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IT'S BROOM-A-LOO TIME FOR 2PPCLI



photo by Quinn Roberts

Members of 2nd Battalion, Princess Patricia's Canadian Light Infantry (2PPCLI) played a game of Broom-a-loo, an annual tradition. The game is played on Regimental Day, March 17, to honour Princess Patricia's birthday. More pictures on page 3.

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Mobile Gunner shows ingenuity in theatre

Sara Cumming
Shilo Stag

March 4 was a busy day at IRCHA as "C" Battery prepared for Task Force 3-09 by completing Exercise Mobile Gunner, which featured both convoy and air mobile practice.

The sun was bright and the temperature just a few degrees below zero as Z Troop, one of three troops that make up "C" Battery, completed their exercises in the afternoon. Practice groups took turns rigging up an M777 and attaching it to a crane, which simulated a Chinook helicopter.

"Today they're practicing the rigging, because you can't just hook a chain up to it and drag it along. You've got to rig it up a very specific way," said Capt Adam

Bradley, Commander of Zulu Troop. "In this case, if we knew we were going to go out, and we did have the airlift capabilities, I would order my troops to prepare the guns to be airlifted." The helicopter would then come in, the gun would be hooked onto the cable, and away it would go.

The M777 used for the exercise is a lighter, but still effective version of the 155 Howitzer, a "big monster," according to Bradley. The M777 was specifically designed to be as light as possible so that it can be airlifted, which offers two huge benefits, he said.

"One is that you're not towing a big gun, which really inhibits your mobility. The second thing is, these guns don't take well to being driven around the des-

ert, getting banged up. The risk is there of them getting shot or [hitting an IED]. We don't have a lot of them, so if we lose a gun then we've lost that much more firepower that we can support the battery with, or the battlegroup as a whole."

Once everyone had a chance to practice rigging up the huge gun, Zulu Troop headed out on a vehicle convoy to practice individual drills and experience simulated improvised explosive device (IED) attacks. Bradley said this was the first time that some of the soldiers have been involved in exercises of this nature, with some of the troops finishing basic training as recently as last December.

"It's a fairly arduous road to get ready for war,



Photo by Quinn Roberts

Members of C Bty's Z troop took turns rigging up an M777 and attaching it to a crane, which simulated a Chinook helicopter. Airlifting guns increases troop mobility.

especially for these guys because they've got a lot of ground to cover," Brad-

ley said. "But they're good kids. They're keen and they're hardworking. I have

every confidence that by the time we step [into Afghanistan], they'll be ready."

Task Force 3-09 Battle Group conducts theatre mission specific training



photo from DNews

More than six hundred soldiers from TF 3-09 Battle Group (BG) gathered to receive Theatre Mission Specific Training to better prepare to operate in the Afghanistan.

**Capt Lena Angell, TF 3-09
BG PAO**

The Lecture Training Facility at CFB Edmonton was a sea of green as more than six hundred soldiers from TF 3-09 Battle Group (BG) gathered to receive Theatre Mission Specific Training (TMST) in order to better prepare to operate in the Afghanistan battle space. The four days of training

began March 2 with an overview of Regional Command South providing soldiers with the "big picture" of key players in the region. The final presentation of the first day was a familiarization of the Area of Operations which the BG will be operating in. The major focus of TMST gave soldiers a solid founding in Cultural Awareness delivered by members of Defence Foreign Affairs and International Trade. The training introduced soldiers to cultural aspects such as language, customs, and cultural differences between Afghanistan and Western nations. The final day of training included Law of Armed Conflict outlining the laws which are further simplified and adapted into Canadian and NATO Rules of Engagement that govern every soldier's conduct while on operations. Soldiers also received briefings on the importance of assigning a power of attorney, the support services that are available to families through the Rear Party and theatre administration with an emphasis on allowances and entitlements. A presentation was delivered on Counter Improvised Explosive Devices

– currently the main threat to coalition forces. Representatives from the Army Lessons Learned Centre briefed on the process by which the Army collects lessons and implements them into new missions. Soldiers also received an introduction to Civil Military Cooperation – the military function through which a commander links to civilian agencies in a theatre of operation, and Human Intelligence – the gathering of intelligence through human sources vice through other methods such as technology. Finally, because of the nature of the media environment in Afghanistan, the fact that there are up to sixteen journalists embedded with Canadian troops at any given time, soldiers were given a public affairs brief on how to effectively engage with the media. Overall the TMST undertaken by the BG has armed each soldier with critical information, which coupled with further training, both individual and collective, will enable the BG to do what it has laid out as its motto, and that's to train to such a high standard that it will be able to conduct "any mission, anywhere, anytime."



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Celebrating Regimental Day



Members of 2PPCLI got together March 17 for their annual game of Broom-a-loo, in honour of Regimental Day. The game is similar to lacrosse, but involves a flat paddle and a larger ball. There aren't many rules to the game, except that the ball must be hit into the net with a paddle, and there is no fighting or crosschecking from behind allowed.



photos by Quinn Roberts

Artillery development in Afghan National Army

Capt Brendan Insley Operational Mentor and Liaison Team

In six months of work at a patrol base in Panjwayi District of Kandahar Province, a team of Canadian artillery mentors has seen impressive progress in the artillery battery in Kandak 4 of the 1st Brigade, 205 Corps, Afghan National Army (ANA).

The Canadians are artillery and infantry soldiers from the 2nd Canadian Mechanized Brigade Group in Petawawa, Ontario, who live and work full-time with their Afghan counterparts.

The Afghan gunners have significantly improved their skills at every level.

The soldiers' personal gun drill is sharp and professional, the senior soldiers have increased their role in decision-making, and the battery officers have enhanced their technical skills so much that direct mentorship is less and less necessary. The 4/1/205 Artillery Battery is now able to support Afghan national security forces with lethal and non-lethal effects by day and by night.

"The ANA Artillery surpassed our greatest expectations by the second month of our mission," said artillery mentor Warrant Officer Dwayne Colbourne. "The ANA soldiers are making progress, and every-

thing since then has been above and beyond what we thought achievable."

Training initiatives

Unlike the infantry units of 1/205 ANA, the 4/1/205 Artillery Battery manages its own training cycle, and its leaders have done an excellent job of addressing the challenges presented by frequent rotation of personnel due to leave and training requirements. The battery's multi-disciplinary approach to training gives equal weight to personal development and artillery-specific technical skills. Soldiers learn first aid, literacy skills and mathematics as well as gun drill and the computation of firing data.

The battery adopted several initiatives to improve its accuracy and timeliness

of fire, and drastic results have been achieved with the collection of more accurate meteorological information, and a computerized method for computing data.

"Now I understand how the Canadian guns are capable of firing so quickly; our soldiers will be proud to be just as professional," said Lt Nasarullah, the battery's Executive Officer, during the first mission using the new fire-control software.

Taking new skills to the field

The 4/1/205 Artillery Battery has already demonstrated its operational readiness on several occasions. In December, it deployed a self-sufficient gun troop to Zhari District to support an ANA-led brigade oper-

ation. During the operation, the battery responded to real-time calls for illumination and coordinated high-explosive show-of-force missions to coincide with infantry clearance tasks. The illumination missions were called for and adjusted by personnel from an ANA reconnaissance company.

