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Grenade tossing for kids

Sgt Nicholas Robicheau had a fun task as part of 1RCHA's family day activities held out on the training range. He looks on as a youngster demonstrates his grenade tossing skills. Sgt Robicheau made the event fun for the kids, often adding sound effects into the exercise after the grenade was tossed, then "exploded" in the field. For more photos, see page 7. Photo by Jillian Driessen



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PLQ march

Soldiers on their PLQ march back to the classroom where they were honing their leadership skills under the tutelage of instructors with 3rd Canadian Division Training Centre C Coy Det Shilo.

Photo by Jules Xavier






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Access medical records after release

Susan Huston-Lefebvre
Special

How can I access my medical records when I release from the military?

When you release from the military do you wonder how you will provide your medical information to your civilian physician or what information you are entitled to.

The Health Records Department at 11 CF Health Services are here to help you navigate through that process.

As a military member you are entitled to all the information that is in your medical file. There is a formal and informal process to receive this information.

When you complete your release medical, the clinician will direct you to the Health Records department. We will provide you a copy of your release medical and any other documents which your clinician feels your civilian clinician will require to continue with your healthcare.

These documents provide a "snap shot" of your medical fitness from enrolment to release.

Once you have secured your civilian clinician, these documents can be provided to them. This will give your clinician a good start to begin the medical care you require.

We will ask you to sign a "Release of Information" to receive these documents. This is considered an informal

access to your medical file.

The formal access process to receive a complete copy of your medical file is by completing a Personal Information Request Form (PIRF) under the Privacy Act. This is sent to Director Access to Information and Privacy (DAIP) in Ottawa.

You will receive a complete copy of your medical file on a disc. This disc is for you to keep and if a clinician, Veteran's Affairs or any other third party provider requires information you can easily print it off for them.

Do you know what happens to your medical file when you release?

Your medical file will remain at the Base that you release from for one year. During this year, if any member of your care provider team requires any documents, these can be accessed through the Health Records department of your releasing Base.

After the year following your release, your medical file is sent to Library and Archives of Canada (LAC) in Ottawa.

You can still gain access to your file after this time by contacting your releasing Base Health Records Department.

If you require assistance or have any questions regarding the above, do not hesitate to contact the Health Records Department at 204-765-3000 ext 3152 and one of the staff members will be able to assist.

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The Shilo Stag is produced every second Thursday.

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

Submitting articles and photos for print:

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

...



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Just a few of the Post cereal marbles I have (all Montreal Canadiens) and Shirriff hockey coins.

What's in your toy box?

Who knew childhood sports cards worth cash

During my move to Manitoba, I discovered the toy box my father built for me back in 1970 holds a small fortune. And not a cache of forgotten green dollar bills.

I realized this after attending a sports card show. I was a neophyte to this event compared to the diehard collectors I bumped into at various tables.

This was confirmed also after visiting a few card/comic book stores. I observed cards I own in the display cases with hefty prices attached.

Card collecting is not the exclusive domain of males. I observed ladies with a keen eye for a bargain.

They know their stuff, as did the majority of the card collectors in search of that elusive Willie Mays rookie card or a CFL card featuring Montreal Alouette flanker Terry Evanshen, which I already own.

These cards have been in my possession for more than four decades as well as dust-covered cards featuring Montreal Canadien Hall of Famer Yvan Cournoyer — my favourite NHL player as a kid — and former Montreal Expo pitcher Bill Stoneman and outfielder Rusty Staub.

My prized collection also includes a series of cards from 1968, which you would have found under the lid of York Peanut Butter.

I also have Post cereals hockey marbles that came out in the early 70s while I was in Grade 5 in Comox, BC. I traded away my Toronto Maple Leaf blue marbles and kept the red Canadiens. I'm only missing my goalie Gump Worsley marble, swiped one day out on the playground where we played marbles. How many kids today can say they play marbles at recess?

I also own the Shirriff hockey coins, plastic and metal, which came in the jelly desserts, puddings and pie fillings packages.

