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Shilo Stag

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Volume 54 Issue 3  Serving Shilo, Sprucewoods & Douglas since 1947 February 12, 2015

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Base surpasses United Way campaign goal. Page 4



1RCHA fires M777 Excalibur in Canada. Page 9



This was the reaction of 1RCHA's Lt Richard Walker, the A Bty B Tp O, after he surfaced following a leap into Sewell Lake as part of Ex FROSTY GUNNER. After his initial cold shock response, Lt Walker regained his composure by controlling his breathing. He then extracted himself by using the kick and pull technique taught by Dr. Gordon Giesbrecht, who is also known as Doctor Popsicle. For more on Ex FROSTY GUNNER, see page 6. *Photo by Jules Xavier*

I will imagine.

Join the Fun in Kia Court February 18
10:00 am to 10:30 am

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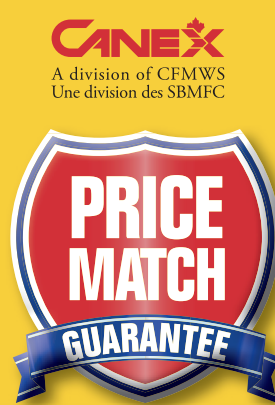
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Discover made-up places, sing silly songs and learn how to rhyme!



Shilo Theatre
(Located in the General Strange Hall)

Feb. 13 Dumb and Dumber To Rated PG
Feb. 20 The Expendables 3 Rated PG
Feb. 27 Horrible Bosses 2 Rated 14A

Children aged 10 and younger require adult supervision at all times.
All movies start at 6:50 p.m. Doors open at 6:15 p.m.

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

**SHROVE TUESDAY
PANCAKE SUPPER**

Come celebrate the beginning of Lent


**ALL YOU CAN EAT
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TUESDAY February 17, 2015
At the Faith Centre, Bldg. T-119

**Time: Come and go starting at
1130 — 1300hrs**

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(Children under 5 Free)**
Pay at the door



 **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

Canada 

 **National Defence** **Defense nationale**

**AVERTISSEMENT
POLYGOUES 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 la 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

Canada's Mounties have 10 German Shepherd puppies in training to become service dogs, but they require names. Can the kids on the Base come up with a few monikers? If so, read the story below and follow the directions when it comes to giving these cute puppies names. Perhaps it could be a class assignment at O'Kelly School or Ecole La Source.

Photos submitted

RCMP puppies need monikers

Shilo Stag

The RCMP need help in naming a handful of their newest — and cutest — recruits.

The Police Dog Service Training Centre (PDSTC) in Innisfail, Alberta is asking young Canadians to suggest names for 10 German Shepherd puppies recently born at the centre.

Children calling CFB Shilo home are encouraged to be original and imaginative in finding names that will serve these puppies well in their careers with Canada's national police force. When thinking of names, it is important to keep in mind that these are working police dogs, not pets.

The 10 children whose names are selected will each receive a laminated eight-by-10-inch photo of the pup they name, a plush dog named Justice and an RCMP cap.

Contest rules are simple:

- Contestants can suggest only one name (one entry per person)
- The name may be for a male or a female pup
- The name must start with the letter H
- The name must have no more than nine letters
- The name must be one or two syllables
- Contestants must live in Canada and be aged 16 or younger

There are two ways to enter: Enter online by visiting www.rcmp-grc.ca/depot/pdstc-cdcp/name-the-puppy-nomme-le-chiot-eng.htm

Or send a letter to the following address. Be sure to print the child's name, age, address, telephone number and the suggested name for a puppy. On the envelope write: Name the Puppy Contest, Police Dog Service Training Centre Box 6120 Innisfail, AB T4G 1S8

Contest judges also love to receive drawings and paintings. If submitting by mail or e-mail, children are invited to get creative with their entries. Although there can be only 10 winners, names not selected for the contest will be considered for other puppies born during the year. The deadline for entries is March 3. Contest winners and prizes will be announced April 8.



Goaltender mentoring

The adage “practice makes perfect” is something young hockey players can attest to when they arrive at Gunner Arena for weekly practice sessions. That includes the atom netminders, who receive pointers from their coach, also a goalie.