In late January, a joint coalition-Afghan element operating in near Zangabad came under effective and sustained fire that endangered Afghan Uniformed Police (AUP), Afghan National Army and coalition forces alike. In response, a mentored ANA forward observation party called for fire from the 4/1/205 Artillery Battery. The combined weight of ANA and coalition indirect fire ended the

contact, permitting a seriously wounded American police mentor to be brought to the helicopter landing site for extraction. Soldiers from the ANA forward observation party secured the northern flank of the landing site until the helicopter was clear.

The 4/1/205 Artillery Battery will continue to improve and do its part to support Afghan national security forces in their mission to realize a safe and secure Afghanistan. The Afghan gunners' hard work and determination is sure to make them increasingly important in the provision of vital fire support to Afghan and coalition soldiers operating in the volatile Panjwayi and Zhari districts of Kandahar Province.

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1. To control noxious weeds on the CFB Shilo Golf Course, at CFB Shilo. The projected dates of the application will be from May 1, 2009 to October 15, 2009. The herbicides to be used include:

- 2-4-D amine
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2. To control Turf grass disease, including dollar spot, anthracnose pink and grey snow moulds. The proposed dates of application for these programs will be from May 1 to November 15. The fungicides to be used include:

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Troops learn winter search and rescue

Cpl Curt J. Stephens
2PPCLI

Cpl Wiebe and I deployed to the Whistler area of BC in mid February to participate in Ex Alpine Ram. Fresh from winter mobility training in Kananaskis AB, this exercise built on the skills that we acquired and also introduced us to some of the advanced skills needed for effective operation in the backcountry. Under the expert tutelage of ACMG mountain guide and University of Calgary instructor Murray Toft, we learned how to effectively operate as part of a roped glacial team, how to conduct a crevasse rescue and how to select efficient routes across the backcountry while avoiding potential hazards such as cornices and avalanche zones. In addition, we refined our

skills in avalanche search and rescue, the construction of snow shelters and backcountry ski touring with skins and downhill skiing with loaded rucksacks.

The first day of our adventure saw us make our way from Whistler mountain to the heart of Garibaldi Provincial Park where we set ourselves up in a small hut north of Russet Lake, sandwiched between the famous Spearhead Range to the north, and Fittsimmons Range to the south.

On our second day, we set out to conquer Overlord Glacier and get our first taste of operating in rope teams on a glacier with all the challenges it presents. After congratulating ourselves on reaching the summit and enjoying the views, we quickly realized that our descent, despite being on skis, was not going to be an easy one.

With our guide Murray in the lead, we carefully negotiated our way down the glacier, narrowly dodging deep crevasses on either side.

Once clear of these deadly hazards, we were able to enjoy the descent a bit more, and take in the brilliant skiing that the area offered.

Our third day saw us make it to the summit of Whirlwind Peak and afforded us the opportunity to enjoy the sweeping views before us.

On our fourth and final day we said goodbye to the area and set out on the long journey back to Whistler and face the many inclines in our path.

Despite our many ascents, we were still able to ski right to the base of Whistler Mountain and into the village, a great way to end our backcountry experience.



Photos submitted by Cpl Curt Stephens

Ex Alpine Ram found troops from 2PPCLI fresh from winter mobility training in Kananaskis AB. This exercise built on the skills that we acquired and also introduced us to some of the advanced skills needed for effective operation in the backcountry.

rience.

Having returned from Task Force 1-08 in September, the backcountry phase

of this exercise afforded us, as infantry soldiers with 2 PPCLI, the unique opportunity to operate in complex

and challenging terrain that was a refreshing change from the dust and sand of Kandahar province.

IED training for the T Bay Admin Gp

Cpl Bill Gomm
38 CBG

"If it doesn't look right, then it's probably not right," said Sergeant Frank MacDonald of 18 (Thunder Bay) Service Battalion. The Thunder Bay Administration Group (T Bay Admin Gp) took part in Exercise HIGHLAND HAMMER II in the city of Thunder Bay, while operating from the City Armouries from 20-22 February 2009. Starting with Exercise HIGHLAND HAMMER I, which had been held two weeks prior, the soldiers of the T Bay Admin Gp had

taken classroom lessons and had practiced room-clearing drills. HIGHLAND HAMMER II began with a day of convoy driving and learning to deal with Improvised Explosive Devices (IEDs) and casualties. Lieutenant Colonel Brent Faulkner, Commanding Officer of the T Bay Admin Gp, said those who had recently returned from Task Force 1-08 "jumped at the chance of using their skills that they learned during their tour." One of the critical training tasks was for the soldiers to administer first aid to soldiers involved in a roadside bomb attack. "It was good to see how the soldiers learned about caring for the injured from the time of the IED strike to removing the injured person from the vehicle and the subsequent treatment," said LCol Faulkner. Inside the armoury, soldiers finished constructing a "kill house"—a wood structure used specifically for room clearing drills—which was put to use during the evening's training segment. Once light again, soldiers mounted up for a subsequent convoy move through the city, but as they returned to the armoury the convoy was ambushed by multiple simulated roadside bombs and enemy fire, which forced the soldiers to seek cover in the armoury. "We are lucky in the Admin Gp that we have



Cpl Bill Gomm

Pte Matthew Young and Cpl Jason Patreau prepare to move Pte Steven McLuckie who was wounded during a simulated Improvised Explosive Device (IED) strike.

training staff that are dedicated and have a good imagination," said LCol Faulkner.



The beautiful view at Whistler where members of 2PPCLI enjoyed applying their training on Alpine Ram.

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Operation SANGA FIST: infantry and helicopters execute first air-mobile mission

**Captain Dean Menard
and Captain Krzysztof
Stachura**
3rd Battalion, RCR BG

At 5:00 a.m. on 7 March 2009, when most of the garrison was still in bed, Operation SANGA FIST began with last-minute equipment checks for the soldiers of November Company, the 3rd Battalion, The Royal Canadian Regiment Battle Group; 2-2 Infantry Battalion of the United States Army; and elements of the Afghan national security forces. Then they boarded the buses taking them to the ramp to catch their flight.

The air was crisp; you could see your breath. The atmosphere was rich with anticipation and excitement.

There was nothing significant about the time of day; N Coy is accustomed to early-morning departures for operations and patrols in their area of operations. The novelty was that they were not going by road.

"The purpose of this operation is to disrupt insurgents in western Zhari," said Lieutenant-Colonel Roger Barrett, the battle group's commanding officer.

"The speed and aggressive nature of air-mobile operations will give us a significant advantage in the conduct of this operation."

The buses entered the loading area and rolled up

to a row of three Chinook helicopters — two British, and one Canadian. Air-mobile operations are routine for the British Chinooks, but this was the first time a Canadian helicopter flown by a Canadian crew would take Canadian soldiers into battle. By taking the air-mobile approach, this operation placed the attack directly in an area where the insurgents would feel safe.

Flying in formation — the Canadian Chinook escorted by armed CH-146 Griffon tactical helicopters — the transport helicopters quickly inserted the troops on their objective, which they immediately seized.

The soldiers then spent the day meticulously exploiting the ground, finding a variety of weapons, ammunition, and components for improvised explosive devices.

Back at Kandahar Airfield, as the troops disembarked from the return flight, the officer commanding N Coy, Major Rob McBride, said, "We had to stay focused on our task at hand. The Chinooks allow us to get to our objective faster, safer, and with a huge element of surprise in our favour."

