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INSIDE This Issue



Col Mann special guest for MFRC's AGM. Page 2



BComd reflects on his two years on Base. Pages 6&7



Family fun for Canada Day goes on the Base. Page 12



Wrong number?

During the unveiling of the new Base crest at the entrance of CFB Shilo's headquarters, BComd LCol Richard Goodyear took a call on his Blackberry. Turned out to be a wrong number. LCol Goodyear credits his BRSM CWO James Doppler for finally seeing this project, something he envisioned two years ago, come to fruition.

Photo by Jules Xavier

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Colonel wants to be connected to communities

Jillian Driessen
Shilo Stag

Col Russell Mann, the director of Morale and Welfare Services, made the trek to CFB Shilo after 14 months in his new position.

Between his appearance at the Shilo Military Family Resource Centre's (MFRC) AGM and meeting with various Base staff, Col Mann made time to visit with this *Stag* reporter to share insights into changes within family services, as well as congratulate the Base for its efforts.

"We tried to get out here last year. LCol Goodyear had been engaged and active in trying to fill some gaps in the community — most notably the dental clinic — and I knew about the work he has been doing with the daycare through the MFRC," he explained.

"It was important for me to get out here. I've been in this job for 14 months. We made a commitment in Ottawa to reduce our staffing. We have to force our remaining staff to be out in the field more ... to be more connected to the communities they support. I have to walk that talk and lead from the front."

Col Mann presented MFRC staff and board members with the Spirit of Military Families coin. Although a small token, the coin is a distinguished honour and reflects the immense work of the staff and volunteers



COL RUSSELL MANN

of the Shilo MFRC.

"There are some unique factors here. Shilo is the community. Most Bases aren't able to say that. They have a civilian community surrounding and enveloping them," said Col Mann.

"Sometimes, Bases then feel less obliged to provide services because they are available in the outside community. One of our tenants is not to duplicate community programs. That problem doesn't exist here because the programs won't exist in Shilo unless provided by the Base."

He continued, "I spent four years in Winnipeg and did some flight training in Portage la Prairie. I understand the province in which Shilo is situated. When I was in Winnipeg, I took some time to drive out here. I heard a lot of my army brethren talk about it. It is a unique place. It is very vibrant and very dynamic."

Col Mann gave kudos to the staff of the MFRC as well as the Base for providing an active community calendar — something he easily follows due to the social media efforts of the MFRC.

"The MFRC in Shilo has certainly exploited social media better than most. It's to the point where I feel like I know the pulse of the community by the types of activities promoted and the feedback from families," said Col Mann of the ever-popular Shilo MFRC Facebook group. "Shilo keeps me well connected because they are always pushing to their community."

Although the MFRC is often associated with community events, the organization is also responsible for family support as well.

Resource centres right across the country fall under Moral and Welfare Services alongside other support entities. Although the name has recently changed, the services remain the same.

"What the commodore wants, is to make people understand that Morale and Welfare Services is really one team. Even though we have CANEX, SISIP, IPSC, MFRC, fitness instructors, and a host of other people, we are all working as part of a morale and welfare package for military families," said Col Mann of the services offered to community members. "He made it a priority to have a name that better reflects what we are and what we do."

He said the name may not be perfect, but it is a step in the right direction allowing family services to become a priority for leadership and chains of command.

He called the recent name change "a move that puts family services in a good stance for the future."

With the unique lifestyle



BComd LCol Richard Goodyear met with Col Russell Mann during his visit to CFB Shilo to attend the Shilo MFRC's AGM. Photo by Jillian Driessen

of the Canadian military family and a major operation coming to a close, Col Mann said all units under Morale and Welfare Services will find themselves adapting alongside families.

"I know there are increasingly complex pressures for families that will continue for five or 10 years post-operation. We may have ended the combat operation, but as Shilo knows, that hasn't slowed the tempo. The challenge of separation and reintegration will continue," he said. "We have an increasingly young population due to a boom in births. We also have an increase in older population due to the number of families caring for parents. They both present new challenges to the military family lifestyle when you are trying to be highly mobile, are deploying, going on exercise, or on course. It requires an evolution in how we provide service."

"Bringing education and quality life in and having it anchored off the notion of family support services is perhaps very timely. It lets us respond a little quicker. It's a work in progress and we will see how it goes."

Also evolving is the style of existing military families. Col Mann said the term families now must include families falling away from the stereotypical nuclear family.

"When I say families, I include military members. We have single parents and reconstituted families as well. We have families of all shapes and sizes," he said.


At a national level, Col Mann said all Military Family Resource Centres should be looking to make efficiencies in their programming and should make their best effort to invest savings in mental health, special needs, and referral and information programs. Those are priorities passed down from Gen Lawson.

