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Volume 55 Issue 23



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December 1, 2016

INSIDE
This Issue



Soldiers benefit from working with Kristin. Page 2



Walking the fashion catwalk at CANEX Mall. Page 6



1RCHA soldiers writes about his deployment. Page 7



Base Padre Maj Greg Costen shows on the tote board the goal and where funds are at currently following the end of the 2016 CFB Shilo United Way campaign. More than \$54,000 was raised between Sept. 16 and Nov. 18. Photo by Jules Xavier

Teamwork key to United Way success

Jules Xavier
Shilo Stag

Teamwork, excellent communication and a few new activities led to monetary success during the 2016 CFB Shilo United Way campaign.

That's the assessment of team leader, Base Padre Maj Greg Costen, who is still counting incoming cash to the Faith Centre before a final official total is released. But for now, following the Checkered Flag lunch held Nov. 18, the goal of \$35,000 was surpassed by more than \$19,000.

"We had a strong organization ... a great team, including Padre Dennis and Sophie [Egloff] at the Faith Centre," offered Maj Costen. "We tried hard for this campaign to communicate more through the unit [United Way] reps, and probably did a lot more promotion than was required."

Inundating office bulletin boards with an array of colourful

United Way posters — many designed by PSP admin assistant Elaine Bullee — allowed the the '16 campaign to keep the fundraising efforts fresh, and allowed the 25 United Way reps to promote raffles, canvas to encourage participation and organize unit functions.

"We thought \$35,000 was doable as a goal," said Maj Costen, who plastered United Way event posters on the wall outside of his HQ office. "We had enough reps to be creative and bring new life to events. It was their efforts that made this campaign work."

"This was a fantastic effort from Greg and his team," acknowledged BComd LCol John Cochrane when he addressed an attentive audience during the campaign wrap-up lunch.

Having a major raffle that saw the winner take home \$1,000 worth of electronics turned out to be a great idea, according to Maj Costen.

See **GRAND** page 3

Soldiers under Kristin Atkinson's fitness tutelage benefit

Sarah Francis
Shilo Stag

Kristin Atkinson is a new face in the sports and recreation world at the GSH.

Fresh out of her post-secondary schooling from the University of Manitoba, Atkinson has taken on the job of training the units based at CFB Shilo since July.

Working in Shilo means she isn't far from home — Atkinson was born and raised in Brandon. The 23-year-old received her Bachelors of Kinesiology through U of M's athletic therapy program. Her interest in fitness started when she was 16 and working at FPC, a gym in Brandon.

"Ever since then, they kind of got me hooked on the lifestyle," recalled Atkinson. "Then with the program I went through, fitness was a big part of it. I also worked at Fitness Quest

"Injuries are kind of more my jam. Those are the kinds of things I like to deal with."

— FSI Kristin Atkinson

in Brandon. I learned a bunch of things from that gym as well. There is where I started training for my first competition."

Atkinson competed in her first Manitoba Amateur Body Building Association (MABBA) competition in Winni-

peg last October. "They have bikini and figure, the guys are physique and body building. I competed in the figure category."

Atkinson told the *Shilo Stag* training while going to university had it's challenges.

"I was going to school at the same time, so you kind of had to balance a bit of both. I started prepping in April, the show was in October. I was bit easier because I was home for a couple of months during the summer."

Her training involved multiple trips to the gym during the day.

"Usually in the morning you'd get up and go to the gym, then prep your meals for the rest of the day after that, then go back to the gym to practice your posing and getting your angles right and getting your walk right," she recalled. "Then you'd leave, and come back and have another workout or cardio in the evening. It took a lot of time, especially being



Fitness and Sports Instructor (FSI) Kristin Atkinson works with a soldier (top) during a PT session at the GSH. Capt Victor Pak of 11 CF H Svcs C (bottom) takes part in a class run by Atkinson.

Photos by Sarah Francis

a student at the same time."

Now she works with the Base's firefighters as well as soldiers from the various units.

"Anyone who goes through PSP and tells Ginger [Lamoureux] they want an organized class through our department she assigns it to myself or Anthony ... we [then] take them through a full class. Which includes a warm up with a bit of stretching, then the main class itself whatever it may be, then cooling down at the end."

Some units have specific workouts and classes which they would like led by instructors, but some offer a bit more flexibility.

"One day if we're with health services or whatever, we make up the schedule of what they'll be doing, same with the firefighters," she added

Activities include everything from kettle bells and strength and resistance training, to speed and agility as well as some outdoor activities. The variety of activities helps the participants during her sessions when they choose to take on physical activities on their own. Working with military personnel has prompted her to adjust the way she instructs. Specifically, Atkinson offers more instruction and ensures classes are more structured.

"I thought taking them through a warm-up, then giving them a workout and saying, okay start where ever you want, take your time through it and all that would be structure enough," she explained.

"I was like, 'Nope!' You have to tell them get in groups of this many, this group has to start here, this group has to start there. I learned that I probably have to give a lot more instruction, which is kind of what this whole lifestyle is."

