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**Volume 53 Issue 15**



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**July 31, 2014**

## INSIDE This Issue



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Assessing fitness beyond FORCE test. Page 12



## Practice makes perfect

Bdr Tyler Paynton recorded three victories at prairie regionals hosted by 17 Wing Winnipeg when he was between the pipes, recording a 1.67 goals-against average after allowing on five goals. Bdr Paynton and the rest of the Shilo Stags prevailed 2-1 in the championship game facing 4 Wing Cold Lake. This means the Stags are back to nationals next month in Ontario where they are looking to improve on the silver medal the team won in 2013. Here, a stingy Bdr Paynton allows a rare goal scored on him during morning practice at Gunner Arena. Finding a chink in the goaltender's armour is Bdr Jon Wilson. For the story and more practice photos see page 2.

*Photo by Jules Xavier*

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Coach Danny Hamilton has his squad back at Gunner Arena keeping in shape in preparation for nationals next month at CFB Borden. Goalie Bdr Tyler Paynton saw plenty of orange during this morning practice, however, his teammates were hard pressed to put the ball past him, even during a shootout.

Photos by Jules Xavier



# Stingy defence helps Stags win regionals with 2-1 triumph

## Shilo Stag

A trip to nationals next month is on the agenda for the Shilo Stags after the Base ball hockey team won prairie regionals again.

This time it was 17 Wing Winnipeg hosting the three-day tournament, with coach Danny Hamilton using a stifling defence and an opportunistic offence to garner the prairie regional ball hockey championship trophy with a 3-1 win-loss record.

The squad now has their tickets to nationals at CFB Borden from Aug. 8 to 15.

Hamilton went into the tournament with a retooled line-up following his tryouts at Gunner Arena. His team might have won silver at the 2013 nationals, but he eventually cut a few veterans and added some new blood for this year's squad.

The Stags opened the tournament facing 4 Wing Cold Lake and needed Gnr Francis Gagnon's goal to edge the opposition 3-2.

Gnr Fred Savard and Gnr Alex Boucher-Dumont had the other Shilo goals, while Cpl Brad Stouffer added two helpers.

Late that day, facing 17 Wing Winnipeg, all seven goals were scored in the opening period, with the Stags prevailing 5-2.

MCpl Shane Toms paced the offence with three helpers, with five different snipers scoring: Cpl Andre Albert, Sgt Rick Hannam, Gnr Savard, MCpl Stouffer and Bdr Jon Wilson.

Shilo suffered its only loss at the hands of Edmonton Garrison, dropping a 3-1 decision. MBdr Rob Penney had the lone goal for the Stags.

Down 2-1 in the final period, Shilo allowed an empty-net goal with 12 seconds remaining after pulling goalie Bdr Paul Dummitt looking for the equalizer.

When it mattered, in the championship tilt, Sgt Hannam scored the game-winner with 9:05 to play as the Stags edged 4 Wing Cold Lake 2-1.

Cpl Stouffer, who led the team in scoring with two goals and five points, paced the offence with a goal and assisted on Sgt Hannam's game-winner.

Coach Hamilton had his Stags back at practice July 24 at Gunner Arena to prepare for the tough task of improving on the Summer of '13 silver medal at nationals.

Again, the coach stressed speed and outworking his opponents in all three areas of the arena. He will need this, and more, at nationals where the opposition is the best of the other Canadian Armed Forces (CAF) regions.

While Cpl Stouffer (2-3-2-5) led the team in scoring, MCpl Toms (0-4-0-4) was runner-up thanks to his four helpers. Gnr Savard (2-1-0-3) and Gnr Boucher-Dumont (1-2-2-3) were next, with three points each.