With a mandate to not duplicate programming, Col Mann has issued a challenge to all MFRC boards and staff. "I've put a challenge to every board to look at family needs rather than family wants. I think that may be a little less relevant in Shilo. If you're in Winnipeg, you have a number of community service organizations, non-profits, and social services, clinics, and walks-ins. They are not available here. Duplication of services is not a problem here. The challenge, rather, is how do we offer these programs here so people have full support and services."

This Base, being a unique military community in its structure, will likely not see the same changes to programming other bases will experience. Programs offered in Shilo are essential and their need is supported by their annual needs assessment.

"The community needs assessment is really at the heart of how they develop programs here. In Shilo, there will not be any earth-shattering changes for the MFRC," he said.

With Taskforce 2-13 deploying on what is expected to be the final deployment to Afghanistan, the MFRC can expect to be busy in all elements. "In terms of investing in families, the time is more important than ever when you get into post-operation environments," he said. "It's about the family. Not just the member."



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.

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Deputy Minister
Department of National Defense

OTTAWA, CANADA
17630-77



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

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Par ordre du
Sous-ministre
Ministère de la Défense nationale

Ottawa, Canada
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BComd LCol Richard Goodyear (left) received his own Shilo Sentinels hockey jersey during a meeting with PSP staff. He called the Base home for the past two years. When he wasn't riding his bike to work, you could find him taking son Henry out for a stroller walk.
Photos by Jules Xavier

BComd's legacy not soon forgotten as he departs

Shilo Stag

LCol Richard Goodyear's tenure as BComd might be up in five days, but his legacy at CFB Shilo won't soon be forgotten.

That's the message Personal Support Programs (PSP) manager Mike McEwan delivered during an informal gathering of PSP staff and LCol Goodyear at the Junior Ranks Club.

"On arrival in 2011 you told me to 'use' you to make improvements to the community," McEwan opened with his address to staff and the BComd. "And we did to great effect and would have done much more if time allowed. In fact, many changes during your command have been a direct result of your vision for the Base and community."

He added, "I am not over stating the case when I say that your efforts will long be remembered and enjoyed by this community and that your legacy will be varied and widespread because you have directly and positively affected virtually every aspect of our community."

McEwan then highlighted some of LCol Goodyear's notable contributions to the Base: Increased daycare capacity; opened a dental clinic; vastly improved the Base's fitness, sports and recreation programs and facilities by re-equipping the weight room, adding a surfaced outdoor running track and improved the arena operations. He also added community activities to the annual calendar, most notably the Christmas show, with George Canyon twice performing at the GSH to an appreciative audience.

LCol Goodyear's list of accomplishments during his two-year posting at CFB Shilo, according to McEwan, also included:

- Improved the French school and the French daycare;
- Moved and improved the *Shilo Stag* operations and added the *At A Glance* magazine;

- Renovated the CANEX Mall and many of its businesses.

"Believe me when I say that I could go on and on because these are just a few of your accomplishments," offered McEwan. "Many are not readily apparent to the community, but very important none the less such as new fridges and freezers in the Garrison Grill at CANEX and the Community Centre, plus a new roof for CANEX and new storage buildings at FS&R and the SCC."

McEwan also pointed out that LCol Goodyear's fought hard and was successful in his efforts to minimize the national level reductions to NPF staff and services on Base.

"Others will not be seen or felt until after you are gone but would not have happened without your efforts," he said.

These include renovations at the Shilo Country Club, the new campground; and repairs to the Officers' Mess following flooding last winter.

"On behalf of all NPF staff and, indeed the entire greater Shilo community, I want to thank you for all that you have accomplished here," McEwan said. "You can take comfort and pride in the fact that you are leaving Shilo a much better place than you found it."

He added, "We all want to wish you, Tina and the boys, the best of luck in the future in Toronto and hope you will make it back to visit us one day."

LCol Goodyear received a number of departing gifts from his NPF staff, including a No. 1 driver from the golf club, and his own CFB Shilo Sentinels hockey jersey with the No. 9 on the back. He was instrumental in having two versions of the minor hockey jersey designed using the two CADPAT colour schemes, plus a name change from the Storm to Sentinels. These jerseys were first worn in exhibition games as the 2012-13 minor hockey season ended at Gunner Arena.

