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2PPCLI powerlift concentration

Lt Megan Couto, from A Coy with 2PPCLI, attempts to lift more than 220 pounds during the powerlifting event held in Garrison Edmonton. Her best lift was 270 pounds during Ex STRONG CONTENDER. She garnered silver in the ladies division won by fellow 2PPCLI A Coy rifleman Pte Jessica Becker. For more on the event, see pages 6 & 7. Photo by Robert Schwartz, 3CDSG

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Base language school

Soldiers hone their French, English in classroom

Sarah Francis

Shilo Stag

It's no small feat receiving your language qualifications from CFB Shilo's language school.

With courses lasting a few weeks to a full year, students' brains are often jam packed with information.

It was with the help of Sylvie Drapeau, co-ordinator of official languages, that the Base's language school became what it is today. Originally courses were held in the building which is now Ecole la Source.

When they lost that building to the school, their option was the MPTF, which among noise, has a few issues.

"Every time we had a course I would have to pack up boxes with dictionaries, all my reference books, my modules and stuff," recalled Drapeau. "Then go over to MPTF and set up the class. Then we would hire a teacher. Then once it was done, I would go back over there, pack up the boxes again and bring them over to headquarters building."

It was about five years later when her G1 said they were introducing a year-long French course and they needed a space.

She went on a hunt for a location and settled on the current location, near the Warrant's and Sergeant's Mess, but were only allotted four rooms.

Now, the school is currently working to get additional floors together to teach both English and French.

Class sizes are kept small with no more than seven people, but often many people are learning. In the past, more than 15 people, who were completely Francophone, arrived on one day to start the English program.

However, sometimes they have students who do know a bit of the language. They will be evaluated over the phone on their abilities and placed in a class that suits their needs.

"[The evaluator] has conversations with them. She has different levels. Level one, these are the questions they need to answer. Level two, level three, level four — so as they answer questions, she will say, 'Okay, you're at level three.'"

Students are required to reach a certain grade in order to complete the course. Each level lasts five weeks.

Those students will have to learn seven levels of the chosen language before progressing onto their final test.

It's a test which is definitely a challenge.

First there is a reading test, followed by a written



With small classes, soldiers learning either English or French, have an opportunity to excel working with their classmates and instructor.

Photo by Sarah Francis

test. Each takes about 90 minutes. Tests are now done electronically to facilitate faster grading and results.

Students are then scheduled for a test of oral proficiency via phone with someone in Ottawa.

"We send a request to Ottawa and they come back with a date and time. The member shows up 20 minutes before. We make sure [they're] relaxed and good to go," she explained.

Once it's confirmed who is there to take the test by

checking ID, they will get a phone call from the tester.

"It's conversation, [such as] directions. 'How do I get here from there?' It's more intense."

If they don't reach the required standard, they will have one month of brushing up their skills before being re-tested.

Drapeau said if you're interested in learning a new language to further your military career, speak to your chain of command.

Pet of the Week

Maxwell

This is our newest edition Maxwell. He is a three-month-old Blue Heeler. According to Capt Lindsay Jackson, he loves playtime in the yard, and at the dog park. And bugging our two older dogs. In typical Heeler style he is always around your feet and he loves chasing and herding our other dogs. He loves his stuffed pink dragon. Max came from a horse farm near Glenboro. Do you have a photo of your pet you'd like to share with our Stag readers? If so, e-mail it to us via stag@mymts.net



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Personal lines manager Janet Manser enjoys working with the Shilo community. Photo by Sarah Francis

Guild ready to assist you

Sarah Francis
Shilo Stag

Peace of mind at the best price. That's what Guild Insurance Brokers offers military families.

Whether you're buying a home or renting a PMQ on Base, the Guild Insurance Brokers staff are ready to assist you in finding the best options for your coverage.

Personal lines manager Janet Manser has been working with Guild for 20 years and said her company will ask a variety of questions to find out what suits your needs.

"We try to understand the reason why they're coming to deal with us," she explained. "We try to understand what is important to every client."

One question for example is, "What is your occupation?"

By asking questions of clients, Manser said they will get you the best price possible. If you're a member of the military — it's even better.

The military discount program has been in place for a number of years.

"It's exclusive to Guild. If we have anybody in the military that lives in a PMQ, it's automatically a 50 per cent discount off their insurance," she explained. "If there is anyone that lives in the Brandon area, they can be renting or have a home or a condo it's a 10 per cent discount."

She added that it's important for them to recognize individuals who work for the Canadian Armed Forces (CAF).

"We want to give back to our community. The military is giving so much

for us, so if we can help in any way and show respect and honour them, that's something that's very important," said Manser. "We wanted to open it up to even retired military personnel, because they've done the sacrifices as well."

They pride themselves on going above and beyond for their clients. You can count on them to make sure that you are only paying what you need, every year.

"We check replacements costs on your home every year," she promised. "Making sure that you're not under-insure or over-insured. We check the market every year to make sure our clients are with the best suited market."