Helping people with injuries get back on track is one aspect of the job she particularly enjoys.

"Injuries are kind of more my jam. Those are the kinds of things I like to deal with," she said. "There are other people in this department that deal with injuries but it always does make me excited when I do get a referral from somebody saying, 'I have this person under my command and I think they would really benefit from your instruction.'"

The job has been a very positive experience so far since arriving on the Base.

"Even only being like 20 minutes away from Shilo I was never really exposed to the army life. Since I've been here, I've learned a lot. I've met a lot of great people in general. I learned and am still learning how everything works out here."

She added, "I'd definitely say the most rewarding part of this job so far is the people. They're just so appreciative."

Pet of the Week



MEXICO

Mexico is Julie Harris' lovely three-year-old feline companion. This cat was named after her favorite family vacation! Mexico loves to cuddle, but will bite you at the same time! Watch out cause she's tricky and likes to hide in small place although she sometimes does not fit. Mexico likes to wait until the exact moment to attack! 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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Base Padre Maj Greg Costen looks on as Kayleigh Haire read the winning numbers for the ticket bought by 2PPCLI's Cpl Justin Zinger, who won the grand prize \$1,000 electronics package. *Photo by Jules Xavier*

Grand prize raffle helps with campaign success

From page 1

"Having this new draw that ran the course of the campaign [Sept. 16 to Nov. 18] saw us sell \$1,700 worth of tickets. This was new territory for us during this long campaign, so it went well when you look at how much money we generated."

The grand prize ticket draw by 1RCHA CO LCol Stephen Haire's and Base COS Maj Katherine Haire's daughter Kayleigh was held by 2PPCLI's Cpl Justin Zinger. He enthusiastically collected his prize held in a back-pack and could be heard in the CANEX parking lot as he left vocalizing his luck.

"I've always wanted a GoPro," he said before departing L25.

Another popular event run by Base Maintenance also brought in some cash — the two-day event where you could have tires and oil changed — with more than \$2,000 collected.

Maj Costen acknowledged of the \$54,345.68 — remember the boot drive at the two Base entrances where loose change was collected, including the now defunct Canadian penny — raised, \$16,798.60 came from the events that units reps planned.

Other raffle winners were: IPSC's 30 bottles of wine went to Dan Leslie and five bottles of wine to Jodi Billard; CFHA's coffee machine and supplies won by MCpl James Tucker; Base Supply's turkey is in Gord Cobar's freezer; and the Cadpat Brandon Wheat Kings jersey went to Bdr Hudson, with his winning bid of \$240.

While individuals will look to Maj Costen as the team leader, he brushed off any accolades because it was others he wanted to thank, especially the unit reps and prize sponsors (Garrison Grill, Shilo Automotive, Rick's Restaurant, Shilo Barber-shop, Forbidden Flavours, CANEX, Shilo Inn and Shilo Golf Club).

More importantly, Maj Costen also wanted to thank his support team which consisted of Bullee, Amanda Engram, Sarah Briggs, Shilo and Area Service Club, *Shilo Stag's* editorial team, and the United Way of Brandon and District.



CHURCH SERVICES
St. Barbara's Protestant Chapel:

Christmas Eve 7 p.m.

No service on Christmas Day

Our Lady of Shilo Roman Catholic Chapel:

Christmas Eve 7 p.m.

Christmas Day 10:30 a.m.

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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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Wheat Kings puck drop

CFB Shilo COS Maj Katherine Haire was part of a special ceremony marking Remembrance Day and Manitoba Minor Hockey Week prior to a Brandon Wheat Kings tilt Nov. 11. Two minor hockey players helped with the puck drop ceremony.

Photo by Jules Xavier



Let DFIT.CA help with your health

Stag Special

Health starts at home — being active doesn't have to be difficult.

There are many ways to make physical activity a part of daily life — at home, at school, at work, at play, and on the way.

Here are a few tips to help you get active:

- Choose a variety of physical activities you enjoy. Try different activities until you find the ones that feel right for you.
- Get into a routine — go to the pool, hit the gym, join a spin class or set a regular run and do some planned exercise. Make it social by getting someone to join you.
- Limit the time you spend watching TV or sitting in front of a computer during leisure time.
- Move yourself — use active transportation to get places. Whenever you can, walk, bike, or run instead of taking the car.
- Spread your sessions of moderate to vigorous aerobic activity throughout the week. Do at least 10 minutes of physical activity at a time.

• Join a team — take part in sports and recreation activities in groups. You'll make new friends and get active at the same time.

Getting started is easier than you think.

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Articles on benefits arriving in 2017

Stag Special

Commodore Mark Watson, the Canadian Armed Forces' (CAF) newly appointed Director General Compensation and Benefits (DGCB) wants every CAF member to understand the range of benefits available to them.

Running in CAF newspapers and other military publications, Know your Benefits will be series of articles aimed at helping both CAF members and their families better understand their benefits.

The Director General assumed his new role this past summer, and is responsible for the management of pay, pensions, and benefits for military personnel and veterans.

