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Volume 56 Issue 3



Serving Shilo, Sprucewoods & Douglas since 1947

February 9, 2017

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OC LoE1 Coy Op UNIFIER Roto 3 Capt Chris Hartwick from 2PPCLI takes aim with his AK-74 during winter training.

Photo by Jules Xavier

# Op UNIFIER Roto 3 soldiers finish training

**Jules Xavier**  
Shilo Stag

Frozen fingers made firing a Russian-made AK-74 problematic for 2PPCLI's Capt Chris Hartwick.

Sure he wore winter gloves, and the weapon he grasped is easy to handle when taking aim at a target 100 metres away. But when the wind chill makes it feel like minus-37 C, Capt Hartwick's circulation slowed in the fingers. Clicking the safety on and off, or trying to put in a new magazine was no easy task.

Such is the life of a soldier training for an overseas deployment where the winter conditions went from balmy one week, to frigid the next. Being familiar with the AK-74 meant Capt Hartwick, as OC for LoE1 Coy Op UNIFIER Roto 3, led his soldiers along with others visiting here from Garrison Edmonton out to the Base's training area and the range.

The snow-swept prairies greeted soldiers from two military buses which navigated the icy dirt roads out to where their weapons were laid out on tables at the 200-metre mark.

The AK-47 and AK-74 are both Russian-made assault rifles designed by Mikhail Kalashnikov. The AK in the name refers to

automatic (A) Kalashnikov (K) rifles and the numbers refer to the year in which they were designed — 1947 and 1974.

In 1978, the Soviet Union began replacing their AK-47 and AKM rifles with a newer design, the AK-74.

Earlier, with hands exposed to the cold temperatures on the first day of February because heaters for tents set up the day before were not working, soldiers had to load their own magazines. Handling cold magazines along with cold AK-74 bullets was a challenge.

Asked to compare the C7 to using the AK-74, and how it handled despite having frozen fingers, Capt Hartwick offered, "Mother nature always has her say in training, but today we pushed through it and got it done."

The native of Sudbury, Ont., where winter is often equivalent to what we enjoy on the Manitoba prairies, added, "Luckily, the weapons we used today are simple to use and most actions could be performed with warm gloves and mitts on. AK-74 itself is light, very versatile, and had no issues firing in this cold."

What was the purpose of familiarizing soldiers with the use of the AK-74, or other Ukrainian weaponry as part of training at CFB Shilo?

See **TASK FORCE** page 7

# Op PALACI

## C3 Howitzer used on avalanche trigger points



Members of 1RCHA instruct Parks Canada Agency staff on how to position the site on the C3 Howitzer gun.

Photo by SLt Melissa J Kia

**SLt Melissa J Kia**  
Stag Special

Deep in the heart of Glacier National Park, the majestic mountains in Rogers Pass put even the loftiest skyscrapers to shame.

They form a deep and impressive valley containing both the Trans-Canada Highway and the Canadian Pacific Railway corridors which connect British Columbia to the rest of Canada.

This area is also home to some of the most treacherous avalanche country in the nation, containing more than 134 known avalanche pathways.

To counter this winter threat, Parks Canada Agency (PCA) and the Canadian Armed Forces (CAF) run the avalanche control program, Op Palaci, which first started in 1961.

Op Palaci stays true to its Latin name by taking care of Canada's "palace" in the sky, keeping it safe for trains and winter commuters in British Columbia travelling from Golden to Revelstoke at the western side of the Pass.

Op Palaci has led the charge in the battle for winter avalanche safety for the past 56 consecutive years, making it Canada's oldest and longest running domestic operation.

Avalanche control is serious business and is run by joint agency collaboration between the CAF and PCA.

More than 4,000 vehicles and up to 40 trains criss-cross Rogers Pass each day during the winter months. Keeping the Pass open amounts to billions of dollars in commercial trade annually, and road and rail closures due to an avalanche cause substantial impacts on the Canadian economy.

"Operation Palaci is the largest mobile avalanche control program of its kind in North America," offered Capt Mark Hynes of Maritime Forces Pacific's Land Operations cell. "We are extremely proud of our continuing partnership with PCA and our role in keeping Canadians safe each winter."

Parks Canada employees in Rogers Pass have a big role to play during Op Palaci. They work as research specialists in snow science by measuring the snow types and levels which impact the mountains surrounding Roger's Pass.

They also play a prevention role by predicting potential hazardous slide areas within the hundreds of avalanche paths that cross the 39 kilometre stretch of the transportation corridor.

Whenever they need to prevent a big slide, PCA calls in the RCHA's C3 105mm Howitzers. The guns are positioned on one of the 17 specialized rings that line the highway, and traffic is halted while the artillery crews go to work keeping the roads and rails safe.

Shells are fired at more than 300 known avalanche trigger points identified by PCA, creating smaller, controlled slides that keep the snowpack from building into a naturally occurring uncontrolled avalanche which can threaten the Pass and its users.

This year, the CAF portion of Op Palaci will be carried out in two rotations. Both rotations will comprise 17 members from 1RCHA, and augmented by various reserve artillery units.

For more information on Op Palaci visit [www.forces.gc.ca/en/operations-canada-north-america-recurring/op-palaci.page](http://www.forces.gc.ca/en/operations-canada-north-america-recurring/op-palaci.page)

SLt Melissa J Kia is MARPAC PAO

*"Operation Palaci is the largest mobile avalanche control program of its kind in North America."*  
— Capt Mark Hynes

## Pet of the Week



### SANDROCK

This is Sandrock. Stephanie Laviolette says her sons have fun playing with their four-legged pet who will walk on their shirts as seen here in this submitted photograph. 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](mailto:stag@mymts.net)



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www.CAFconnection.ca

# Stay connected with new website

## Stag Special

There's a new website to replace www.cfgateway.ca for Canadian Armed Forces (CAF) personnel and their families.

It's called CAFconnection.ca — this new website brings the contents of the FamilyForce and CF Community Gateway websites under one URL, connecting CAF members and families to their local Military Family Resource Centres (MFRCs) and PSP organizations through one single site.