For Guild, a personal relationship is really important when conducting renewal reviews.

"For us it's about the relationship," she added.

The difference between Guild and other insurance providers is they work with a number of different companies.

"We're an independent broker, we have different insurance companies that we represent. As a broker our best interest is trying to find you the best product. We take different information and figure out which is best suited for you," she said. "We approach those different insurance companies to find you the best insurance coverages, the best premiums, looking at overall what is best suited for you."

Guild Insurance Brokers is one of the many Brandon Salutes associated businesses which look to provide military personnel and their families with deals and promotions.

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The Shilo Stag is produced every second Thursday.

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

Submitting articles and photos for print:

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



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MPs serve chili for a good cause

Cpl Glenda Gauthier, from 1 MP Regt Shilo PI, organized a chili lunch in support of the Military Police Fund for Blind Children (MPFBC). Everyone enjoyed the different varieties made from scratch by our local MP members. This event raised more than \$300 dollars. The MPFBC provides support services and equipment to visually impaired children from across Canada. PI CO SLt Greg Ansley wants to thank all those who arrived for this event held at the Junior Ranks, and said the next event will see more chili served because of the higher than expected turnout during this culinary event. Here, Cpl Gauthier serves chili to BComd LCol John Cochrane (above). Base padre Maj Greg Costen (below) enjoyed his bowls of chili while socializing.

Photos by Jules Xavier



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Tough luck, hot goalie stymie Shilo Stags in semi-finals

Danny Hamilton
Stag Special

During a six day period starting Jan. 16, CFB Shilo's men's hockey team traveled to 15 Wing Moose Jaw to participate in the Prairie region hockey tournament.

Participating teams this year included squads from 17 Wing Winnipeg, Garrison Edmonton, CFB Wainwright, 4 Wing Cold Lake and the host Base, 15 Wing Moose Jaw. The Shilo Stags opened the tournament facing the defending champions from Garrison Edmonton. In a close game, the Shilo Stags and Edmonton Garrison ended regulation time knotted 3-3.

After securing one point each, the teams proceeded into a shootout for seeding purposes. Garrison Edmonton emerged victorious (2-1) and would be awarded the higher seed.

Scoring for the Stags were 2PPCLI's Nate Beer, Joe Bitz and Steve Garrick. Game two had the Stags taking flight with 4 Wing Cold Lake. After the second

period, the Stags were up 5-1. Then the team ran into penalty trouble.

Shilo gave up three powerplay goals, two while being two men short and, one with the goaltender pulled and still down two players. The Stags were able to escape with a 6-4 victory.

Leading the way in the scoring department with one goal each, were 2PPCLI's Garrick, Beer, John Hutchison, Brad Phillips and Tom Spettigue, while 1RCHA's Brad Stouffer chipped in with his own solo marker.

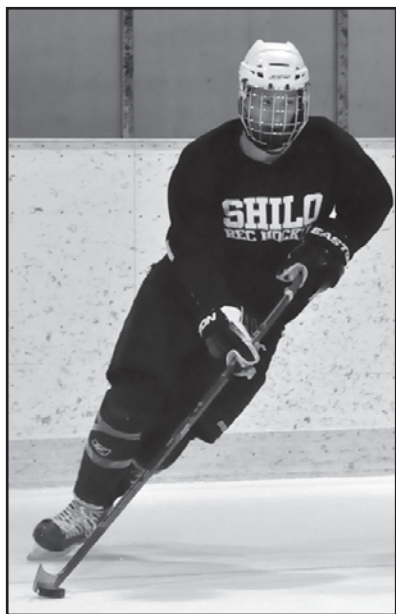
Game three for the Stags pitted the lads against CFB Wainwright. Shilo emerged from the ice chips with a 16-0 skunking. Pacing Shilo with multiple goals were Beer, with five, Hutchison with a hat-trick. Solo goals were added by Bitz, Garrick, Stouffer, and 2PPCLI's Bryan Irwin, Devin Robertson and Ryan Richardson-Guest. 1RCHA's Kyle Dillon also scored once.

Following the three games, Garrison Edmonton finished first in the standings after the Olympic cross-over based on its win over the Shilo Stag in a shootout. Shilo finished second, while 5 Wing Moose Jaw came third, and 17 Wing Winnipeg fourth. 4 Wing Cold Lake, and CFB Wainwright, based on going 0-3, finished in the basement and out of the playoffs.

In the first semi-final Garrison Edmonton walked over 17 Wing Winnipeg 12-0, thus advancing to the final. The other semi-final was a different story. The Shilo Stags ran into some outstanding goaltending and some tough luck. Despite out shooting Moose Jaw 46-22 and hitting four posts, the Stags were felled by their RCAF opponents 3-1.

The only goal the Shilo Stags could muster against the 15 Wing Moose Jaw netminder was a powerplay marker in the second period by Bitz.

15 Wing Moose Jaw went on to defeat Garrison Edmonton later that night 4-3, to emerge as the 2016 Prairie region men's hockey champions, and will represent the prairies at national being hosted later this spring by CFB Borden.