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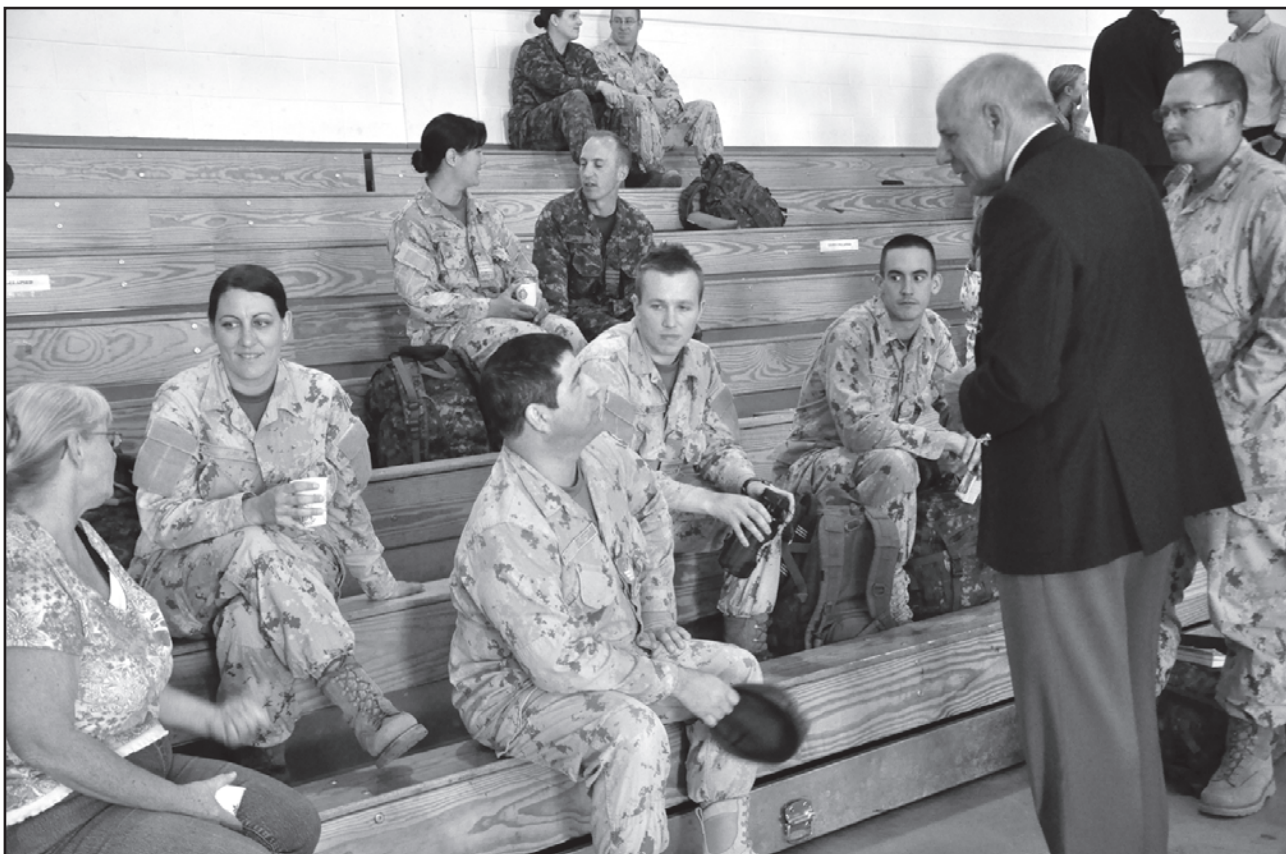
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The Shilo Stag is produced every second Thursday.

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
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The first chalk saw more than 50 soldiers deployed to Afghanistan for Canada's final mission — training, not combat — gather with family and friends in the early morning. Prior to departure on a bus for 17 Wing at CFB Winnipeg, soldiers and family talked among themselves.

Photo by Jillian Driessen

Watching farewells an emotional experience

On occasion, my job requires me to complete tasks I find taxing.

Generally speaking, when I say taxing, it is usually a task requiring me to be outdoors in the frigid Manitoba winter or hoisted above the ground. I like to be warm and I prefer to keep my feet firmly planted on Earth's surface.

Sometimes the taxing tasks are less superficial.

I've been writing for military-related publications for three years. I've had some incredibly emotional experiences. I can admit on more than one occasion to ending an interview and letting tears stream down my face the second I found privacy.

They're not always tears of sadness. I am guilty of crying tears of joy, inspiration, and anger as often as I've cried tears of compassion and sorrow.

Journalism gives you a rare opportunity to reach out to so many interesting people and they all have their own story to tell. Sometimes the information you're privy to touches you.

Recently, I had a unique opportunity to see the first round of soldiers deploying from CFB Shilo on TF2-13 for Afghanistan say their good-byes to their loved ones.

Arriving, a small part of me felt as if I was intruding on a very private family moment for these families.

I quickly realized, the majority of people barely noticed my presence. Some of my incognito success can surely be attributed to the TV crews present in a much more obvious way.

After a few moments, I felt a strange mix of feelings. I felt compassion for families and soldiers alike. Time apart is never easy — even if it is only a short

while.

A tour, regardless of its length, goal, or anticipated danger is nothing like a course or exercise. It's a whole new can of worms, folks.

I felt a deep sense of relief in not being in their shoes followed by a swift and strong pang of guilt for feeling said relief.