It improves and modernizes the way military members and their families' access information and resources about their local Canadian Armed Forces morale and welfare services.

"CAFconnection was developed with continuous extensive input from a working group, including former CAF members and military spouses, MFS and PSP staff and content administrators," said Commodore Sean Cantalon, Director General Morale and Welfare Services.

Information from PSP and MFS/MFRCs is combined and complementary.

"There are currently more than 200 local PSP and MFS/MFRC content administrators and editors who input information directly onto the site," he said. "It is an excellent example of good collaboration and teamwork that will ultimately benefit our serving members and their families."

Without having to know who provides which services and where to find the information, families who used to go visit www.cfgateway.ca to access

local recreation schedules, mess hours and registration for programs, and then had to go to FamilyForce to find their local MFRC programming, can now go to a single destination.

The site is aesthetically pleasing to navigate, full of images of CAF members and their families, with lots of room to highlight news and events.

It uses a platform that lends itself to mobile technology, allowing for additional development of the site with new functionality and options.

The site automatically adjusts to whatever size screen you are looking at, including smart phones, tablets, laptops and PCs.

Web content is organized in two ways — by large audience groups (i.e. for military personnel, veterans, families, parents and caregivers, and for families of the fallen) and by programming areas (i.e. deployment, childcare, health care, housing, recreation).

In some cases, people know specifically what they are looking for so they may navigate by program area and in other cases, users want to know the suite of services and programs available to them so they might self-identify as part of a group and search for information that way.

CAFconnection.ca is now live and constantly evolving as more useful and relevant content is regularly uploaded on the site for users.

MFS and PSP look forward to hearing what users have to say and making the site the very best to benefit military personnel and their families.

To provide your thoughts on the new site, e-mail [cafconnection@gmail.com](mailto:cafconnection@gmail.com)

## NEW SITE, NEW CONNECTION.



Financial Services Fitness Morale Military Family Resource Centres Sports Health Promotion DFIT.ca Messes Training Recreation Veterans Family Support Housing Mental Health CAF Members Personnel Support Programs Volunteers Facilities Military Families Education Daycamps Family Information Line Employment

CAFconnection.ca

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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](mailto: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>



Scheduled for Feb. 11 from 11 a.m. to 2 p.m., youngsters always enjoy themselves during the annual Winterfest held at L25. *Photos by Jules Xavier*



# Family fun for kids at Winterfest

## Shilo Stag

Are you ready for to have your face painted, dine on a hot beef sandwich and throw caution to the wind with a visit to a bouncy castle?

If so, mark Feb. 11 on your calendar so you don't miss CFB Shilo's annual Winterfest Family Day event held at L25 from 11 a.m. to 2 p.m.

Moreover, you can register your child to be part of a Princess tea party or Batman party.

There are two sessions for each of these events, with registration ongoing since Jan. 16. There's a \$10 deposit required to hold your spot. Refunds will be issued once your child has attended either of the two parties which run from 11:15 a.m. to 12:15 p.m. and 12:30 to 1:30 p.m.

Space is limited, so register your child early. To reg-

ister visit the GSH Monday to Friday from 7 a.m. to 4 p.m. Or call 204-765-3000 ext 4312 and pay with your credit card.

For the two parties, military families take priority. If you are not a military family, your name will be placed on a waiting list.

What is the aim of this annual event? To provide the Shilo community with a morning and afternoon of food and entertainment.

Shilo and Region Service Club members will be your chefs for this event, with a delicious array of beef on a bun, served with coleslaw, fries and gravy.

Lunch will be served starting at 11 a.m.

Besides kids events and a craft table, there's something for the adults, too.

Why not go for a sleigh ride, or hitch a ride on a snowmobile with the Sprucewoods Snowdrifters.

**Shilo Theatre**  
 (Located in the General Strange Hall)

Feb. 10 Moana Rated G  
 Feb. 17 Fantastic Beasts & Where to Find Them Rated PG  
 Feb. 24 Doctor Strange Rated PG

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

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

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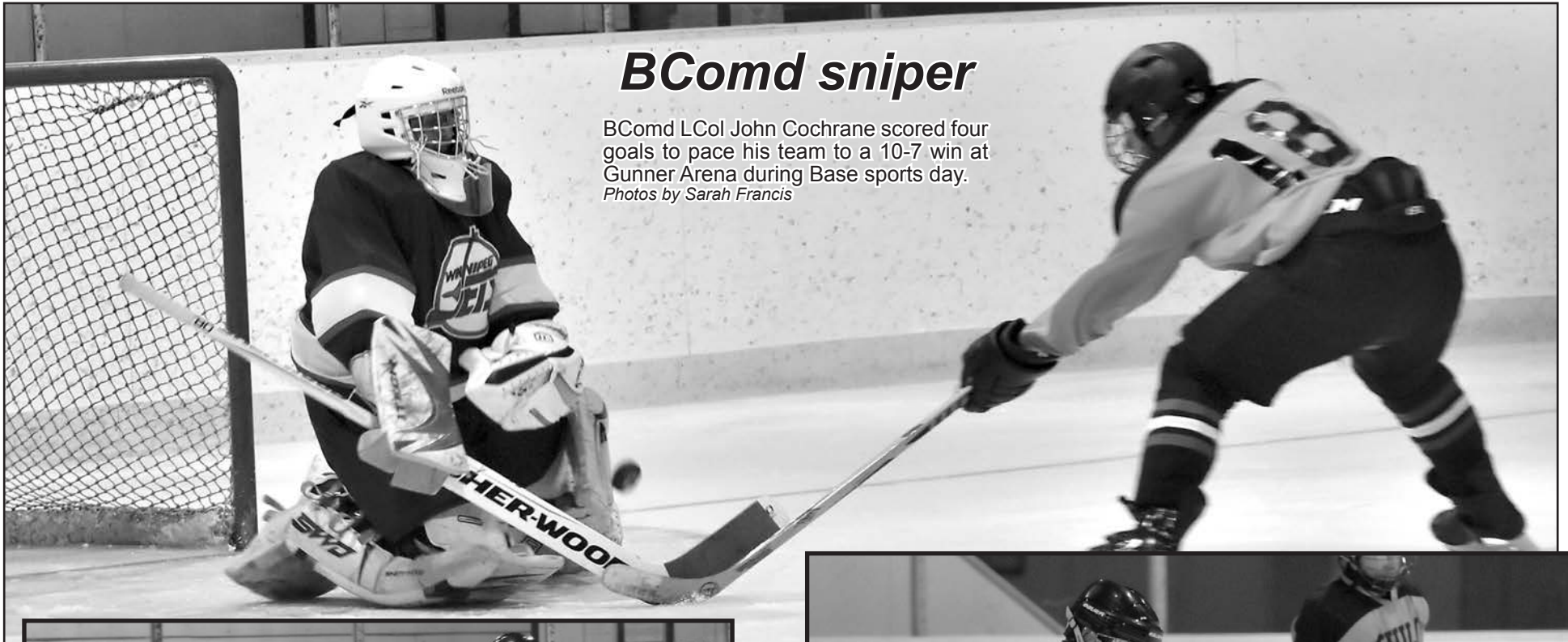
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## BComd sniper

