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CAF in Latvia. Page 5

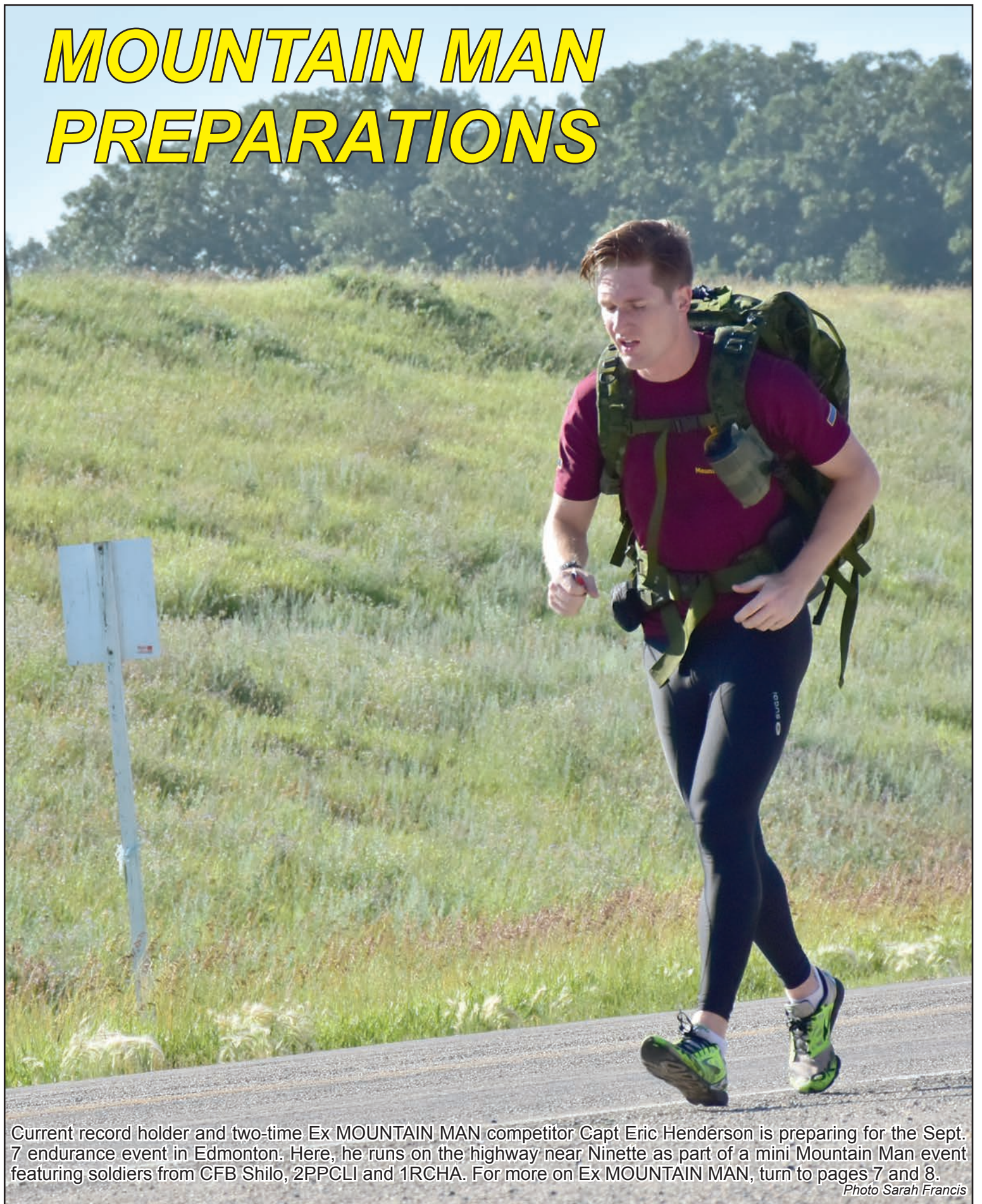


Former 2PPCLI CO reflects
on his command. Page 6



Reserve soldiers graduate
after PLQ course. Page 11

**MOUNTAIN MAN
PREPARATIONS**



Current record holder and two-time Ex MOUNTAIN MAN competitor Capt Eric Henderson is preparing for the Sept. 7 endurance event in Edmonton. Here, he runs the highway near Ninette as part of a mini Mountain Man event featuring soldiers from CFB Shilo, 2PPCLI and 1RCHA. For more on Ex MOUNTAIN MAN, turn to pages 7 and 8.

Photo Sarah Francis



2PPCLI war trophy

Former sheriff Colin Loov of Wetaskiwin, Alberta takes a seat at a new addition to the RCA Museum's gun park, a M-55A triple 20mm anti-aircraft gun. It was first used by soldiers in Yugoslavia in 1955. Then used again on UN Forces from 1991 to 1995, particularly in the area of Sarajevo. This gun was captured by 2PPCLI during the war in Bosnia in 1997. The gun was recently refurbished with a new coat of paint, just as a lot of the outdoor displays. There are a number of war trophies in the museum's collection, collected by the late author Farley Mowet during the Second World War. The RCA Museum is open 10 a.m. to 4 p.m., Monday to Friday. Admission is charged inside, while the gun park is accessible during the day, Monday to Sunday. For more on the museum visit its website www.rcamuseum.com.