As I watched friends, colleagues, and familiar faces say their farewells, the cycle of emotions continued.

It's not morbidity that gets me emotional. It's just good-byes. I know saying good-bye is hard.

Things like field exercises or courses seem to get a bit easier. You come to know the process of things and what to expect from the situation.

Good-byes cloaked in a degree of uncertainty are much harder. When the system is different from the ordinary, when your contact is limited, and when it's for a longer period of time, goodbye is harder.

Watching these farewells is an emotional experience for anyone. When you watch your friends walk on a bus, leaving their families and home behind, you can't help but feel for them.

You would have compassion for strangers. You feel a touch of sadness alongside your friends.

As my first soiree into the world of deployment, this was an invaluable experience. Until now, I'd only heard of the experience. Seeing it first-hand helps put it into perspective.

To the families gracious enough to let us into this family moment, thanks. Know your graciousness is appreciated and your efforts are both respected and understood.



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Cool off with dip in Wawanesa pool

Jillian Driessen

Shilo Stag

Wawanesa is a charming, tight-knit community located just a few minutes south of Shilo.

It serves as the home to a few hundred people — several being military members stationed at CFB Shilo.

Hit hard by the 2011 flood, Wawanesa's new pool opening was delayed by several weeks.

"Due to the flooding situation we did not meet our goal of opening [last] June," said recreation director Tracy Cullen.

The pool would eventually open last summer in mid-July.

The situation in Wawanesa in 2011 was grim. The flooding of the Souris River led to school and road closures in that community and the closure of the Wawanesa Community Park and campground.

The pool had a short, but successful season in 2011 despite its opening being overshadowed by a once in 300-year flood.

As the only community pool in Wawanesa, this watering-hole serves more functions than just a water park.

The pool's features include a vortex

pool which can be used for exercise, a five-lane Junior Olympic pool, a diving board, several water-spraying spouts and trinkets, as well as a new slide added in 2012.

Additionally, the pool features no-stair access which makes it ideal for people of all ages and abilities to take advantage of what the pool has to offer.

The pool is staffed mostly by students from the community— they fulfill duties ranging from lifeguarding, office duties, to maintenance.

This past summer season, the pool staff offered several courses and classes to residents of Wawanesa. Swimming lessons and exercise classes were available all summer.

Although met with adversity at each step, Wawanesa's pool overcame many obstacles. Despite the campground being open late last summer, the pool had a successful season.

Revenue was up 80 per cent from 2011's hectic opening half season.

With hopes of further improving revenue and participation from the surrounding area, the Wawanesa pool is looking forward to the 2013 season now that winter has finally loosens its grip on CFB Shilo and its hinterland.



Afternoon of teamwork

From slo-pitch to soccer, there were plenty of memorable plays on the diamond and pitch during the BComd's afternoon sports day held behind the GSH. Participants were split up onto teams, then spent time battling their opponents in times games of either soccer or slo-pitch. When the buzzer went, they the moved on to the next challenge, and opposition.

Photos by Jules Xavier

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Ninth posting rewarding

Outgoing BComd enjoyed his prairie experience with family

LCol Richard Goodyear
Stag Special

As my last week fast approaches, it's hard to believe my time in Shilo is coming to an end.

My ninth posting in Canada, this has been without a doubt the most rewarding personally and professionally.

In an attempt to organize my thoughts I decided to stick to several themes that encapsulate my last two years.

PRAIRIE LIFE

Having spent my entire career in Ontario and east, coming to CFB Shilo also meant adapting to prairie life. The transition was seamless.

Prairie life, I pleasantly discovered, is very similar to life in small town Newfoundland: subtract the fish, add farming and keep the friendliness.

With two kids in hockey I had the opportunity to freeze in countless small town rinks from here to Botineau and all points in between.

Each small town had its own charm and a great sense of community.

This is true for our great neighbours in Brandon as well. A very progressive city that doesn't feel or act like a city.

I will even miss prairie seasons — well not all of it.

Beautiful long summer days and sunny winters with enough snow to actually do winter things with the kids.

I won't miss the mind-numbing cold in the winter or the panic of having to remove a wood tick from the inside of my youngest son's ear.

COMMUNITY SPIRIT

Shilo has a true community feel, more than I've ever experienced at other Bases.

My family and I felt it from the beginning and we marvelled throughout our two years at the great sense of belonging and care and concern for the community.

People that live and work here genuinely care about the community.

Shilo is not simply a stopover for the majority of families, it is home.

Our civilian workers that see us come and go year after year share our enthusiasm for the community and their dedication is what keeps Shilo looking as great as it does.

FITNESS

I've always felt fitness was very important no matter where I've been posted.

With the Base leadership team we set about to create a culture of fitness at the ASU.

It has been amazing to see the improvements amongst many of our soldiers during the last two years.