1RCHA Gnr Alex Boucher-Dumont led the intersection league in scoring, but was unable to lift his team to a win over a stingy 15 Wing Moose Jaw goaltender.
Photo by Jules Xavier

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Events Calendar

- 15 Feb - Louis Riel Day (closed)
- 17 Feb - Clothing Swap 5-7pm
- 19 Feb - Kids Haircut Day
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Homebound voting – If you are unable to go in person to a voting place due to a disability, you and your caregiver can apply to vote in your home.

Absentee voting – If you will be away during advance voting and on election day, you may be eligible.

For more information:

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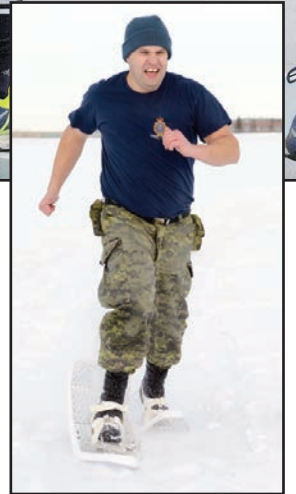


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Action from the annual Ex STRONG CONTENDER through the lens of photographer Robert Schwartz of 3CDSG at Garrison Edmonton.



2VP lady powerlifters dominate

Shilo Stag

Pound for pound, 2PPCLI can lay bragging rights for having the top two powerlifters among women competing at the annual Ex STRONG CONTENDER held at Garrison Edmonton.

Pte Jessica Becker won handily according to her base weight of 204.2 pounds, taking all three classes with lifts of 335 pounds in squat; 195 pounds in bench press; and 375 pounds in deadlift. The A Coy rifleman's combined Wilks score of 351 easily garnered her gold over runner-up and fellow 2PPCLI soldier Lt Megan Couto.

Couto, the A Coy 1 Pl Comd, earned silver with her combined Wilks score of 339. With a base weight of 139 pounds, Lt Couto squatted 270 pounds, benched 115 pounds and had a deadlift of 310 pounds.

Lt Couto and Pte Becker were among more than 1,000 Canadian Armed Forces (CAF) soldiers participating in Ex STRONG CONTENDER. Of the 57 powerlifters, both male and female, Pte Becker finished 20th overall, while Lt Couto was 23rd.

The annual military sports tournament ran for a week, and challenges members of 1 Canadian Mechanized Brigade Group (1CMBG) to go head-to-head in eight different sports to see who is the toughest of the tough.

"Training in the army is an interesting animal," said Garrison Edmonton Public Affairs Officer (PAO) Capt Brian Kominar who spoke to the *St. Albert Gazette*. "You can't always just march with your rucksack or go to the shooting range and fire your service weapon."

Ex STRONG CONTENDER is meant to build fitness and esprit de corps amongst soldiers. About 1,082 soldiers competed, including soldiers from CFB Shilo, 2PPCLI and 1RCHA, with everyone else on the Al-

berta Base out to cheer them on.

"It promotes a little bit of a competitive environment and at the end of the day, we're a better team for it," noted Capt Kominar.

This year's tournament matched up with Garrison Edmonton's efforts to gear up for high-readiness/rapid deployment, Kominar said.

Troops are parachuting into Resolute Bay, Nunavut, this month as part of Ex ARCTIC RAM, and others are at CFB Wainwright for live fire training in April. By May, they'll be doing a war game called Ex MAPLE RESOLVE, which is a massive field exercise involving thousands of troops. Soldiers from CFB Shilo will be involved.

This edition of Ex STRONG CONTENDER featured ice hockey, soccer, volleyball, basketball, ball hockey, powerlifting, curling, and tactical athletics.

Tactical athletics is a sort of mini-Olympics that challenges five-person teams to complete five athletic events in a single day. In past years, these events have all been typical CrossFit activities such as push-ups or sprints. This year, the events had a more military bent, with CO LCol Stewart Taylor part of the 1RCHA team.

Competitors had to run an obstacle course while carrying a wounded soldier, figure out how to climb a climbing wall to collect flags on it as quick as possible, and do a five-kilometre snowshoe relay outdoors using just one set of snowshoes.

They also had to walk back and forth along the bottom of the deep end of a swimming pool while moving a 35-pound weight through hoops. They then ditch that weight and swim two lengths of the pool at top speed.

Added to all this is a thick layer of mystery. Competitors don't know the layout of each event's course beforehand, and don't know what the fifth event is

until moments before it starts.

It's a combination of team problem solving and high-level fitness, requiring participants to use brains and brawn to succeed.

In the major units division, 2PPCLI finished fourth overall out of eight tactical athletic teams, scoring 20 points. With 10 points based on winning two of the five events, and finishing second in two others, 3PPCLI dominated this event for the victory. 1RCHA finished sixth with 25 points.

