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Memorial baton rolls through Shilo



The PPCLI Memorial Baton is carried down Royal Avenue the morning of August 24. The baton travelled down Shilo's scenic main route to its final destination, the MPTF, on Patricia Road.

Photo by Jillian Driessen

Jillian Driessen
Shilo Stag

Marking the centennial of PPCLI, the names of more than 1800 soldiers who lost their lives in service to the regiment were placed inside the memorial baton, which is travelling in the hands of PPCLI soldiers from Edmonton to Ottawa.

Stopping in Shilo August 24, the baton made its way down Royal Ave through light mist escorted by three PPCLI soldiers and the military police. The baton was placed on display at the MPTF where static displays, historical artifacts, and storyboards marked the rich history of the regiment.

"With Shilo being our home base, being able to stop here and show our friends and families the centennial display and have

them participate in some of the PPCLI centennial activities is a real honour," said Maj Bob Barker, who is the OC for A company.

Despite the unusually crisp August day, the event brought many soldiers and their families to the Base for the Sunday festivities.

After a stop in Brandon, the MBR will continue on toward its final stop. The PPCLI centennial exhibit along with the memorial baton will be on display in Ottawa September 18 - 21.

For more images from the festivities, see page 7.

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Communities in Bloom judges impressed by passion and knowledge

CFB Shilo looks for fifth bloom in 2014 campaign.

Jillian Driessen
Shilo Stag

With the conclusion of its third campaign, CFB Shilo can hang its hat with pride following the Communities in Bloom judge's visit.

Shilo's score won't be available until October, however, the feedback available thus far is positive.

Judges Dave Hilton and Bruce Hay judged CFB Shilo July 31 as the last stop on their Canadian Forces Sustainable Communities judging tour, which included Cold Lake and Petawawa – both former first-place bases with an impressive campaign history.

Judge Dave Hilton, who had judged Shilo's inaugural campaign in 2012, was impressed by changes on Base and improvements with the campaign. Most impressive to Hilton were drastic and effective changes to the management and maintenance of the Shilo dump.

Two years ago, when Hilton judged Shilo alongside Frank Merran, the Base scored 762.5 points and garnered a four bloom finish.

The 2013 campaign featured a more than 50 point improvement – an unprecedented jump for any campaign.

With a score well into the 800 point range, Shilo again garnered an impressive four-bloom finish and took first place among competitive bases in the category.

Falling only a handful of points shy of a five-bloom finish, Shilo's committee made an effort to vamp up the tour for 2014 in search of the elusive fifth bloom in Shilo's first non-competitive year.

With high hopes, the committee embarked on an eventful and well-orchestrated tour which resulted in immediate positive feedback from the judges.

In a letter to the executive committee, Hilton and



CE's Max Bratzke discusses changes made to the CFB Shilo dump with judges Dave Hilton and Bruce Hay during the July 31 tour of the Base.

Photos by Jillian Driessen

Hay described the tour as "complete and interesting".

They offered praise for presenter's passion and knowledge regarding the program as well as the Base's support of the program.

As committee chair, Sgt Bill Webb was actively involved with hosting Hilton and Hay through their stay. Having been involved with the Shilo Community Council for several years as well as the planning for this year's campaign, Webb has seen the positive influence of the program.

"Participation in the Communities in Bloom, Canadian Forces Sustainable Communities program, has provided our community with a much broader awareness of what makes a community beautiful. This is our third year participating and even though we are not in a competitive year because we were the national Winners last year, the community came together in a huge way," Said Webb.

"Through this program the residents and lodger units were involved and engaged in a number of initiatives largely dedicated to providing education on the history of the area including the tour of Camp Hughes and our connection with the Province and

other community stake holders, with our ongoing environmental action, urban forestry and the continued success of the Community Gardens and all the other community and family day events."

With high hopes, CFB Shilo awaits the announcement of their scores from the September 17 - 20 awards symposium in Charlottetown, PEI. In recent years, many changes to Shilo have come as a result of participation in the Communities in Bloom program.

Form large initiatives like the community garden to the increased pride in the community's presentation, Communities in Bloom is in part responsible.

"The pride in our community continues to grow which is an amazing accomplishment," said Webb.

"CFB Shilo is unique to other bases in that our community is localized here, the Communities in Bloom Committee are proud to be associated with the Communities in Bloom program."

The Stag is actively tracking the Communities in Bloom program and will report scores when they are available this fall.



Now retired museum director, Marc George, offers the judges an in-depth tour at the RCA Museum. Year after year, the RCA Museum has been praised by judges for contributions to historical conservation in Shilo.

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OP LENTUS: rapid and rewarding call to action says IRU commander

Major M.J. Draho
Stag Special

In 2011 Southern Manitoba experienced what experts said were 'once in 300 year flood water levels'. Fast forward to 2014 and it seemed that Manitoba and indeed 1 RCHA, the Immediate Response Unit – or IRU – for the Prairies had escaped the spring flood season without incident or call out. By late June, however, just about the time forest and wildfires become the primary concern, that all changed. After nearly a week of non-stop torrential rains across most of the Prairies, it was projected that the Assiniboine River would crest much later in the season than usual, and would exceed 2011 levels due to that heavy rainfall rather than the more traditional spring runoff.

So, following a week of rumour and speculation within the unit about the activation of the IRU, the leadership of 1 RCHA assembled for a 10 a.m. meeting July 4. Its original intent had been to quell those rumours and speculation ahead of what was expected to be a normal, uneventful weekend; indications to that point being that the IRU would not be required despite the high water levels. But a single, lone e-mail, arriving less than five minutes ahead of that 10 a.m. meeting changed everything – the activation of the IRU was inevitable, but the timeframe could not

quarters, messing, maintenance facilities, parking, access to water and fuel. Southport Airport and Canada Wings were extremely gracious in this regard, accommodating every one of our requests.