The rest of the ball hockey roster features (goals-assists-penalty minutes-points): Sgt Hannam (2-0-0-2), Cpl Albert (1-1-6-2), Gnr Gagnon (1-1-0-2), Bdr Kyle Dillon (0-2-4-2), MBdr Rob Penney (1-0-4-1), Bdr Jon Wilson (1-0-4-1), Gnr Steve Richer (0-1-6-1), WO Sebastien Perreault (0-1-0-1), MCpl Rob Lefebvre (0-1-0-1), Capt Matt MacKenzie (0-0-4-0), Gnr Jody Roy (0-0-2-0), Bdr Aaron Boyle (0-0-0-0).

When it came to the goaltending, Bdr Dummitt had the lone loss, and sported a 2.00 goals-against average. Bdr Tyler Paynton played the lion's share between the pipes, finishing with a 3-0 win-loss record and 1.67 goals-against average based on the five goals he allowed.



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# Defending CIB champions welcome judges July 31

**Shilo Stag**

CFB Shilo will be under a microscope when Communities in Bloom (CIB) judges arrive to start judging today.

CFB Shilo is participating in the 2014 national edition of CIB in the Canadian Forces Sustainable Communities category, along with Alberta's 4 Wing Cold Lake and Ontario-based Garrison Petawawa.

This Base finished first in judging in 2013.

The CIB judges, Dave Hilton from Kamloops, BC and Bruce Hay from Brampton, Ont., will evaluate CFB Shilo July 31.

CIB is a Canadian non-profit organization committed to fostering civic pride, environmental responsibility, beautification and to improving quality of life through community participation and a national challenge.

The national and international results will be announced in Charlottetown, PEI during the awards ceremonies from Sept. 17 to 20. The concurrent national symposium on parks and grounds offers conference sessions, workshops, and technical visits with the theme of Celebrating People, Plants and Pride ... 20 years later.

To support the educational aspect of



Former BEng and Shilo Mayor Maj Reg Sharpe hoisted the CIB trophy for CAF participants after CFB Shilo was judged first in 2013.

*Photo by Jules Xavier*

its activities, the organization established the CIB Foundation, a registered charity dedicated to funding, developing, and disseminating education and awareness on the value, improvement, importance and sustainable development of green spaces and natural environment in Canada.

Within the context of climate change and environmental concerns, all those involved in the Communities in Bloom program can be proud of their efforts which provide real and meaningful environmental solutions and benefit all of society.

Visit [www.communitiesinbloom.ca](http://www.communitiesinbloom.ca)



## We want you on our team

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



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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.



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2PPCLI CO LCol Bob Ritchie led his troops during a parade in Winnipeg to mark the centennial of the PPCLI earlier this summer. There are a number of events being held in the next few months to mark the occasion, including the Memorial Baton Relay.

Photo by Canadian Army Public Affairs

## Significant commemorations unfold on Base

I wanted to send along a brief note from me on some significant commemorations taking place in the summer of 2014.

While some are well known and have been well-advertised, others are more local in focus. However, all are worthy of mention and significant in the history of this Base and our Country.

August 1914 was notable for Canada's entry into the war in Europe that would come to be known as the First World War. As you will read in this edition of the *Shilo Stag*, we will commemorate the centennial of Canada's official involvement in "The War to End All Wars" as part of a ceremony marking the opening a new exhibit Aug. 4 at the RCA Museum.

What makes this unique is the precision with which the museum staff have co-ordinated this ceremony as we will mark Canada's entry to the exact minute of the formal announcement 100 years ago.

More well-advertised to date is the celebration of the 100th anniversary of the PPCLI. While there are many events occurring far from CFB Shilo, the Memorial Baton Relay, supported by the Centennial Dis-



play Team, is being undertaken by the soldiers of 2 PPCLI and will link commemoration events in Edmonton and Ottawa.

The Team will be set up at the RCA Museum Aug. 24 as part of the cross-country trek. The history of this Regiment is inextricably linked to the history of CFB Shilo! That will be the opportunity for the community to come out and see what the 100th anniversary of the PPCLI is all about.

It will also provide all of us the chance to be part of this celebration.

Finally, I recently had the great privilege to be part of celebrating another significant birthday milestone.