Photo by Jules Xavier

New software optimizes treatment

Shilo Stag

The Department of National Defence (DND)/Canadian Armed Forces (CAF) have acquired new tablet-based software, called Client-Reported Outcome Monitoring Information System, or CROMIS, to optimize mental health treatment through the immediate and continuous tracking of an individual’s mental health progress.

At the beginning of each mental health session, patients will describe their current state of health through an electronic questionnaire. The information, once reviewed with the clinician and compared with expected treatment responses, allows for immediate confirmation or modification of treatment, and the optimization of individualized care.

Also, a new addition to the CAF health information system, called mental health notes, will allow CAF medical staff to enter mental health data directly into military electronic health records, allowing clinicians wherever CAF members are serving to view assessments and results immediately in a secure and confidential manner.

This will directly improve the mental health care members receive by enhancing communications between primary care clinicians and mental health professionals.

Furthermore, the capacity to digitize CAF member health records in general will be increased, to speed the transfer of medical documentation to Veterans Affairs Canada.

In addition to these technological advancements now being implemented, the following additional investments are being made:

- **Peer Support:** The Operational Stress Injury Social Support program has seen an increase in demand for its services over the last decade. In order to address the demand, 15 new peer support co-ordinator positions will be created across the country.

This program provides outreach and confidential peer support from CAF veterans who have overcome their mental illness to other CAF members, veterans, and their families. There are no requirements for referrals to the Operational Stress Injury Social Support program.

- **Family Support:** A new four-year pilot project was announced to expand access to MFRC to medically-releasing CAF personnel and their families for two years post-release.

The initiative will allow medically released veterans and their families to continue to access services and support through an already proven service model based on three access points: the 24/7 Family Information Line at 1-800-866-4546, www.familyforce.ca, and MFRC.

These services also anchor the military family community with networked service providers that can ensure a continuum of service for medically releasing veterans and their families during their transition period.

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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.



Follow the Shilo Stag on Facebook by visiting:

<http://www.facebook.com/ShiloSTAG>



BComd LCol Stephen Joudrey presented a cheque for \$60,103 to Brandon and District United Way chair Cam Clark at Base headquarters. Shilo surpassed its goal of \$40,000.

CFB Shilo 'punches above its weight' during region's United Way campaign

As we continue our march into 2015, I wanted to highlight a significant achievement from 2014 which should instil us with a sense of pride.

In the early fall of each year, the units and agencies of CFB Shilo launch into their respective United Way campaigns with plans for canvassing individuals and group fundraising events.

For a number of years, our efforts here in Shilo have been part of the Brandon and Area United Way campaign and our contributions have been counted towards the overall total of money raised in this portion of WestMan.

I had the opportunity last week to represent all of the efforts of this Base and the Shilo community at large and present the chairperson of the Brandon and Area United Way campaign with a cheque for \$60,103. This total symbolizes all of the work and co-ordination done by many people and groups. It was only through the emphasis placed on this campaign by the leadership of units, the initiative of sections and organizations to plan and conduct events, and the selfless contributions of individuals — civilian and military — that achieved such impressive results.

Traditionally, Shilo is the single largest contribution to this region's overall campaign.

This year's total is the largest total which Shilo has ever raised and contributed. What makes CFB Shilo's 2014 results all the more impressive is that the trend in many campaigns around the country was actually significant reductions in the levels of contribution. There is no doubt that many factors contribute to lesser totals raised elsewhere, but I choose to focus on what

we may be doing right.

I believe the creativity of the organizers and organizing committees — a garage sale, a raffle for signed hockey sweaters and construction projects — the close-knit nature of our community by holding pot lucks and bake sales, and the focus on fun and social activities such as road hockey games and chili cook-offs are the secrets to our success.

I would like to thank the following group of people for their work throughout the '14 campaign. They were the unit and organization reps who led the efforts to canvass individuals for contributions and spearheaded the co-ordination of group fundraising activities.