BComd LCol John Cochrane scored four goals to pace his team to a 10-7 win at Gunner Arena during Base sports day.  
*Photos by Sarah Francis*



# RCA Officer's Mess Presents

When: 8 April 2017, Doors open at 1730hrs.

Painting starts at 1800 sharp!

Where: RCA Officer's Mess

This event is open to Members and a guest as well as Spouses of Members.

RSVP by 27 March: Please contact Patsy Marion at [patsy.marion@forces.gc.ca](mailto:patsy.marion@forces.gc.ca) or Ext 3735 to register

Hurry, there are limited seats for this event.



Cost: 10\$ due at the door

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11:30 a.m. to 1 p.m.

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# Self-defence seminar shows diligence, preparedness essential to safety

**Sarah Francis**  
Shilo Stag

They say hindsight is 20/20, but I'd rather know how to protect myself before I have to look back on a potentially traumatic situation.

Whether you're inspired by Holly Holm or videos on Facebook about women's self defence, learning to protect yourself can be a valuable tool.

I was told about a self-defence seminar in Neepawa at the community martial arts club called BOXE Neepawa Combat Sports and Fitness.

The seminar was run by Derek Pearson, who had an interest in boxing growing up. While there were no clubs for him to train at in Neepawa, he scoured books for information and emulated his favourite boxers.

"I have had many influences over the years from boxers like Mike Tyson and Oscar De La Hoya, to movie star martial artistes like Bruce Lee and Jean-Claude Van Damme," recalled Pearson. "Now I draw most of my inspiration from professional coaches and fighters like Duke Roufus and Tim Kennedy."

He added, "When I was older I trained in boxing, but never competed."

Eventually, he became a boxing judge official with Boxing Manitoba.

BOXE Neepawa offers a number of options.

"We offer boxing fitness classes, MMA, amateur wrestling, kickboxing and a few self-defence seminars every year," he said, acknowledging the main difference between training in boxing or MMA from self defence is the goal.

"Most people train boxing or MMA for two reasons, to compete or to get in shape. Training [in] self-defence is more for peace of mind and self preservation."

This reporter had never done any self-defence training before, so I thought to myself — no time like the present. So off I went with a pal from roller derby to try something I had never done, and hopefully won't have to use in my life.

I'd taken some cardio boxing classes in Brandon, but never approached it with the thought of ever defending myself.

As Pearson explained, those classes have a different goal. When you're trying to defend yourself, you aren't there to fight. Your goal is to defend and flee.

The best kind of self-defence is to remove yourself from the situation as quickly as possible.

"Your best option is to be alert and avoid confrontation," Pearson explained. "If that is not possible you must make yourself aware of your surrounding and avoid being attacked from multiple angles. Often having your back to the wall can be a good thing as you can't be attacked from behind. Next focus on soft targets such as eyes, throat, groin, ears. You want to do as much damage as possible as quick as possible and flee the scene as soon as you can."

Before we got into the physical stuff, we were shown some ways to prevent the need to use the tactics we were about to be taught.

First, avoid patterns and play it safe. Don't always take the exact same route if you're walking. Call a friend when you leave and let them know when you will be home and what route you will be going.

Stay away from potentially dangerous places or situations by knowing where your destination is and how you will get there. Don't just follow a GPS on your phone and hope for the best.

My friend and I were discussing how we tend to have a sense of, "Oh, that will never happen to me."

That's why it's good to try to be prepared as you can. Because you never know what could happen.

"The more awareness the better," said Pearson. "The idea of self-defence training is not new, but the



Seminar participant, Miranda (above) practices her kicks on one of the facilities instructors for the day. Another participant (below) shows off her newly acquired skills to flip one of the instructors during the final assessment. Photos by Sarah Francis

growing popularity of MMA stars like Ronda Rousey and Holly Holm has opened the door and inspired more women to join a class or gym."

We started off with learning how to break away if someone is grabbing you by the wrist. At first I couldn't do it. Like many things, seeing someone else try this makes it look simple.

Something as small as knowing where the force should come from makes a difference. I've seen videos on self-defence and been shown a few things by people in the past.

The idea that such a small change in pressure can make a vast difference in your likelihood of escaping hits home. You may think you are able to handle yourself, and a situation, but there's nothing like trying it out to show you otherwise.

The best part about self-defence and combat fitness classes? Anyone can do it.

"Students and athletes are encouraged to modify techniques to suit their personal skill set," he said.

Pearson added there are not many differences between teaching men or women.

"It is similar for the most part, but we teach all students how to adapt any personal physical limitations and use technique over brute force."

The class I attended learned a number of techniques to escape when someone has you by the wrists, if someone is choking you against a wall, as well as if your attacker has pushed you down and sits on you, and how to deflect a punch.