Photo Jules Xavier

THERE IS NO SHILO STAG AUG. 24 - WE ARE BACK SEPT. 7

Launching at two test Bases New recruiting program gives women an intimate look at military life

Peter Mallett
Stag Special

A new recruiting program set to launch at two test military bases will give women considering a career in the Canadian Armed Forces (CAF) an intimate look at military life.

The rollout of the Women in Force pilot project involves 120 participants taking part in two 10-day events.

They will be split between CFB Borden's Logistics Training Centre for those speaking English, and for French speaking women at the Leadership Recruit School at Saint-Jean Garrison, Que. from Aug. 14 to 23.

Two shorter three-day weekend sessions will also be offered at the same venues in late October.

The program is in line with the Chief of Defence Staff's commitment to increase the percentage of women in the military to 25.1 per cent by 2026, said LCol Suzanne Raby Deputy Commander, Canadian Forces Recruiting Group Headquarters.

"The whole purpose of Women in Force is to get the information out there and let Canadian women realize there are a multitude of career paths available to them in the armed forces," she said.

LCol Raby, who is 37 years into her CAF career, can speak first-hand about the expanding role of women in Canada's military. She was in the first wave of women to graduate from Kingston's Royal Military College (RMC) in 1984.

"When I joined the military only five per cent of our membership were women, and women were restricted from serving in many of the front line occupations, such as infantry soldier, fighter pilot or submariner, so indeed we [women] have come a long way since I joined," said LCol Raby.

The Women in Force program will emphasize the current career opportunities in all 106 occupations.

Participants will reside on base, eat at the mess and interact with military members. Tours and hands-on exercises, such as the CAF fitness test and firing a weapon, will also broaden their knowledge.

Interest in the Women in Force program has been encouraging, with all 120 spots filled and a waiting list over approximately 40 hopefuls.

The program remains a pilot project. Lessons learned from it will be reviewed, with the intention to apply this concept to recruiting and attraction initiatives in the future.

For more information about the Women in Force program visit www.canada.ca/en/departement-national-defence/campaigns/in-demand-jobs/women-in-force.html

Pet of the Week

SCOUT



Scout is a laid back dachshund, who enjoys watching the world go by when he's not out for a walk or emptying his dog food dish. 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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Water for apartment

With a second apartment currently under construction on Stonehenge Road, work crews first had to lay a line to the future three-storey building to provide water. The road was closed a few days to accommodate this construction.

Photo Jules Xavier

Garrison Grill staff mourn the loss of a colleague

Shilo Stag

She was a familiar face around Garrison Grill and CANEX for nearly three decades.

Delores Kathleen Olfason-Magee (nee Francis) died suddenly last month while in hospital in Winnipeg after a brief illness. She was 58.

Born in Digby, Nova Scotia, Delores was one of five children.

She initially worked in the CANEX coffee shop and Pizza Hut (where the Stag office is currently located) when she first arrived on the Base looking for a job. When Garrison Grill opened, she could be found at the cash register greeting customers or washing down the tables after a busy lunch crowd had departed.

And the ever present smile, and greetings for anyone who stopped to talk.

After lunch, you'd see her pulling the wagon filled with recycle items from Garrison Grill across the CANEX parking lot en route to the giant blue recycling container.

You need only visit her Facebook page to know she was loved and respected among her family, peers and work colleagues.

These comments include "great lady, genuine, honest, unique, sweet, one of a kind, always a hoot, sense of humour," but most of all "a great friend."

Garrison Grill closed after lunch on the day of her funeral, with staff and others on the Base who knew her from 30 years of serving people in the CANEX Mall, in attendance.

On the back of her obituary card this was written for Delores: "It's hard to forget someone who gave us so much to remember. A beautiful soul is never forgotten."

She is survived by soulmate Dale Magee, father Weldon, brothers Alan and Neil, and sisters Edith and Lynn, and one niece Delores.



DELORES OLFASON-MAGEE

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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>

PSP – Canadian Tire Jumpstart

Natural partnership helps military families

Stag Special

Call it a natural partnership between PSP and Canadian Tire Jumpstart.

For one military family, the unique challenges of life in the Canadian Armed Forces (CAF) resulted in financial hardship. With a change in trade, three moves, an unnamed corporal in the CAF was worried about not being able to afford sports for their children.

"Sports are very important to our family, that is how we make most of our friends. It would have broken my heart if they had not played this year," said the corporal.

The corporal's family has an important history with being involved in sports and recreation, regardless of where they are posted.

"The only thing constant was sports. These sports are extremely important. They have made friends through sports even before going to school, so when they start school they have friends there. We have made so many family friends because of sports. I have always thought that playing sports is the best thing to ever happen to me and my children, with every move this is the foundation for making friends."

Thankfully, the corporal saw a poster at the gym advertising PSP's partnership with Canadian Tire Jumpstart.

PSP has partnered with Jumpstart to bring financial assistance to CAF members and their families, in accessing recreation programs, equipment and transportation for children.

From there he went to the website to find out more about the application. There were a couple of extra steps because of being in the military, but overall it was fairly easy, the corporal explained.