Last week, I gathered with members of Base CE to honour — and roast —

Gilles 'Peppe' Lefebvre at the marking of his 70 years on earth. With a total of 52 years of service in DND — in and out of uniform — I believe this is also worthy of mention in my brief note.

With the temperatures — finally — rising, the river levels lowering and — hopefully — the bugs leaving soon, we can finally get down to celebrating summer!

I hope you are all able to take time to enjoy it.



On July 28, 1914, one month to the day after Archduke Franz Ferdinand of Austria and his wife were killed by a Serbian nationalist in Sarajevo, Austria-Hungary declares war on Serbia, effectively beginning the First World War. Canadian soldiers trained at Camp Sewell, later re-named Camp Hughes.

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

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# Army reservists hone their mortarman skills

**Lt Darryl Bannon**

**Special**

Artillery mortarman serial 0115 was the first 81mm conversion course to run at CFB Shilo for army reservists.

The course was only two weeks in duration, meaning the tempo was high and the training demanding. However, all 10 candidates completed the final Fire and Movement FTX successfully and have gone on to become mortarman at their respective units.

The candidates were all Primary Reservists, with some having had overseas experience.

This led to extensive tip sharing between the more grizzled candidates and the younger Bombardiers and Gunners. But regardless of the differences in experience, all the candidates melded into one cohesive unit by the end of the two weeks.

Candidates started the course by completing a FORCE Evaluation, which they all passed. This was followed by delving right into mortar drills with coming in and out of action, lay in the Centre of Arc (COA) and misfire drills all being taught in the first two days.

Candidates thoroughly enjoyed the practical nature of the teaching; in fact there were almost no PowerPoint lectures throughout the entire course.

PT consisted of a mixture of Cross-fit, ruck marches, runs and sports. Of these, sports PT was the clear favourite among candidates.

For sports PT the mortarman candidates faced off against Gun Det 2IC candidates for a game of ball hockey. The final score was in dispute — with both sides claiming victory — but the enthusiasm the mortarman candidates exhibited made them the true winners.

The mortarman of serial 0115 arrived at CFB Shilo prepared; trained hard and built friendships which will last for years to come.

Each candidate has returned to his or her unit with a readiness to pass on knowledge and skills to others.

*With 39 CBG 15 Fd Regt out of Vancouver, Lt Darryl Bannon is a course officer*



## What's on the horizon? Protect yourself from severe weather.

**S**evere weather conditions often occur during Manitoba summers. Thunder, lightning, hail and even tornadoes can develop quickly and have the potential to be extremely dangerous.

That's why it's important for you to understand the risks created by severe summer weather and how you can protect yourself – weather or not.

### Look for the signs

Hot and/or muggy days and warm nights indicate thunderstorms may be forming – so be prepared. Keep your eyes on the sky and watch for the possible development of storms.

### Listen for the warnings

Environment Canada monitors the weather and issues severe weather warnings. Check your local television or radio station regularly during the summer to see if any severe weather is expected in your area. Purchasing a *Weatheradio* receiver would also give you 24-hour-a-day access to Environment Canada's weather watches and warnings.

### Take shelter

When severe weather threatens, find shelter immediately. Do not follow storms in your car or attempt to take photographs. If you're indoors, take shelter in the basement. If there is no basement, find shelter in a small interior ground floor room away from windows. If you are in an office or apartment building, take shelter in an inner hallway or room, preferably in the basement. If you are caught outdoors, lie flat in a ditch or other low-lying area and cover your head.

### Be prepared

Storms often strike quickly so it's important that you have a plan in place before severe weather hits.

**Prepare a "72 Hour" emergency kit** – Your kit should include food, clothing, blankets, medication, bottled water and first aid and tool kits, as well as flashlights and a battery-powered radio – with extra batteries for both. You should have enough supplies in your kit to last 72 hours.