"The operation was very successful," Maj McBride went on. "The transport capability allowed my soldiers to reduce the amount we travel on roads, thus reducing our risk of land-

mines and IEDs. We are able to get in quick, accomplish our task, and get back out."

The first of its kind in Afghanistan, Operation SANGA FIST provided a CH-147 Chinook transport helicopter escorted by CH-146 Griffons to transport Canadian-led soldiers.

"This is the first of many missions we will be conducting in conjunction with the battle group and our allies here," said Colonel Christopher Coates, commander of the Joint Task Force Afghanistan Air Wing.

"We were really fortunate to be doing this operation with our own Canadian troops, contributing to security and stability, and helping to accelerate governance here in the Kandahar Province."

"This operation is a huge milestone for the Air Force," said Major Jonathan Knaul, the aircraft commander and pilot of the CH-147 Chinook that took part. "To be able to participate in an operation like this and provide our soldiers and coalition partners with this kind of rapid mobility is an excellent accomplishment for us all."

Operation SANGA FIST is only the first of many air-mobile missions, and both the helicopter crews and the soldiers are eager to do it all again. Combined with soldiers' determination, this new capability is sure to keep the insurgents guessing.



Photo by Cpl James Nightingale

Kandahar Airfield, Afghanistan; 7 March 2009 — Anticipation runs high as soldiers from the 3rd Battalion, The Royal Canadian Regiment Battle Group prepare to board the Chinook helicopters that will fly them deep into Zhari District for Operation SANGA FIST, a one-day air-mobile deliberate operation.

Crowd honours CF women

WO Durand gives a presentation on the historical significance and important strides women in the Canadian Forces have made.

Representatives from all units and civilians came together to recognise the achievements women have made both in public and private life.

A crowd gathered at the Community Centre to celebrate International Women's Day on March 7. Debbie Arsenault, CEO of the United Way of Brandon, Major Doris Berscheid-King, were among the speakers.



Photo by Quinn Roberts

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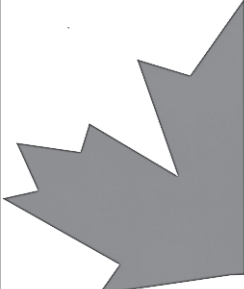
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The colour experts at Krylon (www.krylon.com), North America's leading supplier of spray paint, have some tips for making outdoor makeovers easier than ever:

- Use colour to unify your space. By carefully selecting a palette of a few colours, you can unify even disparate furniture pieces into a pleasing whole. White is an ever-popular classic that can be paired with almost any accent colour to achieve striking good looks.
- Especially in areas filled with bright sunlight, don't be afraid of bold or saturated colours. Use bright, bold colours to infuse a space with energy and whimsy, or consider textured or metallic hues for more subtle sophistication.
- For the brightest, boldest colours, prime the surface or apply a white basecoat. Next, apply the colour coat over the white surface.
- Group furniture together to create intimate conversation areas. Use interesting containers to hold plants. Consider lighting for both evening safety and ambiance.
- Always follow the directions on your can of spray paint. Application instructions and dry times, as well as how long you should shake the can and how far away you should hold it from the surface, vary from paint to paint.

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Coming soon: Joint Personnel Support Unit a "One-Stop Service"

Capt. Lena Angell,
Deputy LFWA PAO

The first Integrated Personnel Support Centre (IPSC) of the Joint Personnel Support Unit (JPSU) for the care of wounded, injured and ill CF personnel (Regular Force and Reserve), veterans, and their families opened at CFB Edmonton on March 3rd with an official opening expected later in the month. The new unit replaces the Service Personnel Holding List (SPHL) administrative structure. The JPSU is the umbrella unit with regional headquarters, and the Unit Identification Code to which the wounded, injured and ill are posted. The IPSC is where they report to and receive the services.

Although the delivery of casualty support services at the base, wing, and formation level had been occurring as long as the CF has been training, employing and sending members into theatre of operations, leadership has recognized that the case management system was overly complex and disjointed and needed to be improved. The JPSU, a combined Canadian Forces and Veterans Affairs Canada service delivery model, was developed to address the shortcomings.

One-Stop Service

"The IPSC provides a CF and VAC integrated

"one-stop service" with the following core functions: Return to Work Program Coordination; Casualty Support Outreach delivery; Casualty Tracking; Casualty Administrative and advocacy services; Support Platoon structure to provide military leadership, supervision, and administrative support; VAC client and transition services; CF case management services; SISIP services; Liaison for Military Family Resource Centers with local Base support representatives and local Unit Commanding Officers," said Lieutenant-Colonel Joe Pollock, Officer Commanding of the Regional JPSU HQ for Alberta and Northern Region.

"The primary goal of the JPSU, and their IPSCs is to retain as many as possible of our wounded injured and ill soldiers through the above mentioned programs, provide the required rehabilitation that the soldiers require or make available a full range of top-level support to allow for a transition to civilian live through vocational rehabilitation in a manner that is dignified and responsive to the soldiers' needs," added LCol Pollock.

Universality of Service

The CF care of the wounded, injured and ill policy provides that, after assignment of a perma-

nent medical category, an administrative review will be conducted to place the member in one of the following categories:

- Those who meet universality of service standards: Members are fit for retention, rehabilitation, return to work, and/or full employment in their own or a new occupation;

- Those who do not meet universality of service standards but are employable: Members will have access to a range of treatment and support programs and may be retained for up to three years subject to service requirements; and

- Those who do not meet universality of service standards and are not employable: Members will be provided medical rehabilitation and be released into care under the purview of Veterans Affairs Canada (VAC).

Criteria for Being Posted to the JPSU

Under the old system, soldiers who were wounded, injured or ill were either administered through their unit or posted to the SPHL as they reached the end of their service. Unfortunately the administration and level of services that were afforded to these soldiers and their families were not standardized or equitable across all SPHLs or units. The IPSCs with

their full-time staff with their expertise will help to standardize the level of service. Their expertise and their multi-functional staff will also ensure that all avenues for rehabilitation, return to work or transition training can be provided to the injured and ill soldiers, no matter what unit they come from or where their support base is located.

Those personnel who were on SPHL status have already been posted to the IPSC in Edmonton, but the criteria for posting other wounded, injured or ill soldiers is under development. These criteria are being developed by Chief of Military Personnel (CMP) in conjunction with the Environmental Chiefs of Staff. In general terms, a soldier would only be transferred to the IPSC after a case management team, consisting of the current CO (or representative), IPSC, medical case manager and the soldier evaluate the condition and prognosis. Each soldier's case is unique so there is no hard and fast rule on which injured soldier must be posted to the IPSC. It should be noted that all soldiers on posted to the JPSU will be managed by a newly appointed Career Manager whose primary responsibility is to look after the military careers of soldiers posted to the JPSU.

IPSC Stand-up In LFWA

The JPSU is a unit of the CMP Command through Director Casualty Support Management. The CFJPSU is comprised of a national headquarters in Ottawa with six regional headquarters across Canada and a total of eight subordinate sites that provide the services - called Integrated Personnel Support Centers (IPSCs) - commanded under the regional HQs. In LFWA there are three IPSCs, located in Shilo, Edmonton and Vancouver that fall under the regional HQs: JPSU Edmonton.