With opportunities like Mountain Man, Tough Mudder, Army Run, Marine Corps Marathon and Nijmegen to name a few, we challenged our soldiers physically and mentally and created an appreciation for the benefits of fitness.

If that wasn't enough, I did my best to push people to their limits on each Friday morning BComd PT.

The vast majority of soldiers took up the challenge



and have dramatically improved their fitness to a point where we have arguably the fittest group of Base soldiers in the Canadian Army.

SUCCESSES & CHALLENGES

As a Base we had many successes during the last two years.

I won't go into a laundry list of improvements, but most notably from a community perspective was the increase in daycare spaces and the creation of a family dental clinic.

From an operations perspective, we started a comprehensive UXO clean-up program and successfully supported the mounting of Task Force 2-13.

Of course there were challenges along the way.

A freeze on civilian hiring meant we constantly had to ask our small civilian team to do much more than their fair share of work.

As a result of cutbacks, we also lost very valuable employees who had been a critical part of Shilo's success for years.

FINAL THOUGHTS

It has been an amazing two years for Tina, the boys and I.

I'd like to thank all the soldiers and their families and the entire Shilo defence team for the outstanding support we received during our time here and for making Shilo the best place in the Army to train soldiers and raise a family.

"I won't miss the mind-numbing cold in the winter."

— LCol Richard Goodyear



Memories in Focus



Photos by Jules Xavier



Outgoing BComd LCol Richard Goodyear enjoyed being part of CFB Shilo, and providing families and its soldiers with plenty to do on the Base. Like Lobsterfest, or snowshoeing.



Maintain your yards, says Mayor

Jillian Driessen

Shilo Stag

With several new members seated around the table, the Shilo Community Council met June 26.

With the advent of summer, neophyte and seasoned council members alike are once again revisiting the issue of lawn maintenance.

With complaints of broken glass, unkempt lawns, and bulk garbage placed well before the pick-up date brought forward, the council discussed the issues at length.

Jodi Laba of CFHA encourage RHU tenants to engage their neighbours.

"The reality is the Base duty sergeant is busy, CFHA is busy, but there is nothing stopping anyone from asking their neighbours to cut their grass or clean up if they are comfortable doing so," said Laba. "Remind them that they can receive an infraction. If we can manage these issues before they get to the infraction stage, then staff can focus on the critical cases."

Mayor Maj Reg Sharpe offered little leniency for those with the lawns in question. With new resources on Base, there are several options for disposing of garbage, recycling, and yard waste.

"At lunch, the dump is open. You can drive out, dump your stuff, and still have time to eat lunch," he said. "Yard waste should not be an issue anymore. We now have the community compost set up on Quebec [adjacent to the MP building]."

The Base has also placed a community recycling unit behind the CANEX mall which accepts all recy-

clables — excluding glass.

Laba and Sharpe both noted the cases being brought up at council are extreme and not the majority.

"If you cut your grass every week and the guy next door cuts his every three [weeks], well sometimes we have to accept those differences," explained Sharpe. "If there is someone who hasn't cut their grass in months, [then] that's a different story."

RHU residents are asked to be mindful of their neighbours and keep atop their property maintenance.

Other business discussed included:

- MWO Robert Brassington reported road repairs, which were recently started, will wrap up in July.

"Everyone can see by the holes in the road and the pylons that we've started road repairs and curb repairs. We ask for your patience," he said. "The road cutting crew is well ahead of the patching crew. The asphalt plant went down for a day. This has set them back."

He added, "You will notice they are doing a lot of patching in the evening. Be safe and be mindful when you're crossing into the other lane when going around pylons."

- Dump hours will remain Monday through Friday 8 a.m. to 4 p.m. In the past, the dump was open, but unattended in the evenings and on weekends. It was not kept to standard while unattended.

"If it wasn't people dumping their garbage everywhere, it was people dropping off old oil, tires, and everything known to man. The staff would spend Monday cleaning up the mess from the weekend," said MWO Brassington.

- The Shilo Military Police are happy with the level of compliance for the new bike helmet laws on Base.

"At lunch, the dump is open. You can drive out, dump your stuff, and still have time to eat lunch."

— Maj Sharpe

2013 SPRING FLOODING

Disaster Financial Assistance Available

Disaster Financial Assistance (DFA) is available to assist Manitobans and communities who experienced damages from the spring flooding, including the heavy rains that took place during May 17 to 21 and May 30 to 31.

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Manitoba 



Motorists are reminded to slow down around the asphalt crews currently working on Base roads, like this one in front of headquarters.

Photo by Jules Xavier



The recent Base yard sale saw plenty of traffic in the PMQs as residents hit the pavement in search of treasures or a good bargain.

Photo by Jillian Driessen

Running club in stride with offering clinics

Jillian Driessen
Shilo Stag

CFB Shilo can now lay claim to Westman's first official running club.