In the powerlifting competition for men, 1RCHA's Gnr David Harte finished runner-up to 3PPCLI's Sgt Greg Van Olm, just four points back based on overall Wilks scores (437-433). With a base weight of 225 pounds, Gnr Harte did not win any of the individual lifts, recording 600 pounds in squat, 370 pounds bench press and 610 pounds in deadlift.

With a base weight of 220 pounds, Sgt Van Olm had the best bench press of 405 pounds, while Cpl McGregor from 1CER had the best deadlift with 715 pounds. Capt Harris of 11 Int Coy took the best squat life with 605 pounds.

With a base weight of 178 pounds, Cpl Reuben Doerksen of CFB Shilo, competing on the 3CDSG team, finished third overall with a 417 Wilks score. He squatted 445 pounds, bench pressed 325 pounds and had a deadlift of 585 pounds.

2PPCLI's top powerlifter was Pte Eric Young, finishing fifth overall with a Wilks score of 409.

Here are the results of other CFB Shilo-based powerlifters: Lt Smith 2PPCLI ninth, Cpl Boucher-Kovac Shilo 10th, Pte Gillis 2PPCLI 14th, Pte Jordan 2PPCLI 17th, Maj Joe O'Donnell 1RCHA 19th, Bdr Paquin-Dupont 1RCHA 22nd, Bdr Robichaud 1RCHA 31st, Cpl Birrell Shilo 35th, Cpl Couturier 2PPCLI 43rd, and MCpl McKay 2PPCLI 45th.

See **3PPCLI** page 7

3PPCLI teams combine efforts to win large units title

From page 6

When it came to the major units overall standings, 3PPCLI edged 1PPCLI for first-place overall by two points. 2PPCLI was fifth based on being part of five sports, while 1RCHA was sixth out of eight units based on participation in four of the team sports.

With Shilo athletes being part of 3CDSG in the minor units division, the powerlifters won gold, while the ball hockey team claimed silver. This led to 3CDSG winning the team title, two points up on 1 Fd Amb/1 HSG HQ.

In basketball action for major units, 1RCHA (0-3) and 2PPCLI (1-2) did not make the playoffs after finishing fourth and third, respectively, in pool B. 1PPCLI edged 3PPCLI 52-47 in the gold medal game.

Likewise, 1RCHA (3-4) and 2PPCLI (1-6) did not advance to the playoffs in curling. 2PPCLI finished eighth in the eight-team competition, while 1RCHA finished sixth.

Indoor soccer action saw 2PPCLI post a 2-1 record in pool play, the team's only loss a 2-1 setback to 1RCHA, who also sported a 2-1 record. Despite identical win-loss records, 1RCHA did not advance because of a low goal quotient, one to four, compared to 2PPCLI.

Advancing to the playoffs, 2PPCLI edged 1CER 1-0 in a semi-final tilt, then blanked 1PPCLI 1-0 in the final.

In major units volleyball, 2PPCLI finished 1-2 in round robin play, good for third spot. 1RCHA finished 2-1, good for second spot in pool play.

2PPCLI did not advance to the playoffs, while 1RCHA did, and lost to 1PPCLI 2-1 (25-23, 18-25, 8-15). 3PPCLI went on to garner gold by downing 1PPCLI 3-1. 1RCHA lost the bronze medal match 3-1 facing 1CER.

In major units ball hockey, 1RCHA went 3-0 in pool play to earn a ticket to the playoffs, while 2PPCLI did likewise in the other pool. Both teams won their respective quarter-final contests, 2PPCLI besting 1PPCLI 6-5, while 1RCHA crushed 1 Svc Bn 7-2.

In semi-final action, 1RCHA edged 3PPCLI 6-5, while 2PPCLI dropped a 7-5 decision to LdSH (RC). 1RCHA then had to settle for silver after losing 6-3 to LdSH (RC). In the bronze medal affair, 2PPCLI prevailed 8-5 over 3PPCLI.

In the minor units ball hockey tournament, CFB Shilo went 1-2 in round-robin play, then crushed 1 MP Regt 14-2. In the gold medal contest, 408 THS downed CFB Shilo 7-2.

In major units ice hockey action, 1RCHA finished third in pool play with a 1-2 record. 2PPCLI also went 1-2. In the quarter-finals, 2PPCLI advanced with a 4-1 victory over HQ Sigs, while 1RCHA dropped a 5-3 decision to 3PPCLI.

1PPCLI moved on to the gold medal game by doubling up on 2PPCLI 6-3, but lost 6-2 to 3PPCLI in the final.