Across the CF there are over 600 soldiers who will

be posted to an IPSC. In Edmonton it is estimated that up to 160 soldiers will be posted to IPSC Edmonton, and many of those soldiers are "complex cases," - soldiers who have been very seriously injured for example, those living with double amputations. The IPSC is temporally located at CFB Edmonton in building 201 and is expected to transition to its new facility within five years.

Progressive and Seamless Transition

The transition of soldiers in Edmonton from the SPHL to the IPSC had begun before the official opening on March 3rd. In January 110 soldiers were posted from the Edmonton SPHL and a further 40-50 were added this month. This phased approach has been adopted to ensure that there is adequate staff members on hand to support the transfer and redundancy has been built into each transfer (i.e., each injured soldiers file had been copied) to make certain that the transition is uninterrupted. From an injured soldier's point of view, he should not notice a break in service; rather each soldier is welcomed into the IPSC by receiving a letter from the OC which informs the soldier that he has been posted to the new establishment, lists the services available, and at the same time lays out what is expected of the soldier.

"I want to reassure all soldiers who are coming onto the IPSC and their COs that the IPSC is up and running and we are ready to receive wounded, injured and ill soldiers and start providing the enhanced level of services that they are so deserving of," said LCol Pollock. "One of the chief complaints of soldiers who have been on SPHL in the past is the sense of isolation that they feel when they are not able to engage in normal unit activity. Soldiers who come on to the IPSC and are capable within their medical limitations will be afforded

all the routine of a traditional unit and will be fully supported by 22 military members whose responsibility will be to effectively manage their administration and lead these soldiers in their daily recovery." A further 15 Support Partners from VAC, OSISS, MFRC, SISIP, Case Management LO, PSP and Healthcare professionals like doctors, social workers occupational therapists and physiotherapists are all part of our larger team with one goal in mind - helping in every possible way to assist the injured soldier in his or her recovery so that he or she can be retained in the military or transitioned to a civilian life."

Measuring Success

Each IPSC will have the same basic structure and services available but the number of staff will vary dependant on need. As with any new structure it will take time to determine how successful the JPSU is at delivering on its promise. Success will be evaluated quarterly with the first assessment occurring in April where all stakeholders - wounded, injured and ill soldiers, military and civilian staff and care workers - will be afforded the opportunity to share observations, comments, lessons learned and best practices or raise questions. Retention percentage will be monitored in comparison to past rates as a performance measure.

"Soldiers - in order to be top performers - need to feel confident that should they become injured they and their families will be looked after in a caring and professional manner," said Brigadier-General Mike Jorgensen, Commander Land Force Western Area./ Joint Task Force West. "The IPSC, comprised of military members, support partners and healthcare providers, along with the injured soldiers' chain of command are striving to provide all the tools possible to assist each soldier through his recovery. We owe it to our soldiers and to their families."

Posted to Kingston in 2009?

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Relocation Network Website at
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Coming soon: One-stop service for JPSU

Capt Lena Angell,
Deputy LFWA PAO

The first Integrated Personnel Support Centre (IPSC) of the Joint Personnel Support Unit (JPSU) for the care of wounded, injured and ill CF personnel (Regular Force and Reserve), veterans, and their families opened at CFB Edmonton on March 3rd with an official opening expected later in the month. The new unit replaces the Service Personnel Holding List (SPHL) administrative structure. The JPSU is the umbrella unit with regional headquarters, and the Unit Identification Code to which the wounded, injured and ill are posted. The IPSC is where they report to and receive the services. Although the delivery of casualty support services at the base, wing, and formation level had been occurring as long as the CF has been training, employing and sending members into theatre of operations, leadership has recognized that the case management system was overly complex and disjointed and needed to be improved. The JPSU, a combined Canadian Forces and Veterans Affairs Canada service delivery model, was developed to address the shortcomings.

One-Stop Service

"The IPSC provides a CF and VAC integrated "one-stop service" with the following core functions: Return to Work Program Coordination; Casualty Support Outreach

delivery; Casualty Tracking; Casualty Administrative and advocacy services; Support Platoon structure to provide military leadership, supervision, and administrative support; VAC client and transition services; CF case management services; SISIP services; Liaison for Military Family Resource Centers with local Base support representatives and local Unit Commanding Officers," said Lieutenant-Colonel Joe Pollock, Officer Commanding of the Regional JPSU HQ for Alberta and Northern Region. "The primary goal of the JPSU, and their IPSCs is to retain as many as possible of our wounded, injured and ill soldiers through the above mentioned programs, provide the required rehabilitation that the soldiers require or make available a full range of top-level support to allow for a transition to civilian life through vocational rehabilitation in a manner that is dignified and responsive to the soldiers' needs," added LCol Pollock.

Universality of Service

The CF care of the wounded, injured and ill policy provides that, after assignment of a permanent medical category, an administrative review will be conducted to place the member in one of the following categories:

- Those who meet universality of service standards: Members are fit for retention, rehabilitation, return to work, and/or full employment in their own or a new occupation;

- Those who do not meet universality of service standards but are employable: Members will have access to a range of treatment and support programs and may be retained for up to three years subject to service requirements; and
- Those who do not meet universality of service standards and are not employable: Members will be provided medical rehabilitation and be released into care under the purview of Veterans Affairs Canada (VAC).

Criteria for Being Posted to the JPSU

Under the old system, soldiers who were wounded, injured or ill were either administered through their unit or posted to the SPHL as they reached the end of their service. Unfortunately the administration and level of services that were afforded to these soldiers and their families were not standardized or equitable across all SPHLs or units. The IPSCs with their full-time staff with their expertise will help to standardize the level of service. Their expertise and their multi-functional staff will also ensure that all avenues for rehabilitation, return to work or transition training can be provided to the injured and ill soldiers, no matter what unit they come from or where their support base is located.

Those personnel who were on SPHL status have already been posted to the IPSC in Edmonton, but the criteria for posting other wounded, injured or ill soldiers is under

development. These criteria are being developed by Chief of Military Personnel (CMP) in conjunction with the Environmental Chiefs of Staff. In general terms, a soldier would only be transferred to the IPSC after a case management team, consisting of the current CO (or representative), IPSC, medical case manager and the soldier evaluate the condition and prognosis. Each soldier's case is unique so there is no hard and fast rule on which injured soldier must be posted to the IPSC. It should be noted that all soldiers on posting to the JPSU will be managed by a newly appointed Career Manager whose primary responsibility is to look after the military careers of soldiers posted to the JPSU.

IPSC Stand-up In LFWA

The JPSU is a unit of the CMP Command through Director Casualty Support Management. The CFJPSU is comprised of a national headquarters in Ottawa with six regional headquarters across Canada and a total of eight subordinate sites that provide the services - called Integrated Personnel Support Centers (IPSCs) - commanded under the regional HQs. In LFWA there are three IPSCs located in Shilo, Edmonton and Vancouver that fall under the regional HQ: JPSU Edmonton.

Across the CF there are over 600 soldiers who will be posted to an IPSC. In Edmonton it is estimated that up to 160 soldiers will be posted to

IPSC Edmonton, and many of those soldiers are "complex cases,"- soldiers who have been very seriously injured for example, those living with double amputations. The IPSC is temporarily located at CFB Edmonton in building 201 and is expected to transition to its new facility within five years.