"It is a great honour to serve military personnel and veterans in this role," said Commodore Watson.

"The CAF provides one of the best compensation packages in Canada, and I want to ensure that every member and their family are fully aware, and take advantage of, the benefits available to them for the work

they do."

The Know Your Benefits series will be a monthly publication featured in MILPERSCOM NEWS, the Maple Leaf, and Base/Wing newspapers, as well as on the DGCB website by visiting www.cmp-cpm.mil.ca

Its goal is to better inform CAF members about the details of their benefits.

According to Commodore Watson, "It is of utmost importance that CAF members understand the nature and range of the compensation and benefits that they have access to, especially when the need arises. At these crucial times, the burden of seeking help and support elsewhere is the last thing that should be on their minds."

A lack of awareness from CAF members is the main cause of misunderstandings related to compensation and benefits. Know Your Benefits will communicate information CAF members need to know about their benefits in a consistent, on-going way.

Stay tuned for the first article of the series appearing in your Shilo Stag in January 2017.

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For more info call the community recreation office at **204-765-3000** ext **3317** or **3588**

Physiotherapy team cares for brain injuries

Sarah Francis
Shilo Stag

Whether it's from broom-a-loo or a bonk on the head during a training exercise in CFB Shilo's training area, the Base's physiotherapy team is ready to care for your brain injuries.

Usually when soldiers arrive for concussion therapy, they've already seen a doctor and have been diagnosed. Physiotherapist Brianna Coulter generally sees those who have experienced a head injury and will do a few tests to confirm the diagnosis.

"I'll assess them. If there is any physical things like any vestibular components ... that means your inner ear — balance," she explained. "If there are any deficits that way, then there are some simple exercises I can give, or [for] visual disturbance there's exercises I can give."

Coulter has been working at the Base clinic for seven years and has taken a few seminars and short courses on head injury and the vestibular system. Treating head injuries has become a larger topic of conversation in the physiotherapy world.

"Concussion rehab is kind of a newer thing. It's not something that really was done," she offered. "It was kind of like, rest and you're kind of on your own. It's gaining headway. I think it's good they have someone to ask questions to and follow up with, as opposed to just go home and sleep."

If you have hurt your brain, physiotherapists like Coulter don't want you sitting about doing nothing. Exercises can be provided, depending on your cognitive ability, to improve your symptoms.



Physiotherapist Brianna Coulter shows some literature which she uses to explain about concussions when working with injured soldiers at the Base clinic.

Photo by Sarah Francis

"It depends on what you find for a deficit. Say someone comes in and I'm looking at the tracking of their eyes and, if one is tracking a little bit slow or there is what we call saccadic movements, a fluttery type of quality to movement, I would give them a visual exercise. It would be, 'Okay, your eye doesn't want to fluidly move to the left.' I would give them an exercise where they're just practice looking within tolerance."

Sometimes activities could cause symptoms such as a headache. However, Coulter and her team treat your recuperation like any other injury. Getting your brain back on track and back to health is much the same as any other muscle in your body.

Once your cognitive or visual strength and ability increases, the difficulty level will follow suit.

Common post head injury exams will often include a CT Scan or an MRI of your head. However, these won't necessarily show a head injury such as a concussion.

"They say, 'Well why do I feel this way? My MRI or CT was fine.' But if you strain your bicep an MRI of your bicep is going to look normal unless it's torn. It's still weak and it's not recovered yet. It's the

same with your brain," explained Coulter.

She added, "Those pictures are a one point in time in space, it's not how it's functioning."

Recovery time for those with a brain injury can vary as widely as physical injuries. Some who are injured will experience an increase in cognitive function or feel perfectly well within a few days. Others may take months or years.

When you are injured either in the field, at work or in every day life, keep in mind soldiers can self refer to the physiotherapy department on this Base.

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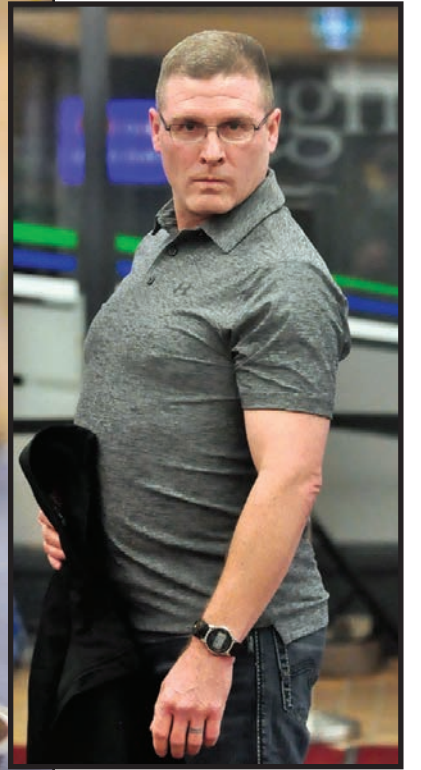
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FASHION IN FOCUS



**PHOTOS
BY
JULES XAVIER**

It was a hive of activity at the CANEX Mall for the Pop Up Shop & Fashion Show. Besides vendors selling their goods, and live music, finger foods from Garrison Grill were served among the event goers. Sarah Francis of Mary Kay did make-up for the models, while Naturally Amourified and Shilo Beauty & Barber Shop looked after hairstyles.