Collectors, I learned, will spend money on single cards or entire sets, which are sealed in protective plastic. No bicycle spokes for these cards — those

aged 40 and older reading this column will know what I mean.

In the card business one person's memories are another's investment. Collectors are quick to cash in on sports cards. In fact, I was told by some of the more established traders that owning hockey, football or other sports cards is a lucrative business.

The card-trading business exploded in the early 90s. Cards are now an investment — not to be wasted on the playground at O'Kelly School by flipping them in a game I once played: match or dodge.

The card-collecting craze sent a lot of people rummaging through their bedroom closets looking for that old collection.

Cards once thought of as worthless — except for the 10 cents you paid for a set of eight and some stale gum — could now rake in a fortune for the owner.

If a card is in "mint" condition you can expect the price to go up. Rookie cards are generally a hot ticket item — you're banking on the players' potential. Remember Wayne Gretzky's card? Own a Sidney Crosby card?

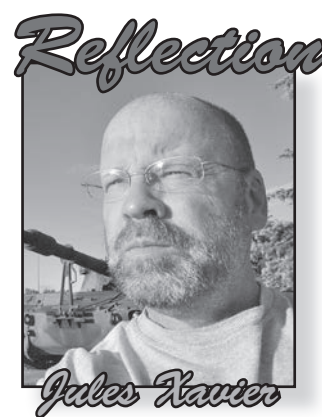
When I perused the many cards made available for sale, my dusty collection paled in comparison. But the value of my cards is more because they are old and rare.

Alas, my collection is not what it once was thanks to my late mother, who decided to cards were better off in the garbage container when we moved from CFB Comox to CFB Kingston when I was going into sixth grade. I am not the only one out there who is crying over lost memories, and perhaps, a small fortune.

I do have a few keepsakes which bring back memories of my youth — remember Stan Mikita of the Chicago Blackhawks or Gordie Howe of the Detroit Red Wings?

I have their original cards and have been offered a few bucks, but I refuse to part with them.

Money can't always buy memories.



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Motorists need to be aware they are now sharing the roads and highways with motorcycle enthusiasts, including a few on the Base.
Photo by Jules Xavier

Motorcyclists take to the road during summer

School is almost out. The skies are clear, and the air is warm! Summer travel is about to begin and the roads will be much more congested. For those of us with motorcycles here at the Military Police, this is a particularly enjoyable season. Join us in staying safe on the streets this summer with the important safety points from Manitoba Public Insurance.

Motorcycle riders, a recent Canadian study finds, are 21 more times more likely to be injured as a result of a Motor Vehicle Accident (MVA) or collision than other road users. These injuries are generally more severe in nature than with cars even when proper protective gear is worn.

Despite the risk of riding there are benefits, too! Safe riding is an enjoyable past-time and an efficient method of transportation.

Failures to signal and check motorcycle surroundings account for two-thirds of reported motorcycle accidents in the USA during the past 10 years of data.

Obviously this deficiency in riding safety is easy to overcome, and a small investment in superior mirrors for observation are highly recommended by various subject matter experts on motorcycle safety.

A growing trend of late is also various forms of digital entertainment system and GPS onboard. While these can prove to be valuable additions to the experience extreme caution is required when using the systems; most importantly, you can be ticketed for distracted driving if using an electronic system on a motorcycle.

The increase in insurance fees motorcycles with a reduction of points on your license can be particularly high.

All road laws for cars apply to motorcycles. This includes speed limits, use of lanes, merging and requirements for insurance with registration.

Differentiations in law include the requirement for a helmet to be worn by the riders of the motorcycle and a requirement to only have a rear license plate.

Graduated license requirements do apply which in addition to other restrictions limit new or intermediate drivers to a zero blood alcohol content whenever driving.

Lastly, the obligatory encouragement to take a motorcycle course. New riders will benefit immeasurably from this experience and the roads will be safer for everyone.