Progressive and Seamless Transition

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New addition to the Base Personnel Selection Office

Janessa
Champagne
BPSO

In December 2008, the Base Personnel Selection Office (BPSO) gratefully welcomed a new staff member: Linda Hildebrand. Linda is now our new BPSO Clerk, and we wanted to give Linda a chance to introduce herself.

1. Linda, can you give us an idea of what you do as the BPSO Clerk?

My job involves general administrative duties, answering phones, filing, scheduling appointments for the Base Personnel Selection Officer, Capt Pahl, streamlining office procedures, answering queries about occupation transfers and commission programs and their applicable deadlines. In the future, I will

be administering the Canadian Forces Aptitude Tests (CFAT) and will be responsible for submitting the tests for marking.

Further, I am the new interior decorator of the BPSO section, so if you haven't already stopped by our cozy living room area, feel free to do so! Although many people may not know this, we have an extensive resource library with an assortment of books on resumes, cover letters, portfolios, job-searching, personality-types and study guides for upgrading your grade-school level academic skills. Stop by for some tea, treats and a few good books!

2. What do you feel will be the most enjoyable aspect of your job?

Mostly I am looking forward to interacting with our

clients and to be able to help them with their inquiries. I am also enjoying working with and getting to know my new co-workers. While my new position is challenging, I am looking forward to being able to apply my knowledge and skills from previous positions to this job and implement time-saving features.

3. What do you feel will be the most challenging aspect of your job?

It has been a huge learning curve for me in having to get to know all of the different trades and occupations that are in the Canadian Forces, and keeping abreast of the ever-changing criteria for the trades and numerous occupation programs. The acronyms also present a challenge to me as there are so many; although I am

sure it won't be long before I am rattling off acronyms too! Every day I continue to learn new things. Just when I think I have a program straight in my head, another curve ball is thrown my way. Capt Pahl has been extremely helpful and patient in explaining the programs and helping me to understand the requirements and general procedures.

4. What do you enjoy doing in your spare time?

In the summer, I love gardening, camping and canoeing. Summer is my favourite time of year because I love the warmth and sitting outside in one of my many garden nooks. Besides this, I enjoy reading, decorating, and visiting with family, friends and my five cats (strays keep wandering into her yard and she doesn't

have the heart to turn them away!). In my spare time, I also have a small tropical plant business which is quite time-consuming, but is a passion of mine. Needless to say, I keep myself busy!

5. Is there anything else we should know about you, Linda?

You might be interested to know that I am a certified scuba-diver!

I have also travelled around the world. At one point I lived in Tanzania, Africa for over two years, and was the first woman ever allowed to drink honey-beer with the men of the Barabaig Tribe. Living in Africa was a wonderful and life-changing experience.

Although I am still getting settled in my new position, I am looking forward

to meeting each and every one of you, and being able to provide the essential services of the BPSO section.

Write to Us!

We always welcome your submissions and letters to the editor. To submit, email us at stag@mts.net and include your name and phone number. We reserve the right to edit submissions for length, libel, spelling, and good taste.

CFEWC adopts new database model in Allied EW program

Capt F Bohac
CFEW DBM

As of June 2008, the Canadian Forces Electronic Warfare Centre (CFEWC) has officially adopted the Next-Generation Electronic Warfare Integrated Reprogramming Database System (NGES) as its primary database used for reprogramming of electronic warfare (EW) systems in the CF. This is a significant step forward not only because

it moves the unit toward a very modern database architecture, but also puts CFEWC into the role of direct contributor to the main Allied EW database for the first time

A new approach to electronic warfare

Much like Canada's Allies, CFEWC has always relied heavily on the Allied EW community to compile all of the data required to achieve its mission. The

adoption of NGES, however, signals the first time that a true community effort is being employed in creating a common database for the entire community. In the past, any data contributed by an Allied country was passed to a central agency which would do the work to update a central database, which would then be distributed to all Allied users. This could result in a bottleneck for the data, and long time lags in receiving updated information. The new approach, which CFEWC has enthusiastically embraced, allows various accredited agencies within the community to directly populate the database. This effectively allows the expertise and resources of numerous agencies in several countries to work under the same system to achieve common objectives.

Electronic warfare systems

An operational EW system exists to detect, identify, and localize an emission in the electromagnetic spectrum. An automated process determines if the source of this electromagnetic radiation poses an imminent threat (e.g. an inbound mis-

sile), a potential threat (e.g. a hostile aircraft), or some other more benign source (e.g. a navigation RADAR). This assessment may lead to an immediate action, such as the deployment of countermeasures, or to the collection of data in order to compile a picture of the electromagnetic environment as part of the larger tactical or operational situation.

Examples of operational EW systems include the Sea-Search 2 on the Halifax Class Frigates, the AN/ALQ-56 Radar Warning Receiver on the CC-130 Hercules, and the soon-to-be delivered AN/ALQ-210 and 217 Electronic Support.

Several years of diligent work have led to the creation of a database architecture that is both generic and extensible. Functional information models are created that capture and organize knowledge in a structured manner that allows for horizontal integration of subject area hierarchies. The approach to data population has been decentralized, which allows the entire EW community to contribute. Additionally, a generic metadata-driven editor



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implementation facilitates database expansion beyond its initial scope through the addition of complementary models. This expansion may well include data on electro-optic and infrared (EO/IR) systems, as well as non-parametric information such as a database of the platforms upon which EW systems are mounted.

CFEWC's evolving role and responsibilities

Having signed on as a database contributing "producer" in support of reprogramming efforts, CFEWC now bears greater responsibility within the Allied EW community, but also has a greater voice as to the direction of products used within the community. The unit has always maintained a highly

skilled, motivated, and experienced core of civilian and military analysts, and a higher profile within the Allied coalition environment is not only a privilege the unit has earned but a challenge it is prepared to rise to.

The future of CFEWC is closely linked to the expansion of capability promised by the electronic warfare operational support centre (EWOSC) project. This expansion is necessitated by the overall growth in EW capability within the CF, as new electronic support measures systems are fielded aboard the CP-140 Aurora and CH-148 Cyclone, and new capabilities are delivered through the Halifax Class Modernization project.

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Shilo Military Family Resource Centre



Prairie Public Television (PBS), Sesame Workshop and The Shilo Military Family Resource Centre Proudly presents the Pre-Screening of

“Coming Home: Military Families Cope with Change”

**Hosted by Queen Latifah, John Mayer, Elmo and Rosita
A family television special for children, parents and caregivers of military families and their friends**