The Jumpstart program began in 2005 as a regis-

tered charity with the goal of removing financial barriers so every Canadian child aged four to 18 can have the opportunity to participate in sport and recreation activities.

Jumpstart supports more than 70 different activities, from more mainstream sports like hockey, soccer and basketball, to other active pursuits such as dance and martial arts classes.

With PSP's focus on health through an active lifestyle for CAF members and their families, this partnership was a natural fit.

PSP and Jumpstart both believe that no child should miss out on healthy, life-enriching activities like sports and recreation programs due to financial considerations.

Through consultations with PSP, a unique Jumpstart application and set of funding criteria for the program are specifically designed to meet the needs of the CAF community.

As one CAF member responded when asked what the Jumpstart program has meant to him and his family, "It was important to me because I needed financial assistance at the time. Sports are very important to our family, because that is how we make most of our friends. Sports also gives our children the chance to learn important things like teamwork, respect, and what you can achieve with hard work."

Another CAF member explained the funding was important to her because "being a single mother of two very active children as well as myself trying to stay active and healthy I find it hard to keep up with the constant money needed for sports throughout the year."

For more information about the Jumpstart program, and to complete an application, visit www.cafconnection.ca/National/Jumpstart

Focus on positives while enjoying life

Capt Troy Dennis
Stag Special

As I left the house one morning not long ago I looked up and noticed a particularly clear sky. I turned slowly to take in the beauty of all the blue surrounding me. It was going to be a good day!

I couldn't remember the last time I had seen a completely blue sky. "Surely there must be a cloud somewhere," I thought as I scanned the sky again. To the south there was a bank of clouds, hardly noticeable because they were low on the horizon.

Immediately I was disappointed because that little bit of grey seemed to take away from the grandness of the big blue sky.

Nothing had changed except my mood. The sky was still beautiful, but now I focused on the cloud. I shouldn't have looked so hard.

It made me think of how we tend to focus on the negative so much more easily than the positive. A 100

things go right, but one goes wrong and that's where our thoughts settle.

We tend not to ponder the greatness of the good things in our lives, even when they are many. Rather, our thoughts creep toward the crappiness of the few, little things.

"I shouldn't have looked so hard," seems to fit here.

Amazingly, I can think of so many people I have known over the years who were content and happy despite the problems they faced in life.

We might judge their circumstances to be pretty miserable because of hardship or health, but they choose not to see it that way. A little bit of blue sky is enough for them.

It reminds me that life does not have to be perfect to be good. We do not need to look so hard to find the dark side of things.

The clouds will find us sure enough. Rather, there is still joy and contentment to be found without perfection.

Capt Troy Dennis is a CFB Shilo padre

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The Canadian Armed Forces (CAF) are on the ground with boots and equipment in Latvia as part of Op REASSURANCE.

Photos DND

Canadian military equipment arrives in Latvia

Stag Special

Canadian military equipment in support of Op REASSURANCE arrived in the Port of Riga, Latvia, earlier this summer as preparations continue for the deployment of a multinational battle group as part of NATO's enhanced Forward Presence in Latvia.

The arrival of equipment demonstrates that Canada is on time and on track to fulfill its commitment to NATO. Some of the military kit will be used during the construction of facilities such as accommodation and vehicle maintenance bays at Camp Adazi, where the multinational battle group will be based.

Other gear such as logistics and communications equipment, combat service support vehicles, and Light Armoured Vehicles (LAV) will be used by Canadian soldiers during the deployment, which features soldiers from 1RCHA.

Canada is leading the establishment of a multinational NATO battle group in Latvia — one of four such battle groups deployed in the Baltic States and Poland — in support of NATO's strengthened deterrence and defence posture.

The battle group will be comprised of military personnel from Albania, Canada, Italy, Poland, Slovenia, and Spain. The battle group aims to preserve stability and prevent conflict, while sending an unmistakable message: NATO stands as one.

"Putting all this together in a very short timeframe is an impressive task. Latvian and Canadian militaries will be working closely together to ensure that Camp Adazi will be ready to receive the 1,200 Alliance troops that make up the Canadian-led battle group," noted Col Josh Major, Commander Joint Task Force - Europe.

Added Col Ilmārs A Lejiņš, Commander Latvian Land Forces Infantry Brigade, "Camp Adazi stands ready to receive the start of the actual deployment of the NATO enhanced Forward Presence battle group in Latvia.

"It is the beginning of the final phase — a very interesting and challenging one. With everyone working as one — as our brigade motto is 'Strength in Unity' — we will be successful in receiving the NATO battle group."

Quick Facts

As part of NATO's enhanced Forward Presence, Canada will contribute a Land Task Force of up to 455 personnel, including a battle group headquarters element, a mechanized infantry company, combat service support, vehicles, and equipment based at Camp Adazi in Latvia.

The multinational battle group will train as an integrated part of the Latvian Land Forces Infantry Brigade to refine its operations as part of a defensive and proportionate response to the evolving security environment in the region.

Op REASSURANCE is the broad heading of military activities undertaken by the Canadian Armed Forces (CAF) in support of NATO's assurance and deterrence measures to promote security and stability in Central and Eastern Europe.