These are important as a weapon isn't necessarily an option.

"The laws restrict the carrying of certain weapons but something as simple as a pen or keys can be very effective," he explained.

After being shown the moves, we would practice them with a partner. It was interesting to see how little force was needed for some.

My wrists were sore after a few minutes, and my partner was definitely not trying to hurt me or escape a real attack.

The environment was light-hearted and my partner and I were joking around and having

a good time during the class.

She didn't feel comfortable being my attacker in one situation, so I was paired with one of the instructors.

That was a real "a-ha" moment. I was no longer with my pal from derby.

I knew I was safe, and the instructors were great. However, this was a man I did not know, who could probably overpower me with ease.

And that hits home on a real life situation level.

In the moment of being a bit intimidated, I forgot how I was supposed to accomplish my escape and was walked through it again.

I made a mental note to go over the steps every once in a while so I can react quickly if the need arises.

I had another "a-ha" moment when we did our final "test" to combine a couple of moves together and escape our attackers.

All the ladies were watching as two of us squared off against two instructors.

The men facilitated as we went through the motions. We laughed at funny moments and cheered when they threw their attacker on the ground.

We high-fived each other and said "That was awesome!" and "good job." It was quite poignant to suddenly realize how the situation would contrast in

real life.

Pearson pointed out during this part of the seminar, what would be similar would be the stress and anxiety of the situation that came from performing in front of the others and the noise.

To me the similarities end there.

That man or woman attacking you won't be facilitating, they won't help walk you through it, or say good job and give you a high-five after.

This seminar is a gentle reminder to be diligent, and be as prepared as I can.





Soldiers preparing for deployment on Op UNIFIER Roto 3 honed their shooting skills using a Russian-made AK-74.

# Task Force become teachers for Ukraine soldiers

## From the front

"The goal to today's training was to familiarize ourselves on all the weapons we will be using in theatre to instruct members of the Ukrainian Armed Forces," explained Capt Hartwick.

"We're also using the actual ranges practices that the Ukrainians use. Knowing the drills and how to employ these weapons will give us a better understanding of them when conducting training overseas."

He added, "We will arrive in the Ukraine at the midway point of a training cycle and will not have time to familiarize ourselves with these weapons. This is why we are conducting this training now in Shilo."

As the OC for LoE1 Coy, Capt Hartwick has followed a plan to prepare his soldiers for Op UNIFIER Roto 3?

"For Roto 3, the majority of the Task Force is coming out of Edmonton, with the rest coming from Shilo, and a small number coming from various places around Canada," he said. "My current goal as OC LoE1 for this tour is to prepare the soldiers of LoE1 for what awaits us in the Ukraine."

"This week, soldiers traveled from [Garrison] Edmonton to conduct training here in Shilo with the intent of bringing the whole company together to conduct training that will be beneficial to us when training members of the Ukrainian Armed Forces."

"Once we arrive in theatre, LoE1's role will be to take a company of Ukrainian soldiers from basic rifle skills all the way up to conducting company level operations in a safe training environment. LoE1 will also be responsible to deliver reconnaissance, sniper, en-

gineer, and indirect fire training to our Ukrainian counterparts."

With deployment just around the corner, the Stag asked Capt Hartwick how has the training been going for the troops chosen for this overseas deployment?

"Soldiers that have been selected for Roto 3 from 2PPCLI and 1RCHA have completed year of high readiness training in Wainwright, Suffield, and Shilo. I have confidence, and I know they have confidence, in their abilities to deliver beneficial training to the Ukrainian soldiers they will be working with."

Having already been posted 2PPCLI in the past, and returning here after a posting at CFB Gagetown, Capt Hartwick has welcomed this chance to prepare his soldiers for the Ukraine mission. With this being his first deployment since being in the Afghanistan War, what is he looking forward to as part of Roto 3?

"I'm honoured to have the opportunity to command LoE1 for Roto 3. I am looking forward to working with a company made up of soldiers from the Lord Strathcona Horse (Royal Canadian), 1 Combat Engineer Regiment, 2PPCLI and 1RCHA."

"I mentioned to the soldiers on Monday when we were all together for the first time, that our differences in trades will be our strength."



Capt Chris Hartwick listens intently despite the frigid winter weather prior to an AK-74 safety briefing.

Photos by Jules Xavier

"Everyone will bring something to this mission, and having a compliment of armoured, engineer, infantry, and artillery skills and experience will pay dividends to us in theatre."

"Also, working with partnered nations will be a great opportunity for myself and all the members of LoE1, which we are all looking forward to."

With last week marking the end of training, Capt Hartwick pointed out the majority of his group have all completed a year of high readiness training.

And last month they all completed the Theatre Mission Specific Training (TMST) that soldiers require for Roto 3.

As the OC for LoE1, Capt Hartwick acknowledged he's surrounded by well-trained soldiers who are ready for the mission.

"Again, I'm thrilled to have this opportunity to work with so many experienced and well trained Canadian soldiers, and to have the opportunity to assist the Ukrainian Armed Forces in conjunction with other international partners," he said. "Everything we expect to be doing over there will be safe, challenging, and not only benefit the Ukrainian soldiers but also ourselves."

**FOR MORE TURN TO PAGE 12**




Soldiers brave the cold during AK-74 safety briefing (above). Part of the AK-74 training saw soldiers run to another shooting position on the range.