Have a safe summer on the road, and enjoy the ride.

Capt Dane Nicholson is the former Platoon Commander for 1 Military Police Regiment at CFB Shilo. He's now with 15 Military Police Company out of Victoria, BC

CANADIAN MP The Military Police NOTEBOOK

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)
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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

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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!

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

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1RCHA soldiers took part in BMSS testing at the GSH pool.
Photo by Jules Xavier

No wait for military health coverage

Shilo Stag

Military families will no longer be affected by gaps in health insurance coverage because of provincial/territorial differences in health care, according to the Canadian Forces Morale and Welfare Services (CFMWS).

Effective immediately, all 10 provinces and the territories, with the exception of Nunavut, have eliminated the 90-day wait period for provincial health insurance coverage for military families moving from province/territory to another.

Military Family Services personnel continue to work with Nunavut so that families in that territory can benefit from the same coverage which is offered elsewhere in Canada.

Military families are encouraged to apply for health insurance coverage in their province/territory of residence as soon as possible when they relocate, and they should receive health insurance coverage on the day they apply for it.

For more information about how to apply for provincial health insurance, contact the provincial or territorial ministry of health office closest to you.

Contact information can be found at www.hc-sc.gc.ca/hcs-sss/delivery-prestation/ptrole/index-eng

For info on family health care options, contact your local MFRC at www.familyforce.ca or call the Family Information Line at 1-800-866-4546.

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There was plenty to see and do during 1RCHA's family day. Held out on the training range, family members had an opportunity to play, but also see what their parents do on the job, including firing the M-777.



Photos by Jillian Driessen

Ex MAPLE RESOLVE Think like the enemy

Capt Méline Archambault
Special

During Ex MAPLE RESOLVE 14 (Ex MR14) last month every effort was made to immerse the training forces in a realistic operational universe.

One critical aspect of this universe was the "enemy" at CFB Wainwright.

The more nimble and cunning the enemy is, the better the learning experience for the soldiers being tested, including soldiers from 1RCHA.

In the post-Afghanistan environment, training needs to be modified to suit modern conflicts, and by extension the profile of the enemy force.

Gone are the days of technological superiority, at least in the Ex MR14 scenario.

The opposing force had armoured vehicles, Leopard tanks, drones, anti-aircraft weaponry and electronic warfare capabilities, but above all it had soldiers with an excellent knowledge of the tactics and procedures of the "blue" force represented by the troops of 4 Division, who were being tested as part of Ex MR14.

The opposing force is a complex, nuanced role that requires a great deal of knowledge and experience in order to interfere with the battle cycle of the primary audience.

Maj Adam Siokalo, the commander of the opposing force's armoured reconnaissance squadron, originally from the 12e Régiment blindé du Canada based in Valcartier, Que., notes a fascinating psychological aspect that arises when taking on the role of the "red" force: commanders must get into the mindset of a force sup-

pressing a military "invasion," which changes behaviour on the battlefield.

The state of mind produced by the role of defending one's homeland rouses the fighting instinct and makes commanders more tolerant of risk.

During the exercise, he observed that, on a number of occasions, he was easily stripped of victory if the "blue" force took a few more risks and hesitated a little less. Still, with a grin, he said that he had won several battles.

Interestingly, the soldiers take their roles very seriously: Maj Siokalo admitted that he had to restrain the enthusiasm of his troops, who reacted vehemently to certain artificial aspects of the training environment.

Early on, he reminded the troops of their objective: to provide high readiness training for our Force soldiers.

"Everybody brings something different to the table. It's nice to share other points of view and it's nice to see how international forces work. It's been great. Most of my guys have not been deployed. This gives them an opportunity to see what it's like to work with international forces in a big scale operation and actually conduct combat missions outside the U.S.," said 1Lt David Collins, platoon leader, Third Squadron, First Cavalry Regiment, Third Infantry Division.

The American participating included US Army 3rd Infantry Division as well as US Marines and other troops.