This list includes: Andrew Curr and Brian Pettigrew; Troy McCann, Cory Kelly, Angela Brownell; Jim Sinnett and Brad Wallman, Justin Burt, Veronique Laliberte, Jodi Laba, Rachel Marshall and Linda Houle; Karen Burton, Garry Reid and Clay Baumung; and Scott Ormsby and Anna Hawkins.

These folks along with many others were encouraged and led by the

overall CFB Shilo rep Andy Schabetsberger.

It was the efforts of these members of our units and our community which led this Base to punch above its weight and contribute so much to this worthwhile campaign. We should take pride in what we have been able to do in supporting not only the CFB Shilo campaign, but what we have given back to our local communities.



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!

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Ceremonial Guard plays trumpet at airman's funeral

Lt (N) David Lewis
Special

A member of the Ceremonial Guard left his summer posting in Ottawa last year and was gone for five days.

An ocean away, in Rheinberg War Cemetery, his spirit would be forever etched with the life of another young service member.

This is the story of Marcel and John.

Marcel is 28-year-old MCpl Marcel Sekine, who is a trumpet player and a member of The Queens Own Rifles of Canada, a Primary Reserve regiment of the Canadian Armed Forces (CAF) based in Toronto, Ont. He spent last summer tasked to the band of the Ceremonial Guard in Ottawa.

John is F/Sgt John Joseph Carey. He was a 22-year-old airman who was born in Winnipeg, and also later called Ottawa home.

He was killed on Aug. 28, 1942 when his plane was shot down over Germany during the Second World

War.

The Halifax bomber has rested at the bottom of Laacher See, just south of Bonn, Germany for more than 70 years. In February 2008 human remains were recovered from the wreck and last February they were identified as belonging to Carey.

MCpl Sekine would play the bugle for the funeral of F/Sgt Carey.

"I was not mentally prepared for the atmosphere when I arrived in the cemetery" said MCpl Sekine, "I stepped out of the vehicle and felt this overwhelming weight of over 3,000 lost airmen and soldiers from the Commonwealth. Even the trees surrounding the cemetery seemed to be protective of those entrusted to them."

It rained heavily on both days he was at Rheinberg. He was amazed to see his fellow airmen and soldiers ignore the cold and wet and focus on the honour and privilege of this rare opportunity. During the rehearsal he walked quietly through the cemetery reading the headstones.

"I was very moved when I realized that many of the

stones were arranged in groups. Some were in three or four while others were in larger groupings. The dates in each were the same. They had died together."

The added tragedy impressed upon MCpl Sekine was the age on each stone. Most of them were younger than he.

The ceremony itself, in the pouring rain, had a sense of tranquility.

MCpl Sekine recalled, "When it was my cue to begin the Last Post, I could hear my trumpet echoing through the cemetery, passing through the stones around me. I was playing for F/Sgt Carey, but I was also playing for every young life represented there."

Prior to leaving, he took a private moment to pay his final respects to F/Sgt Carey. A few days later he was back in Ottawa playing on Parliament Hill.

The lone bugle in the graveyard has rejoined the band. It is again part of something grander and more esteemed than just itself. F/Sgt John Joseph Carey would understand.

Lt (N) David Lewis is the Public Affairs Officer (PAO) with the CAF's Ceremonial Guard



The remains of F/Sgt John Joseph Carey in place at his burial site at the Rheinberg Commonwealth War Graves Cemetery in Germany during his July 9 funeral. MCpl Marcel Sekine of the Ceremonial Guard in Ottawa played his bugle at the funeral for F/Sgt Carey.

Photo by Pamela Turney, Tactics School 5th Canadian Division Support Base Gagetown



**Reduce.
Re-use.
Recycle.**

Join the Discussion.

**Help reduce
Manitoba's waste!**

The Manitoba government recently produced a discussion paper concerning recycling and waste reduction in the province. Please review this paper at Manitoba.ca/recycling and offer your comments and suggestions concerning how Manitoba can reduce its waste.