Cpl Reuben Doerksen, a member of the maintenance section at CFB Shilo, lifts 600 pounds in the deadlift portion of the powerlifting competition held at Garrison Edmonton as part of Ex STRONG CONTENDER. He finished third overall among 57 competitors. His best deadlift was 585 pounds. Sgt Greg Van Olm of 3PPCLI won the competition, while runner-up bragging rights went to 1RCHA's Gnr David Harte.
Photo by Robert Schwartz, 3CDSG

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SHROVE TUESDAY



Why do we eat pancakes on Shrove Tuesday? Pancake Day on the Base marks the last day before the Christian season of Lent. It always falls on a Tuesday — and is always exactly 47 days before Easter Day. Traditionally, Lent is a time of giving things up. So eating pancakes is a way of enjoying some of the rich foods — such as butter and eggs — that Christians have traditionally give up during Lent. Why pancakes? Pancakes were an easy way for Christians to use up their milk, eggs and sugar before the 40 days of fasting during Lent started. Lent involved adopting a simpler diet, without the luxuries of “fattening” foods. What is Shrove Tuesday? What does shrove mean? Shrove is the past tense of the verb “to shrive,” which means to hear penance and give absolution. There is a Catholic custom of going to confession on Shrove Tuesday to prepare for Lent. It was a good turnout at the Faith Centre for the annual Shrove Tuesday pancake lunch. The serving line had lots of laughs, with plates full of thick pancakes and hamburger-like sausage. Syrup and sweet fixings added to the finished dish. While the team of padres was on hand to assist, it was an army of volunteers behind the scenes who helped with the cooking and food preparation, plus those who dished out the food to those in attendance. Money raised from this event goes to the benevolent fund.

Photos by Jules Xavier



Shilo garner ball hockey silver

Pte Christine Hatch
Stag Special

“On three! One, two, three ... SHILO!” We shouted, huddled together in front of our net. In that moment we were one — one team, one unit. Energy was high and hope filled the air. We began our game — line by line we changed shifts bursting through the gates, fighting to keep our end, battling the fatigue and then returned gasping for air, but satisfied because we left it all out on the floor. Win or lose we worked together. We relied on each other. We built a team. In our careers we’ve heard, and will continue to hear over and over again, the importance of team work. During Ex STRONG CONTENDER the value of team work was emulated in every corner from soccer to curling. This value extended from far beyond the courts, ice surface or playing fields.

As members of the Canadian Armed Forces (CAF), whether we’ve been a member for a year, five, 10 or 20-plus, we are given the opportunity to meet with, work with and befriend a variety of people. We develop true friendships which stretch throughout our entire nation and withstand the distance. In today’s busy work schedule, we don’t always find time to reach out and connect. Ex STRONG CONTENDER is that opening. It is that break from hectic schedules to reconnect. During our time at Garrison Edmonton, we accomplished more than garnering silver playing floor hockey. We met with old friends. We bonded as a team, and we met new people. Although we proudly represented our home Base CFB Shilo, we were reminded we belong to a bigger team. We belong to the team of so many diverse, skilled and outstanding members of the CAF.

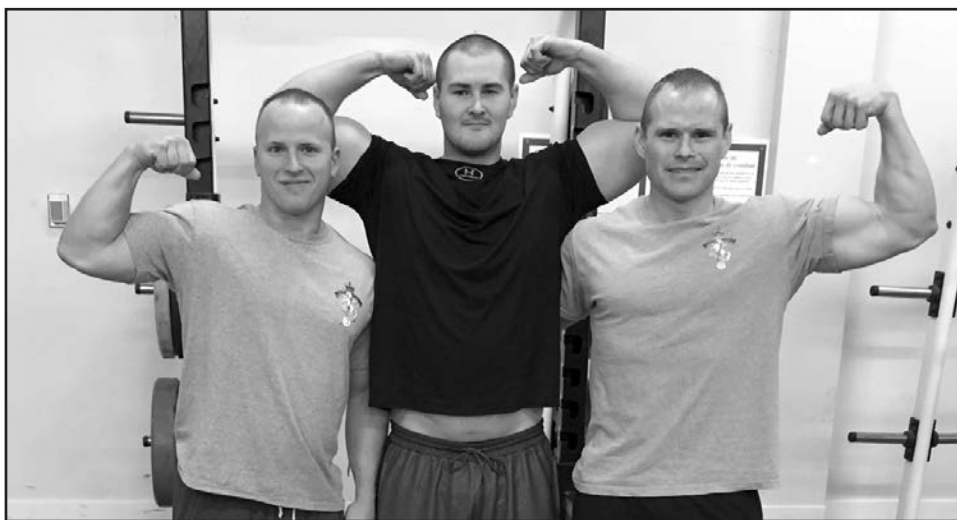
Pte Christine Hatch is a weapons tech with Base Maintenance

NEXT HOME GAME:
Feb. 12 @ 7:30 p.m.
Feb. 17 @ 7 p.m.
Feb. 19 @ 7:30 p.m.
March 2 @ 7 p.m.
March 4 @ 7:30 p.m.

BRANDON WHEAT Kings

vs Saskatoon
vs Kootenay
vs Edmonton
vs Saskatoon
vs Moose Jaw

#GOLDRUSH



Shilo’s three powerlifters combined efforts to win in the small units division of Ex STRONG CONTENDER held at Garrison Edmonton. *Photo submitted*

The Shilo Stag is online!