By 10:30 a.m. July 5, troops began to arrive, and within less than 90 minutes of their arrival were either working or en route to work sites deeper into the area of operations, which extended from the RM of Portage la Prairie, through that of Cartier to St Francis Xavier on the Western edge of Winnipeg.

A very hectic 24 hours to say the least, and we had not even begun any of the work for which we had been activated. But rest assured there would be ample opportunity for that in the coming days.

By mid-day July 5 the first day of operations, the IRU comprised approximately 350 military personnel. 24 hours later, that number swelled and plateaued to approximately 500 regular and reserve army, navy, and airforce personnel, including an entire sub-unit from the 2 PPCLI; a composite sub-unit from the 38 Canadian Brigade Group Disaster Response Company; four helicopters, crews and associated echelon from 408 Tactical Helicopter Squadron; two boats and crews from HMCS Chippawa; 100 personnel from 17 Wing; and numerous enablers including a substantial public affairs team.

The bulk of the IRU was broken into 3 main groups, each with a single primary task. The first, based on C battery, was sandbag production at a work site close to Portage la Prairie itself. It ran 24 hrs a day using two, 12 hour shifts.

The second, based on A and B batteries, was protecting homes in the 'Hoop and Holler' bend area just South of Portage la Prairie using aqua-dams once the appropriate training on the equipment was completed.

The third, based on B company of 2 PPCLI, was home and infrastructure protection in the RMs of Cartier and St Francis Xavier. This task saw B company stage out of the community centre of St Francis Xavier instead of Southport. As other forces arrived they augmented this overall work plan, with 38 CBG DRC augmenting sandbag production operations, and 17 Wing personnel augmenting both sandbag production and sandbag emplacement operations.

While sandbag production ran 24 hours a day, the remainder of the tasks ran from first light to last light. In every case military members worked side by side with civilian volunteers and EMO workers.

This work routine remained pretty constant for the bulk of the deployment less two significant changes. First, A and B btys shifted their work on the aqua-dams from 'Hoop and Holler' to the Eastern bank of the Northern end of the Portage Diversion – a canal that diverts water from the Assiniboine River North into Lake Manitoba.

There was concern that the Eastern bank may not be able to contain the volume of water expected at peak levels so 3.2 kms of aqua-dams were emplaced to reinforce that portion of the diversion.

This task also saw the deployment of boats and crews from HMCS Chippawa to act as improvised barges to move sandbags, and as safety boats for those soldiers working in close proximity to the water. Second, once all protective barriers were emplaced to the satisfaction of local provincial and municipal officials, we established a number of Quick Reaction Forces at 30 minutes notice move to be able to respond to unforeseen emergencies. Sandbag production, however, continued unabated for the duration.

After six days of hard graft, our job was done. The Province of Manitoba thanked the Canadian Armed



Sandbags placed around a home in the flood zone by IRU troops.

Photos Submitted



Aquadams placed against a wall of water to protect homes and infrastructure. This task, heavily based on A and B batteries is responsible for the preservation of several homes and roads.

yet be confirmed as details surrounding the request for assistance between the province of Manitoba and the federal government were still being established.

In short, the unit was very likely going, but where and to do what? Answers to those questions would have to wait.

As a result the meeting turned into an impromptu initiation of battle procedure session. By 10:30 a.m. the meeting broke with everyone, knowing what needed to be done and by when, scurrying to their respective corners to get their pieces of the IRU ready to go. Over the next few hours, while the unit readied itself, the situation became only slightly clearer. While the timeframe was still unknown, our destination was Portage la Prairie. The RECCE group needed to make its way there as quickly as possible to establish contact with the military liaison officer assigned to the Manitoba Emergency Measures Organization (EMO) to determine the exact nature of military assistance.

By 4 p.m. the acting CO and RSM had inspected the vehicles and personnel of the Vanguard element of the IRU ahead of their own departure for the Portage la Prairie Armouries at 4:30 p.m.. By 6:30 p.m. the RECCE group was on location and awaiting an opportunity to meet with the liaison officer and EMO team.

That opportunity presented itself around 8:30 p.m. and lasted through a number of meetings well into the night. Following those late night meetings, calls were made back to the regiment to mobilize the entire IRU and get it rolling from Shilo first thing Saturday morning. Tasks were confirmed to be sandbag production, and protective barrier emplacement using a mixture of sandbags and water-filled aqua-dams.

While the IRU was assembling and beginning to make its way to Portage, the acting CO and RSM were securing facilities for the IRU to stage out of: sleeping

forces for our quick response and hard work, and bid us farewell. The only thing left was to get home. So the morning of July 11 saw the IRU with all its attachments break camp and return to their respective home stations. The last thing to do ahead of a well-deserved weekend was to reset ourselves as an IRU – just in case we received another call, which fortunately has not yet happened.

A short, sharp, challenging, physically demanding, but highly rewarding eight days in the life of an IRU when called to action.

There are many ways to measure the success of this type of domestic operation.

Some of the ones that stuck with the IRU Commander: roughly 250,000 to 300,000 sandbags filled across the area of operations by military members; approximately 100 homes and infrastructure protected due to the work of military personnel; provincial and municipal officials, and local residents pleased and relieved with the number of military personnel that attended and the speed with which we responded; not suffering a single heat related casualty despite the working conditions; suffering only a small number of minor injuries despite the conditions and the repetitive, physically demanding nature of the work; the excellent working relations established across the entire area at every level, including amongst the various military elements themselves; and finally, being told and seeing first hand every day that the hard work of the military men and women was making a difference in a time of crisis.

For the IRU Commander, Operation LENTUS 14-05 will be remembered as a truly rewarding and humbling experience, and with immense pride in the hard work and determination of the men and women of the CAF who made the operation the success it was.



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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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Garden flourishes under green thumb

For as long as I can remember, my father has gardened. My father, much like his sisters, is blessed with the ability to grow just about everything. His backyard is a lush oasis of perennial flowers and a vegetable garden to die for.