We want to hear from you – By working together, we can make Manitoba a national leader in waste reduction and recycling. Send us your suggestions and comments by March 20, 2015. Please direct your comments to the following:



Manitoba's GREEN Plan

Manitoba Conservation and Water Stewardship
Recycling and Waste Reduction: A Discussion Paper
1007 Century Street, Winnipeg, Manitoba, R3H 0W4

Email: pollupreve@gov.mb.ca
www.Manitoba.ca/recycling





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A Bty CO Maj Joe O'Donnell gets his breathing under control after entering the frigid waters of Sewell Lake.

EX FROSTY GUNNER ENHANCES WINTER TRAINING FOR SOLDIERS

Doctor Popsicle dispels hypothermia myths

Jules Xavier
Shilo Stag

Singing the national anthem while immersed in frigid lake water will be an experience two 1RCHA soldiers won't soon forget.

Participating in Ex FROSTY GUNNER, Bdr Ethan Cornect and Gnr Reuben Pickering voluntarily jumped into Sewell Lake after spending most of the morning listening to Dr. Gordon Giesbrecht, a thermophysicologist from the University of Manitoba, talk about surviving in frigid waters.

Looking on from above, 1RCHA A Bty CO Maj Joe O'Donnell asked for his shivering soldiers to sing the national anthem. Their rendition might not have won them a Juno award, but they managed to get through all of the verses despite chattering teeth and occasional gasps while experiencing a winter swim in late January.

"This is a cool teaching environment for me," said Dr. Giesbrecht, who admitted to the more than 80 A Bty soldiers participating in the theory portion of ice water immersion training that he's not a fan of cold weather. "I'd have to say this is among my top-five lecture sessions I've been at. And here I am, standing on a piece of plywood covering where you'll be jumping in later on."

Besides the national anthem, Maj O'Donnell also tested two other volunteers, Gnr Braden Irving and



Dr. Gordon Giesbrecht demonstrates how to bundle a victim after they are pulled from frigid water.

Photos by Jules Xavier

work in extreme environments. "He has conducted hundreds of cold water immersion studies that have provided life-saving information about physiology and pre-hospital care for human hypothermia," he said. "He has also conducted over 100 vehicle submersions with people in them, to study survival and exit strategies in sinking vehicles."

Dr. Giesbrecht has also created instructional edu-

cational programs, such as Beyond Cold Water Boot Camp, and written protocols used by Emergency Response Operators around the world. He has been a consultant for the military in Canada, the United States and Sweden — including US Special Forces and JTF2 in Canada — as well as the Coast Guard in both Canada and the USA. Moreover, Dr. Giesbrecht was dubbed Professor Popsicle in a feature article in Outdoor Magazine, and has appeared on the Late Show With David Letterman, The Nature of Things with David Suzuki, as well as a few times on CBC's Rick Mercer Report.

"We approached him about being part of our exercise because of his expertise," said Maj O'Donnell. "Besides the theory portion in the field, we also wanted to offer a practical portion, so we set up the tent [for the lecture] and cut a hole in the ice in the training area to ensure soldiers are trained to extract themselves — or someone else — if they fall through a frozen body of water."

Last October, Dr. Giesbrecht was the keynote speaker at a NATO workshop in Oslo, Norway where he gave a brief on "optimizing warfighter performance in extreme cold weather." When it comes to hypothermia, Dr. Giesbrecht is the consummate expert on the subject. With A Bty soldiers looking on, he had a captive audience. But before beginning his lecture, first he took a selfie with the soldiers sitting behind his raised cell phone camera. He then Tweeted it out before asking how long it takes for a person to be affected by hypothermia. Responses from the soldiers included 40 seconds, to five minutes. Maj O'Donnell, who had the luxury of watching Dr. Giesbrecht's video on the subject, offered the correct answer of more than 40 minutes. "Whether it's 10 minutes or less or half an hour," said Dr. Giesbrecht, "it requires a lot of energy to cool us off. We have mechanisms to fight hypothermia, like shivering."

He added, "Shivering is good ... you are generating heat, and it's not a sign of hypothermia. It's a sign of cold stress."

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Avoid panic if immersed in water

From Page 6

With our core temperature around 37 C, this is vital to keep our heart, lungs and brain functioning properly. Medical problems can start after being immersed in frigid environments after 30 minutes.