Open to military members and civilians alike, the club offers runs and clinics to members on a weekly basis.

"On April 11, we had our first meeting to establish the club," says WO Shaun Lumley. "Right now, we've got 10 members. Some are just starting to run and we have others, like myself, who have run marathons, and a few are in between."

Each Monday and Friday, the club offers either morning or lunch-hour runs starting from the GSH at 7:30 a.m. and 12:25 p.m., respectively.

The club also meets for a morning run each Sunday.

With members at different stages of running abilities, Lumley, as club president, has help facilitate weekly clinics.

"We have our clinics on Fridays during the lunch hour so people working on the Base can attend. They are half-hour development sessions," explains Lumley. "We've covered metabolisms, nutrition, how to select the right footwear, and we've had guest speakers as well."

"We are trying to tie-in subject matter experts from the Base itself. 11 Health services have been gracious enough to cover running in the heat."

The club offers all these amenities to its members for just \$20 and intends to continue with seminars this

autumn — offering additional information as the seasons change. As the president and a founding member of the Shilo Running Club, Lumley brings a great breadth of running experience and knowledge to share with other members.

"I've done half marathons and full marathons. My last marathon was 2009 — The Cape Breton Fiddler's Marathon," says Lumley. "I spent five years in Cape Breton and being to train at Sydney where they run the marathon was beneficial."

"Being able to train in the climate and same road conditions as the marathon is beneficial to any runner. It was a hand-in-glove situation."

The climate there, according to Lumley, is better-suited

to running than the extremes of CFB Shilo.

"The weather is more agreeable. The ocean moderates it so much," he says.

"I was able to have my marathon training go through the winter in Cape Breton. You have to get used to dressing differently here in the winter."

Lumley had intentions of running the Manitoba Marathon in June, but a quad injury earlier this year dampened his plans and the experienced runner is just returning to his regular pace now.

"Injuries," says Lumley, "are just part of the sport."

Also, "just part of the sport" is regular training. Despite sounding monotonous, Lumley says many individuals receive a 'high' from running.

"It actually becomes addictive to a large number of people. There is a psychological effect that gets people enjoying it. You lose track of time. Sometimes the mind shuts off, the body takes over and you keep going."

In the interim, Lumley has kept himself busy with club business — a task requiring him to keep in regular contact with each and every member.

"Everything we do is based upon collective group input. We move forward with what the club wants to do. It's a participative club," explains Lumley.

"I would like to see everyone enjoy themselves and have that interest to keep participating. It matters that their voice is heard and they are part of the decision

process."

The club has set a goal of running in one event each month.

"We try on Sundays to run in the morning as a group," he explains. "Usually runs are Saturdays or Sundays. Major runs are always on weekends. That is when people are most available."

Although one run each month may sound overwhelming to a neophyte runner, rest assured the Base's running club will assist novice runners who are just getting started.

"Those that are interested in running, we can point them in the right direction. They can get the guidance they need to get a safe and enjoyable start."

Lumley, PSP staff, and other club members have invaluable information for new runners and are more than willing to share with those wanting to participate.

Moving forward, the club wants to participate in Shilo's Army Run June 21. They will also be offering an upcoming introductory information seminar for those who may be interested in joining. With a good start, Lumley wants to continue to build membership.

"It is nice to get it started. As long as we can keep gaining interest, the club will do well."



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CFB Shilo's running club is always looking to add new members. The recent army run held on the Base featuring runners covering a half-marathon or 10-KM distance is testament there is interest in this activity, whether you want to do it for pleasure or competition.

Photos by Jillian Driessen



FAMILY SUPPORT CELL CONTACT INFORMATION



<p style="text-align: center;">2PPCLI Family Support Cell</p> <p style="text-align: center;">Cpl Shaun Orton shaun.orton@forces.gc.ca 204-765-3000 ext. 3637</p> <p style="text-align: center;">Cpl Joshua Preston joshua.preston@forces.gc.ca 204-765-3000 ext. 3638</p>	<p style="text-align: center;">Reception: 1-204-765-3000 ext 3638</p> <p style="text-align: center;">Taskforce 2-13 Family Support Cell duty cell number: 1-204-573-5857</p> <p style="text-align: center;">Family Support Cell Bldg T114 P.O. Box 5000 Stn Main Shilo, MB ROK 2A0</p>	<p style="text-align: center;">1RCHA Family Support Cell</p> <p style="text-align: center;">Bdr Kevin Brophy kevin.brophy@forces.gc.ca 204-765-3000 ext. 3633</p> <p style="text-align: center;">Gnr Mann Forbes mann.forbes@forces.gc.ca 204-765-3000 ext. 3638</p>
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BASE SCHOOLS



TOUR DE PLAINES LES ÉLÈVES EN MOUVEMENT

O'KELLY SCHOOL

Richard Arcand
École La Source

Le mercredi 29 mai dernier nos élèves de l'école La Source ont participé à une compétition de bicyclette de montagne.