During Op REASSURANCE, Canada will continue to participate in joint, multi-national training exercises which provide important opportunities to strengthen military-to-military and diplomatic relationships, as well as to promote shared security principles, defence professionalization, and capacity building among the participating nations.

CFB Shilo's Military Family Resource Centre Seeks Board Members

CFB Shilo's MFRC board of directors meet monthly to discuss/develop policies which will assist the centre in fulfilling its mission now, and in the future. We are looking for military spouses, community members and/or Shilo MFRC daycare parents, but others may apply as well.

Specific activities and details of director duties are outlined in the Shilo MFRC bylaws available on our website: www.cafconnection.ca

Stop in at the reception desk for an application form. Drop your application, complete with resume, at the Shilo MFRC reception to the attention of Wendy Knee or e-mail your application to boardchair@shilomfrc.ca

Questions regarding the board of directors, should be sent to boardchair@shilomfrc.ca

Applications due by Aug. 31





Former 2PPCLI CO LCol Wayne Niven acknowledges highlights from his two-year stay at CFB Shilo included being part of Op REASSURANCE in the Ukraine (middle) and being part of the consecration of the new Queen's Colour (right).

Photos Jules Xavier

Former 2PPCLI CO reflects on his time at CFB Shilo

LCol Wayne Niven Stag Special

Since completing the 2PPCLI Change of Command (CoC) parade with LCol Jay MacKeen June 22, and since re-joining my family here in Ottawa, I have had an opportunity to reflect on my two years of command.

First and foremost, I am exceptionally grateful and fortunate to have had the privilege to serve alongside some of Canada's best men and women, within not only 2PPCLI, but the wider CFB Shilo community, both in and out of uniform.

CFB Shilo, while a small military community, truly does look after its own, and the feeling of family within the garrison and the surrounding communities within which we live, was particularly evident throughout our tenure.

On behalf of myself and my battle buddy, CWO Jim Smith, a special thanks to the Base Command Team during our stay, LCol John Cochrane and CWO Don Askeland, as well as our fire team partners in 1RCHA, LCol Stu Taylor and Steve Haire, supported by CWOs Rice and Campbell, for making us feel like part of the family.

The soldiers of the Second Battalion never failed to make us proud and impress us with their commitment to their fellow Canadians.

This was evident shortly after I took command, when Second Battalion soldiers were deployed to Northern Saskatchewan as part of the Canadian Armed Forces (CAF) response to assist local and provincial authorities battle the wildfires in the summer of 2015.

This deployment was a harbinger of operational demands that would characterize much of my time in command, as the unit continuously had both individuals and large groups deployed on international

operations.

In anticipation of these tasks, from September 2015 through to June 2016, the Second Battalion, as part of 1 Canadian Mechanized Brigade Group (1CMBG), honed its individual and collective combined arms warfighting skills at both CFBs Shilo and Wainwright.

As part of this training, we had the rare opportunity to conduct a reciprocal exchange with soldiers of 3rd Battalion, The Royal Australian Regiment, reinvigorating our connections which date back to the Battle of Kapyong.

August 2016 saw more than 100 Shilo-based soldiers deploy to Ukraine on Operation UNIFIER, the CAF capacity building mission with the Ukrainian Armed Forces.

Privileged to be named as the command team of Joint Task Force – Ukraine, RSM CWO Smith and I had the opportunity to work with more than 200 soldiers, sailors, airmen and women from across the CAF as well as with our allies and partners from the United States, United Kingdom, Lithuania, Poland and Denmark.

Our CAF personnel demonstrated quiet and humble professionalism alongside our allies and partners, significantly enhancing the capabilities of our Ukrainian hosts, all the while living up to our well-earned reputation as great Canadian ambassadors given our hard work, dedication and consensus building abilities.

I am exceptionally proud of what our rotation achieved and I know that that terrific work continues with our successors.

While we were away, 2PPCLI was expertly led by Maj Troy Leifso and then MWO Shane Pollock.

Under their leadership and guidance, the unit looked after our families, deployed additional personnel to ours and other CAF international missions, as well as continued to keep our axe sharp by training

those soldiers remaining in Shilo.

This training aspect was especially evident when B Coy deployed to CFB Suffield to join a UK Battle Group from the Royal Dragoon Guards, assisting our allies to develop future Battle Group employment concepts.

Those of us in Ukraine returned home in March of this year, and immediately upon our return from some well-deserved leave with our loved ones, we were honoured to have the opportunity to consecrate our new Queen's Colour, officiated by our Colonel-in-Chief, the Rt. Hon. Adrienne Clarkson.

We were also very pleased to have the CAF Chaplain-General, BGen Guy Chapdelaine in attendance to conduct the consecration ceremony. This ceremony helped to set the conditions for A Coy to deploy alongside the RCA Band, as the CAF contingent mounting the Queen's Guard in London, in late June – early July.

As I occupy my new cubicle back here in Ottawa, I will truly miss soldiering in the field and overseas with the unit, RSM CWO Smith and, in particular, our crew in 9TAC.

However, some of my most cherished memories are of having the opportunity to have breakfast with our Kapyong veterans, who continually remind us of where we come from and pass the baton to our young Patricias such that we never forget the sacrifices that have forged our regiment in the crucible of combat.

I would be remiss if I did not thank both Joyce Smid and Karen Olmstead for their unending support and dedication to the unit and our veterans.