Capt Carl Chevalier, adjutant for 12 RBC, said the exercise provides both sides substantial benefit in conducting military operations. The integration of

multinational forces during Ex MR14 follows the real-world pattern of recent operations around the world.

"I think it's diversity (of forces) that makes it more fun, more entertaining, and also makes it more challenging, but in a good way," Capt Chevalier said. "We come from different backgrounds and bring different ideas."

The opposing force is one of the most important training tools for our soldiers, allowing experienced soldiers to give back by testing the knowledge of the troops in the primary audience, who will in turn be ready to defend Canada anywhere in the world, in full spectrum operations.

Capt Méline Archambault is Operations Officer, Public Affairs Operations Centre (PAOC) for Ex MR14. With files from Staff Sgt Derek M. Smith, 326 Mobile Public Affairs Detachment



A Canadian Armed Forces (CAF) soldier hurls a simulated explosive device at an enemy during a fictitious battle on the final day of Ex MAPLE RESOLVE at CFB Wainwright last month.

Photo by Sgt Matthew McGregor, Canadian Forces Combat Camera

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Snoozing fawn

Shilo Country Club grounds worker Richard Bullee discovered this sleeping fawn this past weekend while out cutting the greens. He was about to empty his grass clippings when he spotted the white-tail deer fawn nestled in a grassy area. Golfers are reminded to leave any fawns they might encounter on the golf course alone, with the mother likely nearby foraging for food.

Photo by Richard Bullee

Civilian of the Quarter

During the last quarter, Cindy Brown has demonstrated outstanding resolve when faced with the loss of staff and the subsequent training of new members of Base Accommodations. Compounding the challenges faced in the new year, Brown was forced to deal with the loss of the Base Accommodations booking software as a result of the updating of the network operation system. She has worked above and beyond that is required of an accommodations supervisor, working with 3CDSG SS DS, and a civilian programming company to find an interim solution, and resolve the problem permanently. Through her determination and hard work, Brown has maintained the operations of Base Accommodations.



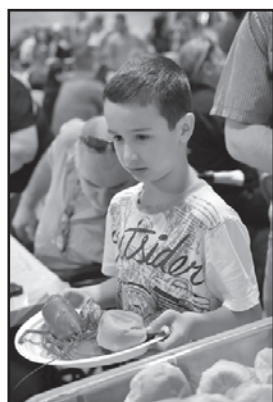
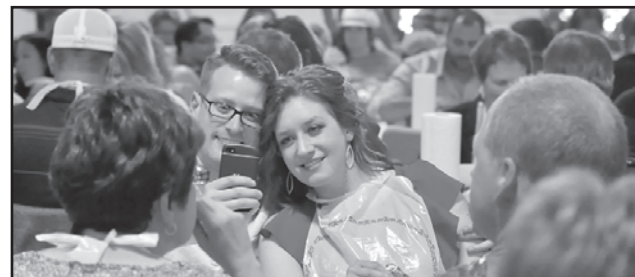
LOBSTERFEST



Wasn't that a party for 11th annual Base event?



More than 1,000 Lobsterfest enthusiasts, including many neophytes to the annual event, arrived at L25 ready to party. Host BComd LCol Stephen Joudrey welcomed the hungry crowd as the east coast delicacy was enjoyed by all who lined up to have their plates filled by an army of volunteers. Afterwards, the music had the guests dancing. Ready for the 12th annual event? *Photos by Jules Xavier*



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Canadian jumpers commemorate 70th anniversary of D-Day

Capt Brian Kominar
Special

In commemoration of 1st Canadian Parachute Battalion's participation in D-Day, 50 parachutists representing Canadian Army Divisions from across Canada, conducted a June 5 parachute insertion into Ranville, France with other parachutists from France, the United Kingdom and the USA.

The Canadian jumpers, including four from CFB Shilo, boarded various aircraft from the French, British, American, and Canadian Air Forces' at Évreux-Fauville Air Base and took to the skies, reminiscent of actions that occurred 70 years prior.