Quatre écoles de la DSFM se sont donné rendez-vous au Parc national du Mont-Riding pour participer à une compétition avec leurs vélos.

Une cinquantaine d'élèves des écoles St-Joachim, Noël - Ritchot, Jours de Plaine et de l'école La Source devaient suivre des pistes en forêt et parcourir le trajet en moins de temps possible.

Sophie en 12^e année a gagné la première place dans sa catégorie. Christian chez les garçons de son âge a aussi remporté la première place.

Adanna, de son côté, a gagné un prix de 300\$ pour s'acheter un nouveau vélo.

Les élèves étaient chronométrés au départ et à l'arrivée. Ils devaient faire le trajet le plus rapidement possible.

Il fallait être très attentif car il y avait beaucoup de bosses même si le terrain était assez sec.

Malgré la compétition, les élèves se sont bien amusés et ont passé une très belle journée.

Mme Leah, M. Simard et M. Fouillard ont accompagné le groupe pour cette activité.



Grad day smile

It's off to high school and ninth grade for O'Kelly student Kyra Lavoie this fall. She had reason to smile during her Grade 8 graduation. Lavoie received a number of awards for her academic excellence and contribution to the Base school.

Photo submitted

MARIJOE FAIT DANSER LES JEUNES

Richard Arcand
École La Source

Les élèves de l'école La Source et de l'école O'Kelley étaient regroupés le 20 juin dernier dans le gymnase de l'École La Source pour voir évoluer Marijoe.

Cette chanteuse francophone a donné

tout un spectacle haut en couleur pour tous les élèves de la maternelle à la 4^e année des deux écoles de la base.

Les enfants des deux écoles s'en sont donné à cœur joie en suivant les directives de cette chanteuse populaire.

Elle a été très appréciée.

BBQ DE FIN D'ANNÉE À L'ÉCOLE LA SOURCE

Richard Arcand
École La Source

Le mercredi 26 juin dernier les parents étaient contents de voir que le BBQ traditionnel de fin d'année à l'école La Source s'est déroulé sans que la pluie soit de la partie.

Cette activité est une bonne façon de réunir parents et élèves à la fin de l'année pour leur dire que nous apprécions leur clientèle.

Les parents ont alors l'occasion de jaser un peu avec les enseignants d'une façon un peu plus décontractée.

C'est aussi un bon moment pour ren-

contrer des parents de d'autres élèves.

Les jeunes de l'école ont ainsi l'occasion de fêter en famille avec leurs amis de l'école.

Ils aiment bien cela. Dans l'après-midi il y a eu des jeux dans la boue.

C'était bien spécial car pour se nettoyer le boyau d'arrosage de l'école a fait merveille.

On remercie la base de nous avoir fourni un gros BBQ qui a permis à plusieurs bénévoles de faire cuire et de servir une grande quantité de hot dog et de hamburgers.

Le dessert était composé de fruit frais et un jus était servi avec tout cela.

LA NATATION À L'ÉCOLE LA SOURCE

Richard Arcand
École La Source

Les sports sont très importants à l'École La Source.

Pour aider les jeunes à se maintenir en bonne santé physique et mentale, l'école insiste pour leur faire pratiquer des sports tout au long de l'année.

Cet hiver les jeunes ont eu la chance d'aller faire du ski alpin à Minédossa.

Ils ont ensuite pratiqué différents sports autant intérieurs qu'extérieurs

tout au long de l'année.

Pour terminer l'année en beauté et donner aux élèves un avant-goût des sports aquatiques, les jeunes se sont rendus à la piscine du GSH de la base militaire de Shilo.

Chaque niveau a eu la chance de pratiquer la natation de 30 à 45 minutes par jour durant toute une semaine d'école.

Ces cours de natation ont remplacé leur cours d'éducation physique quotidien.



Shilo Theatre
(Located in the General Strange Hall)

July 5 Despicable Me - PG 6:30 p.m.
July 12 Aliens in the Attic - PG 6:30 p.m.
July 19 The Ant Bully - PG 6:30 p.m.
July 26 Arthur & the Revenge of Maltazard Rated - G:30 p.m.

Children aged 10 and younger require adult supervision at all times

Doors open 15 minutes prior to movie start time
For more info, contact the community recreation office at 204-765-3000 ext 3317/3588



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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

Is your family prepared if there's an emergency on the Base?

The recent flooding in Southern Alberta has again brought attention to the importance of being prepared at home in the event of an emergency or disaster.

In order to be best prepared for the realities of a potential emergency the Government of Canada has an easy to follow guide at www.getprepared.gc.ca.