My mother, on the other hand, is the opposite. Her presence alone is enough to kill houseplants.

Some people are blessed with patience and a green thumb and she is not one of them. Thankfully, much like my father, I am.

I grew up passing summers cutting grass and weeding more flower beds than I can even begin to count. Until I was about 15, I was unaware that most people don't put that much effort into gardening.

It sounds like punishment, but it was by far my favourite set of chores.

When I moved out to attend university, I lived in a 445-square-foot, single bedroom, downtown apartment. I had a balcony that may be about the size of an average desk. Despite having barely enough room for two chairs, I found room for flowers. I don't think I know how to live without growing things.

It was as good as it got with a desk-sized balcony.

When we were posted to CFB Shilo, we packed up our 445-square-foot life and settled into a unit on Base. For me, this was an opportunity to grow more than a couple flowers and some herbs.

Living in Canada's breadbasket has its growing challenges. The weather ranges from minus-40 to 40 degrees Celsius. Growing anything here is different from growing in the more temperate Southern Ontario.

On top of weather challenges, there are numerous pests to combat on Base. There was definitely a gardening learning curve when we arrived here.

I had to learn not to plant until after the Victoria Day long weekend. I had to learn when to plant to avoid flea beetles and how to trick white moths. I had to learn the delicate balance of watering when the temperatures soar. I also had to learn to accept the annual ravaging of my lilies by the local deer population.

I'm not alone in my gardening learning curve. CFB Shilo is comprised of an overwhelming number of people whom hail from other parts of the country. It seems there is plenty of company for people like me who are more accustomed to more temperate climates and less battling of pests.

The community garden, the flower box initiative,

and yard contests have allowed other green thumbs to become engaged with one another on this Base.

I have learned so much from my fellow gardeners here. I've been able to share my findings, experiences, triumphs, and downfalls with them.

In the last year, I've attended a couple workshops and learned so much from other gardeners. Despite gardening my entire life, I don't feel I will ever run out of things to learn. There is always a new challenge, method, or plant to grow.

I especially enjoy the gardening community that has developed over the past two summers. Even the people you don't know by name, you know by garden plot. Last summer, to many people at the community garden, I was the lady with the mutant zucchini plant. I successfully grew enough zucchini to make all my friends and family sick of eating the delicious summer squash.

I started leaving zucchinis on the edge of plots with plants that weren't producing. I even started offering people free rein of my zucchinis.

The best thing about the community garden is the opportunity to connect and share with other gardeners. It gives people a chance to meet new people based on a common interest rather than where you work or live. It really brings the green thumbs together.

For those of us who are the solo gardeners in our homes, it is nice to share

the experience with people who are actually interested in what you're saying.

The only interest my family has in my garden is what I bring for them to eat. Otherwise, their interest is feigned simply to appease me.

When I have the opportunity to talk with fellow gardeners about my struggles with flea beetles and lily-loving deer, I can bore my family a touch less.

The growing gardening community has made a difference in here. CFB Shilo is not the same Base it was four years ago. It's a community that has realized its potential.

So many successful initiatives have brought CFB Shilo to a new green standard in the past few years. Despite the fact that military life is wholly transient, people here still put forth great effort to beautify and improve where they reside.

I know my stay isn't permanent. One day, like any other military family, we will leave. While we're here, having a little space to grow this and that makes CFB Shilo feel like home for me and the deer who appreciate the lily buffet that is my front yard!



Jillian Driessen



Stag staffer Jillian Driessen has a green thumb. This is evident when you see the floral display in front of her PMQ, or her vegetables at the community garden.



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New COS returns home to Shilo

Jillian Driessen
Shilo Stag

Summer has, once again, brought a wave of new staff to Shilo. Some posted in are completely new to CFB Shilo and many others find themselves returning to the Base they previously called home.

One gunner returning to CFB Shilo is Maj Trevor Michelsen, arriving back to Shilo as the chief of staff following a few years ERE (extra regimental employment) in British Columbia.

"I was in Shilo for 11 years. I was with RHQ RCA, WATC, and also the Regiment. I was gone for two years and now I am back here," said Michelsen.

"When it was my time, I asked to go where I could be the most use."

Having held positions as the regimental adjutant for RHA RCA, the second-in-command of WATC (3 Cdn Div TC C Coy Det Shilo), and a forward observation officer, battery captain, and adjutant positions at 1 RCHA has given Michelsen an understanding of how Shilo runs.

Fresh in from the west coast, Michelsen is just wetting his feet as Shilo's chief of staff.

"I was here long enough that when I walk into any place, it's kind of like an episode of Cheers," said Michelsen.

"In the jobs I've had, I have gotten to know a lot of people around the Base. Both units, base side, PSP, and everything in between."

Michelsen has a history at CFB Shilo that spans many years. In addition to his 11 year posting to Shilo, he had the opportunity to train here earlier in his military career.

Having been connected to Shilo for many years, Michelsen has seen the immense growth and changes to the base proper in the last several years.

"I've been coming here



since the 80's. I've really seen changes since I was a young militia guy. The Base has completely transformed since then," said Michelsen of his early days in Shilo.

"I lived in the bunker for one summer tasking. There are no windows. If you had an analog watch and you took a nap after course at 3:30 and woke up at 7:30 you weren't sure if you had missed supper or if it was time for breakfast. You would have to get dressed and walk outside to see which side of the bunker the sun was on. But it was nice and cool!"

In addition to calling the bunker, now a common PT fixture, home Michelsen has had many positive experiences with Shilo and its troops.

In 2008, the then captain went on tour with 2 PPCLI as a forward observation officer.

"I went on tour with B Company for TF-108," said Michelsen.

"I loved it. Being with the PPCLI in Afghanistan was a great experience. I really enjoyed it. It was great."