According to Dr. Giesbrecht, the sinking of the Titanic in the Atlantic Ocean on April 15, 1912 is an example where many of the recovered victims, who were wearing lifejackets, died of hypothermia, and not drowning.

Survivors in lifeboats told investigators they heard the crying and screaming of victims floating in the ocean after the ocean liner went down for one to two hours later.

Maj O'Donnell asked Dr. Giesbrecht if soldiers can train for the cold — "can you condition yourself?"

"Taking cold showers continually won't work," offered Dr. Giesbrecht. "Working in the cold will help as you can acclimatize your body. Gradual exposure to cold air helps."

Taking a soldier from a desert environment where the temperature is constantly +30 C and dropping them in an Arctic setting with the temperature hovering around -32 C that person will struggle, he said.

While it will be uncomfortable initially when you fall into a frigid body of water, Dr. Giesbrecht advised if you can survive that first minute then your chance for survival increases, especially if you have learned the kick and pull rescue technique.

Get your breathing under control first, then slowly kick your legs in the water, as though about to swim, extend the arms out on the ice surface and gradually pull yourself out, continually kicking.

Once out, roll away from where the open water is located.

Once out of the water, he advised rescuers to "take your time with the wet victim."

Be gentle with the victim, and get them in a

horizontal position, and don't worry about stripping them of their wet attire. Put them in a series of layers, not unlike a cocoon, before transporting for further medical attention.

"Really, just take your time," he said, while covering A Bty B Tp O Lt Richard Walker, who volunteered as a rescue victim. "Rushing won't make a difference with our patient."

Dr. Giesbrecht demonstrated a technique for the soldiers to use in the case of someone being rescued, using a sleeping bag, a piece of canvas, as well as a sheet of plastic tarp.

Adrenalin is also good in survival situations, he acknowledged. If during a rescue attempt, he advised "don't encourage the person to relax" because you are helping them in their dire predicament. Instead, have them continue to battle for their survival.

Citing the one-10-one principle of cold water immersion, Dr. Giesbrecht advised if you fall into frigid water, whether out walking on a river with the dog, or while crossing a lake on a snow machine, do not panic in that first minute.

"Get your breathing under control first," he said. "For the next 10 minutes, you still have meaningful movement to help save yourself."

Following the one-minute and 10-minute marks, the next one hour is when hypothermia can set in, and life saving becomes critical.

"Just don't panic ... it's when you panic that you make bad decisions," he said.

During the water immersion with the A Bty volunteers, two soldiers were promoted by the BSM MWO Jonathan Hawtin and Maj O'Donnell, while they treaded water: Gnr Austin Lepp and Gnr Craig Leslie.

Nearby, WO Rich Beatty tried his luck catching fish for lunch, versus having another IMP. Jigging in a hole he cut through the nearly three-foot thick ice, his fishing rod's hook did not attract a single bite.



A Bty Gnr Braden Irving (below) answered questions on Fire Discipline while immersed in the icy water of Sewell Lake.

Photos by Jules Xavier



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Two Jennifers offer an array of 'beautiful' services

Jillian Driessen

Shilo Stag

They may share their first name and a unit in the CANEX Mall, but Jennifer Henry and Jennifer Moes are vastly different women who, together, offer an array of services to this Base.

Combining their businesses Length by Jenn and Naturally Amourified, Henry and Moes provide CFB Shilo with everything from hairstyling and microdermabrasion to massage and angel card readings.

Henry, who previously operated a solo operation just off the Base, relocated to CANEX last summer and brought hairstylist Moes on board shortly after opening the doors to her new shop.

"I found this salon on eBrandon. I was looking to get back into the industry and I felt like this was the

perfect fit for me," says Moes of how she found her way to Henry.

"I had been living in Vancouver where I was doing hair for fashion photo shoots. I also worked as a Barista before I moved to South Korea with my husband to teach English as a second language. When we arrived back in Brandon, I took a job at the school division. I decided I really needed to get back into what I love and I found this."

Moes brought her business, Naturally Amourified, to Shilo. Along with hairstyling,



Jennifer Henry (above) and Jennifer Moes are enjoying their central location in CANEX with their respective services.