Throughout this website there is specific advice for preparedness based on the type of home you have, the types of emergencies you may face, and who occupies a home with you.

In general there are three steps for anyone to be prepared for an emergency which may affect the home.

First, know the risks.

For example, natural and human-made risks in Western Manitoba include tornadoes, flooding, extreme storm systems, wildfires and chemical releases. All of these risks will require the ability to stay in the home for several days without emergency assistance.

Second, make a plan.

Everyone in your family or household should know what the plan is in the event of an emergency.

Where to meet, who to contact, where resources are, and how to contact external agencies for help — this includes 911, other family members and friends.

You may want to consider posting some of this information in a high traffic area, such as the refrigerator or near a television.

Remember when making a plan that cell phone networks often fail during emergencies due to overuse or damage to cellular towers. In a cell phone society this can make communication very difficult.

CANADIAN MP The Military Police NOTEBOOK

Finally, prepare an emergency kit. Ideally you should have easy access to three emergency kits. One in your home, one in your car, and one at the workplace.

These are the three places everyone spends most of their time, and of course schools are well prepared for children.

While the kits vary by type, in a home you should be able to function for a minimum of 70 hours with no outside assistance, running wa-

ter, or electricity.

In some emergencies sewage systems may also be unavailable.

Basics to have on hand are water, foods which require little or no preparation, a battery powered radio, flashlights, candles, blankets, first aid kit, a small amount of cash, and required specialty medical items such as prescriptions.

For those living on Base the proximity to resources cannot be taken for granted, and emergencies may occur which will lead to local resources being unavailable or unusable.

While the information in this article gives basic information for emergency planning, do consider taking time to discuss how you will react to an emergency, and make the small investment required for emergency kits.

Capt Dane Nicholson is Platoon Commander 1 Military Police Regiment at CFB Shilo

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Services

For Military Weddings performed in uniform, dress uniform, or mess kit call Rob Lussier 204-571-5911

Greg Steele, Canadian Firearms Safety Course Instructor/Examiner • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses offered at least monthly and more often by demand. Aug. 23, 24, 25, Brandon and Sept. 6, 7, 8 Brandon • Examinations by appointment • 204-725-1608 • E-mail: gg557@wcgwave.ca.

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Nad's Simply Clean For all of your cleaning needs weekly, bi-weekly, and monthly. Also available for offices, contract cleanup and single occasions. Receipts provided. 204-573-1509.

Services

Shilo clinic will be closed July 11-July 29. Walk-in available at Western Medical Clinic 144-6th St. Brandon, MB 204-727-6451

Homes for Sale

1978 Bondix 14 x 72 mobile home in good shape. New energy efficient windows all round. Trailer is ready to have an additional layer of siding and insulation added to bring it up to 6" R20 from 4" R12. New floor in kitchen and two small bedrooms. Patio door onto deck as well as two main doors. Entrance vestibule (10 x 12), electric forced air 20KWhr - \$173 @ current rates per month over the last 6 years. To be moved by purchaser. Price is negotiable. \$30,000.

Can be seen at #18 Sprucewoods Trailer Court. Call 204-763-4051.

Homes for Sale

Wawanesa - Well maintained 3+1 bungalow, large eat-in kitchen with double insulated & heated detached garage (22 x24). Many updates in the last two years, ideally located on large treed lot close to Waterpark. MLS # 1311181. Call Bob Daymond Sutton Harrison Realty for more info. 204-571-5918

Lots for Sale

Wawanesa - 2 large lots 100 x 150 five miles south at Noble Lake. Enjoy privacy and everything nature has to offer. Priced at 24, 900. Call Bob Daymond Sutton Harrison realty for more info. 204-571-5918

Employment

Clerk/Cashier (Part-time), Wage \$10.84-12.67, Competition ends July 12, 2013. Visit cfpsa.com or contact npfhrshilo@cfpsa.com for further details.



Mountain Man training

2PPCLI soldiers can be found out on Hwy 340 in the morning before it's too hot preparing for the annual Mountain Man competition in Edmonton. Besides the run, there's canoeing and portaging. Here, Lt Kettles leads the way en route back to the Base.

Photo by Jules Xavier



Happy Birthday Canada!



Photos by Jules Xavier

Wasn't that a party when we celebrated Canada's birthday at CFB Shilo? No need to leave your own backyard as the Base hosted the second annual event, the last here for outgoing BComd LCol Richard Goodyear, who was instrumental in having the Base hold the inaugural event in 2012. And there was a good turnout for outdoor Canada Day festivities, with the new zip-line a hit with the youngsters who tried it. Hotdogs you cooked yourself on an open fire filled many a belly, while popcorn was served during the outdoor movie. The evening was capped off just before midnight by a spectacular fireworks show. It was a celebration fit for families, and based on attendance July 1, no one went home disappointed.