**Reduce the hazards on your property** – Trim rotting or dead branches and cut down dead trees on your property. You should also check the drainage around your house to reduce the possibility of basement flooding. Secure everything that might be blown around or torn loose. Flying objects such as garbage cans and lawn furniture can injure people.

### Find out more

Learn more about how you can protect yourself from the dangers of severe summer weather at **manitoba.ca**.

**Manitoba** 





While it might not be Hollywood, director and videographer Graham Street still called “cut” and “action” while filming the third in his Warpaths series that looks at a group of soldiers from Boissevain in the 44th Battalion who went overseas during the First World War. RCA Museum director Marc George is also involved, and helped with the storyline being filmed Sunday afternoon on the Base. He was also there to ensure the actors held their guns properly, often demonstrating during lulls in filming while a scene was prepared. The previous two documentaries debuted at the Elgin Theatre in Brandon in 2012 and 2013, with the third slated to be shown Nov. 7.



Photos  
by  
Jules  
Xavier







# ACTIVE SKILLZ SPORTS CAMP



Photos by Jillian Driessen & Jules Xavier

The kids signed up for this PSP program are enjoying a plethora of activities, including weekly ice cream treats after winning a Facebook photo contest. The camp is open to kids aged six to 12, and runs from 7:15 a.m. to 4:30 p.m. Drop by the GSH if you want to register your child for this weekly camp which stresses being active.



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## On target

Paintball was popular during Canada Day festivities.

Photo by Jules Xavier

## Avoid itchy rash with poison ivy

### Base Surgeon Stag Special

If there's a plant you need to know about while calling CFB Shilo home it would be poison ivy.

What is it?

Poison ivy is a straggling or climbing woody vine that's well known for its ability to cause an itchy rash. All parts of the poison ivy plant contain an oily resin called urushiol that causes an irritating skin rash.

Poison ivy can be found in every province except Newfoundland. It grows on sandy, stony, or rocky shores, and sprouts in thickets, in clearings, and along the borders of woods and roadsides.

This glossy perennial can spread by seed or by producing shoots from its extensive underground stems.

Soldiers on exercises on the Base training areas are familiar with this plant, as are the golfers who frequent the Shilo Country Club.

What does poison ivy look like?

The leaves of poison ivy have three pointed leaflets. The middle leaflet has a much longer stalk (petiolule) than the two side ones.

The leaflet edges can be smooth or toothed, but are rarely lobed. The leaves

vary greatly in size. They are reddish when they appear in the spring, turn green during the summer, and become various shades of yellow, orange, or red in the fall.

The plant produces clusters of cream to yellow-green flowers during the months of June and July. The berries that appear by September are clustered, round, waxy, and green to yellow in colour.

The size of the berries ranges from three to seven millimetres (.12 to .28 inches) in diameter, and they often remain on the low, leafless stems of the plant all winter.

What should I do if I get poison ivy on me?

Wash any areas of your skin you think may have come in contact with poison ivy with soap and cold water. Cold water should be used, because hot water tends to open the pores, increasing the chances of the resin being absorbed into your skin.

These practices may not prevent a reaction, but will likely prevent the infection from spreading. If a reaction does develop, see your doctor for treatment.

Skin irritation — itching, red inflammation, blisters and, in severe cases, oozing sores — resulting from exposure to poison ivy normally disappears in seven to 15 days.

## Museum commemorates Great War

### Shilo Stag

The RCA Museum has an exhibit entitled *The Great War 1914-15* in commemoration of the centennial of the First World War.

It will open Aug. 4 at 5 p.m. exactly 100 years to the minute since Canada found itself at war with Germany.

The guest of honour for the opening ceremony will be renowned Canadian film director and author, Paul Almond. His father was a Canadian Gunner in the Great War.

The exhibit will examine the causes of the war and its effects on Canada during the first year of the conflict. Visitors will be able to explore life on the home front and the experiences of sol-

diers overseas.