He described the tour as an experience like no other and was grateful for the opportunity to work alongside the bat-

alion, acknowledging the relationship between the infantry and the artillery was especially important throughout the conflict in Afghanistan.

In 2014, after a few years ERE, the major is glad to return to Shilo. Although it may not be as exciting as sleeping in a bunker or touring with the infantry, Michelsen has high hopes for his next few years at CFB Shilo as the chief of staff, the replacement for Maj Scott Lloyd.

"In the simplest terms, I want to be sure the Base runs smoothly and that I support the lodger units in the most effective way possible," said Michelsen of his new appointment.

"I have a bit of a learning curve ahead of me but there are great people around me to help me out. It helps that I was here for 11 years previously and I know a lot of the key players already. I am really looking forward to my time here at the Base and I hope to get more involved in a few things here as well."

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LEFT: Canadian Army Commander Lt-Gen Marquis Hainse inspects the Quarter Guard during his visit to 3rd Canadian Division Headquarters in Edmonton last November.

Photo by MCpl Mélanie Ferguson

BELOW: While visiting Nova Scotia last November, Lt-Gen Marquis Hainse, Commander Canadian Army, reviews the 5th Canadian Division Quarter Guard before touring the army museum at the Halifax Citadel National Historic Site.

Photo by WO Jerry Kean

Q&A with Army CO

Samantha Bayard Stag Special

Lt-Gen Marquis Hainse assumed command of the Canadian Army last summer.

He joined the Canadian Armed Forces (CAF) in 1977 and studied at RMC in Saint-Jean, Que. He was commissioned as an officer in August 1980 and then joined the Royal 22e Régiment.

His operational postings began in 1980 with the 2nd Battalion Royal 22e Régiment in Quebec City. He served on five operational missions abroad and participated in two domestic operations, namely Oka and the 1998 ice storm.

He also held diverse command appointments at every rank level. In 1996, he assumed command of the 1st Battalion Royal 22e Régiment in Port-au-Prince, Haiti. In April 2002, he served as Commander of the Bosnia-Herzegovina Task Force and on Sept. 2, 2004, he became the 21st commander of 5 Canadian Mechanized Brigade Group (5CMBG).

Three years later, he served in southern Afghanistan as Deputy Commander Regional Command South (a NATO British led multinational division).

He assumed Command of Land Force Doctrine and Training System in May 2008.

Lt-Gen Hainse was involved in training and education on three different occasions: in 1984 at the Infantry School in Gagetown, NB; in 1994 at RMC in Kingston, Ont., as director of cadets; and in 2008 as Commander of Land Force Doctrine and Training System, where he oversaw all aspects of training of the Canadian Land Force.

The following Q&A with journalist Samantha Bayard captures his impressions from his first six months as Commander and his priorities for the future of the Army.

SB: You recently toured all the army divisions across Canada. What are your impressions from your visits?

MH: "I had very positive impressions. I strongly believe that my predecessor has set up the Army for success. I saw good morale, and it also allowed me to see the realities from division to division that varies either from a recruitment point of view or from a resource point of view.

"It is very important for me to understand because they are all different. But all in all there is always a great opportunity to connect with what is happening on the ground — that really keeps me grounded."

SB: What impact(s) did the interactions with troops on the ground have on you?

MH: "When I get up in the morning I am still very happy to put on my combat boots. Why? Because of the troops. Every time I go and visit the troops I get re-energized.

"It's a good reminder of what we are all about. It's about the soldiers that will deliver effects either in Canada or abroad, and we should never lose sight of this.

"It also gives me a great perspective that sometimes gets lost in the various levels of the chain of command. It is not a bad thing; it's just that it is a reality that the commander



needs to realize.

"Spending time with troops is certainly never time wasted. It helps you see if you need to reset or re-adjust a few things."

SB: What were the key messages you delivered to the troops?

MH: "I told them we need to align the narrative. We need to make sure that in a post-Afghanistan era we know what the Army is all about. The Army needs to set itself to be able to continue contributing to internal security and obviously domestic challenges when need be.

"And we need to keep training towards this, but training at a different level than the previous era. It's not 'business as usual' but it's still very important that we carry on.

"We need to learn a lot from our era in Afghanistan, we need to introduce what we have learned in practice and bring it back to our reality. What does it mean for us now: let's change some procedures, let's change some training and then let's re-adjust."

SB: Shifting our focus to wider overall Army issues — the Canadian Armed Forces (CAF) is getting a lot of positive media attention for its humanitarian work in the Philippines. How do you think this is shaping perceptions of Canadian soldiers and the role they can play?

MH: "We have a great circumstance right now of being very popular. Our efforts on the international scene have contributed a lot towards this and I think operations such as Operation RENAISSANCE in the Philippines helps keep our popularity at a good level.

"This contribution is also a testimony of our ability to deploy and to be versatile. Most importantly, it's a testimony to the competence, the professionalism and the great commitment of our personnel.

"There is no greater ambassador on the international scene than our soldiers. I am very proud of each and every one of them for what they have done."

SB: You assumed command of the First Battalion, Royale 22e Regiment, in Port-au-Prince in 1996. What are your re-

lections on the Army's most recent contributions in Haiti with the infantry platoon we sent there? How has Haiti changed and developed?

MH: "The contribution of that platoon with our Brazilian friends was a great commitment and a great exchange opportunity with a South American country. I think we need to leverage this and see more of this in future.

"We need to look for opportunities not just in the east and west but also in the south. It will be important that we keep doing this in a period where we are not as involved in operations. With regard to my reflections on Haiti, there has been progress. They have been afflicted by natural disasters that didn't help them but I am confident for the future because we still have a great effort in Haiti.

"They are building capacities everyday, it will take time but I think with lots of patience and with good international cooperation we will get something that will bring Haiti back to where it should be."