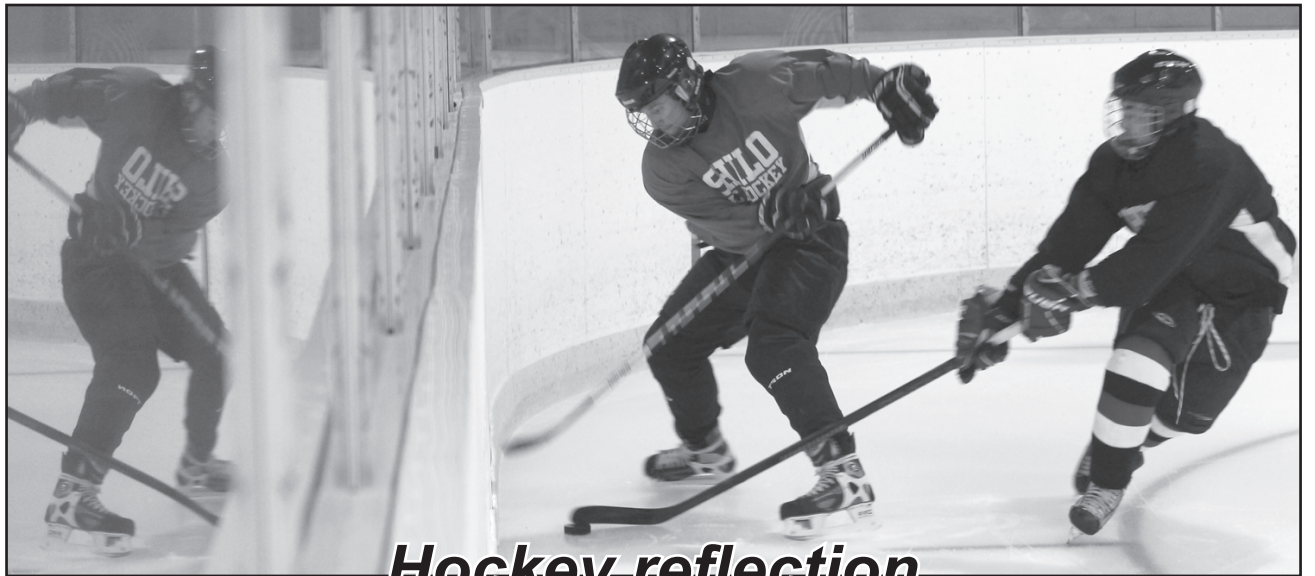


The Shilo Stag is now on Facebook. Check out [www.facebook.com/ShiloSTAG](http://www.facebook.com/ShiloSTAG) for videos and more photos!

**NEXT HOME GAME:**



Feb. 10 vs Everest  
7:30 p.m.  
Feb. 17 vs Regina  
7:30 p.m.  
Feb. 18 vs Prince Albert  
7:30 p.m.

**Hockey-reflection**

With playoffs a month away, 1RCHA B Bty (11-3 record) has a one point lead for first-place over 1RCHA A Bty (10-3-1) in Intersection Hockey League action at Gunner Arena. Jay Hawko from Base Reps leads the scoring race with a league-high 34 goals and 45 points.  
*Photo by Cpl Bryce Cooper*

# Take control of your CAF retirement

## Stag Special

It's up to you as a Canadian Armed Forces (CAF) member to take control of your retirement.

As with any kind of career change, there may be bumps along the way but a little planning will go a long way to make your transition to civilian life as smooth as possible.

Here are some things you can do to make the process a little easier:

- Obtain an estimate of your pension benefits so you can find out your post-release income;

- Ask for your release package 60 days prior to release so you can plan well in advance; and
- Obtain financial advice to help you make better decisions.

First — find out what your pension benefit will be. Your retirement date might make the difference between a reduced and unreduced pension — make it your business to be sure before you go.

Call the Government of Canada Pension Centre at least six months before you release to get an estimate of your pension benefit through the self-service web portal.

Tip: You might also want to try the online Canadian Retirement Income calculator. This calculator allows you to figure out what you will receive and what you will need to live comfortably in retirement.

Second — ask for your release package before your release date by using the self-service web portal.

The sooner you complete the forms and return them to the Pension Centre, the better.

If you are getting a pension, you may want to join the Public Service Health Care Plan and/or the Pensioners' Dental Services Plan. The application forms are included in your release package.

Tip: If you apply within 60 days of entitlement to your pension, medical and dental benefits will be backdated to the day after release, allowing you to claim any expenses that were paid out-of-pocket.

If the application forms are not returned within 60 days, there will be a waiting period. Plan ahead.

Third — obtain financial advice. Don't forget.

While you are in the CAF, you pay contributions into the Canada Pension Plan (CPP) as well as the CAF pension.

The CAF pension includes a temporary benefit (called the Bridge Benefit) payable until age 65, unless you start to receive the CPP disability benefit.

If you are not disabled and choose to take CPP retirement benefit early, the Bridge Benefit is still payable until age 65. Taking the CPP retirement benefit earlier than age 65 is a choice you will have to make.

Tip: Advisors with the Service Income and Security Insurance Plan (SISIP) are an excellent resource, when considering getting financial advice.

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Ask about Glow bowling birthday parties!

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



# Augmentee experience in the military

**Lt Darryl Bannon**  
Stag Special

Every year during the summer months the number of military personnel at CFB Shilo swells.

The influx of soldiers is due principally to Primary Reservists (PR) coming to CFB Shilo to both teach — as staff — and train — as candidates — on courses.

These Reservists come from across the 3rd Canadian Division and occasionally from beyond.

Reservists who fill staffing and support functions on Class B contracts are typically called 'augmentees.' This term is something of a nod towards the vital support function these Reservists fulfill, as their presence alleviates what would otherwise be a strain on Regular Army units.

In coming to CFB Shilo, augmentees leave behind families, jobs and homes, often having to take time off work to come support courses.

However, the opportunity to give something back to the army while engaging in exciting and demanding training has Reservists returning year after year.

The bulk of augmentees who arrive at CFB Shilo find themselves attached to 3CDTC C Coy, which is a centre of excellence for infantry and artillery DP1 and DP2 courses.

During the busy summer months, newly qualified candidates are churned out constantly.

The volume of courses run at 3CDTC C Coy in the summer necessitates strong local support in the form of logistics, personnel and equipment in order to achieve training requirements.

As the majority of courses are trade specific to the artillery, 1RCHA takes the lead in assisting 3CDTC C Coy.

The most obvious way in which 1RCHA supports 3CDTC C Coy is through the mobilizing of battery assets to enable the successful training of candidates on Field Training Exercises (FTXs).