Twitter: @ShiloStag

Facebook: [Facebook icon]

LABATT'S COMMUNITY RECREATION WINTER NO-HIT HOCKEY - FINAL

	GP	W	L	T	GF	GA	P
Cbt Sup Coy	11	10	0	1	99	25	21
B Bty	13	12	1	0	95	28	24
C/Z Bty	12	7	5	0	56	46	14
A Bty	9	6	3	0	76	28	12
A/C Coy	11	5	4	2	33	35	12
HQ Bty	12	6	6	0	34	67	12
B Reps	11	2	9	0	33	79	4
B Coy	11	2	9	0	33	75	4
Admin Coy	12	0	12	0	20	93	0

Ex STRONG CONTENDER Powerlifters excel in competition

Stag Special

Ex STRONG CONTENDER is annual sport competition held at Garrison Edmonton.

This year was the second time a powerlifting competition was incorporated which featured 57 competitors from eight major units and three minor units.

The defending champion, Cpl Reuben Doerksen, who was recently posted to CFB Shilo’s Base Maintenance, recruited and trained a Base-side team that competed for 3CDSG. The team featured three members: Cpl Jonathan Boucher-Kovacs, Cpl Brad Birrell, and Cpl Doerksen.

Cpl Birrell was new to powerlifting and this was his inaugural powerlifting contest. His passion for fitness and training was lit when he began to see big differences in his performance.

In a short eight weeks of training, Cpl Birrell managed to improve his Wilks score from 255 to an excellent score of 306, good for 35th-place overall.

The 222-pound powerlifter had scores of 385 pounds in squad, 285 pounds in bench press, and 445 pounds in the deadlift.

Cpl Boucher-Kovacs brought a huge amount of energy and excitement to the competition. His love for fitness and friendly competition was felt by all the lifters.

Weighing in at 184 pounds, he opened with a squat that was 2.7 times his bodyweight. His 500-pound squat

was one of the highest squats at the competition for participants weighing less than 200 pounds. The best squat was turned in by Capt Harris of 11 Int Coy. He weighs 242 pounds, and squatted 605 pounds.

Cpl Boucher-Kovacs finished 10th overall — he benched 280 pounds and had a deadlift of 500 pounds.

Cpl Doerksen, who was the team coach and team captain, also had an excellent performance to claim bronze behind 3PPCLI’s Sgt Greg Van Olm and 1RCHA’s Gnr David Harte.

He dropped from 202 all the way down to 178.4 pounds at weigh-ins in only three short weeks. His most impressive lift was his deadlift, which was 585 pounds and just over 3.2 times his bodyweight. Cpl McGregor of 1CER, who weighs 247 pounds, had the top deadlift score after lifting 715 pounds.

Cpl Doerksen achieved his overall third-place finish with a 416 Wilks, and the team took home the top minor unit with a finishing average of 370 Wilks. Overall winner Sgt Van Olm’s Wilks score was 438, while Gnr Harte recorded a 433 Wilks. In his other powerlifting events, he had a 445-pound squat, and bench pressed 325 pounds.

The team was extremely happy with their performance and were back in the weight room the very next day training for the 2017 powerlifting contest. Each member is planning on improving and competing in both the military and civilian events.

National Defence

Defense nationale

WARNING

SHILO RANGES

Day and night firing will be carried out at the Shilo Ranges until further notice.

The range consists of DND controlled property lying approximately 32 kms SE from Brandon and N of the Assiniboine River in Townships 7, 8 and 9; Range 14 WPM, Townships 8, 9 and 10; Ranges 15 and 16 WPM and Townships 9 and 10; Range 17 WPM in the Province of Manitoba. If required, a detailed description of the Shilo property may be obtained from the Base Construction Engineering Office at Canadian Forces Base Shilo.

All boundaries, entry ways, roads and tracks into the Range are clearly marked and posted with signs indicating that there is to be NO TRESPASSING. Hunting is no longer permitted on the Shilo Ranges.

STRAY AMMUNITION AND EXPLOSIVE OBJECTS

Bombs, grenades, shells, similar explosive objects, and their casings are a hazard to life and limb. Do not pick up or retain such objects as souvenirs. If you have found or have in your possession any object which you believe to be an explosive, notify your local police and arrangements will be made to dispose of it.

No unauthorized person may enter this area and trespassing on the area is strictly prohibited.

BY ORDER
Deputy Minister
Department of National Defense

OTTAWA, CANADA
17630-77

National Defence

Defense nationale

AVERTISSEMENT

POLYONES DE TIR DE SHILO

Des tirs de jour et de nuit seront effectués aux polygones de tir de Shilo jusqu’à nouvel ordre.

Les polygones de tir sont des terrains sous le contrôle du MDN situés à environ 32 km au sud-est de Brandon et au nord de la rivière Assiniboine dans les cantons 7, 8 et 9; polygone 14 OMP, cantons 8, 9 et 10; polygones 15 et 16 OMP et cantons 9 et 10; polygone 17 OMP, dans la Province du Manitoba. Au besoin, une description détaillée de la propriété de Shilo peut être obtenue du Bureau du génie construction de le Base des Forces canadiennes Shilo.

