis sur ce qui se passe dans l'école.

Les membres du conseil étudiant sont même appelés à aider leurs confrères et consœurs dans l'organisation de certaines activités.

Canada features several UXO legacy sites

According to www.forces.gc.ca, over the years, many locations across Canada have been used for military operations, training and weapons testing. Wartime action along Canada's coasts and incidents involving ships, planes or vehicles carrying ammunition and explosives have also created legacy sites at which UXO (Unexploded Ordnance) may still remain today.



105mm high explosive projectile found on the training ranges at CFB Shilo.

Photo submitted

Several hundred UXO legacy sites are known to exist at locations spread across Canada's land mass. In addition, 1,100 sites are known to exist off Canada's east coast, with 26 more on the Pacific coast.

A comprehensive program of historical research currently underway may identify additional sites. The particular type of UXO that may be found — mainly bombs, rockets, grenades, and shells — will vary in type and number from site-to-site, which includes CFB Shilo and even Camp Hughes.

Regardless of the source, UXO may bear little resemblance to when it was new. UXO may have been in the soil, or underwater, for many years, and will be considerably weathered or corroded. Original paint and other markings may be faded or completely worn away. Some parts may be missing, some being blown off during partial explosion, others as a result of corrosion and weathering.

In addition, UXO is unlikely to be lying neatly on the surface of the ground, but will most likely be partially or almost completely buried.

The parts exposed may not allow easy identification of the object - it may look like a piece of old pipe, an old car muffler, a pop can, or just small pieces of rusty metal. No matter whether it is new or old, complete or

in pieces, all UXO must be considered dangerous. Disturbing it can make it explode, causing injury or death.

UXO is categorized here as bombs, grenades, artillery and rockets:

- **Bombs** — There are air-dropped munitions ranging in weight from 1 to 3,000 pounds, and in length from eight inches to 10 feet.

Bombs are further categorized according to their intended destructive use: general purpose (GP); demolition; fragmentation; penetration; cluster (or dispenser); and, firebombs. Further categorization of bombs is according to the ratio of explosive weight to total weight. In general, all

bombs have similar components including a body or container, a fuze or fuzes, a booster, and a fin assembly.

- **Grenades** — These are classified according to how they are projected or launched. The three major types are hand grenades, rifle grenades, and projected grenades. Grenades range in size from the size of an egg to about 18 inches in length.

- **Mortars** — These range from one to 11 inches in diameter and resemble projectiles, but usually have a thinner body casing. Mortars are launched from mortar tubes.

- **Rockets** — These are self-propelled ordnance ranging from 37 mm to 762 mm in diameter, and measuring from 30 cm to approximately 3.7 m in length. Rockets ordnance use gas pressure from rapidly burning propellant to carry a warhead to the target. They consist of a warhead, fuze, and a stabilizing mechanism.



Cliff Cullen, MLA Spruce Woods Constituency

Constituency Office:
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Shilo Military Family Resource Centre
is now accepting applications for:

Deployment & Special Events Assistant

The Deployment and Special Events Assistant position is a part-time, term position from June 2013 to March 2014. You will be responsible to assist the Deployment and Special Events Co-ordinator in the delivery of deployment and reunification supports for families of deployed personnel and also assist in delivery of special events, programs and services provided by Shilo MFRC to enhance the quality of life for military families.

Specific qualifications:

- Post-secondary education
- Excellent communication skills and interpersonal skills
- Strong computer skills
- Excellent customer service and organizational skills
- Ability to work independently as well as within a team
- Familiar with military lifestyle
- Valid Manitoba Driver's License
- Criminal record and child abuse registry clearance is required
- French a definite asset

General statement of responsibilities:

- Assist in all aspects of the deployment area as required
- Provide support programs to deployed partners' families
- Assist in facilitating and delivering "warm line" calls to partners of deployed members
- Assist with the delivery and co-ordination of special events
- Provide clients with information/referrals on services, programs and resources available
- Evening and weekend work required
- Perform other duties as assigned
- Assist with updating the MFRC mailbox on the Family Information Line

Contact us for a detailed job description.
Only those candidates interviewed will be contacted.

Terms of Reference:

Salary \$14.47 to \$16.92
Anticipated start date June 3
Deadline for applications May 3

Submit your resume to: Shilo Military Family Resource Centre Executive Director Willemien Van Lankvelt, PO Box 5000, Station Main, Building T114, Shilo, MB, ROK 2A0 or use e-mail at willemien.vanlankvelt@forces.gc.ca



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Changes for booster seat use

Capt Dane Nicholson

Changes have been made recently to recommendation for use of car seats and laws affecting booster seats in Manitoba.