For instance, the PR artillery mortarman FTX required substantial support in order to be achievable. The 1RCHA assets required to qualify 10 candidates included a command post party, a reconnaissance party, a forward observation officer party, an ammunition party, a safety officer, a gun line troop sergeant major and other elements.

This meant there were approximately 20 to 30 1RCHA personnel along with all their integral equipment on this two to three-day mortarman FTX.

This substantial resource outlay by 1RCHA enabled the production of 10 fully qualified PR artillery mortarman.

As is apparent from this example, 1RCHA is strongly committed to both 3CDTC C Coy as well as the PR summer training program.

The support which 1RCHA provides to 3CDTC C Coy course FTXs is an overt example of their involvement. However, a less obvious yet just as critical role is played by 1RCHA in behind the scenes planning.

1RCHA's contribution to planning occurs on a number of levels. There are the 1RCHA officers and

NCOs who are embedded with 3 CDTC both in CFB Wainwright and CFB Shilo for the purpose of facilitating artillery training.

These individuals are tasked with more than simply conducting training; they are co-ordination problem solvers who plan exercises and training by finding the right pieces and putting them alongside one another.

Planning also takes place between 1RCHA, 3 CDTC and the various Reserve Artillery Regiments spread across 3 Cdn Div.

This planning is designed to assess the needs and wants of the various Regiments and compare these against resources and overall artillery training objectives.

This leads to the training concept for subsequent years along with allocated budgets and the courses to be run.

1RCHA has a vital role in training the augmentees who come to 3 CDTC C Coy. Augmentees will frequently be unfamiliar with the training procedures, administrative processes and drills utilized at CFB Shilo.

The augmentees, therefore, will rely heavily on their Regular Army counterparts for assistance, particularly during the initial weeks. This means that 1RCHA personnel posted to 3CDTC C Coy must work hard to promote seamless integration between augmentees and the larger training apparatus.

The steady production of qualified and competent candidates year after year appears to be proof of 1RCHA's success in this regard.

3 CDTC C Coy also possesses a strong Instructor Standardization Training (IST) program which seeks to complement the efforts of the 1RCHA Regular Army staff in preparing the augmentees for day to day work at the training centre.

As many artillery courses are run concurrently at 3CDTC C Coy, there is often the opportunity to combine training FTXs between courses.

One instance of this is the final FTX for the Arty DP1 being merged with the Arty Recce Tech FTX. This allowed the Arty Recce Tech candidates to orient the guns to the centre of arc for a live position.

Though the drills are the same for live versus dry positions, there is an extra element of adrenaline when one knows that improper drills could lead to real-time errors.

The training area at CFB Shilo also has many unique properties for augmentees to build their skills upon. One such property is that the majority of the training area is also the impact area, meaning that live rounds can potentially be fired from anywhere within the training area to just about anywhere else.

This provides an unlimited number of possible fire and movement artillery scenarios, unlike other training areas — for example Meaford, Ont. — where one is restricted to only a few firing points.

The climate is also ideal for training as it provides for both weather extremes with bitterly cold winters and heat stroke inducing summers.

The artillery courses run at 3CDTC C Coy benefit

greatly from the symbiotic relationship with 1RCHA. They also derive substantial artillery culture and history from the 1RCHA Museum located at CFB Shilo.

The RCA Museum details the history of the artillery in Canada with monuments and artillery pieces set-up as they were when in action. The museum, while primarily artillery focused, also contains numerous displays and relics which describe the military as a whole.

The CFB Shilo training machine is an ever turning wheel and augmentees form integral spokes that help make for continuous and fluid training.

Augmentee contributions are critical as they fulfill course staffing requirements which would otherwise become burdensome to CFB Shilo's resident units.

1RCHA personnel embrace the augmentees and enthusiastically provide them with the requisite job training. This is in part due to their recognition of the important role that augmentees play.

CFB Shilo offers much to the Army Reservist.

There is of course the experience gleaned while fulfilling their tasks, but beyond that there are diverse extra-curricular activities and growth opportunities at CFB Shilo.

Though every augment will leave CFB Shilo with a slightly different set of skills and experiences, they will all have had the chance to self-develop and grow as a person.

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## 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:  
 Who is the OC for LoE1 Coy Op UNIFIER Roto 3?

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.



Summer at CFB Shilo sees plenty of training for augmentees who arrive here to hone their military skills.



Your source for Army news in Manitoba

Shilo Stag was born on July 18, 1947 when The Shilo Observer arrived off a Brandon printing press at Camp Shilo — an army base itself just starting to take shape with the building of residential roads and PMQ housing — to provide soldiers, and their families with military news locally as well as nationally. As part of our 70th anniversary the Stag Team will go back into our archives and share with our readers stories, photographers and even advertising from seven decades of Base coverage.

# Shilo weekly makes debut

Today's issue marks the first edition of *The Shilo Observer* — another milestone in the history of the new Shilo. *The Observer* is to be a weekly paper, distributed every Friday.

After going through the momeograph (sic) stage for several months, the weekly has blossomed out into the printed edition and the staff is confident it will be a huge success.

A full staff of reporters has been lined up and as the Camp progresses, more and more articles should come in. The following are among the many reporters: Mrs. Addis, Mrs. Sheffield, Gnr. H.R. MacDonald, QMS Bruce, Lieut. A.W.A. McDowell, Sgt. W. Scream, Lieut. D.H. Gunter, Lieut. D. Caldwell, Mrs. J.J. Busse, Sgt. G. St. John, Bandmaster Lyons, Capt. M.L. Williams, Capt. Bethune.