Exhibit highlights will honour the centennials of the Princess Patricia's Canadian Light Infantry (PPCLI) formed in 1914 and of the writing of *In Flanders Fields* in 1915.

The exhibit will run until June 2015.

Future exhibits to commemorate the Somme in 2016 and the battle of Vimy Ridge in 2017 are planned to build on the visitor experience in *The Great War 1914-15*.

The RCA Museum is open Monday to Friday 10 a.m. to 5 p.m., but is closed weekends and holidays.

However, it is open seven days a week at the same time from Victoria Day to Labour Day.

## Disaster Financial Assistance Available

Disaster Financial Assistance (DFA) is available to assist Manitobans and communities who experienced damages from flooding that took place during the spring and summer of 2014.

### Who is eligible for DFA?

Assistance is provided to help homeowners, tenants, farmers, small business owners, non-profit organizations and municipal governments to restore property after a disaster. More detailed information about exactly who is eligible for DFA is available on the Emergency Measures Organization website at [www.manitobaemo.ca](http://www.manitobaemo.ca).

### What is eligible for DFA?

DFA is available to help with the cost of:

- evacuation costs for evacuations directed by emergency authorities
- repairs to damaged infrastructure
- non-insurable damage to property such as principal residences and buildings essential to the operation of eligible farms and businesses

### Where can you learn more?

To find out more details about DFA eligibility or to get an application form, please contact the Emergency Measures Organization at:

Phone: 204-945-3050 in Winnipeg

Toll free: 1-888-267-8298

You may also apply online at [www.manitobaemo.ca](http://www.manitobaemo.ca)

**Deadline for applications: October 9, 2014**

**Manitoba** 

2014  
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# Avoid dryer fire — check lint filter

## Shilo Stag

There has been a rash of fires attributed to the household dryer in recent months throughout DND.

That's the message from Daniel Barney, Chief Fire Inspector (CFI) with CFB Shilo Emergency Services. With this in mind he'd like to offer up some safety tips related to a household chore being done frequently in the PMQs, especially with the clothesline gone the way of the Great Auk and Stegosaurus.

Barney noted here are about 12,700 clothes dryer fires in residential buildings annually in the United States, according to the US Fire Administration. These preventable fires caused 15 deaths, 300 injuries and about \$88 million US in property damage.

He added, there are no comparable statistics available for Canada.

Doing laundry is most likely part of your every day routine. But did you know how important taking care of your clothes dryer is to the safety of your home?

With a few simple safety tips you can help prevent a clothes dryer fire.

Dryers should be properly grounded. Check the outdoor vent flap to make sure it is not covered by snow. Keep the area around your dryer clear of things that can burn, like boxes, cleaning supplies and clothing, etc.

Clothes that have come in contact with flammable substances, like gasoline, paint thinner, or similar solvents should be laid outside to dry, then can be washed and dried as usual.

In Canada, we excessively use our dryers. If you're anything like so many Canadian families, we're doing two to three loads of laundry every day, so you need to make sure to clean the dryer trap every time with every usage.

Failure to clean out lint traps is the main cause of dryer fires. A blocked vent or exhaust pipe blocks hot air from releasing, turning the highly combustible lint into a fire hazard.

Dryer fires are a common occurrence. Here are a few tips to help prevent a disaster:

**FACT** — The leading cause of home clothes dryer fires is failure to clean them!

**TIPS** — avoid a fire by doing the following

- Have your dryer installed and serviced by a professional.
- Do not use the dryer without a lint filter.
- Make sure you clean the lint filter before or after each load of laundry. Remove lint that has collected around the drum.
- Every six months remove the lint filter and wash with hot soapy water and nylon brush till water flows through screen freely. This is to remove a film that forms from the use of dryer sheets.
- Rigid or flexible metal venting material should be



Regularly check your dryer lint filter to avoid the potential for a fire.

Photo by Jules Xavier

used to sustain proper air flow and drying time.