MBdr Nicolas Thomson (right) records his observations at an observation post in the Hohenfels training area during Ex ALLIED SPIRIT V as part of Op REASSURANCE.

Photo by MCpl Jennifer Kusche

1RCHA soldier shares his experiences on deployment to Poland



MBdr Nicolas Thomson Stag Special

My name is MBdr Nicolas Thomson and I am a Canadian Armed Forces (CAF) soldier. My home unit is 1RCHA at CFB Shilo, and I am currently deployed on Op REASSURANCE as part of the Forward Observation Officer detachment.

Our job is to co-ordinate artillery fire support for manoeuvre elements in the field.

Op REASSURANCE refers to the military activities under taken by the CAF to support NATO assurance and deterrence measures through the provision of military capabilities for training, exercises, demonstrations and assigned NATO tasks.

My journey began Aug. 25 at the Brandon Airport with one of my colleagues, Bdr Robert Boretz. This is where I gave my wife a final hug and kiss good-bye and boarded a flight to CFB Edmonton. It was the first day of a long journey to get to Poland.

When I arrived in Edmonton I pre-loaded my mission-essential equipment into a sea container and used the rest of the day to take care of any final administrative requirements.

The next morning, Aug. 27, we had reveille at 3:30 a.m. and roll call at 4:30 a.m. We then boarded yet another plane to begin our long flight to Poland, with

a brief layover in Scotland so the plane could refuel.

Since arriving in Poland, we conducted our handover with the Rotation 5 soldiers and began preparing equipment for the upcoming exercises alongside various NATO countries.

So far my detachment has participated in three exercises, two bilateral training exercises with Poland and Ex ALLIED SPIRIT V, which took place at the United States Army Garrison in Hohenfels, Germany.

During the bilateral training exercises, we worked alongside Polish soldiers to learn how to descend using fast rope techniques from a rappel tower.

We then applied the lessons we learned into a more complex scenario by fast roping from the Polish W3W Falcon and Mi-17 helicopters.

I found it to be an amazing experience to learn how the Polish military conducts air mobile operations. I have no doubt this training will allow us to have improved interoperability on future exercises.

During Ex ALLIED SPIRIT V we worked alongside an American battalion attached to the Lithuanian Wolf Brigade. We conducted a 10-day force-on-force battlefield exercise manning observation posts in order to support the movement of our Canadian Company Group.

This exercise enhanced our interoperability capabilities with our NATO allies through realistic battle-

field settings. We saw how professionally our allies conduct themselves and we learned how their procedures, although slightly different from ours, are complimentary to the overall success of the mission.

Upon the conclusion of Ex ALLIED SPIRIT V, my detachment and I had the opportunity to visit a German artillery unit, the 131st Artillery Battalion in Weiden, Germany.

They were very excited to have us at their unit and they showed us all of their equipment, which was very impressive and interesting to us Canadians.

It is my detachment's hope we can reciprocate the 131st Artillery Battalion's hospitality and one day host them for a training exercise back at our home unit on this Base.

When we're not in the field, we fill what spare time we have by conducting physical training, intramural sports, and preparing our equipment with our Company Group.

We have sampled some local food served in the mess hall and in the local area, while still get to enjoy Canadian meals prepared by our outstanding cooks.

We are very eager to learn from our NATO allies and to show them how we, too, conduct ourselves professionally on exercise and in operations.

MBdr Nicolas Thomson is with Op REASSURANCE Land Task Force

Defence scientist wants to hear from CAF women

Shilo Stag

A defence scientist working at Director General Military Personnel Research and Analysis will be here for four days starting Dec. 4.

Dr. Barbara Waruszynski is leading a project called The Recruitment and Employment of Women in the Canadian Armed Forces: A CAF Member Perspective.

This study will examine: the reasons why CAF women joined the military; the possible reasons why women are not joining the CAF; and how women currently serving in the military could contribute to CAF recruitment strategies, DND outreach, and other initiatives that would help to increase the representation of women in the Canadian military.

Dr. Waruszynski is looking for women who are currently serving in the Regular Force to volunteer to participate in focus groups.

The focus groups will only take between 60 to 90 minutes and will occur during

the regular work day.

The information gathered will be treated as confidential.

Women in the Canadian Armed Forces (CAF) posted to CFB Shilo who are interested in being part of the focus group are asked to contact Dr. Waruszynski directly.

Send her an e-mail at Barbara.Waruszynski@forces.gc.ca

She will let volunteers know the date and time for their group, while respecting unit activities and events.

Your Chains of Command are aware of this study and supportive, however if you are going to participate — ensure you let them know.

If you are a woman in the Regular Force, this project represents an important opportunity to have your voice heard.