Photos by Jillian Driessen

Moes offers several services including angel card readings, Reiki treatments, and wants to bring more natural beauty products to the shop.

"I would like to bring a natural product and skin-care line and a lot more essential oils, I would love to share that here," says Moes. "Anything for healthy and natural living appeals to me. I love to give people things that make them look good and feel great. It is a search to find the right products to offer."

Moes is new to the military community — unlike her partner, Henry, who is a seasoned military spouse on her second posting to CFB Shilo with her husband and son.

"I love it," says Moes. "I really love being out here. I am building clientele and friendships. People in Shilo are really supportive."

Henry, who previously worked as a paralegal, moved her business from CFB Gagetown and has found the same support as Moes since her arrival in 2013.

"We were posted here before, then to Gagetown for seven years," says Henry. "When we came back here, I wanted to offer this service to people locally. I wanted to make this available to people in the CANEX."

Henry relocated her business to a location just off Base in 2013. After a successful year, she made the move to CANEX and sought out a hairstylist to join her at the new location. Moes fit the bill and jumped on board allowing the shared outlet to offer a full-service salon to the military community.

Going above and beyond the more conventional salon-services, Henry also offers a litany of other products and options. She offers services like microdermabrasion and eyelash extensions.

"I wanted to give variety," says Henry. "A lot of salons don't offer anything above and beyond the basics. I love that I have variety in my day. I know people who only do one thing. They just do nails. They just do skin. I love that I can do something different every day."

Henry is qualified to of-

fer several services and is constantly working on new techniques and practices to offer her clients the most up-to-date and on-trend services available.

For Henry, the extras are about spoiling clientele. She wants her shop to be a getaway for those in the community to relax and leave feeling and looking great.

"This is a great getaway. You can come, talk, and be spoiled," says Henry. "The biggest thing for me is that people feel good when they leave here."

Although she offers more extras than the average aesthetician, the basics are what keep Henry the busiest.

"Waxing is my most regular service. It keeps me busy," says Henry, whose favourite services to offer are pedicures and eyelash extensions.

"Once people experience it and know it lasts longer than shaving and it's quicker than tweezing, they come back."

Moes finds cuts and colours — the typical services — are also what keep her busy.

The regular services offered by Moes and Henry come with a positive experience in a relaxing atmosphere.

Moes acknowledges that a client can receive a haircut anywhere. What keeps them coming back is their experience — something Henry agrees with.

"Customers will be loyal because of the positive feeling they get from their hairstylist. It is an important relationship and it's deep," says Moes, who has had clientele follow her from previous salons to her new locale.

"I just want people to be their own kind of beautiful," adds Henry. "I don't want to see people be what they think other people want them to be. Just be and do what you want. That's what makes you beautiful."

The experience clients receive from Moes and Henry is what keeps Shilo coming into the purple-walled salon time and time again.

The atmosphere is professional, yet comfortable and inviting. With comfortable couches and lounge chairs in place of the usual business-like waiting sections found in most salons, Moes and Henry have created an easy space for clients to spend time.

People often linger after their services or while they book their appointments to partake in the easy-flowing conversation and light-hearted atmosphere.

"I love it in here. It feels like our space now," says Henry of the shared CANEX location "I don't know why I picked purple, but when I first opened up in New Brunswick, the purple came to me. Then I stuck with it. People seem to take to it."

Moes and Henry, although vastly different in their personalities and style, have complimentary goals with each of their businesses.

"I want people to find their passion," says Moes. "I want people to live passionate lives, look good, and feel great."

For Henry, her business motto speaks volumes and reflects the same sentiment. "Be your own beautiful" adorned the walls of her previous location and with Moes in full agreement, will soon find itself on the walls of the CANEX location as well.

"It's a positive message for people," says Henry of her motto.

The future for Jenn and Jennifer looks promising. For Moes, who loves colouring hair, she would like to see her additional services expand in the coming years. For Henry, the coming years will see her continue to expand her techniques and maintain the level of services she offers.