SB: A number of large equipment projects are ongoing, providing new tools and vehicles like the Tactical Armoured Patrol Vehicle and the upgraded LAV. What do these new capabilities mean for the Army and what are the soldiers saying to you about them?

MH: "Those capabilities mean the Army will be set for the future. They will help guarantee that the Army will be able to conduct all of its tasks set by the Canada First Defence Strategy in the full spectrum of conflict.

"I think from a soldier's point of view it is all positive because they see that we are taking care of them."

SB: Can you share with us your priorities for the Army for 2014?

MH: "I have laid down those priorities with the chain of command and created an operational framework which talks about some of those priorities. The way I see it — the key priority is aligning the Army with what we are asked to do.

"Readiness is our bread and butter. Everything we do needs to have readiness behind the scenes because this is where we exist.

"In terms of sustaining the Army, we need to make sure that we assess our processes, to achieve efficiencies in terms of process and in terms of dollars. We need to contribute to the Defence Renewal Team efforts.

"Very close to that is taking care of our ill and injured, clearly.

"And finally — let's engage with our colleagues, let's engage with our superiors and our friends let's tell them with a common voice what the Army is all about and where we are going."

SB: Can you share with us your thoughts on the long term future of the Army?

MH: "I see certainly a different era but still an exciting era, as exciting as it was in the past decade. We have an opportunity to shape the future of the Army in this particular time.

Let's take this opportunity to address our needs, our capabilities as we take care of our troops. If we do this there is no doubt we will be set for the future."

Samantha Bayard is with Army Public Affairs in Ottawa

2 PPCLI WELCOMES MBR TO SHILO



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Afghanistan Memorial Vigil offers an opportunity for reflection

Alycia Coulter
Stag Special

The Canadian Armed Forces' (CAF) 12-year mission in Afghanistan recently ended.

It assisted in making the country more secure, better governed and more stable, but it did not come without sacrifice.

While serving their country with honour, 161 Canadians — 158 CAF personnel, a diplomat, a Department of National Defence contractor and a Calgary journalist — lost their lives in Afghanistan.

In addition, 43 US Armed Forces members sacrificed their lives while serving under Canadian command during operations in Afghanistan.

"One of the ways Canada is commemorating the mission in Afghanistan is by honouring the fallen through the Afghanistan Memorial Vigil which will travel across Canada in 2014 and 2015," said Capt Indira Thackorie, Canadian Joint Operations Command (CJOC) Public Affairs Officer.

The Afghanistan Memorial Vigil (AMV) consists of 192 plaques representing the 204 fallen.

Originally, the plaques were part of the Kandahar Air Field cenotaph — a memorial structure built for soldiers by soldiers to commemorate their fallen comrades while deployed in Afghanistan.

The first stop in the AMV travel schedule was early May in Trenton, Ont. It was also displayed in the Hall of Honour on Parliament Hill during the National Day of Honour for the families of the fallen in attendance.

The AMV will be at CFB Shilo Sept. 9 through 13 at the Multi-Purpose Training Facility (MPTF).

Public viewings are as follows: Sept 9 1:30 to 4 p.m.; Sept. 10 9:30 to 11:30 a.m. and 1:30 to 4 p.m. and 6 to 8 p.m.; Sept. 11 9:30 to 11:30 a.m. and 1:30 to 4 p.m.; Sept. 12 9:30 to 11:30 a.m. and 1:30 to 4 p.m. and 6 to 8 p.m.; Sept. 12 9 to 11:30 a.m.

Three CAF personnel — Capt Patrick Lottinville, Cpl Martin Labelle and CWO David Mahon — are travelling with the AMV across Canada.

During his time in the Canadian Army, CWO Mahon has been deployed to Germany, Egypt and Afghanistan. This task, however, holds an important significance for him.

For CWO Mahon, the opportunity to be a part of the Vigil Party will round out his 41-year career with the CAF.

"Working with soldiers who are tasked to set up and tear down the Vigil, and then discussing the intent and meaning with Canadian citizens has been the most meaningful experience of my career," he explained. "My task is ceremonial and drill. I feel that

my years in the field and on parade squares make me extremely well suited for this type of work."

At each stop, CWO Mahon will work with up to 20 personnel to prepare the Vigil. Although the travel schedule has just begun, he can already see the impact the Vigil has on the crew at each site.

"Every member of the work parties understand that they are being permitted to take part in something that honours their fallen comrades and you can see this effort put forward by all personnel. It is inspiring to take part in something where every person involved is giving 100 per cent."

During his two deployments to Kandahar in 2002 and 2011, LCol John Kallerson also worked alongside the Canadian Armed Forces.

In 2011, as Command Chaplain for Regional Command South, he traveled to work with Canadian padres, an equivalent of American chaplains, who were deployed across Afghanistan.

He is humbled by his service overseas and to have been able to bring counsel to soldiers who experienced loss.

"They don't have to be religious, but the fact that they know chaplains and padres are there to listen and to give them a little moment of solace, and some words of comfort to pray for the future, because you know they will deal with this for a long time," he said.

LCol Kallerson sees the value of the Vigil as a way of honouring the families with something very sacred for Canada and the United States.

"As Chaplains, we like to tell people to remember the stories, remember the faces, and remember the people. Here your plaques have the engraved face of every one of those soldiers, sailors, airmen ... I think it's an incredible gift to the people of Canada," he explained.

While the Vigil offers an opportunity for all to reflect on the mission, the emotions it evokes is different for everyone.

"For people who didn't know those who are included on the Vigil, for them it's sometimes a call to action to support those who have lost loved ones. For those who have lost family members or friends, it's a stop along the journey towards closure," said Capt Thackorie.

More than 40,000 Canadians served during the mission in Afghanistan, and thousands of other CAF members supported the mission.

The Vigil stands as a reminder for everyone who has a connection to the mission to never forget those who fell.