Your thoughts and views on this subject are extremely valuable and desperately needed.



OPERATION RED NOSE is a way to get home safely with your car this holiday season. Volunteers will be on stand-by to provide safe transportation within Shilo, Brandon, Douglas, Cottonwoods and Sprucewoods. The service is entirely confidential. Still looking for volunteers.

Night shift 8 p.m. to 3 a.m. Dec. 2, 3, 9, 10, 13, 14, 15, 16, 17, 31
Day shift 2 to 8 p.m. Dec. 13, 14, 15, 16, 17

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BOOM!

The Stag's Cpl Bryce Cooper came across Base maintenance staff working on their pumpkin canon.

CWO Ryan Jenkins leaves Army Cadets for Combat Engineering

2Lt Betty Froese
Stag Special

This past February, at the Change of Appointment (CoA) ceremony for the 2520 Royal Canadian Army Cadet Corps, CWO Ryan Jenkins handed his pace-stick to the next RSM who would follow in his footsteps in Brandon and CFB Shilo's Army Cadet program.

The Neelin High School graduate turned 19, thus aging out of the Army Cadet program. However, Jenkins is about to enter into a new chapter of his life, when he joins the Canadian Armed Forces (CAF).

Jenkins has packed his bags and went east as basic training started for him at the CAF Leadership and Recruit School in Saint-Jean-sur-Richelieu, Que.

He is attending the 12-week Basic Military Qualification (BMQ) course to learn the core skills and necessary knowledge to succeed in a military environment. This training emphasizes basic military skills, weapons handling, first aid and ethical values, with a large part of the course focused on fitness training. After completing his BMQ, Jenkins will travel to CFB Gagetown, New Brunswick, to begin his training in Combat Engineering. Combat Engineers have a host of responsibilities, their task being to ensure that troops can live, move and fight on the battlefield.

Former CWO Jenkins has been involved in the cadet program for close to four years, but his decision to join the Canadian Army has been inspired by more than his participation in Army Cadets. He said he is following in the footsteps of two very important men in his life.

"My dad was in the military and my great-grandfather fought in the Second World War," he said. "It's always been an interest of mine ever since I was a kid."

His father served with 3RCHA at

CFB Shilo, and his great-grandfather Ernest Edward Haggerty served with the Queen's Own Cameron Highlanders of Canada during the Second World War.

Jenkins attributes his better understanding of the military to the Army Cadet program, as well as developing his skills in mentoring and leadership.

"The Cadet program is challenging but well worth it for what you gain. I originally wanted to join Cadets to get the experience," he recalled. "But as time went on it wasn't so much about getting the experience as it was about having loyalty to my corps and fellow cadets. It's about being a good role model."

He added, "You just have to be what you expect those under you to be. And you need to just be yourself."

Jenkins summarized his role as a senior cadet and RSM of his corps, acknowledging a good leader needs to be relatable and relational.

"You need to treat others how you would like to be treated, and then lead how you would like to be led."

The Army Cadet program is a national program for young Canadians aged 12 to 18 who are interested in participating in a variety of fun, challenging and rewarding activities while learning about the Sea, Army and Air activities of the CAF. Cadets are encouraged to become active, responsible members of their communities and make valuable contributions to Canadian society on a daily basis in terms of environmental, citizenship and community activities. Cadets also learn valuable life and work skills such as teamwork, leadership and citizenship.

2520 RCACC parades every Wednesday from 1830 to 2100 hours at the Brandon Armoury and at the MPTF on this Base. For more information visit www.2520armycadets.com or www.cadets.ca

2Lt Betty Froese is UPA rep for 2520 RCACC - 71 Bty RCA Cadets



Former CWO Ryan Jenkins (middle) during a Field Training Exercise at CFB Shilo.
Photo by 2Lt Betty Froese

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Volunteers spruce up veterans' headstones

Jeanne Gagnon
Stag Special

Headstones of veterans buried at the National Military Cemetery in Ottawa were cleaned prior to Remembrance Day as volunteers, using brushes, dish soap, water and a lot of elbow grease removed the dirt covering the inscriptions.

WO Julie Archambault first discussed with the Commonwealth War Graves Commission to see what could be done to clean the veterans' headstones at the cemetery.

"I saw that the gravestones needed maintenance," she said, adding for three days after sending the e-mail invitation to participate, one message a minute came into her inbox.

"The response was really very enthusiastic," she said, adding military and civilians, some coming as far as Garrison Petawawa, participated in the cleaning.

In the end, more than 250 volunteers cleaned the approximately 2,000 markers and headstones at the national cemetery between Oct. 6 and Nov. 7.

The Commission provided the cleaning materials, said WO Archambault.

She acknowledged approximately 30 people daily cleaned between eight and 10 headstones each. In the newer section, said WO Archambault, it took about five minutes to clean one headstone while in the older section, it took up to 30 minutes of good effort to get the job done.

"There will be a few small tasks left, but at least the worst of it has been dealt with. This stopped the damage and you can tell who is buried here," she said.