All this being said, RSM CWO Smith and I are indebted to the soldiers of 2PPCLI for their continued dedication and personal sacrifice on behalf of themselves and their families.

Their efforts continue to demonstrate the best of what Canada has to offer and reinforce that our men and women are "Second to None."

Jules Xavier Shilo Stag

Turning 50 this January, Capt Troy Dennis acts like a kid among his peers on the Base's Ex MOUNTAIN MAN team when it comes to effort and pushing the body to its limits.

But age is just a number, and for the military padre, being part of this annual competition hosted by Garrison Edmonton is something that piqued his interest when he first heard about it. In fact, he welcomes the challenges ahead, especially during the arduous training required to be ready for Sept. 7, alongside his Base teammates: MWO Patrick Suprenant (age 44), Sgt Wilfred Casey (team 2I/C age 40), Cpl Rueben Doerksen (team captain age 30), Cpl Danny Dowdall (age 24), Cpl Mackenzie Chomawka (age 32), Cpl Chris Niedbalka (age 36) and Cpl Bradley Birrell (age 27).

"I was really interested in the personal challenge and wanted to see if I could expand my fitness to do it," he told the Shilo Stag. "I heard about [Mountain Man] when I first arrived in Shilo and thought it sounded pretty tough. I secretly wondered if I was up to it. People were encouraging. Last year, I did a full marathon and set my sights on Mountain Man."

He had an opportunity to test his mettle last month in Ninette as part of a mini Mountain Man, where he paddled on Pelican Lake following runs and canoe portaging. Of the 15 who competed from the Base, 2PPCLI and 1RCHA, Capt Dennis finished 14th after covering more than 24 kilometres in three hours, 15 minutes (3:15.00). Winner Capt Eric Henderson of 2PPCLI covered the same distance in 2:25.20. He's also won the past two Ex MOUNTAIN MAN challenges in record-setting times, including eclipsing the record initially set by former 2PPCLI medic Sgt Brian Weigelt, who won it in 2014. Edmonton's course covers a 50-kilometre distance, with the opening run starting in dawn darkness.

How has Capt Dennis found the training regime?

"The training regime is pretty challenging. We've done a lot of running, with some weeks over 60 kilometres, and some individual runs well over 30 kilometres," he explained. "We've done hill training in Brandon, sprint training, portaging, a mini-Mountain Man in Ninette. It is all challenging, partly because we push each other to be faster and stronger."

What's been the toughest on Capt Dennis' body, and mind, with long runs with a ruck sack, paddling a canoe, and the portaging of your water ride?

"Avoiding injuries are the hardest parts on the body,"



Padre Dennis preparing for Ex MOUNTAIN MAN challenge

he offered. "We are intentionally pushing our bodies, and sometimes they push back. I've dealt with a few issues in my knees and feet, but I've come back after pulling back on the training along with stretching and rolling.

He added, "The long runs and ruck runs are harder on the mind. I know it is going to be a long time on my feet, and it will be difficult, but I have to settle into that. When the legs feel heavy, and I'm tired and feel the pangs of cramping muscles, it is hard to keep going. That is a real battle."

While he has a marathon run to his credit, Ex MOUNTAIN MAN is a whole new beast because you are portaging a canoe after the initial run. Then after paddling and being on your knees in the canoe, you hit land and run again, the whole time with your rucksack on your back.

Because Capt Dennis has paddling experience, he said one of the more relaxing parts of his training is being out in the canoe. It's an enjoyable part of his rigorous training regimen. He's looking to use his paddling skills to catch some of his competitors in the water, pass them, then run to the finish line. If there is a weakness to his Ex MOUNTAIN MAN skills, he admitted it was his running speed.

"I've made some good improvements, but I'm still not a fast runner. Our training plan includes sprinting and short fast runs — this has helped but I keep hitting a barrier. Part of my personal plan is to be four or five kilograms lighter by race day."

With so much preparation time going into training for Ex MOUNTAIN MAN, Capt Dennis has time to think about many things while

running, paddling and carrying the aluminum canoe on his shoulders.

"During these long sessions, I think about three main things. I monitor my distance and speed with a running app, and I try to improve my speed," he said. "I think about things I see along the route. For instance, I found a crushed and battered CP Rail spoon one day on the side of the road. How did it get there? Or what about the spray planes overhead? How do the farm irrigators move? These are great distractions."

He added, "And then, finally, I motivate myself. I break up the distance in my mind and work on getting to the end of each section. I remind myself about things like, 'Only one kilometre to finish this, and then I'll be half-done.' Or two-thirds, or whatever is left, but in fractions instead of distance. Half-done on a 30-kilometre run sounds so much better than 15 kilometres more to go!"

Is there a secret to portaging a canoe over a long distance, then getting in and paddling, before disembarking and running again? "I haven't done the full race yet, but the mini Mountain Man helped me understand it a little, and I've been listening to the advice of others who have been there," he said. "They all say it is just going to be tough, that there is no way to make it easy. So in that way, there is no 'secret' per se. But there are factors to plan for — hydration and fueling are huge, especially earlier in the race."