"It doesn't matter if you're a private or a colonel. If you've fought in Afghanistan, you had comrades, you lost your best buddies...your comrades in arms," said CWO Mahon.

As the final task of his career in the CAF, CWO Mahon will travel with the team to the remaining stops across Canada before it returns to Ottawa in early November.

"To be entrusted with the responsibility of ensuring that the ceremonies are orchestrated in a manner that depicts the pride in which all of us have served is most gratifying," said CWO Mahon.

For more information about the AMV travel schedule, visit www.forces.gc.ca/en/honours-history-military-memorials/Afghanistan-memorial-vigil.page

Afghanistan Memorial Vigil

CFB Shilo Public Viewing
Multi Purpose Training Facility

September 9, 2014
1:30 p.m. - 4:00 p.m.

September 10, 2014
9:30 a.m. - 11:30 a.m.
1:30 p.m. - 4:00 p.m.
6:00 p.m. - 8:00 p.m.

September 11, 2014
9:30 a.m. - 11:30 a.m.
1:30 p.m. - 4:00 p.m.

September 12, 2014
9:30 a.m. - 11:30 a.m.
1:30 p.m. - 4:00 p.m.
6:00 p.m. - 8:00 p.m.

September 13, 2014
9:00 a.m. - 11:00 a.m.

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Terry Fox Run returns to Shilo September 12

Shilo Stag

CFB Shilo's 34th annual Terry Fox Run will be held Sept. 12 starting at the Community Centre Annex (L25).

Donation collection is from 8:15 to 9 a.m. Opening ceremonies commence at 9:15 a.m., with a group warm-up led by a GSH fitness instructor. The run starts at 9:30 a.m. Afterwards, there will be a coffee break at 11 a.m.

Participants can either chose to do the five-kilometre route (one lap) or the 10-kilometre route (two laps). Students in kindergarten to Grade 2 will use the Leslie Parade Square located near L25. It covers about one kilometre.

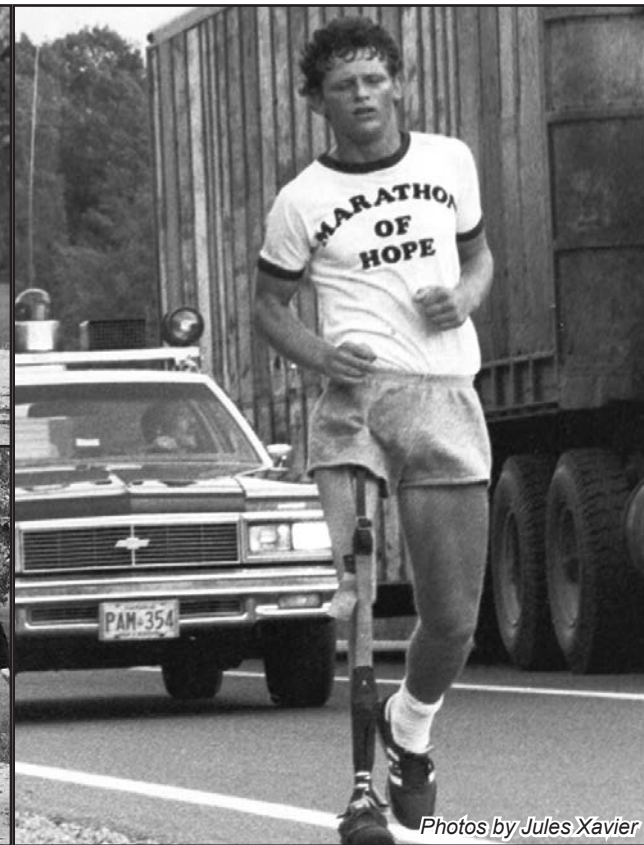
Raffle tickets and Terry Fox merchandise (t-shirts) will be on sale Sept. 8 to 11 at CANEX from 10 a.m. to 1 p.m. They will also be on sale at L25 on the day of the run, with proceeds going towards the Terry Fox Foundation.

Raffle tickets are one sheet for \$5 or three sheets for \$10. Draws will be made at 11 a.m. during the coffee break.

Pledge forms on the Base are available at the GSH and MFRC.

Kudos to SISIP Financial Services, Shilo and Region Service Club and Base Fund for supporting this event.

For more information contact the recreation office at 204-765-3000 ext 3317/3588.



Photos by Jules Xavier

Warm weather a concern for Shilo residents

Base Surgeon Stag Special

Significant heat illness occurs every summer at CFB Shilo.

Heat injuries can be a life-threatening condition but it is entirely preventable. Heat stress occurs when either your body heat increases or fluid intake is diminished or out of balance.

Prolonged exposure to hot working conditions can cause a wide range of adverse health effects. Commonly known heat illnesses are heat cramp, heat exhaustion and heat stroke.

• Heat cramps: mild heat injury

Symptoms: Painful cramps in arms, legs or stomach. Can occur suddenly at work or later at home.

Treatments: Move to a cool area, loosen clothing, drink cool salted water — one tsp, salt per gallon of water. Seek medical attention if cramps persist.

Prevention: Salt in food will give the body all the salt the body needs.

• Heat exhaustion: moderate heat injury

Symptoms: Feel weak and tired, headache, dizziness, blurred vision, or cramps, cold, clammy (moist) skin, rapid pulse, and shallow breathing, vomiting and even unconsciousness. Most common heat stress illness.

Treatments: Get medical aid. This condition can lead to heat stroke. Move casualty to a shady, cool location. Remove or loosen clothing.

If conscious: Rest on back with the feet and legs elevated, and give water unless vomiting.

If unconscious: Place the casualty on right side in recovery position, and seek medical help.

Monitor breathing and pulse until medical personnel take over.

• Heat stroke: severe heat injury

Symptoms: High body temperature — more than 41 C, person is weak, confused, acting strangely. Person has hot, dry, red skin, a fast pulse, or a headache, or dizziness. In later stage person can pass out and may develop convulsions.