"We hope this will become an annual project, depending on need. We could also extend it to other NCR cemeteries where many of our veterans have been laid to rest."

One of the Canadian Armed Forces (CAF) volunteers was Maj François Bak.

"As a section leader, I thought this was a tremendous opportunity for us to get out together as a group and to contribute in a small way to honour our fallen, to do our part," he said. "Personally, I feel just really honoured to be able to do this."

Jeanne Gagnon is with Ottawa-based Guard of Honour



Tire tune-up

It was a busy afternoon at Base maintenance during the United Way care care clinic. Photo by Cpl Bryce Cooper



Sgt Graham Frampton cleans veterans' headstones at the National Military Cemetery in Ottawa.

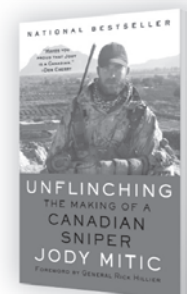
Photo by Jeanne Gagnon/Guard of Honour

CALL FOR CANADIAN SOLDIER STORIES

DO YOU HAVE A STORY to tell about being in the military?

About facing danger, making sacrifices, and going beyond the call of duty? Or is there someone in the military who made an impact on you?

If you're a veteran or an active soldier in the Canadian Armed Forces, Simon & Schuster Canada and Jody Mitic would love to hear from you.



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NEXT HOME GAME:

WHEAT KINGS 50
1967 2017

Dec. 16 @ 7:30 pm vs Saskatoon
Dec. 28 @ 7 pm vs Regina
Dec. 30 @ 7:30 pm vs Moose Jaw
Jan. 3 @ 7 pm vs Saskatoon

Army Cadet on target with archery skills



Former Shilo archer Naython Fleet had a successful archery season before moving to the east coast during posting season. *Photo by 2Lt Betty Froese*

2Lt Betty Froese Stag Special

It was a busy season for teenager Naython Fleet. The 14-year-old Wawanesa ninth grader was named 'Top Shot' for his age category in the cadet division open to archers aged 15 to 17 during the Manitoba Provincial Indoor 3D archery championships held in Carberry.

Calling CFB Shilo home prior to his father's recent posting to the east coast, the member of the 2520 Royal Canadian Army Cadet Corps says he practiced every week for 3D competitions, where competitors are scored on shot placement on life-sized foam animals at different yardages, anywhere between five and 50 yards depending on an age category.

MBdr Fleet was also a member of the Shilo Archery Club. He has been shooting with a compound bow for the past six years and it was only after four years of training when he was chosen for Team Manitoba which competed on a national level.

He also competed with Team Manitoba at the Canadian 3D championships held in Surrey, BC. Typically, more than 240 archers gather with bow and arrows in hand to compete in the various divisions.

This was MBdr Fleet's second year as a member of the six-person team that competed on a national stage. He says the event brings together fellow archers — who have competed with each other over the

years — and helps create lasting friendships. "Last year, I met some really good people in my class, and throughout the competition, both kids and adults," he recalled. "I may be 14, but in archery we're all friends. I got to see some of my friends that I met last year. It was a lot of fun."

Competition was tight this year for top scores, according to MBdr Fleet.

"We're all the best in Canada, so we were all scoring very high scores and we're all within 60 to 70 points from each other. This is not normal as we're usually spread out by about 100 points at least. The one just behind me was down by only two points. It was a very close competition."

MBdr Fleet placed fourth in his age category out of 10 archers who have the steadiest hand, sharpest eye and most focused concentration for youth in this sport in all of Canada.

Three of MBdr Fleet's teammates made it to the medal podium while representing Manitoba — Brody Wilson won gold in the boy's cub compound division, while Tyler Wilson earned bronze in the men's junior compound division. Christie Lavalee garnered bronze in the women's compound fixed pins division.

For information on the Shilo Archery Club e-mail shiloarcheryclub@hotmail.ca

For information on archery competitions, visit www.abam.ca.

2Lt Betty Froese is UPAO for 2520 RCACC – 71 Bty

CAF App gives access to info

Stag Special

The Canadian Armed Forces (CAF) now has its own App.

The idea and concept of this new tool came directly from the CAF's CDS Gen Jonathan Vance, when he saw its potential to convey key information to CAF members, from almost anywhere Internet or cellular service is available.

"I want to see everyone having access to useful, unclassified information about the Canadian Armed Forces," said Gen Vance.

"The app is updated on a daily basis, which ensures that everyone has access to the latest on issues and direction."

The app became available July 1 as a "soft" release so that users will have the opportunity to try it out and provide feedback. In this initial version, users will find several sections which include personalized social media, imagery and resources with direct access to useful information such as pay, health and

24/7 assistance lines.

Users will also have direct access to messages from the CDS and other senior military leaders.

"The most important feature I wanted to include in this app was the Commander's Voice," General Vance said. "I've been posting messages on that board which allows me to communicate directly with CAF members on current issues and operations."

New versions will be forthcoming through the summer as comments are received and improvements are made.