Wednesday, March 25th at the Shilo Community Centre

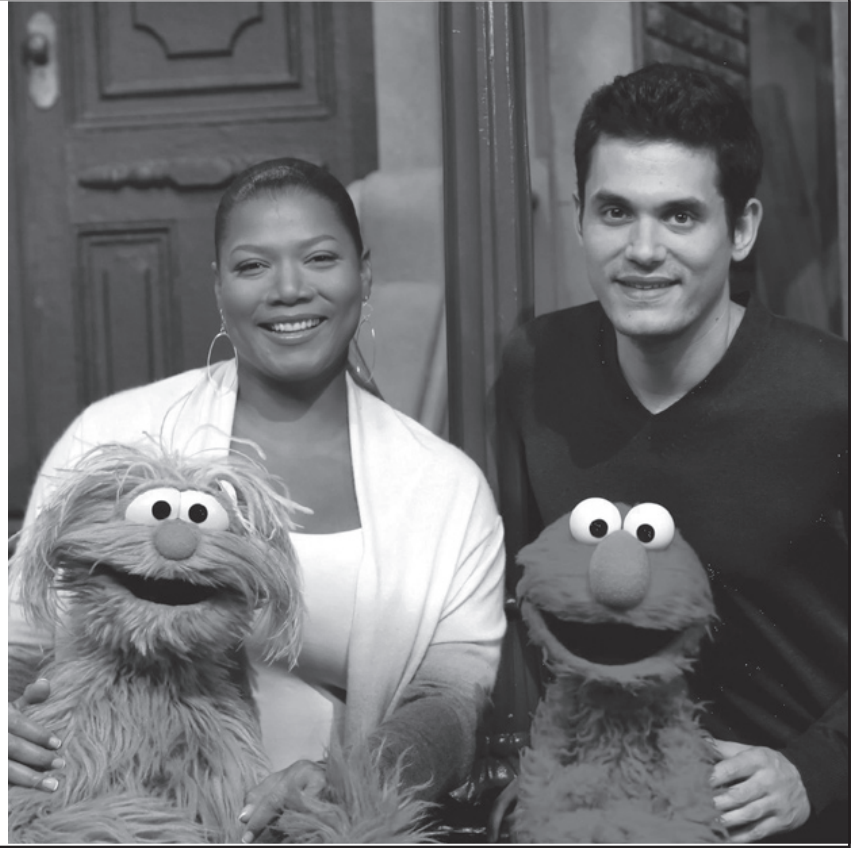
6:00 pm – Doors open for seating

6:30 pm – Pre-Screening will commence

Door Prizes for children

Reserve Seats by calling 765-3000 ext 3352

This is a free event



MFRC job opportunity

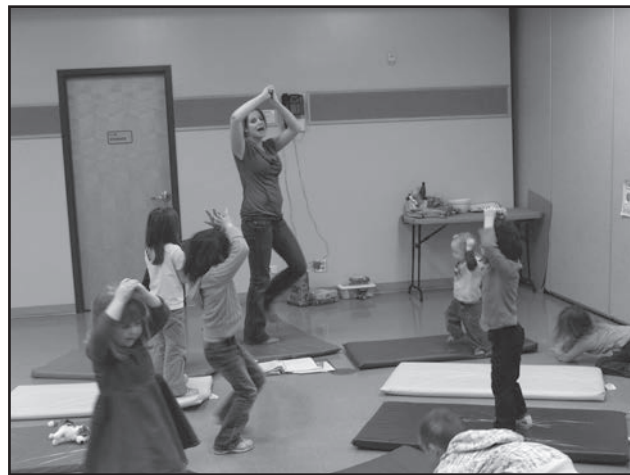
The Shilo Military Family Resource Centre is looking to fill the following position:

A Fulltime ECE II or III

- Qualifications for positions include:
- Early Childhood Education Diploma
- Current infant/child CPR and first aid
- Bilingual skills an asset
- Benefits for positions include:
- Salary range \$13.80-\$15.53 (\$28,700-

- \$32,308)
- Salaries under review
- Benefits (dental, extended health, life insurance)
- Three weeks paid vacation annually
- Paid professional days
- Professional Development allowance of \$700/year
- Yearly Paid Staff Retreat
- T-Shirts supplied
- Free lunch available

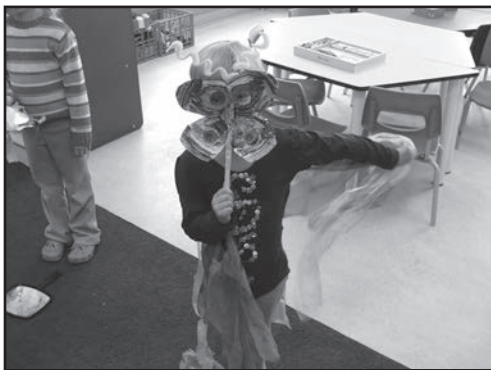
ing references to:
Shilo Military Family Resource Centre
Box 5000 Station Main
Shilo, MB
R0K 2A0
Attention: Andrea Double-day
Fax to 765-3859
Email: andrea@shilomfrc.ca
By March 18, 2009 at 4:00 pm
Only those applicants selected for an interview will be contacted.



Relaxation Station is not all about relaxing.



Hannah is exploring the tunnels at Tumbleweeds.



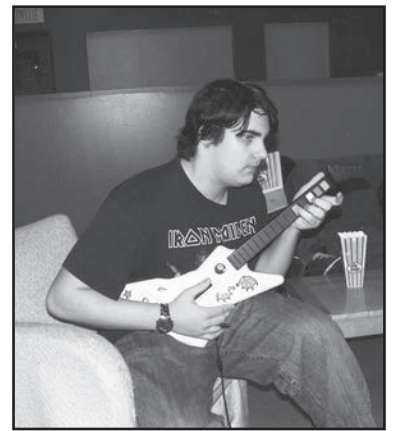
A new actress is born – Kylie has her debut during TLC



Concentration is needed during the Saturday Deployment Childcare as Owen works with blocks.



Payton proudly shows off her puppet as Melanie looks on during the Children's Deployment Afternoon.



While others were on the computers, Alex practices his guitar skills at the Teen Centre.



Kevin Pierce presents a slide show of pictures taken in Afghanistan during a Deployment Coffee Break.



Catrina enjoys a quiet game of pool during Kooler Kids.

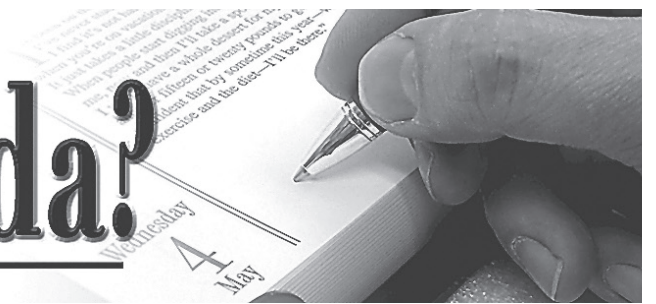


Samantha and Libby, Tweens, are catching up on the latest star gossip.

MFRC Occasional Childcare Hours:
Monday
9am-12pm
1-4pm
5-9pm
Tuesday-Thursday
9am-4pm
5-9pm
Friday
9am-12pm
1-4pm

www.shilomfrc.ca

What's on Your Agenda?



Need temporary use of a Wheel Chair Ramp or a Medi-Chair? If so the Shilo Service Club can help!

The Club is pleased to offer free temporary use of a Ramp and Medi-Chair. It is offered to all members of the greater Shilo and Sprucewoods communities and surrounding area for up to 90 days at a time or until more permanent arrangements can be made. For more information contact Mike McEwan at 763-4990.

*The Shilo & Region Service Club
Serving the Community Since 1968*

Relay For Life 2009

Canadian Cancer Society's Relay For Life is looking for an **Honourary Chairperson** for the event, which takes place on May 29, 2009. The Honourary Chairperson is the liaison between the Relay For Life and the community.