Until recently it was considered ideal to change a car seat from the rear facing position to a front facing position when the child met three conditions: being at least one-year-old, weighting nine kilograms (22 pounds), and being able to walk on their own without support.

Now it is recommended that children stay in a rear facing car seat for as long as possible.

Typically this is dictated by the child physically outgrowing the seat, or the seat's rear facing weight limit.

This limit is typically 13 kilograms (30 pounds) or 18 kilograms (40 pounds) and should be clearly written on the side of the seat. Refer to the owner's manual if the weight limit is not shown on the seat.

Why the change? Testing by authorities in both Canada and the United States has demonstrated children are more likely to both survive and have reduced injuries in the rear facing position.

Changes to laws for booster seat use are also coming to Manitoba.

Currently, support seating is required to a child weighting 22 kilograms (50 pounds).

New requirements will see the use of

CANADIAN
MP
The Military Police
NOTEBOOK

a booster seat be mandatory until three minimum requirements are met.

These are the height of the child at 145 centimetres (four-foot nine-inches), the weight at 36 kilograms (80 pounds) and the age of nine.

Neither the changes in car seat recommendations or new booster seat legislation will require

current owner's to change what they currently have.

If you are a perspective owner of a car seat it is very strongly recommended you buy either a car seat or booster seat new.

In Canada it is generally illegal to resell any car or booster seat.

For current owners a reminder that if a car or booster seat is in any vehicle involved in a collision, Manitoba Public Insurance will replace the seat. Replacement of these seats is particularly important due to the mitigated effectiveness of seats that have been subject to safety fatigue.

If you would like your car seat inspected to Manitoba Public Insurance/St John Ambulance standards call the Military Police at 3337 to arrange a no cost appointment. Allow approximately 30 minutes to complete the entire inspection, and ensure that an attempt has been made to install the seat.

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



Shilo Military Family Resource Centre
is now accepting applications for:

Administrative Assistant

The Administrative Assistant is a full-time position responsible for reception of community members to the MFRC and administrative support to the Executive Director, Business Manager, Board of Directors and co-ordinators.

Specific qualifications:

- Post-Secondary education with preference in business administration
- Minimum one year office experience required
- Typing 35 wpm required
- Strong computer skills with experience in Microsoft Word, Excel and Publisher required
- Excellent communication skills
- Familiar with military lifestyle
- French a definite asset
- Bookkeeping/payroll an asset
- Criminal record and child abuse registry clearance is required

Contact us for a detailed job description.
Only those candidates interviewed will be contacted.

Terms of Reference:

Salary \$14.47 to \$16.92
Anticipated start date June 17
Deadline for applications May 3

Submit your resume to: Shilo Military Family Resource Centre Executive Director Willemien Van Lankvelt, PO Box 5000, Station Main, Building T114, Shilo, MB, R0K 2A0 or use e-mail at willemien.vanlankvelt@forces.gc.ca

Teens celebrate 'Day of Pink' with film

Jodi Billard
MFRC

In recognition of the Red Cross' Day of Pink, Shilo MFRC's Teen Centre held a special movie night April 9.

Teens were given the opportunity to watch the movie *Bully*.

Day of Pink was actually April 10, but due to the Teen Centre being closed Wednesday, the event was held a day early.

Teens were encouraged to participate in the Day of Pink at their schools the following day.

Day of Pink was started in 2007 after two Nova Scotia students heard a fellow male student had been bullied for wearing a pink shirt to school.

The two young men decided to take a stand against bullying by wearing pink shirts to school and encouraging their classmates to do the same.

Day of Pink now stands as a reminder of the impact bullying has on our society.

It provides students, teachers, parents, and the community as a whole, the opportunity to talk about bullying and work to reduce its occurrence in the future.

The movie *Bully* is a documentary about bullying in schools in the United States.

It provides a look into the lives of five families who have dealt with bullying, including two which have lost a child to suicide as a result of the bullying.

The film is a heartbreaking insight into what happens when bullying is not dealt with.

There were 12 teens who participated in the Teen Centre event.

A few tears were shed, by both staff and teens, but also a few laughs to lighten the mood while dealing with such a hard topic.

Following the movie, a smaller group had a candid conversation about how they've experienced or witnessed bullying in their lives and what they feel needs to be done about it.