A more proactive release across the CAF is expected by September. In these future versions, users can expect to have access to any new direction and guidance, as well as receive "push" notifications when major updates occur.

The app is available now through the IOS and Android app stores at no cost and can be used on most personal smart phones or tablets. Recommended search words are, "Canadian Armed Forces" or "Canadian Forces."

Where's Willie?

Somewhere on the pages of this *Shilo Stag* is a picture of Willie, the Wheat Kings mascot.

Tell us on what page, in what particular advertisement Willie was found and correctly answer the following skill-testing question for your chance to win two tickets to an upcoming Wheat Kings home game in Brandon.



Entry Form

Name: _____

Address: _____

Phone: _____

Page #, ad: _____

Answer skill-testing question:

Where is TRCHA's MBdr Nicholas Thomson on deployment?

Cut out your entry form and fax it to 204-765-3814, or scan it and e-mail to stag@mymts.net or drop it off at the Stag's office at CANEX. Draw will be made on the Monday prior to game day.



CHURCH SERVICES

St. Barbara's Protestant Chapel: Christmas Eve 7 p.m.

No service on Christmas Day

Our Lady of Shilo Roman Catholic Chapel: Christmas Eve 7 p.m.

Christmas Day 10:30 a.m.

Brandon Wildlife Association

GUN AND COLLECTIBLE SHOW

Saturday, Dec. 10, 10 am - 5 pm

Sunday, Dec. 11, 10 am - 4 pm

Manitoba Room, Keystone Centre

Admission \$8 per day

Children under 12 FREE with adult admission

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Third floor construction

Work is underway on the third floor of the Base's new apartment complex currently under construction. Soon, the roof will go on, which will make it more comfortable for workers doing indoor plumbing, drywall and electrical work once snow arrives on the prairies.

Photo by Cpl Bryce Cooper



Sears Canada offers discount for military families Dec. 4

MFRC Special

For countless Canadians across the country, Christmas planning begins with the arrival of Sears Canada's *Wish Book*.

For many Sears associates, creation of this annual catalogue occurred months ago while, at the same time, they were putting the finishing touches to its annual military family discount program which occurs Dec. 4 this year.

This special military discount offers active and retired military personnel, reservists and family members a discount of 15 per cent off most items sold at Sears and is a part of the 11th annual Sears Operation Wish initiative that pays tribute to, and honours, our Canadian military, both at home and abroad, and their family members.

This military family shopping day is a one-day, 24-hour holiday shop based on Eastern Standard Time (EST) from midnight to midnight Dec. 4.

No orders are accepted either before or after this EST. This special offer is available through a host of channels: Sears department stores, Sears home stores, Sears hometown stores, all current Sears catalogues and by visiting www.sears.ca

Valid military ID or CF Appreciation Card is required for store purchases Dec. 4 during normal store hours.

This special offer to Canadian military provides a 15 per cent savings on both apparel and accessories and home and leisure products. Home electronics products are excluded in this offer.

This offer is on top of non-exclusionary sales items. For families who prefer to shop at www.sears.ca or for military personnel deployed during the holiday season, they can use a special discount code "OP-WISH" to take advantage of the 15 per cent discount.

Sears Canada is also donating \$10,000 to help support local MFRC's youth-oriented programs along with a percentage of funds raised through sales of its special, limited plush bear, Owen, who sports a retro red and black plaid sweater reflective of the company's holiday Canadiana theme.

One hundred per cent of the proceeds from the sale of Owen are donated to the Sears Canada charitable foundation which will donate a percentage of those proceeds to local MFRCs on an equal basis.

Since its inception in 2006, the Sears Operation Wish program has donated in excess of \$180,000 to support both national and local military family youth programs.

CLASSIFIED ADS

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**\$10 for first 20 words,
10¢ for each additional word**
Deadline for next issue:

December 8 at noon

*Free ads (non-profit only)
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CAF, employees of CFB Shilo and the
residents of the surrounding area.*

Services



St. Barbara's Protestant Chapel

Sunday at 10:30 a.m. with
Sunday school & nursery
Padre Costen - ext 3381
Padre Dennis - ext 3088
Padre Lee - ext 3090
Padre Neil - ext 6836

Our Lady of Shilo Roman Catholic Chapel

Sunday at 10:30 a.m.
Faith Studies Tuesday 18:30
Starting again in September
Confessions by appointment
Padre Ihuoma - ext. 3089

Services

Greg Steele Canadian Fire-arms Safety Course Instructor/Examiner Offering Red Cross first aid training. Manitoba Hunter Safety instructor. Courses offered at least monthly, more often with demand. Firearm/hunter safety courses planned seasonally. Restricted and non-restricted. Call 204-725-1608. E-mail gstele4570@gmail.com

We buy and sell good used furniture/appliances and we deal in coins and coin/stamp supplies. People's Market Place, 32-13th St., Brandon, 204-727-4708.