While a competitor like Capt Henderson blazes the trail en route to victory, crossing the finish line in 4:54.35 last fall, but well off his Personal Best (PB) set in 2015 of 4:35.40 (he shaved three minutes off the 2014 record), Capt Dennis has set a goal for himself.

"I aim to finish in 7:15.00," he said. "It will be tough challenge."

While he's not yet competed in the endurance race that features a 32-km run, 3.2-km canoe portage, 10-km paddle and another 5.6-km run, Capt Dennis does have some advice for others who might want to take part in future Ex MOUNTAIN MAN based on his own training experiences.

"I would have two pieces of advice," he offered. "Set a strong personal goal, more than just finishing. Sure, Ex MOUNTAIN MAN is tough, and just finishing is a milestone. But it will mean so much more to engage it and work for more. And do the training. It is not the kind of race to just jump on the training at the end because there is so much more chance of injury."

Diet and hydration are key for a competitor on race day. Capt Dennis will draw on his marathon experience when it comes to nourishment and liquids while on the course.

"I plan to use running gels and chews since I've had good success with these on long runs and a marathon," he explained. "The race provides water and drink, and a banana at the canoe transition."

With the endurance race a month away, how does Capt Dennis motivate himself to get out there and train, including trips to Ninette for the practice runs on a smaller scale?

"Being on a team makes it a lot easier to motivate myself for the training," he said. "We laugh, joke, poke fun, push each other, give each other tips. We are all at very different competitive levels, but the team aspect is a lot of fun. Plus, I know that this is all necessary if I want to do Ex MOUNTAIN MAN and do more than just finish."



Capt Troy Dennis, a Base padre, finished 14th during a mini Mountain Man held in Ninette, including paddling on Pelican Lake.

Photos Sarah Francis

2PPCLI's Ex MOUNTAIN MAN competitors have used practice sessions at Pelican Lake and trips to Ninette to prepare themselves for the Sept. 7 being hosted by Garrison Edmonton.

Photos Sarah Francis



Paddling practice helps 2PPCLI prepare

MCpl Kyle Roux
Stag Special

Each spring/summer approximately 30 to 40 soldiers from 2PPCLI begin training for 1CMBG's annual Ex MOUNTAIN MAN competition held in Edmonton.

These soldiers at the Battalion commit their physical training (PT) time towards improving their performance in the hopes to finish strong and continue the legacy of success that their unit is known for.

This year's efforts are led/organized by two-time defending champion Capt Eric Henderson and this writer. We both have competed in this event several times and are working to pass on this experience to train the team which could provide 2PPCLI's fourth consecutive major unit victory.

Ex MOUNTAIN MAN is known to be an excellent gut check for all who take part. For many who step up and finish this race it is seen as an accomplishment to both their physical standing and their mental tough-

ness, as a portion of the route is travelled in near darkness and high temperatures as the race starts early in the morning and continues well into the afternoon.

Most competitor's experience their "running wall," which is when your mind and body start telling you to slow down and you begin asking yourself "why am I doing this?"

A successful completion of Ex MOUNTAIN MAN is a feather in any soldier's hat and with that a demonstration of a person's drive for success.

Last month, soldiers from CFB Shilo twice competed in the annual mini Mountain Man challenge dubbed Ex NINETTE VOYAGER held in Ninette.

The weather was favourable and performance results were promising. Between leave and tasking, several soldiers missed out on this year's events.

For those who were able to compete, all competitors on both days finished the races this year and, thanks to the mini Mountain Man, have a better idea what is ahead of them Sept. 7 in Alberta and how to better train for it.

After the first event, Capt Henderson finished first overall with a clocking of two hours, 25 minutes, 20 seconds (2:25.20).

This writer finished first in the second event with a 2:25.59 clocking.

The event was broken down into four legs, which included running, portaging the canoe, paddling the canoe in Pelican Lake, followed by another short run — covering more than 24 kilometres in distance.

Top competitor for the Base team was Cpl Reuben Doerksen, who competed in the first event, covering the course in 2:41.00 to finish third behind Capt Henderson.

This writer will be tackling his fifth Ex MOUNTAIN MAN, having finished third overall in 2016 out of a field of 290 competitors.

He told *Brandon Sun* reporter Ian Froese following the first mini Mountain Man in Ninette, "I like to tell new people: Try [Ex] MOUNTAIN MAN once. If you like it, you'll probably become addicted to it. If you don't like it, you've at least done it once."



CANEX ANNOUNCEMENT

The enclosed Computer Sale flyer in this edition of your Shilo Stag states the sale runs July 16 - 27. In fact, the correct dates for the Computer Sale are Aug. 10 - 31



Gardening mistakes mean triple the planters

Sarah Francis
Shilo Stag

Yup, I did it wrong.

I spent an entire morning replanting all my peppers and strawberries. My mistakes stood out to the sales associate at The Green Spot in Brandon.

I went in looking to find out what was munching' on my peppers and pick out some flowers.

They were way too close together, along with all my strawberries.

In hindsight, yes, I was a wee bit overzealous with my plant choices.

I went off some info I got last year. Which was, take the jalapeno plants from the container and plunk 'em in the ground. No need to break them apart.

This, apparently is not the case.

Therefore I now have 16 bins in front of my house with edible plants in them and three with flowers.

I ended up giving away some of the leftover onions and peppers I had.