Treatments: Call ambulance, this condition can become life threatening. Remove excess clothing. Lay them down and give small gulps of liquid every few minutes.

"Sports" drinks are best, but water is often more readily available. Everything must be done to cool the heat stroke victim immediately. The best solution is to remove them from the sun, immerse the body in cold water,

Prevention: Reduce physical activity levels and/or heat exposure. Drink fluids regularly. Learn to recognize warning signs of a heat stroke.

When possible make the necessary changes in your training plan. It is essential that supervisors recognize the seriousness of heat stress illness and are knowledgeable in its prevention and treatment.


Weather in Manitoba can change quickly. Workout when it is coolest. Protect you skin with sunscreen, frequent rest/stops to drink fluids. Dark coloured urine may indicate dehydration.



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We want you on our team

The Shilo Stag is looking for another sales consultant for its team. It's posting season, which is the perfect opportunity to sell the Brandon business market on advertising in the Stag. They have a captive audience — people are new to the community after being posted here from elsewhere in Canada. Where do you shop for new glasses; groom your dog; take the wife out for an anniversary dinner; buy a new car or have winter tires put on the van with the advent of winter; shop for back to school clothes and supplies? Working on commission, you can set your own hours. The more you hustle and sign advertisers up to promote their business in the Stag, the more you earn. Drop by the Stag's office in CANEX and see Jillian or Jules about the job. Or call 204-765-3000 ext 3013/3093. Be part of the award-winning Shilo Stag team.



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'A flowing river of people,' says corporal of marches at Nijmegen

Cpl Bryce Cooper
2PPCLI

The journey from Shilo to the four days of marches at Nijmegen, and the stops in between, have been a challenging and rewarding experience.

After spending seemingly endless hours on the plane we landed in Lille, France just in time to buy some expensive hotel beer and go to bed. Waking up early was easy the first morning. With a seven hour time difference getting out of bed at 5:30 a.m. felt strangely right. Ridiculously strong European coffee made up the difference. By the time I finished breakfast I was ready to start walking immediately.

A few stops were made before the walking started. The first of these was the Vimy memorial. Just driving through the area of Vimy Ridge was impressive. There were huge trees, all clearly the same age, and craters of all sizes with sheep grazing casually amongst signs warning of mines and unexploded ordnance.

A small section of trenches are still preserved as well as a network of tunnels, which were expanded for public access as the original tunnels were only one meter deep and two meters wide. A nearby museum and gift shop provided some wartime photographs that made the events of 1917 easier to appreciate.

After experiencing the battlegrounds, we took a quick trip the newly restored Vimy memorial, an awe-inspiring monument. After Vimy, we bussed to Ypres, Belgium where we paraded under the Menin Gate.

The audience for the parade was so large it gave the impression that the whole town had shown up to watch us march.

Someone clearly yelled "Thank you Canada!"

which provided us with an appreciation for the importance of Canadian soldiers' sacrifices during World War One to Belgian people.

While in Belgium we also stopped to visit the Essex Farm and Langmark cemeteries before moving to on to the Netherlands and camp Heumensoord – the start point for soldiers participating in the Nijmegen marches.

Camp Heumensoord is a temporary camp that is constructed every year to accommodate six thousand military personnel representing more than thirty nations. We arrived two days before Germany would win the world cup

for the first time in 24 years. The German contingent was in the tent next to ours and needless to say, for the next three days, we were living in an atmosphere of non-stop celebration. In addition to the soccer celebrations by our camp neighbours, we found that within the town of Nijmegen, there is an annual seven day festival during the marches where the streets are closed for live music and crowds of revellers.

It was an experience well worth the overcrowded shuttle bus from Camp Heumensoord.

In the dim morning of the first day of the marches, we took our first steps through the streets of Nijmegen as a team. Some revellers from the night before were cheering us on.

For me, memories of marching are a blur. It seemed as if I was walking forever. Four days of my life were a forty kilometre march seemingly lacking a beginning or an end.

Sometimes, it was a narrow road winding its way through a timeless Dutch hamlet with spectators crowding around and overflowing restaurants, cafés and pubs. Sometimes there were bandstands or speakers blasting anything from polkas to techno. People beside the road often offered cucumbers, candies, liverwurst, and sometimes even hugs. Children lined



the way waiting eagerly for high fives and stickers.

The road would widen again and we would walk through scenic countryside, along dykes, over bridges, and across shipping locks. Other formations of Military marchers would appear and disappear either passing or being passed. Military marchers would sing and cheer as they passed each other and the crowd would join in.

Every day there was a salute. As we walked through different towns marching bands would play and we would fall into step and pay our respects to a reviewing dignitary. On the third day we attended a memorial service at Groesbeek, where many Canadian soldiers who died in the Second World War are buried providing a renewed perspective for what the event is all about.

It was amazing to see the encouragement one gets from walking in a flowing river of people. While marching, I felt as though walking forty kilometers a day for four days by myself would have been nearly impossible, but in a team amongst a perpetually flowing crowd of people I was powerless to do anything but continue to put one foot in front of the other.

At the end of the fourth and final day of the march, we were awarded Vierdaagse medals. We marched the final kilometers of the march through Saint Anna Street, which is renamed for the event Via Gladiola, referring to the Gladiola flowers that victorious gladiators were showered with in Roman times. Hundreds of the Gladiolas are presented to marchers by perhaps the largest and most enthusiastic crowd I have ever seen. Taking the last few steps at Nijmegen truly felt like an accomplishment, and the opportunity to participate was a true honour.



Visiting the guns

Ms Deanne Crothers, Manitoba Special Envoy for Military Affairs and MLA for St James paid a visit to CFB Shilo August 20. Here, pictured with MWO Alexander Harris and Maj Stephen Burke, she tours 1 RCHA. Crothers toured 2 PPCLI as well as the Shilo MFRC in addition to 1 RCHA

Photos by Jillian Driessen



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Sea cadets say 'yes' to exciting challenges and broadened horizons

Stag Special

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As a member of the Royal Canadian Sea Cadets, you learn about the naval and maritime environment by participating in a variety of activities on and off the water.