This person would conduct interviews and share their story with Relayers at kick-off and relay night. Nominations for this important position can be called in or emailed. For more information, please contact: Kyla Henderson, Event Chairperson 728-4361 or 573-6435 kylahenderson@hotmail.com; or Rob Lussier, Communications and Marketing Chairperson 571-5911 rlussier@wcgwave.ca

Partners 4 Pints

Canadian Services Blood Donor Clinic
Wednesdays 10 am - 8 pm
Thursdays 2 pm - 8 pm
Town Centre 1-888-236-6283

Hope Al-Anon

Family Groups (for family and friends of alcoholics)
Every Tuesday 8 pm Knox United Church (back door)
451-18th St. 571-3684

Every one welcome! T.O.P.S. (Take Off Pounds Sensibly)

Held at Sprucewoods Community Hall,
Tuesdays at 6:00 pm
Contact: Barb Forbes at 763-4768 or Marg Woods at 763-4447

Art Gallery of Southwestern Manitoba

New!! Now offering free guided tours every Thursday, every 1/2 hour from 6 pm - 8 pm. 710 Rosser Ave., 727-1036 or www.agsm.ca

Travel Health Services

have moved to Public Health Services, A5-800 Rosser Ave, Town Centre, effective February 18, 2009. Call 571-8469 to book a time (leave a message and you will be contacted asap.) NEW Clinic Days & Times: Monday & Tuesday 12:30-6:00 pm Wednesday, Thursday & Friday 10 am - 4 pm. Saturday clinics will be offered.

Acquired Brain Injuries

Caused by stroke, illness, accident, fall or assault
Help us assess what supports you need!
What are your issues in dealing with or supporting someone with a brain injury?
Those affected must be 16-64 years of age and live in the Assiniboine or Brandon RHA regions to participate.
For more info call 578-4500 or go to www.brandonrha.mb.ca

Shilo Community Library

Monday: 6-8:30
Tuesday & Thursday 9:30-12:30, 1-4, 6-8:30
Story Time - Thurs @ 1:30

The Counselling Centre

335-9th St. 726-8706
The Abandoned Grandparent group meets the 4th Thursday of every month at St. George's Anglican Church at 7 pm
The Touchstones Grief Support Group, dealing with the loss of a loved one, meets every two weeks on Wed at the counselling centre

Widow/Widowers Support Committee

Meet on Weds, times vary contact Lorna-729-5367 or Janice-726-0972 for more information

Volunteers Needed

The Canadian Cancer Society has volunteer positions available for every interest and time constraint, including data entry, phoning, poster delivery and organizing events. Call Kristen at 571-2804.

Ceramic Club

Ladies and Gents need a stress release? Come join us for a couple hours of fun and creativity at 20-22 Esquimalt on Tuesdays from 7-10pm or on Sundays from 1-5pm. Lots of projects to choose from and no experience required. All paint and tools are available and qualified teacher on hand. Contact Grace Flynn at 763-4372 or just show up and see what we have to offer. Also we are having a sale of finished assorted ceramics at the Brandon Shoppers Mall on March 27 & 28, 2009. Part of the proceeds from our sale will go to Furry Friends and part to Canadian Guide Dogs.

Did you know?
The Base Personnel Selection Office (BPSO), located in Room 204 in Headquarters, has a laptop with Internet access for your use. If you would like to use the laptop to access the Internet, please call (local 4078) in advance to let us know when you would like to come by.

BINGO
Sprucewoods Community Hall every Thursday evening
• Share The Wealth at 6:30pm
• Early Birds at 7:00pm
\$Win Cash\$
\$1000 in 52 numbers
Canteen open!

CLASSIFIED ADS

**\$10 for first 20 words,
10¢ for each additional word*
Deadline for next issue:
March 26, 12:00 PM**

**Non-commercial ads only. Free ads restricted to members of the CF, employees of CFB Shilo and the citizens of the surrounding area (Sprucewoods, Douglas and Wawanesa, as well as local rural areas). Free ads will run for a period of two months, but can be extended upon request.*

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

For Sale



1020 sqft Bungalow in great neighbourhood, 2 blocks from K-8 school and 6 blocks from High School. Stucco and cedar ext, single attached garage, large 62x120ft fenced and landscaped lot with back 16x24ft parking pad currently a skating rink. Playstructure, sandbox, sandpoint well and shed included. 3 bedrooms up, 1 down, two full baths (new in 2005 & 2007) and an amazing open family room with gas fireplace, laminate over Dricore underlayment, updated lighting and lots of smart storage. The formal living room and dining room are open and the updated kitchen is bright and fresh. The icing on the cake is the 14x16-3 season sunroom out the back door finished in cedar out and pine in. Lots of pics available. Contact Dave Town @ 729-3552 or davetown@remax.net.

For Sale

Out of Town Homes
Wawanesa 4BR - 1 1/2 storey home - new addition - many recent updates - low taxes MLS 2901316. Treesbank - Older 3BR 1 1/2 storey home on 4 lots - garage - offers considered MLS 2900263. Glenboro - Bungalow - 2+1BR - garage - one owner - well kept home - MLS 2900528. Wawanesa - Bungalow 2BR totally renovated home with good lot - ready to move in MLS 2822772. Wawanesa - Country living - 6.88 acres modern bungalow 4BR - 2 baths - finished basement - good shelter belt - outbuildings are good - 15 miles to Shilo MLS 2902162. For details call Dave Mooney 824-2094 Countryland Realty

Acreage for sale
Hobby farm - 6.89 acres - modern 4BR 2 bath bungalow - good shelter belt, steel implement shed, biotec barn - nice yard - 22 miles to Brandon - 15 miles to Shilo - MLS # 2902162 - Countryland Realty Dave Mooney 824-2094
Wawanesa 3BR bungalow - finished basement - new garage - asking \$145,000 - willing to deal with agent - call 720-8768 or sendareply2@gmail.com

For Sale

Beautiful River Front Property
7.25 Acres only 10 minutes from Shilo Asking \$75,000 Call 204-724-6719
NEW Unopened Size 3 Huggies Diapers 392 count \$50 for all Call 765-4501
Baby outgrew the size!

For Sale
Couch and chair - In good shape \$175.00 OBO. Wooden TV stand - also has a place for CD's DVD player etc \$75.00 OBO. 3 tier wooden shelf \$30.00 OBO. Call 765-4556

Child care

Childcare Available
Childcare available in my home. I am able to provide flexible hours if needed and am located on the base. If interested please contact Jaime at 765-5144.