The staff does not plan to produce an eight-page paper in every issue, but if enough articles reach the editor's office, there is no reason why this could not

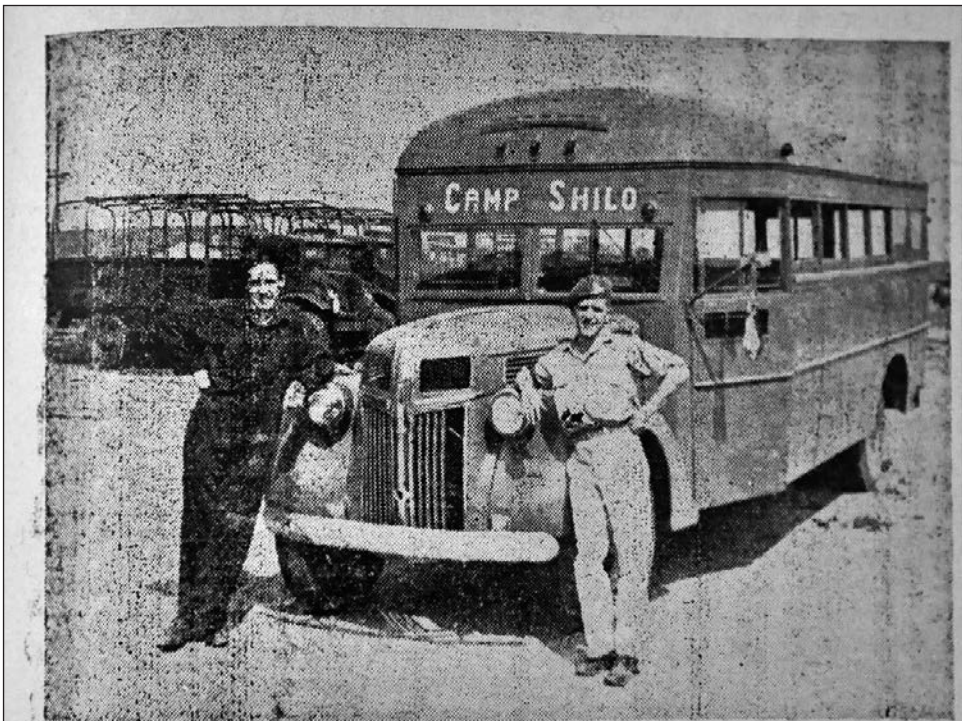
be possible.

With this edition we are starting a new volume. The predecessor of this paper, *The Bulletin*, reached No. 24 of Volume 1, and so much interest was aroused in that paper that no alternative was left but to have a proper weekly paper printed and distributed. In order to enable as many people as possible to receive the paper, the subscription rate is free locally, and there will be a mailing subscription rate of \$1.00 per year. If any of your out-of-town friends are interested in keeping up with Shilo history, there is a mailing coupon on page 7 of this issue which can be clipped out and mailed to The Editor.

Photographs of interest to our community will gladly be accepted for printing. However, these must reach us by Friday preceding the issue, since the plates will have to be made in Winnipeg. Either the negative or print will be satisfactory, the print being preferred.

Let us all get together, then, to make our newspaper an outstanding success. There is every possibility to make our effort become well known and well read. Sufficient talent is available for the production of many outstanding newspaper articles.

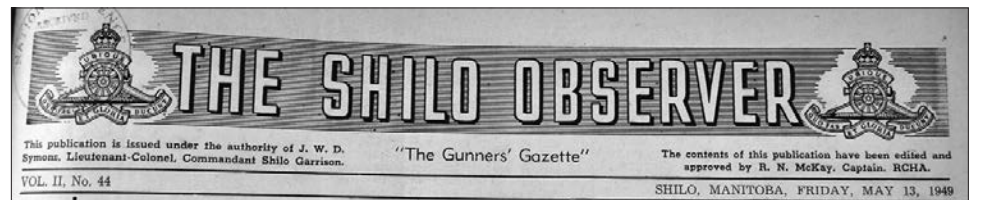
Gnr MacVicar produced *The Observer's* heading (front page banner) for the first edition which arrived at Camp Shilo on July 18, 1947



The Shilo Camp bus, owned and operated by the Regimental Institutes, with two of the men who did a good deal of the work to put it in running order—Sgt. P. Winters, and L/Bdr. C. "Gump" Munday, both of the Royal Canadian Horse Artillery.



The Shilo Observer's front page banner evolved from the design created by Gnr MacVicar (above) in 1947 to how it appeared two years later (below).



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## Shilo Milk Deliveries

On and after Monday, April 18th, We will take over all DELIVERIES of MILK and CREAM within the Shilo Garrison.

Prices will be the same as Brandon retail prices, 16c per quart for milk. Your present TICKETS will be honoured by us.

Let Your Choice Be

### MANCO DAIRY AND POULTRY PRODUCTS

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A Local Farmers Organization

# MFRC hosting second speaker Feb. 28

## Shilo Stag

A former soldier who coined the term Operational Stress Injury (OSI) in 2001 and conceived a national peer-support program is coming to CFB Shilo.

Retired after spending 29 years with the Canadian Armed Forces (CAF), former LCol Stephane Grenier is the second of two special guest speakers invited here by the Base's MFRC.

Having participated in several overseas missions including Rwanda, Cambodia, Kuwait, Arabian Gulf, Afghanistan, Lebanon, and Haiti, to name a few, Grenier will be at the El Prado Club Feb. 28 from 6 to 8:30 p.m.

Faced with undiagnosed PTSD and depression after returning from his deployment to Rwanda, he took a personal interest in the way the CAF handled mental health issues.

The national peer-support program continues to provide peer support to CAF personnel, veterans affected by mental health issues and their families.

Grenier's presentation entitled The Power of Human Interaction allows him to provide advice on breaking mental health stigma as a barrier to recovery and foster an open, non-stigmatized approach to mental health.

His non-clinical approach offers simple and pragmatic ways of giving purpose to the lived experiences of military members and allows organizations to start down the path of systemic wellness and re-humanized workplaces where mental health stigma is no longer a barrier to recovery.

There is no fee to attend Grenier's presentation, but you require a ticket from the Shilo MFRC as you will need one for entry.

Light food and refreshments will be provided.