- Make sure the air exhaust vent pipe is not restricted and the outdoor vent flap will open when the dryer is operating. Once a year, or more often if you notice that it is taking longer than normal for your clothes to dry, clean lint out of the vent pipe or have a dryer lint removal service do it for you.

- Keep dryers in good working order. Gas dryers should be inspected by a professional to make sure that the gas line and connections are intact and free of leaks.

- Make sure the right plug and outlet are used and that the machine is connected properly. Follow the manufacturer's operating instructions and don't overload your dryer.

- Turn the dryer off if you leave home or when you go to bed.

These few but simple tips, according to Barney, will help prevent a dryer fire, and keep you and your family safe.

If this has not been done in the past, start today and have a look at your dryer thoroughly. The safety of your family may depend on it.

If you have any question about your PMQ dryer, you can call Shilo Emergency Services Fire Prevention Branch at 204-765-3000 ext 3296 or 3467.

# Leaving pets in car on hot day dangerous

## Shilo Stag

With the advent of summer and with scorching hot temperatures likely in the coming weeks, St. John Ambulance would like to remind Shilo and area pet owners to watch for signs of heat stroke in their pet(s).

Unlike humans, cats and dogs don't regulate their temperature through their skin. Instead they pant or sweat through their paws. This less effective way of managing body temperature means that cats and dogs are more susceptible to suffering from heat stroke, and more likely to die from the condition.

Signs and symptoms of heat stroke in pets:

- Rapid, noisy panting
- Bright red mucous membranes
- Thick, stinky saliva
- Vomiting
- Diarrhea or bloody stool
- Depression (lethargic behaviour)
- Loss of consciousness
- Seizures

If you suspect heat stroke, use a thermometer to take the animal's temperature rectally — if it is less than 40°C (104°F), move the animal to a cool spot and offer water and consult with your vet.

If the temperature is greater than 40°C (104°F), move the pet to a cool area and run cool water over the pet's body to help the pet cool down — do not use icy water. For double-coated breeds, back-comb the water to ensure it reaches the skin. Transport the pet to a veterinarian for examination and further treatment.

Heat stroke in pets can be devastating and if not caught early can lead to permanent organ damage or death. Owners are encouraged to take preventative measures to help their pet(s) avoid tragedy by following these tips:

- Never leave your pet(s) alone in a car on warm days. Even if it's not that hot out and the windows are down, cars can accumulate a lot of heat fast.
- Never leave a pet outside without access to shade and water.
- Make sure your pet(s) have plenty of fresh drinking water.
- Check on your pet(s) frequently.
- Avoid excessive exercise and excitement in hot weather.



Do not leave your family pets in the vehicle on hot summer days.

Photo by Jules Xavier

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Effective Aug. 5 the Base will once again play *O Canada* with the raising of the national flag at 7 a.m. daily and *Last Post* with the lowering of the national flag at 5:30 p.m. out in front of headquarters.

Photo by Jules Xavier

Shilo Theatre

(Located in the General Strange Hall)

Aug. 1 Amazing Spiderman II Rated PG

Aug. 8 X-Men: Days of Future Past Rated PG

Aug. 15 Maleficent Rated PG

Aug. 22 The Fault in Our Stars Rated PG

Children aged 10 and younger require adult supervision at all times.

All movies start at 6:30 p.m. Doors open at 6:15 p.m.

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



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# Daily tradition returns to Base Aug. 5

**Shilo Stag**

CFB Shilo has long held the daily tradition of playing *O Canada* and *Last Post* while raising and lower of flags at Base headquarters.

Due to problems with the building’s sound system this tradition has been suspended for the past several months.

The Base has purchased a new system and have finally come up with an interim solution to the installation. Therefore, the Base is now in a position to reinstate this fine tradition, according to BRSM CWO James Doppler.

Effective Aug. 5 the Base will once again play *O Canada* with the raising of the national flag at 7 a.m. daily and *Last Post* with the lowering of the national flag at 5:30 p.m.