It's sad these events and days of awareness are even necessary, but the reality is that they are, because each day more and more teens and children are being bullied.

Far too many lives have already been lost due to bullying and we hope by talking about bullying and taking a stand, saying it's not okay, that we can make a difference.

Jodi Billard is the assistant youth programs leader at Shilo's MFRC

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MFRC seeks day camp staff

MFRC

Summer is on its way and the MFRC's Summer Fun day camp is just around the corner.

Summer Fun is a summer adventure program full of exploration, activities, learning and lots of fun for kids age five to 12.

There are eight different weeks full of crafts, games, friends, and a ton more.

Every week has a different theme and a different destination field trip.

The camp is a great way for kids to make friends and keep busy during the summer.

We often do special events in the afternoon as well as swimming afternoons and field trips every Friday to a different location.

This is not only a great place for kids to spend their summers, but also for young people looking for a fun and rewarding summer job.

Shilo MFRC is looking for energetic people who love working with kids to fill positions on our staff for this summer.

The camp runs — July 2 to Aug. 30 — Monday to Friday from 9 a.m. to 4 p.m.

The duties of the summer staff include:

- Supervise children in carrying out activities
- Act as assistants to co-ordinators
- Organize and supervise children during lunch and extended hours portion of program
- Provide supervision of children on special event trips

Individuals considering applying for the summer positions should be 16, have a minimum of Grade 10, plus a knowledge of craft activities and/or some knowledge of sports or games; experience including babysitting experience and/or prior supervisory experience in other programs such as sports groups, church groups, Brownies, youth or teen clubs; and experience in a playground program would be an asset.

If you are interested in applying, forward your resume via e-mail to Courtney Brister, Shilo MFRC school-age program leader at courtney.brister@forces.gc.ca or drop it off at the MFRC front desk reception.

Deadline for resumes is May 10 at 4:30 p.m.

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Soldier enjoying his Facebook celebrity

From Page 2

"Coming from where I come from, the military is prevalent in those countries," he says. "They play a large part in everyone's lives. For me, joining was a combination of the media message in the late 70s and 80s and a taste for adventure. Everyone wants to do something exciting and I didn't exactly like the idea of lion taming."

Ukleja has had a long relationship with 2PPCLI. Regardless of tasking or tour, he has always been pulled back to the Battalion and says he has never been too far away from it. As a person who doesn't place high value in being sedentary, being attached to an active unit has proved rewarding for him.

"It has been a very exciting relationship. I've enjoyed every single minute of it," he says earnestly.

Ukleja has called CFB Shilo home since 2006 and has spent the last four years working at LFWA TC C Coy.

As a troop who likes to be busy, C Coy has been a good fit.

"The people here are great. It is a great place to work. I hope to stay here for the rest of the year, and then be on to bigger and better things," says Ukleja

"Just like everyone else who is married to this military lifestyle, it is often very transient. I think four years here is a bit longer than most can expect to be in one place."

Ukleja says working with C Coy has given him the opportunity to network with members right across the country. With courses continually running, Ukleja gets to meet members on course and those who come to augment teaching staff on a regular basis.

For Ukleja, his position never leaves



WO Walter Ukleja shared images from his army photo album with the Stag.

him completing the same tasks day after day. He plans to remain with C Coy until the end of this year and then move on to the next stage — whatever that may be.

"The next step will be something different. New people. New challenges," he says. "What next year brings is too soon to tell right now. At this point I can go anywhere. Our kids are older and for me now I can go wherever I am needed."

In the interim, he wants to see the snow melt and give way to motorcycle season. "I don't have many outside interests. I read a lot, but bikes are my passion," he says. "I can hardly wait for the roads to be clear so I can get out and do something instead of waiting for the snow to melt."

Included in his arsenal of motorcycles is a 1986 Kawasaki Ninja 900 — a bike with many memories which accompanied him through four years in Germany.

While he patiently waits for a relentless winter to cease and roads to be bike-worthy, Ukleja is gearing up for another busy summer with C Coy.

He wants the mini-series to offer insight into what happens within LFWA TC and encourages people to join them, either as augmentees or regular staff.

As for the mini-series, Ukleja says he enjoyed the experience and the final product, which was shown to a select few during an April 18 pre-screening.

"It was entertaining. It also made me aware of my mortality. Thirty-one years is a long time. I thought it was very well done. Kudos to the person who made it."

The first episode of the miniseries, entitled Rebirth, is now available at the LFWA TC Facebook page. Visit www.facebook.com/LFWA.LFWATC





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