"This jump is a way to acknowledge Canada's historical efforts during [World War Two] and is something I will cherish forever," said LCol John Errington, the Airborne Contingent Commander. "It is incredible what our veterans accomplished here, they jumped in the dark to face of a hostile enemy and their bravery and sacrifices should never be forgotten."

Following the successful jump, the paratroopers participated in a wings exchange ceremony with their British, French, and American colleagues outside a picturesque church in Breville, France.

During the ceremony, a few lucky paratroopers were selected to receive their British jump wings directly from His Royal Highness, Charles, Prince of Wales.

"Receiving my British jump wings from Prince Charles is one of the greatest highlights of my career," said Cpl Richard Mousseau with the Third Battalion, Royal 22ND Regiment. "To be here with the veterans who actually jumped on D-Day is overwhelming,

especially because my father Marcel, a veteran who stormed Juno beach and fought here recently passed on ... every time I jump I look over my right shoulder and know that he is here with me."

After the wings exchange, the Canadian Airborne Contingent jumpers attended a memorial at the crossroads at le Mesnil. There, a monument stands honouring the First Canadian Parachute Battalion's heroic efforts in helping to liberate Europe.

The crowds in attendance were honoured to have Canadian Second World War Airborne veterans, John Ross, Merv Jones, and Robert B. Sullivan, lay wreaths at the memorial, honouring the significance and importance of Canadian Airborne soldiers sacrifices and accomplishments during D-Day and the subsequent fighting.

D-Day was one of Canada's most significant and successful military engagements, and a pivotal moment of the 20th Century.

D-Day and the campaign that followed in Normandy would help signal the beginning of the end of the Second World War.

The jump, wings exchange, and memorial was organized as part of the 70th anniversary commemoration activities being conducted in and around Normandy, France.

1RCHA was represented on the jump by WO Marc Lavoie and MBdr Carlo Lajoie.

2PPCLI was represented by WO Aaron Bowes and MCpl Ryan Bourdignon.

Capt Brian Kominar is a Public Affairs Officer (PAO)

Editor's note: See our July 3 edition for a feature story on CFB Shilo's involvement in the D-Day events. We posted WO Lavoie's video on our Stag Facebook page of his jump in France.



1RCHA's WO Marc Lavoie visited Canadian cemeteries during his D-Day visit to France. He also jumped with British paratroopers.



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Brandon Salutes 'salutes' Manitoba company

Shilo Stag

Brandon Salutes handed out another "salute" recently at CFB Shilo.

The Manitoba division of the Automotive Industries Association of Canada (AIA) was handed the "salute" by Brandon Salutes chairman Matt Bolley for their commitment to Project Hero.

The Association has donated several thousand dollars to the Project Hero scholarships at Brandon University (BU) and Assiniboine Community College (ACC).

The High Fives for Kids fundraising charity of AIA Canada has donated funds to the scholarships for the past four years.

In order to maintain this commitment the Manitoba Division of the AIA supplements their national charity by raising funds at their annual summer golf tournament.

This event also raises funds to support other worthwhile charities in the province which are also very important to the Canadian Armed Forces (CAF) soldiers and their families.

"They have made a commitment to supporting access to higher education for children of fallen soldiers," said Bolley. "The AIA's recognition of the sac-

rifices made by the military members in service of Canada is commendable and honours their memory. The Manitoba Division has put action to their words of support and sets an example for others."

Project Hero started in 2009 by Gen (Ret) Rick Hillier and Hon LCol Kevin Reed and provides undergraduate scholarships to children of fallen soldiers. BU and ACC in Brandon both offer scholarships that are part of Project Hero.

AIA is a national trade association representing the automotive aftermarket industry in Canada. The aftermarket is a \$18.7 billion industry that employs more than 420,200 people.

The industry is composed of companies that manufacture, distribute and install automotive replacement parts, accessories, tools, and equipment.