Toutes les limites, voies d’accès, routes et sentiers menant aux polygones sont clairement marqués et ornés d’écriteaux d’ACCÈS INTERDIT. La chasse est dorénavant interdite aux polygones de tir de Shilo.

MUNITIONS ET EXPLOSIFS PERDUS

Les bombes, grenades, obus et autres engins explosifs similaires et leurs enveloppes peuvent causer des blessures ou entraîner la mort. Ne ramassez pas ces objets et ne les gardez pas comme souvenirs. Si vous avez trouvé ou si vous avez en votre possession un objet que vous croyez être un explosif, signalez-le à la police locale, qui prendra les mesures nécessaires pour l’éliminer.

Aucune personne non autorisée ne peut entrer dans ce secteur où tout accès est strictement interdit.

Par ordre du
Sous-ministre
Ministère de la Défense nationale

Ottawa, Canada
17630-77

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 to skill-testing question:

Name the top-two female powerlifters at Ex STRONG CONTENDER?

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.

CDS fully endorses progress report for Operation HONOUR

Military reinforce new cultural attitudes

Gen Jonathan Vance
Stag Special

Today, the Canadian Armed Forces (CAF) released the initial progress report addressing harmful and inappropriate sexual behaviour.

Regular reporting was one of the first commitments leadership made in responding to this problem.

I fully endorse this report. It reflects the work that has been initiated and, in some cases, completed in the six months since I launched Operation HONOUR.

It also reflects the challenge that still lies ahead of the Canadian Armed Forces in instituting the change required to solve this.

Last July, I lamented the fact that there were within our ranks members who bullied, degraded and even assaulted fellow brothers and sisters in arms.

I made clear that this could not — and would not — persist for two reasons: because it was unfair to you, the dedicated men and women who sacrifice so much to serve Canada and Canadians, and because of its corrosive effect on the CAF's operational capability ... our *raison d'être*.

The progress outlined in this report represents a solid start — though it is still just a start.

We have begun to alter some of the behaviours contributing to the problem through increased awareness, stronger understanding and enhanced diligence.

While this is imperative, it will only be through shaping and reinforcing new attitudes that the CAF's culture will change positively and permanently. This will take time.



Gen Jonathan Vance

You will tell us what is changing in response to Op HONOUR and what is not. In order to this, I encourage all serving members to take the time to respond to the survey in April.

Your voice is essential for us to fix this properly and permanently.

Today's progress report is not simply about outlining what has been done, but also identifying next steps.

In addition to the survey, a focal point of the effort over the next six months will be on improving both training curriculum as well as developing more effective training tools.

We will also be able to track trends related to harmful and inappropriate sexual behaviour more quickly and accurately.


The CAF has only just begun this mission. Last year, we acknowledged harmful and inappropriate sexual behaviour is a significant problem in our organization. This report shows we are moving in the right direction to ensure a professional environment of respect and dignity for every one of you.

You deserve nothing less.
Gen Jonathan Vance is Chief of the Defence (CDS) staff

My resolve in solving the problem of harmful and inappropriate sexual behaviour has not waned, nor will it. The consequences of not succeeding are simply too dire.

In terms of achievements, the establishment of the Sexual Misconduct Response Centre is very significant. It offers CAF members affected by harmful and inappropriate behaviour an additional option where you can be heard and supported.

The upcoming Statistics Canada survey, designed to provide the CAF with a fuller understanding of the problem, will also be vital in systemically measuring our progress.



YOU HAVE THE POWER TO GIVE LIFE

Donate blood and join the movement today.

SHILO BLOOD DONOR CLINIC

Multi Purpose Training Facilities

Friday, March 4th

10:00 am - 2:00 pm

Sponsored by
Forbidden Flavours!

Book your appointment at blood.ca

Download on the App Store | GET IT ON Google play | Facebook | Twitter | Instagram

Canadian Blood Services
it's in you to give

Practice makes perfect

With BComd LCol John Cochrane at the helm this season, the peewee Sentinels are enjoying success on the road, as well as on home ice at Gunner Arena. A move to a new league has helped, with the squad challenging for first-place as the regular season soon moves to the post-season.

Photo by Jules Xavier



Transition from military to civilian life MFRC's veteran family program assists with everyone involved

MFRC Special

The transition from military to civilian life is an exciting time, and sometimes difficult.

When something new begins, this also means the end of something old. The effect of transition is not only felt by our releasing military members, but their spouses and children as well.

Transitions are defined as "any significant movements, passages, or changes from one position, state, subject, or concept to another."

These changes can be gradual or sudden, and last for differing periods of time. Our capacity to cope with change is one component of our mental health. It is shaped by our own unique combination of nature, nurture and events.

For children in particular, transitions can affect their behavioural, emotional and intellectual development.

As parents, there are ways for you to support your children in developing healthy ways to manage and thrive through transitions.

In order to help your child manage transition, support them by:

- Build open and honest relationships with children using language appropriate to their age and stage of development.