As in the past, all personnel in the vicinity of the Base headquarters are to stop and pay compliments to our national flag for both the raising and lowering at 7 a.m. and 5:30 p.m. respectively. This also means stopping and getting out of your vehicle.

Eventually, the Base will have a permanent speaker installation whereby it will be able to expand the sound projection area.

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## Do you golf?

**Shilo Stag**

Are you an avid military golfer who would like to represent his country on the world stage?

If so, why not test yourself against other Canadian Armed Forces (CAF) golfers and tryout for the CISM golf team.

The 2014 CISM golf team will represent the CAF this year at the eighth CISM Military World Golf Championships. Members meeting qualifying standards may be invited to future selection/training camps.

The Canadian CISM golf team has placed well in previous competitions, with the men’s team finishing with bronze and the women’s team garnering silver out of 16 countries at the seventh Military World Championships held in Florida.

All Regular Force and Reserve class personnel are eligible and encouraged to submit a resume to CISM golf team manager Jason Price.

The resume should include: a current minimum Index factor of men 4.0 and females 12.0; placed high in civilian local, regional and provincial tournaments in 2013; a history of military golf performance; and receive written approval that members Commanding Officer (CO) concurs with participation.

Price can be reached at CSN 720-1072 or by e-mail: jason.price@forces.gc.ca

Active Skillz Sports Camp

Active Skillz Sports Camp is designed to promote healthy lifestyles in all children aged 6-12 years old. Children will be introduced to a variety of sports and will have an opportunity to learn about healthy eating.

Active Skillz Sports Camp also aims to integrate children with special needs, providing them with support that meets their needs. Our goal is to provide all children with a camp experience that is fun, positive and safe. Please let us know at the time of registration if accommodations need to be made for your child.

Week	Date	Cost with a GSH Membership	Cost without a GSH Membership	Deposit Required (non-refundable)
Week 1	Jul 7-11	\$100	\$125	\$10
Week 2	Jul 14-18	\$100	\$125	\$10
Week 3	Jul 21-25	\$100	\$125	\$10
Week 4	Jul 28-Aug 1	\$100	\$125	\$10
Week 5	Aug 5-8	\$80	\$105	\$10
Week 6	Aug 11-15	\$100	\$125	\$10
Week 7	Aug 18-22	\$100	\$125	\$10

For children 6-12 years old

Located at the GSH

7:15 a.m. – 4:30 p.m.

(Drop off between 7:15 – 8:00 a.m. & pick up between 4:00-4:30 p.m.)

A non-refundable deposit of \$10 is required each week per child to hold your spot. Your deposit will be applied to that week’s registration cost.

Full payment for each week MUST be made the week prior.

To register, please visit the GSH front desk between the hours of 7:00 a.m. – 4:00 p.m. Monday to Friday. Space is limited, so register early!

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For more information, call the Recreation Office at 204-765-3000 ext. 3317/3588.

## March to the beat

2PPCLI’s marching band hone their routine out on the parade square. They have a busy schedule as part of PPCLI centennial celebrations.

Photo by Jules Xavier





## 70 years young!

Known around the CE section as Peppe, Gilles Lefebvre celebrated his 70th birthday a day early July 22 when his colleagues brought a birthday cake to work. He got the thumbs-up from BComd LCol Stephen Joudrey during the surprise event for the retired navy steward, who served in the CAF for 26 years. Lefebvre said he has been working steadily, but not all of his years with the CE section, for 52 years. The native of Hull, Que., is not yet ready to retire, and puts in three days of work as a Sup Tech.

*Photos by Jules Xavier*



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## Want to play Base soccer?

### Shilo Stag

Did you enjoy watching the World Cup on CBC earlier this summer?

What about playing soccer and wearing CFB Shilo's colours on the German soccer pitch?

If so, take part in the Base team's soccer tryouts which started July 21 and run to Aug. 14 every Monday, Tuesday, Thursday and Friday. Practice sessions run from 7:30 to 9 a.m.