The Brandon Salutes committee presents official "salutes" to nominated members of the community who have made significant contributions toward achieving Brandon Salutes' mission of fostering unity of the military and civilian communities in the Brandon area.

This most recent Salute was presented during the June 12 annual AIA golf tournament held at the Shilo Country Club.



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

GSH Bowling Alley

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

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

Prices subject to tax

*Ask about Glow bowling
birthday parties!*

Shilo Theatre

(Located in the General Strange Hall)

June 20 Captain America: The Winter Soldier Rated PG
June 27 Veronica Mars 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

Permission needed if building backyard pool

Jodi Laba

Special

As summer moves into full swing and many Shilo residents will be enjoying the summer weather, this is a good time to remind individuals there are specific guidelines concerning backyard swimming pools.

Shilo residents are required to follow various Canadian Forces Housing Agency (CFHA) guidelines, as well as the pertinent provincial and municipal bylaws. You are required to submit an application to CFHA and have it approved prior to setting up a pool.

A pool is defined by the Manitoba Building Code as "an artificially constructed basin ... that is capable of

containing a water depth of greater than 60 centimetres [23.62 inches]."

There are also specific requirements for enclosures — fences — and proximity to electrical wiring. When a resident on the Base picks up an application form at the CFHA office we will include a copy of all of the relevant policies.

Remember these regulations are in place to ensure the safety of all residents. Everyone must take an active role in the safety of the Shilo community.

For more information dial 204-765-3000 ext 4111.

Jodi Laba is Shilo Housing Services Centre manager



DND MILITARY INSURANCE PROGRAM

SEE OUR WEBSITE FOR DETAILS
www.guildinsurance.ca



Hanging flower pots and flower beds are blooming since being planted the past few weeks. That means they require a drink.

Photo by Jules Xavier

CLASSIFIED ADS

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

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

June 26 at noon

Free ads (non-commercial only)

*restricted to members of the
CAF, employees of CFB Shilo and the
citizens of the surrounding area.*

Services



St. Barbara's Protestant Chapel

Sunday @ 10:30 a.m. with
Sunday school & nursery
Padre Lee - ext 3088
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
Padre Inienwe - ext 3089

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

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. July 12, 13 Brandon. Next restricted not offered until July. Examinations by appointment • 204-725-1608 • e-mail: ggs57@wcgwave.ca. huntershooterguy.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.

Advertise with us!
To place an ad, e-mail
hollysralph@gmail.com

Employment

Snack Bar Attendant (Casual), wage \$10.97 - \$12.00/hr. Visit www.cfmws.com or contact npfhrshilo@cfmws.com for further details.

Clerk/Cashier (part time/permanent), wage \$11.12 - \$13.05/hr. Visit www.cfmws.com or contact npfhrshilo@cfmws.com for further details.

Bartender (part time/permanent), wage \$11.12 - \$13.05/hr. Visit www.cfmws.com or contact npfhrshilo@cfmws.com for further details.

Homes For Sale

Wawanesa - New in 2011 - 1400 sq ft, 2- storey home with finished basement and double attached garage. 3 + 1 bedrooms, 3.5 bath/ Geothermal heating and cooling. Custom maple cabinets. Large pie-shaped lot. Check out eBrandon.ca ad for pictures. Private sale, buying agents are welcome. Contact Jennie 204-720-9197

Wawanesa - Charming 2.5 storey, 4 bedroom family home. 2 large balconies, country style kitchen on huge corner lot. 3 blocks to school. Price reduced under 200,000. Owner moving. MLS # 1404892. Call Dave Mooney at 204-824-2091 Countryland Realty.

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Flying hat

Shilo MFRC's annual kite flying event on the sports field saw plenty of kites taking to the air despite a slow wind speed. This youngster pulled her kite around the field while running barefoot, then lost her hat thanks to a sudden gust of wind.

Photo by Jules Xavier



Happy
Canada
Day



Joyeuse
fête du
Canada

CANEX
A division of CFMWS
Une division des SBMFC