Sea Cadets specialize in sailing, seamanship, shipboard life, naval communications, power boat handling, boat repair, and marine engineering. Selected senior cadets have the opportunity to attend international exchanges, to sail aboard a Tall Ship or participate in ship deployments aboard Canadian Navy and Coast Guard ships.

Additionally, Sea Cadets can compete for a chance to participate in annual sailing regattas.

Sea Cadets also participate in ceremonial events and citizenship activities that allow them to connect to their Canadian naval heritage.

The hands-on activities, exciting challenges and leadership opportunities for Sea Cadets are many. Canada's motto, A Mari usque ad Mare — From Sea to Sea — can be applied to Sea Cadets.

With Sea Cadet Corps found all across the country and given Canada's abundance of water and shoreline, the opportunities are many whether inland or on either coast. You are bound to observe a Sea Cadet making a splash somewhere, from sea to sea!

Sea Cadets participate in lots of activities, both on and off the water — sailing, nautical activities, naval communications, team sports, learn first aid, learn about nautical shipboard life, take Tall Ship training, do music, participate in public speaking and leadership training, hone marksmanship skills, take part in a biathlon, go on parades and also attend summer camps or participate in international exchanges.

The Cadet program is funded by the Department of National Defence (DND) in partnership with the civilian Navy League, Army Cadet League and Air Cadet League of Canada.

The skills you develop at Cadets will benefit you with your schoolwork. You'll be more organized, you'll be better able to focus and you'll learn to work in a team.

With more than 58,000 cadets across Canada, it is an organization with a proud history. Many former cadets say the Cadet program gave them a head start in their successful careers.

You will participate in these activities during the weekly meetings and on the weekends. You will also support your community by taking part in citizenship events organized by your Cadet corps.

It all happens in a fun, friendly, safe environment that will motivate you to give your best.

For more information visit www.navyleague.ca or visit your local Cadet corps, fill out a registration form and have it signed by a parent or guardian. 60 Royal Canadian Sea Cadets Corps SWIFTSURE is located at 1116 Victoria Ave. in the Brandon Armoury. Sea Cadets meet Monday night from September to June for three hours starting at 6:30 p.m.

First parade of the training year is Sept. 8. New cadets always welcome! Contact Lt(N) Debbie McArthur at 204-726-3498 (home) or the ship's office at 204-728-3168 and leave a message.

Locally from the Base, not everyone is with Air or Army Cadets. Brandon's Sea Cadets features participants from the Ricards, Myslicki/McLeod, and the Baah/Little Lelond families.

Here's what one local cadet had to see about their HMCS Quadra camp experience:

Cadet Madelaine Ricard: "HMCS Quadra was by far one of the most amazing experiences in my life! I made many, many new friends and also got a chance to learn how to improve my personal drill and uniform care. In my experiences, I overcame my fears and jumped off the jetty and learned the value of teamwork through the confidence course. I loved waking up to see the sun rising over the beautiful scenic mountains and hearing the fantastic band during colours. On my second week of general training, I won 'Cadet of the Week' and got the extreme privilege of a luncheon with the Commanding Officer of Quadra, Commander McCormick along with few of my peers. I look forward to returning in future years of my Sea Cadet career and seeing all of the far away friends that I have made."

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Shilo Theatre
(Located in the General Strange Hall)

Aug. 29 Godzilla Rated PG

Children aged 10 and younger require adult supervision at all times.
All movies start at 6:30 p.m. Doors open at 6:15 p.m.

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

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Padre Neil - ext 3090
Padre Olive - ext 6836
Padre Costen - ext 3381

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Wednesday 12:05 p.m.
Confession by appointment
Padre Inienwe - ext 3089

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Wawanesa - New in 2011 - 1400 sq ft, 2- storey home with finished basement and double attached garage. 3 + 1 bedrooms, 3.5 bath/ Geothermal heating and cooling. Custom maple cabinets. Large pie-shaped lot. Check out eBrandon.ca ad for pictures. Private sale, buying agents are welcome.
Contact Jennie 204-720-9197

Vendors Wanted

Looking for crafters/vendors - CFB Shilo's Little Big One Craft Sale & Tradeshow Saturday, November 22. 10 a.m.- 2 p.m. Tables are \$15 each or \$20 with power
Call 204-765-3000 ext 3588/3317 to book your tables.

Employment

Clerk/Cashier (part time/permanent), wage \$11.12 - \$13.05/hr. Visit www.cfmws.com or contact npfhrshilo@cfmws.com for further details.

Swim Instructor/Lifeguard (casual). Visit www.cfmws.com or contact npfhrshilo@cfmws.com for further details.

Events

Francophone Community Picnic. August 31 2 p.m. - Midnight near Treesbank. Bienvenue chez nous! La famille Clark-Vrignon invite les francophones du coin a une épluchette de blé d'inde, feu de joie, et pique-nique comme dans le bon vieux temps, a notre ferme au bord de la riviere Assiniboine. Contactez Sheila pour plus d'information au 724-9903

82 Brandon Royal Canadian Air Cadet Squadron Open House and Registration, Friday September 5, 2014 at 6:30 pm at Brandon Armoury, 1116 Victoria Ave. Youth ages 12 - 18 are welcome to join. For more information: 204-725-4703 or www.82air.ca

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EXERCISE TACTICAL ATHLETE

Soldiers from 1 RCHA participated in EX TACTICAL ATHLETE August 11 - 17.

Staff from the fitness cell and the Health Promotion unit facilitated the exercise giving troops information on proper diet and exercise techniques for a healthy, active lifestyle.



Photos by Jillian Driessen

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