To be part of the team players must be military personnel; Reg Force, Reserve Class B or C.

CFB Shilo's soccer team will play at the prairie regional soccer championship at 4 Wing Cold Lake from Aug. 12 to 16. The winning team moves on to play at the national tournament in Ontario.

For more information about the team, contact your sports co-ordinator Danny Hamilton at ext 3894.



The Shilo Stags will be in tough at the four-team prairie regional soccer tournament hosted by 4 Wing Cold Lake. Defending champion Edmonton Garrison always fields a strong squad.

*Photo by Jules Xavier*

# CLASSIFIED ADS

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 Padre Neil - ext 3090  
 Padre Olive - ext 6836  
 Padre Costen - ext 3381  
**Our Lady of Shilo  
 Roman Catholic Chapel**  
 Sunday 10:30 a.m.  
 Wednesday 12:05 p.m.  
 Confession by appointment  
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### Public Services

**Attention all Preschoolers!** All children aged 4-6 years entering in to kindergarten this upcoming school year are in need of immunization boosters. There will be a clinic held at the Military Family Resource Centre on August 21st, 2014 from 1pm-3pm. No appointment necessary. Please call your area Public Health Nurse Rachel McPhee at 578-2538 for more information.





MCpl Shane Toms pulls the bags as part of his FORCE evaluation during a session at the MPTF building.  
Photo by Jules Xavier

# Assessing fitness beyond FORCE test

**Carmel Ecker**  
Stag Special

CF Morale and Welfare Services Directorate of Fitness has joined the push to generate a fitter and healthier military.

They are going beyond the FORCE evaluation — the new assessment tool to determine if a member is fit for duty — and are now looking at a way to indicate a member's general fitness level.

Researchers have been to four bases putting select members through the FORCE Evaluation to gather specific data. Recently, 150 men and women of varying ages volunteered for the research at CFB Esquimalt in British Columbia.

"We're going across country collecting data on 600 CAF [Canadian Armed Forces] personnel to see what

their fastest FORCE times are, and we're plotting them on the incentive chart where they'll be compared to their age and gender counterparts," explained Dr. Tara Reilly, Ottawa-based research manager of the Human Performance Research team.

Dr. Reilly's team is developing a fitness profile, which is a measure of fitness that goes beyond the minimums for job performance. That profile will include an incentive program which will be used to encourage members to improve both their operational and general physical fitness.

In the previous EXPRES test the incentive was an exemption on the next year's test. However, the new motivational program is still in the development phase, so the four incentive levels and rewards have yet to be confirmed.

The new fitness profile expands on the existing FORCE Evaluation in two main ways:

Firstly, it offers an incentive program where members will be compared to their age and gender groups in order to encourage maximal performance and improvement on the FORCE Evaluation.

In this way the member will be provided with a scaled measure of his or her operational fitness compared to other people of his or her age and gender, rather than simply a pass or fail.

Secondly, the fitness profile would provide a new metric — an assessment of a member's overall physical fitness.

This metric would be based on a measure of cardio-respiratory fitness derived from the member's times on the intermittent loaded shuttles and the 20-metre rushes, along with a measure of body composition, with the addition of a waist circumference measure.

No career action would be taken on this measure of general fitness; it would only serve to provide information and targets for improvement.

"Waist circumference is recommended by the World Health Organization and the Canadian Medical Association as being the best body composition measure for health-related physical fitness," said Dr. Reilly.

CAF members who go all out on the FORCE test will know exactly how they measured up against other people in their demographic. This goes well beyond the pass or fail of the test itself.

Incentivizing the program will likely push people to perform to their maximum to find out how fit they really are, said Dr. Reilly.

Personnel Support Programs (PSP) fitness staff can prescribe a training program to help a member increase their fitness and meet the next incentive level.

Resources to aid military members in attaining a healthier life include Health Promotion programs, [www.dfit.ca](http://www.dfit.ca), and personal training from PSP staff.

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