After re-planting them, there was no way they would all fit.

Guess how many of those bins have peppers.

Nine.

Granted I went with smaller bins this time, but I'm fairly certain I could still be told they're too close.

Even going so far as to sacrifice three of my strawberries, which weren't doing



to well anyway.

However the rest are doing quite marvelously so far.

The strawberries weren't going to make it and other than the big chomp marks on the leaves, the peppers were much more likely to survive.

I suppose a gal doesn't need eight strawberry plants.

That's a bold-faced lie.

The woman from The Green Spot, also known as Tomato Judy, helped me out a great deal.

She directed me to a pesticide that will help keep the pepper bandits at bay and explained a few better ways to help my plants grow to their full potential.

The bandits in question, possibly slugs.

To find the little devils, I'll have to get up early and

poke around in the plants to find them.

I showed her a photo of the leaves, and that was when she noted how close together they were.

Tomato Judy showed me a few of the pepper plants at the shop.

Yep, mine were way too close.

Based on the timing of their last transplant moving them again so soon shouldn't be a problem according to Judy.

Pulling them back up was fairly easy as the roots hadn't spread into the new soil too much.

However pulling the pepper plants apart from each other was another story.

If any of them don't make it, I won't be surprised.

The amount of force it took to spread them apart was a bit alarming and I may have butchered them.

Poor pepper plants.

I'm trying a few options.

Some are in their own pots, a few have been put in groups of three in smaller containers, with the smaller varieties, there are four to six together.

I also received advice on my onions, which were starting to brown a bit on top.

Human error; I was watering too much.

Also, my mess of carrot and lettuce seeds should be fine as long as I make sure to thin them out when they start coming in.

As for the flowers I planted, if they don't make it it's 100 per cent human error.

Accidentally making the soil too wet may have resulted in them drowning a bit — we'll see how that goes.

Not that you'll notice them surrounded by my field of pepper plants. Have any good pepper recipes? I'm going to need them.



Swiss cheese like holes (top) appear on pepper leaves in my garden. Possible suspect are slugs. Now totaling 16, (above) smaller blue bins and small black pails are being used to plant remaining peppers and strawberries. A butterfly (below) perches on a freshly planted flower.

Photos Sarah Francis

Gardening woes continue thanks to extreme dry prairie weather followed by heavy rains

"It just so happens that your friend here is only mostly dead. There's a big difference between mostly dead and all dead. Mostly dead is slightly alive. With all dead, well, with all dead there's usually only one thing you can do.... Go through his clothes and look for loose change."

— *Miracle Max explains in The Princess Bride.*

Sarah Francis
Shilo Stag

A few weeks ago, after transplanting my pepper plants and strawberries, everything started to die.

Leaves were shrivelled and crispy, while stalks were floppy and brown. I was told not to over water them, so the roots would establish themselves and grow down.

However, the soil was dry, so I watered them and there was zero change. Watered again later that day. No change. Dry soil.

Tomatoes and onions seemed to be the only plants doing well, plus a teeny tiny beet leaf starting to pop out. Even the flowers I planted were limp and sad looking.

Next day, still pretty darn sad. At this point I was coming to terms with the slow death because of transplanting and the heat during the last week. At least I'd have some tomatoes to look forward to harvesting.

According to my boyfriend and his mother, whom he called to ask, it's not much of a surprise. Apparently our sunny front yard gets too darn hot. He told me I should move them to the backyard.

I was told, the more sun the better. So in the front they stay. Apparently the sweltering Manitoba sun is just too much for my poor plants to handle.

When I returned home, all of the plants, save a few, had been moved to the back. The shrivelled plant life now sitting in partial shade.

All of the plants I chose said full sun on the tag. Which is another reason I chose them. The plan was to keep them in the front yard, which is bigger.

A day later I came home to find them renewed and standing tall.

Now my tomato plants are starting to get quite large, and I'm thinking I may need to separate them, too.

The life had been brought back to them from a bit of increased shade. Thankfully so, because that would have been a waste of more than \$70 in plants.

Some of the strawberries and a few peppers still look as though they may not make it.

Eventually everything was moved to the back.

The plants also suffered a week of rain pounding them and turning their soil to soup. Some with more than an inch of water resting on top. I realized after



transplanting them I hadn't made holes in the bottoms of some of the newer containers.

A blatantly evident mistake during the week of rain. I went out and stabbed some holes in the containers. Even pouring a bit of water from the tops.

It worked for a few. I went to pour out some water from one and it was reminiscent of a mini mudslide, and the pepper plants were the trees.

They sort of started to just slide around and fall. I did what I could to stand them upright and remove as much water as I could, but it was complete liquid.

Immediately after, more rain came pouring down. More soup and mud everywhere.

At the end of trying to keep them from drowning, I looked like the chocolate-covered miracle pill Miracle Max used to revive Westley. So hopefully this worked on my home portable garden.

The peppers are the worst off again, with a few stems refusing to stay upright, with bends in them.

However, the plants are back from being mostly dead, and hopefully I can keep them that way.