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Canadian Army successfully tests Excalibur 'smart' artillery round

Lynn Capuano
Stag Special

It was a ground-breaking day for the Royal Canadian Artillery (RCA) when they successfully test-fired a Global Positioning System (GPS) guided 155 mm artillery shell.

The trial of the newest generation of Excalibur proved the mettle of a shell that is unmatched for precision, range and accuracy. Already used effectively to save lives and reduce collateral damage in Afghanistan, the first firing of Excalibur shells in Canada took place at Defence Research and Development Canada's (DRDC's) Suffield, Alberta Experimental Proving Ground.

The Excalibur round exceeded all expectations, and was fired Nov. 7 by 1RCHA's B Bty as part of Ex PRECISION GUNNER. Gnr Vassilios Curkowskyj had the distinction of pulling the M777 lanyard.

"The test firing was considered a success and the Excalibur round will very likely be accepted into service in the Canadian Armed Forces (CAF)," said Capt Greg Keach, director of land requirements 2-2-2 and project director of Lightweight Towed Howitzer Project.

"The Excalibur test rounds were amazingly accurate. We shot three from an M777 lightweight Howitzer. Two of them struck and functioned on a five-by-five metre target with unbelievable accuracy, well within the range of acceptable and planned accuracy for the round. Both of them were textbook."

Another important feature that was trialled was the digitization of fire orders. The Excalibur "smart" rounds, unlike conventional rounds, need data and, therefore, the fire order method required an update.

"Fire orders are still primarily sent by voice. A lot of our allies are moving to full digitization of the fire order. It's better than sending data by voice because it helps remove any potential human errors," said Capt Keach.

As well, the data can be encrypted for additional operational security.

Senior Army staff from across Canada attended the trial, including the Colonel Commandant of The Royal Regiment of Canadian Artillery, BGen (Retired) James Selbie, who described this trial as "a momentous occasion in Canadian artillery history."

"The synergy for this test was considerable," said



An M777 Light Howitzer is shown firing an Excalibur GPS-guided artillery shell. Defence Research and Development Canada (DRDC) hosted Excalibur firing tests conducted by the Department of Land Requirements (DLR) in the training area of CFB Suffield, Alberta last November. Gnr Vassilios Curkowskyj of 1RCHA B Bty had the distinction here of pulling the M777 lanyard.

Photo by Cpl Alex Parenteau

Capt Keach. "Not only did we shoot the Excalibur rounds to validate the system, but this trial also included DRDC-Suffield who took the opportunity for testing a special bunker, the RCAS took pictures and video footage for training materials related to precision munitions, and scientists from DRDC-Valcartier's Munitions Experimental Test Centre (METC) employed high-speed images and radar tracking to verify the accuracy. We definitely maximized the training value of this trial for several agencies."

Excalibur shells — or "bullets" in artillery slang — can be precisely guided to targets up to more than 35 kilometres away and yet have the built-in technology and fail-safe mechanisms to automatically switch off and not detonate if there is a failure that causes them to land outside their designated target zone.

"Conventional artillery is known as an area weapon. Generally, you can't shoot one bullet to take out a car or the corner of a building where an insurgent sniper may be firing. It's known as an area weapon because you

fire a number of projectiles to neutralize the target area," he said.

"This bullet, Excalibur, is different. It allows us the opportunity — an extra tool in the toolbox, if you will — to pinpoint the sniper or vehicle. It has great range and accuracy which is what we need on the modern battlefield."

Developed during a 10-year period by Raytheon Company, Excalibur's final testing was completed in 2007 and used with success in Afghanistan and Iraq.

Although more expensive than regular artillery rounds, one Excalibur can neutralize a target whereas conventional artillery would require dozens of rounds before having a direct hit on the target.

"The Excalibur artillery shell represents a precision capability that enables the Canadian Army to bring to bear scalable, reliable and judicious effects at the right place and time to achieve mission objectives in the conduct of full spectrum operations," said 1RCHA CO LCol Stewart Taylor.

The addition of the Excalibur round to the Canadian inventory provides commanders with an optimized

inventory of lethal weapons that mitigates against the unintended consequences of collateral damage to civilian risk objects.