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Employment

Looking for a job on the Base? Submit resumes to NPF HR office via e-mail quoting competition # to npfhrshilo@cfmws.com OR for more detailed information on the jobs offered at CFB Shilo visit: www.cfmws.com

Employment

CANEX WANTS YOU: Clerk/cashier part-time position with 13 to 32 hr /week required. Must be available days/evenings, and weekends. Under the direction of the department supervisor, a clerk/cashier scans customer purchases, processes the transactions, and accepts payment. He/she prices, stocks shelves, counters and display areas with merchandise and keeps stock in order. He/she performs cleaning duties as required. Starting salary is \$11.63 per hour, and after two-month probation increases to \$11.88. Apply in person at CANEX admin office, or NPF Human Resources office at base HQ.

Advertise with us! To place an ad, e-mail bullee.elaine@cfmws.com or call 204-765-3000 ext 3736 or contact Sarah Francis at stag@mymts.net or call 204-765-3000 ext 3013

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GSH
Country Club (Rick's)

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Carberry
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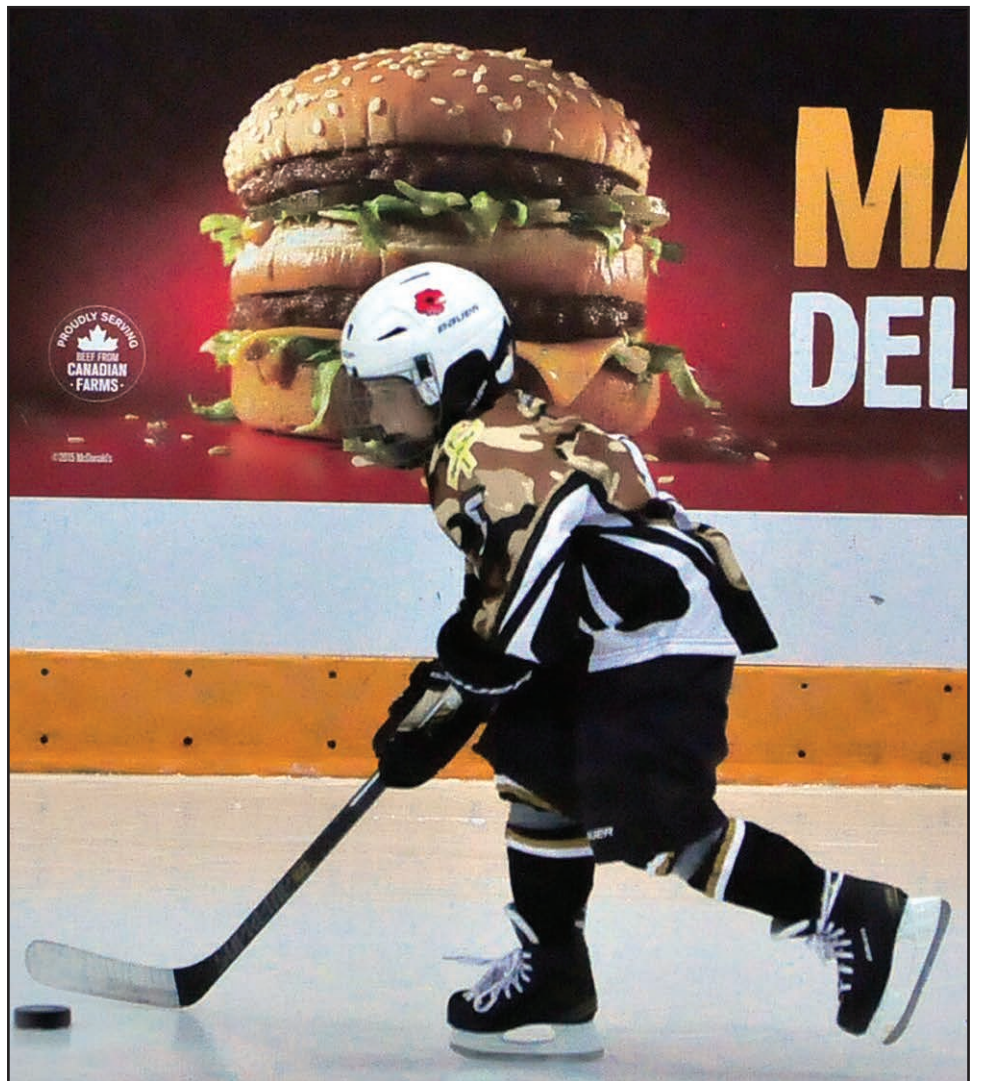
At A Glance CFB SHILO



Military Exercise Page 14-15

www.cfgateway.ca

WINTER 2017



Hungry for hockey

CFB Shilo's minor hockey program was showcased during the first intermission of a Nov. 11 Brandon Wheat Kings tilt, with the HIP players enjoying a skate, and facing the team's mascot Willie. Here, a player skates down the right wing en route to the net with a scoring opportunity on Willie.

Photo by Jules Xavier

*Join Padre Costen
and musical guests*

for a traditional

Christmas Eve Service

Saturday, December 24th, at 7 pm

St. Barbara's Chapel

CFB Shilo (next to L'École la Source)