[www.rcamuseum.com](http://www.rcamuseum.com)  
**Call 204-765-3000 extension 3570**  
**CFB SHILO**

**EXPERIENCE HISTORY WITH A BANG!**  
**THE RCA MUSEUM**  
 CANADA'S NATIONAL ARTILLERY MUSEUM




**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.



## Motorcycle-money-raised

Defenders Chapter 19 president Ryan Bartlette and Defenders Chapter 19 vice-president WO (Ret'd) Laurie Ringland presented Maj D.M. Dea with a cheque for \$6,477 to Soldier On. The money was raised during the 2016 Travis Halmrast Memorial Ride. During the three years of the ride \$14,412 has been donated to Soldier On.

Photo supplied

## Experience history with a bang!

Visit the RCA Museum, Canada's national artillery museum.

For information, call 204-765-3000 ext 3570 or visit [www.rcamuseum.com](http://www.rcamuseum.com)

# CLASSIFIED ADS

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**\$10 for first 20 words,**  
**10¢ for each additional word**  
**Deadline for next issue:**  
**February 16 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 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  
 Confessions by appointment  
 Padre Ihuoma - ext 3089

### Services

**Greg Steele Canadian Firearms 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 [gsteele4570@gmail.com](mailto:gsteele4570@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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**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 [npfrshilo@cfmws.com](mailto:npfrshilo@cfmws.com) OR for more detailed information on the jobs offered at CFB Shilo visit: [www.cfmws.com](http://www.cfmws.com)

### Tree Planting

**1st Shilo Scouts** are looking for acreages to plant trees on in the spring. If you are interested contact Linda Levesque at 204-765-3000 ext 3396 for more information.

### 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 for this CAT 1 position is \$11.68 per hour, and after two-month probation increases to \$11.94. Apply in person at CANEX admin office, or NPF Human Resources office at Base HQ.

### Automobile For Sale

**2010 Chevrolet Impala LT** Silver Ice exterior with titanium-coloured cloth interior; five-passenger seating; 54,500 km, four-speed automatic transmission, 3.5L V6; power locks, window, trunk release, AM/FM stereo w/CD layer, MP3, six speakers, Bluetooth for phone, power driver seat, manual lumbar support, carpeted floor mats, leather wrapped steering wheel with radio controls, block heater, 16-inch aluminum wheels, all-season tires; well-maintained, up-to-date on service checks with dealership, clean, no rust. Always stored in garage. Rarely driven winter months. Current safety inspection. Non-smoker driven. Available immediately \$11,000. Contact Yvette or Mike 204-763-4990

**Advertise with us!** To place an ad, e-mail [bullee.elaine@cfmws.com](mailto:bullee.elaine@cfmws.com) or call 204-765-3000 ext 3736  
 Contact Sarah Francis at [stag@mymts.net](mailto:stag@mymts.net) or call her at 204-765-3000 ext 3013



Soldiers leaving for Op UNIFIER Roto 3 had an opportunity to fire Russian-make AK-74 weapons on the training range. Frigid temperatures made it difficult loading magazines with the AK-74 ammunition.

Photos by Jules Xavier

## 2PPCLI part of Op UNIFIER Roto 3 training mission

**Jules Xavier**  
Shilo Stag

What is Op UNIFIER?

It is Canada's contribution to support Ukrainian forces through capacity building, in conjunction with the United States, the United Kingdom and other countries providing similar training assistance.

Last June, roughly 200 soldiers from Western Canada completed pre-deployment training at CFB Shilo in preparation for Op UNIFIER Roto 2, with soldiers primarily coming from 2PPCLI and 1 Combat Engineer Regiment.

"This rotation will continue and build on the high standard of quality training that has been already been delivered by the 1st Battalion, Royal Canadian Regiment, and the Third Battalion, Royal 22e Régiment," 2PPCLI CO LCol Wayne Niven, the incoming Commander Joint Task Force Ukraine (JTF-U), told media during a final training session.

"While we will share our best practices with our Ukrainian partners, we also have plenty to learn from them given the diversity of combat experience between our two armed forces."

The Theatre Mission Specific Training (TMST) for

soldiers deployed on this mission includes items such as cultural and language awareness, preventative medicine, mental readiness, and security force capacity building.

With the transfer from Roto 1 to 2 held last August, soldiers with Roto 3 have been sharpening their skills so they can in turn assist the Ukrainian Armed Forces improve their survivability and lethality during operations. They will replace the 100-plus Patricias who were part of Roto 2 this March. LCol Niven will return home following his stint as CO of JTF-U at the Yavoriv Training Centre which is located in the western area of the Ukraine, near the city of Lviv.

Canada is not being deployed to train raw recruits who join the Ukrainian army, but to work with that country's experienced soldiers who previously soldiered under the Russian system prior to independence, who then will use what they learn to educate their military recruits.

"They are transitioning from a Soviet state-style infrastructure and training system to try and transition to a NATO standard," said LCol Niven. "It will take a bit of work, but in conjunction with our international partners and our Ukrainian forces, we're already starting to see significant progress in certain lines of

operation."

Op UNIFIER is a response by Canada, United States, the United Kingdom, Poland and Lithuania to a request from the Ukrainian government to assist with maintaining sovereignty, security and stability of its country.

As the CO for the second rotation (Roto 2) for Op UNIFIER, LCol Niven said the ultimate goal is to allow the Ukrainians to achieve NATO interoperability by providing them the tools to do so through military mentorships.

Unlike fighting the Taliban in Afghanistan, or keeping the peace in Bosnia, soldiers on Op UNIFIER have a different mission which will come with its own challenges.

"We are in a country where there is an ongoing civil war," acknowledged LCol Niven. "There's not a direct threat against the Canadian Armed Forces, however, we know that there is a potential threat for espionage and cyber-threats that our folks could find themselves against."

There will be no tents in a desert location for soldiers like they had in Afghanistan. Roto 3 soldiers will be housed on a Ukrainian training base, and accommodations will be barracks.

We have what  
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Valentine's  
Day!

### Fresh Cut Flowers:

(arriving February 10th)

- Roses  
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- Bouquets
- Potted flowers



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- Heart-shaped
- Cinnamon hearts
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**CANEX**

10 - 14 February 2017