I can provide safe and fun care for your kids. I have a Care aide Certificate, First Aid, Food Safe and WHIMIS.
I am flexible on hours needed. Call Noelle @ 765-2554

Wanted

St. Barbara's Chapel is looking for Nursery School Attendants to work on Sunday mornings 10:15-11:45 am. Rate of pay is \$7.50 per session. Baby sitting course is preferred but not mandatory. For more information or to apply please contact Padre Bos at ext. 3088. Looking for 2-3 attendants to share the responsibility on contract.
Personal care attendant
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Message from the Governor General



DNews

Governor General and Commander-in-Chief of Canada:

Jean-Daniel Lafond and I were deeply saddened to learn that the explosion of an improvised explosive device, 10 km away from Kandahar, took the lives of three Canadian soldiers and seriously injured two of their comrades during their mission in Afghanistan. Despite great per-

sonal risk, Warrant Officer Dennis Raymond Brown, from The Lincoln and Welland Regiment, Corporal Dany Olivier Fortin, from 425 Tactical Fighter Squadron at 3 Wing Bagotville, and Corporal Kenneth Chad O'Quinn, from 2 Canadian Mechanized Brigade Group Headquarters and Signals Squadron, joined forces with the Afghan people, who continue to be terrorized by a merciless violence. Our soldiers know better than anyone else that peace can never be taken for granted, that it must be built. With amazing courage, generosity and conviction they responded to the call of duty in an effort to bring peace to a country mired

in conflict. It cost them their lives. They deserve our utmost respect. To all those who are mourning today—their parents, their families, colleagues and friends—we offer our most sincere condolences. May they know they are not alone. May they know that Canadians, from across the country, share in their sadness and their loss. Our thoughts are also with the injured soldiers who survived these attacks and with their loved ones, for whom the shock is equally deep. We are grateful for the vital role you play during this time of adversity, and send our hopes for a quick recovery. -- Michaëlle Jean

IN MEMORIAM



Cpl Dany Fortin
DNews



Cpl Ken O'Quinn



WO Dennis Brown

Three Canadian Forces personnel were killed and two were injured when an improvised explosive device detonated near an armoured vehicle during a patrol in the Arghandab District. The incident occurred northwest of Kandahar City at around 5:40 p.m., Kandahar time, on 3 March, 2009.

The CF personnel were conducting security operations in the area when the explosion occurred.

Killed in action were

Warrant Officer Dennis Raymond Brown, from The Lincoln and Welland Regiment, Corporal Dany Olivier Fortin, from 425 Tactical Fighter Squadron at 3 Wing Bagotville, and Corporal Kenneth Chad O'Quinn, from 2 Canadian Mechanized Brigade Group Headquarters and Signals Squadron.

The injured CF personnel were evacuated by helicopter to the Role 3 Multi-National Medical Facility at Kandahar Airfield. They are

in good and fair condition, and their names will not be released.

Members of Task Force Kandahar are committed to improving security and increasing development in Kandahar Province. We are all thinking of the family and friends of our fallen comrades during this sad time, but are determined to continue working with our Afghan and international partners towards a better future for the people of Afghanistan.

Improving the support of the injured

DNews

The Minister of National Defence, Peter MacKay, and the Honourable Greg Kerr, Parliamentary Secretary to the Minister of Veterans Affairs, announced the establishment of a national network of eight support centres dedicated to the care of ill and injured Canadian Forces (CF) personnel, former personnel, their families and the families of the deceased. The support centres, known as

Integrated Personnel Support Centres (IPSCs), will operate under a single national CF unit headquartered in Ottawa, known as the Joint Personnel Support Unit (JPSU). "This Government is committed to the health and well-being of Canada's soldiers, sailors, airmen, and airwomen," said Minister MacKay. "Whether returning to military life, or exploring a new civilian career, these members and their families

will receive the assistance they need." Minister MacKay and Mr. Kerr were on hand to officially launch the JPSU and its network of support centres along with an audience of senior officers, CF staff and their families. "The Integrated Personnel Support Centres provide us with an opportunity to improve transition services already available on most CF bases across the country," said the Honourable Greg Thompson,

Minister of Veterans Affairs, in Ottawa. "This partnership with our colleagues at DND will provide veterans and their families with more coordinated, seamless service." The JPSU's support centres, or IPSCs, will coordinate a range of casualty support and case management programs; plan and monitor the Return to Work Program; provide Veterans Affairs Canada client and transition services; and liaise with local service

providers, base support representatives and unit Commanding Officers. They will improve existing services by aligning progress on a member's file with one defined set of priorities. The creation of the JPSU and its network of IPSCs is one of a number of concrete measures designed to respond to the December 2008 DND/CF Ombudsman's Report, "A Long Road to Recovery: Battling Operational Stress Injuries."

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We welcome your suggestions!

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@mts.net, dropped off at the Stag office located in the Shilo Community Centre 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.

Nutrition Month – Busting Myths!



Jo-Anne Douglas
Health Promotion

Nutrition month this year focuses on sports nutrition – the theme is “Stay Active – Eat Like a Champion”.

This is a great focus for our military members who work hard and play hard AND need to eat well to maintain that lifestyle.

Here are some myths about sports and nutrition:

Myth #1 “IT’S COLD OUTSIDE SO I DON’T NEED TO WORRY ABOUT HYDRATION DURING WINTER ACTIVITIES OR SPORTS.”

Wrong! Sure it’s cold out, but you can still sweat a lot under all that hockey equipment or warm clothes. Sweat needs to evaporate to help cool the body. When it can’t (because of clothes or

sports gear) the body heats up and makes us sweat more. So even in cold conditions keep fluids handy so they are easy to grab before, during and after activity.

If you don’t feel thirsty, sip anyway. Our thirst mechanism is sometimes weak and we can become dehydrated before we feel thirst.

Myth #2 “I’LL JUST DOWN AN ENERGY DRINK ON THE WAY TO THE GYM TO KEEP MY ENERGY LEVEL UP.”

No, don’t do it! If you feel you are out of energy consider how long it’s been since you last had something to eat or drink. A glass of water with a small meal or a healthy snack will give you the fuel for that workout. Or try a peanut butter sandwich and a banana.

Energy drinks are not the same as sports drinks. Sports drinks are designed for rapid rehydration during exercise. The high sugar levels and fizz in energy drinks can make it hard to drink enough to stay well hydrated during a workout.

The caffeine in energy



If you don’t feel thirsty, sip anyway. Our thirst mechanism is sometimes weak and we can become dehydrated before we feel thirst.

drinks is usually higher than in a soft drink. Caffeine will make you alert for a brief time but tends to be followed by feelings of low energy. Too much caffeine will also get in the way of a good

night’s sleep --- and that will also lead to low energy.

There is also some question about the safety of energy drinks, so just use food to fuel your body, not energy drinks.

Does your diet measure up?

You’re hungry – you eat. For many, it’s that simple, but in a society where most of us are over-fed but under nourished, it’s not exactly the healthiest approach to getting everything your body needs to stay in top form. Today’s health professionals are touting a new approach to eating well. It’s called nutrient profiling.

“Everyone has been told ‘this is good for you’ or ‘don’t eat that’, but we have found that people need an easier system for staying on track,” says registered dietitian Helene Charlebois. “Nutrient profiling is about learning how to identify which foods are nutrient-rich, in other words, foods that are full of vitamins, minerals and other nutrients.”

Charlebois says we often eat ‘empty calories’ high in processed flour and sugar, and because they are not nutrient-dense, we wind up eating more calories to try and feel satisfied.

“Fill your grocery cart with foods that are colourful because this means they are packed with nutrients – if it is from the farm eat it, if not, proceed with caution,” says Charlebois. “And always look for labels that indicate a food is whole grain, low-fat, unsaturated or lean.”

Charlebois says that today’s food manufacturers are also making it easier for consumers.

“One of the nutrients that your body doesn’t produce but that is crucial for your brain, heart and can aid in arthritis and osteoporosis is Omega 3 fatty acids,” she says. “Silani has a new line of Omega 3 cheeses and you can also now find this essential nutrient in bread, eggs and more.”

First in Our Community

It’s more than a slogan. It’s a commitment!

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- Rivers RCI Grad Scholarships
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- Shilo Les Amis de la Source School
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