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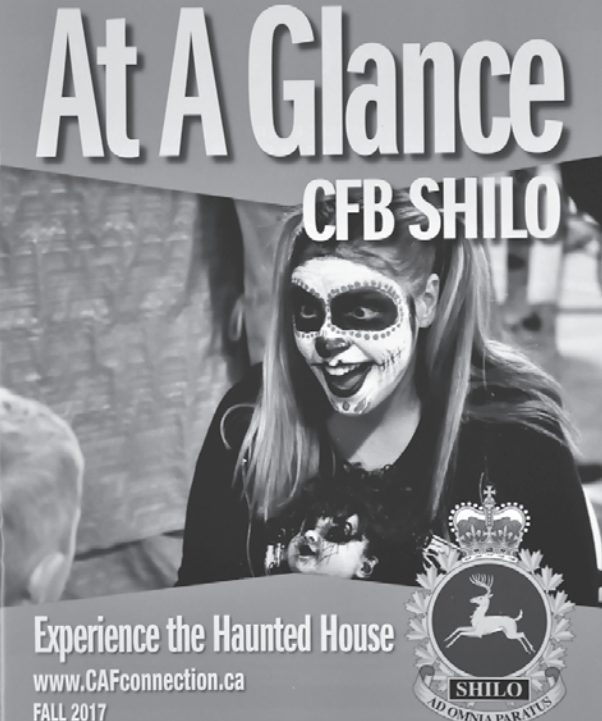
Shilo Theatre
(Located in the General Strange Hall)

Aug. 11 *Diary of a Wimpy Kid: The Long Haul* Rated PG
Aug. 18 *Guardians of the Galaxy: Vol. 2* Rated PG
Aug. 25 *Pirates of the Caribbean: Dead Men Tell No Tales* 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.
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FALL 2017



Dr. Denise Preston Stag Special

As the executive director of the Sexual Misconduct Response Centre (SMRC), I want Canadian Armed Forces (CAF) members who have experienced or been affected by harmful and inappropriate sexual behaviour, to know they now have access to services 24 hours a day, seven days a week, 365 days a year.

Military members, in Canada or abroad, can contact counsellors by phone or e-mail, to access confidential, supportive counselling at any time of the day or night.

What are we offering?

Originally established in September 2015 as an organization independent from the chain of command, the SMRC was specifically designed to support CAF members who have been affected by harmful and inappropriate sexual behaviour. As a team dedicated to supporting the needs of CAF members in this area, we provide:

- Direct access to a team of counsellors with university degrees and a wealth of experience in counselling, social work and psychology as well as experience in a military context.
- Confidential supportive counselling available 24/7/365 with no triage and no duty to report.

- Bilingual support services (French and English).
- Planning assistance for members' immediate safety if required.
- Facilitated access to a Military Liaison Team, including a member of the Military Police, to provide information and support them in making informed choices on how they wish to proceed. Specifically, information on what to expect of the investigative processes, of the military and civilian justice systems, and of other investigative or complaint mechanisms.

If you are a member of the CAF and you need information and/or support regarding harmful and inappropriate sexual behaviour, contact us to have a confidential conversation with one of the SMRC's counsellors:

- Call 1-844-750-1648
- E-mail DND.SMRC-CIIS.MDN@forces.gc.ca

Civilian employees of the Department of National Defence (DND) have access to the employee assistance program, a service that is also available 24/7.

Adopting a 24/7 delivery model has been a priority for the SMRC. More information will be made available as we continue to evolve in the area of victim support.

We are completely committed to the CAF's mission to eliminate harmful and inappropriate sexual behaviour for all members.

Asphalt removal

First Kingston Avenue (below) saw its old asphalt removed in preparation for new pavement this summer. A few days later leading into the August long weekend, it was Royal Avenue receiving the same treatment (right). Motorists are reminded to drive with caution coming off artery roads onto these two avenues because there's a six-inch dropoff.

Photos Jules Xavier



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MFRC seeks new board members


MFRC Special

The board of directors for Shilo's Military Family Resource Centre (MFRC) would like to invite you to the annual general meeting (AGM).

The AGM is being held in the community lounge at the MFRC's venue Sept. 11 starting at 5:30 p.m. A light meal will be provided.

For parents wanting to attend, childcare will be available in OCC at regular rates. Limited space available.

Call OCC during regular business hours to book your child(ren) by noon Sept. 6 at 204-765-3000 ext 3341.



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Graduation parade

Bdr Molinari (above) was named top candidate during the Army Junior Leadership Course (AJLC) run this summer by 3 Cdn Div TC C Coy Shilo. Bdr Molinari enrolled in the Canadian Armed Forces in 2014 and currently serves with 5 Field Artillery Regiment RCA out of Victoria, BC. C Coy OC Maj Lindsay Jackson took part in her first inspection (left) with reviewing officer Col Awalt, the CO of 39 CBG headquarters. In his civilian job, Col Awalt works for the Department of National Defence (DND) at CFB Esquimalt.

Photos Jules Xavier

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**\$10 for first 20 words,
 10¢ for each additional word
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*Free ads (non-profit only)
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Services



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 Sunday school & nursery
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 Padre Lee - ext 3090
 Padre Neil - ext 6836
 Padre Shanahan - ext 3698
**Our Lady of Shilo
 Roman Catholic Chapel**
 Sunday at 10:30 a.m.
 Faith Studies Tuesday 18:30
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 Padre Ihuoma - ext 3089

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