- Provide opportunities for them to explore and discuss the effects of transitional experiences in their lives.

- Listen actively and respond constructively to any

concerns.

- Explain situations fully and accurately, setting out what is happening and if possible and appropriate, the reasons for the changes.

- Encourage questions and check for understanding.

- Support them in finding positive ways to manage change, and encourage them to recognize and build on their strengths.

- Recognize changes in attitude or behaviour.

Through the veteran family program, CFB Shilo's MFRC is here to help with the transition from military to civilian life for members, spouses, and their children.

If you have any questions on how you can assist your child in this transition, contact veteran family coordinator Pamela Hall at 204-765-3000 ext 4557.



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

GSH Bowling Alley

Open bowling for all ages
Wednesday 6 to 8 p.m.
Saturday 2 to 4 p.m.

Adult: **\$2.50** per game
Youth: **\$2.25** per game
Child: **\$2** per game
Shoe rental: **75** cents

Prices subject to tax

Ask about Glow bowling birthday parties!

THE RCA MUSEUM

Canada's National Artillery Museum
(204)765-3000 extension 3570
www.rcamuseum.com



CLASSIFIED ADS

Email: stag@mymts.net • Phone 204-765-3000, ext 3013 • Fax 204-765-3814

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

February 18 at noon

Free ads (non-profit only)

restricted to members of the

CAF, employees of CFB Shilo and the

residents of the surrounding area.

Services



St. Barbara's Protestant Chapel
Sunday @ 10:30 a.m. with Sunday school & nursery
Padre Lee - ext 3090
Padre Neil - ext 6836
Padre Olive - ext 3088
Padre Dennis - ext 3698
Padre Costen - ext 3381
Padre Ihuoma - ext 3089
Our Lady of Shilo Roman Catholic Chapel
Sunday 10:30 a.m.
Wednesday 12:05 p.m.
Confession by appointment

Services

Greg Steele Canadian Firearms Safety Course Instructor/Examiner • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses offered at least monthly and more often with demand. Firearm/hunter safety courses planned for the fall/winter. Examinations by appointment • 204-725-1608 • e-mail ggs57@wgcwave.ca

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.

Services

NEED YOUR TAXES DONE? Fast, friendly, and personal service. Located outside the gate. For all your income tax needs contact Ingrid Wasserburg at 204-763-4357. **OPEN ALL YEAR.**

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, the clerk/cashier scans customer purchases, processes the transactions, and accepts payment. He/she prices, stocks shelves, counters and display areas with merchandise and keep stock in order. He/she performs cleaning duties as required. Starting salary is \$11.69 per hour after two-month probation. Apply in person at CANEX administration office, or NPF Human Resources office at base HQ.



We want you on our team

The Shilo Stag is looking for another sales consultant for its team. Help us sell the Brandon business market on advertising in the *Stag*. They have a captive audience — especially with people here who 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 Jules or Sarah about the job. Or call 204-765-3000 ext 3013/3093. Be part of the award-winning *Shilo Stag* team.

Pick up your FREE copy at any of the following locations:

Brandon

Safeway
Brandon Armoury
Women's Resource Centre - Town Centre Mall
Royal Cdn Legion Branch No. 3
Sobeys

Forbidden Flavours

ANAF

CFB Shilo

CANEX Mall

Shilo Community Centre

GSH

Country Club (Rick's)

All Messes

Carberry

East Side Service

Carberry Legion

Douglas

General Store

Minnedosa

Minnedosa Legion

Neepawa

Legion & Fas Gas Hwy. 16

Sprucewoods

The Shilo Inn & 340 ESSO

Wawanese

Family Foods

CANEX
A division of CFMWS
Une division des SBMFC



CANADA'S MILITARY STORE
LE MAGASIN MILITAIRE DU CANADA

CANEX SUPERMART BLDG L-125 CANEX MALL, SHILO, 204-765-2343

11 - 24 February 2016



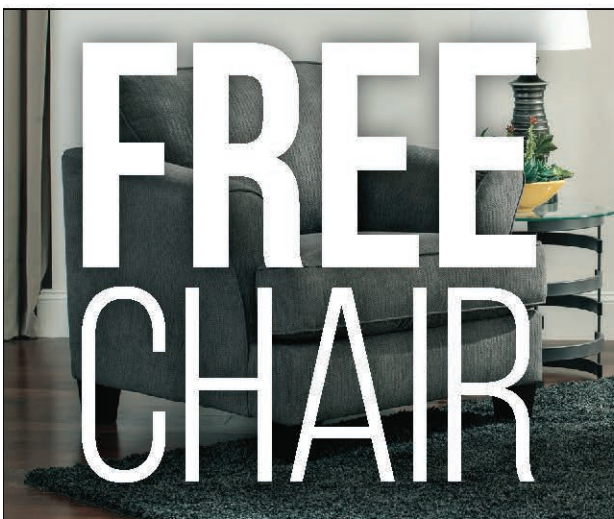
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plus no money down not even the taxes *OAC



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