A clear example of the value of an Excalibur round is in urban warfare where the potential is extreme for soldier and civilian deaths along with devastating property damage when conventional artillery fire is used. Excalibur shells can be fired within close proximity of friendly troops, a critical concern when infantry comes under sniper fire in urban areas.

In Afghanistan from January to November 2009, LCol Robert Dunn was responsible for all operations that were taking place in Kandahar Province at that time.

One day, a difficult scenario played out against an urban backdrop.

A Canadian artillery crew was supporting Canadian and Allied troops when a pair of insurgent snipers on opposite corners of a rooftop pinned them down. The GPS co-ordinates were communicated to the crew and, according to LCol Dunn, "The Canadians fired and we neutralized the threat in a timely and an accurate fashion with minimal collateral damage. This specific event was noteworthy because it was probably the only time we fired two Excalibur rounds simultaneously into the same target."

He added, "Knowing that we saved probably 100 lives out there, that really stands out in my mind. We fired a couple of other times after that but that one stands out because we saved so many that day."

Excalibur, the legendary sword of King Arthur, was said to have magic and was symbolic of the responsible use of power.

"Any sufficiently advanced technology is indistinguishable from magic," according to novelist Arthur C. Clarke. Following this logic, magic is the ancestor of today's applied science. Applied science, in the form of GPS technology, is the magic behind the precision, range and accuracy of the Excalibur artillery round.

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: _____
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Answer to skill-testing question:
What is Dr. Gordon Giesbrecht's nickname?

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.

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Warmth of Winterfest

While it felt like a bone-chilling -37 C outdoors, inside there was plenty of warmth for the families who attended the annual Winterfest held at L25. The petting zoo area, besides the bouncy castles, was the most popular if you asked the kids. Mr. Richards Show also entertained the kids who gathered at the front of the stage.

Photo by Jules Xavier



Taking aim

Weekend soldiers hone their battle tactics on the Base with a visit to the Shilo Airsoft Club. If you are interested in signing on and learning more about this local club and what it offers, contact Russell Legge at 204-765-3000, ext 6821.

Photos submitted



Anxiety part of growing up for children

Jodi Billard

MFRC Special

Do you have a child with a long list of fears? Do they struggle with changes to routine?

If this sounds familiar, your child may be showing signs of anxiety.

Anxiety is a normal part of growing up and all kids experience it at some point. But for some kids it's a daily occurrence and can present physical symptoms like stomach aches, headaches or difficulty sleeping.

Anxiety can easily be missed by parents — they often assume it's just a stage which the child will grow out of. Anxious children are often quiet and compliant so the signs can go unnoticed.

Alternatively, they may turn their anxiety into anger and defiance so the focus becomes the behaviour and not the cause of the behaviour.

The most important thing you can do for your child is to acknowledge their struggles and support them.

If you think your child is experiencing anxiety, there are many resources out there to help you.

Anxiety BC has an extensive website with general information about anxiety to help you understand it and tools to help your child cope.

There is a Complete Home Toolkit which includes advice on talking to your child about anxiety; facing fears; realistic thinking; calming techniques as well as dealing with common issues like school anxiety, nightmares, and sleeping problems.

They also have a mobile app, MindShift, which is particularly helpful for teens and adults. The app includes much of the information found on their website, plus some great tools and coping strategies, such as calm breathing.

Another useful app is Always There. Although not specifically focused on anxiety, this app from Kids Help Phone includes features such as a feelings log, information and resources, and live chat with counsellors.

If you are a military spouse or family member and you feel you could use some assistance in dealing with anxiety, the MFRC has many resources to help you.

We offer programs and events to help both kids and adults, and our counselling team is always ready to assist.

For more information on the services we offer, visit our website at www.familyforce.ca

Jodi Billard is the youth programs leader at Shilo MFRC

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Cradled by Dad

Cradling the latest edition to his family, Sub-Lt Gregory Ansley uses his cell phone camera to take a photograph of his daughter interacting with a herd of goats. The farm animals were at L25 as part of Winterfest activities. The farm animal pens were popular among the kids, while the stage show featuring the Mr. Richards Show had the youngsters screaming.

Photo by Jules Xavier



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