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1947 - 2017

# Shilo Stag

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Volume 56 Issue 23



Serving Shilo, Sprucewoods & Douglas since 1947

November 30, 2017

## INSIDE

### This Issue



Artillery teamwork for Ex FROZEN GUNNER. Page 4



Larry Weisgerber retires from job with CE. Page 6



Road work to be completed in spring '18. Page 7

# Muddy work



Digging down about eight feet, workers looked for the source of a water main leak which led to water being turned off to venues like L25, Junior Ranks Mess and CANEX. It was a muddy job, but workers had co-operation from Mother Nature during the three-day job. The source of the water was later traced to another pipe adjacent to CANEX, with a second excavation dug using heavy equipment.

*Photos Jules Xavier*



# Op RED NOSE seeking additional volunteers

## Shilo Stag

With thoughts of Christmas and shopping occupying our time the next few weeks, don't forget there's another Christmas-related event happening on the Base.

Op RED NOSE is back for a fifth season, with organizers in need of volunteers to help with the annual program. Shilo's MFRC has provided two teams of three, while additional bodies are needed to fill out the remaining teams.

"With the holidays quickly approaching Operation Red Nose will be continuing this year within CFB Shilo," said Lt Geoffrey Chandler, the new Platoon Com-

mander at 1MP Regt Shilo.

"This program is aimed to encourage community members to make responsible decisions when it comes to abstaining from drinking and driving during the holiday season.

"Operation Red Nose volunteers provide drivers to ensure that clients arrive home safely at no cost, and in the comfort of their own vehicles. The financial benefits derived from this program are redistributed to youth organizations in the community."

According to Lt Chandler, in order to make this program a continued success, volunteers are needed in a variety of roles, especially on the busy nights.

But before you are assigned these roles there's a

little paperwork needed besides filling on an application. Background checks are required. This paperwork can be obtained and dropped off for processing at the MP's venue located at 134 Royal Ave.

For the 2017 campaign, Op RED NOSE will be operating on the following days, and times: 8 p.m. to 3 a.m. Dec. 1, 2, 8, 9, 15, 16 and 31. For the Dec. 12, 13 and 14 timings volunteers will be out from 2 p.m. to 3 a.m.

Lt Chandler held a kickoff for Op RED NOSE at the El Prado Club seven days ago.

During the 2016 Op RED NOSE campaign volunteers provided 96 rides.

## Elf on the Shelf visiting CANEX

CANEX manager Rick Kehler thought it would be fun to introduce Elf on the Shelf to his store during the Christmas season. He came up with a contest for shoppers, including kids, to participate during shopping visits. See more details by turning to page 12 where CANEX has its Elf on the Shelf advertisement regarding the contest.

Photo Jules Xavier



## Army receives 1,148 new machine guns

### Stag Special

Soldiers training at CFB Shilo can expect to train on a new machine gun in the near future.

The Government of Canada is committed to providing the women and men of the Canadian Armed Forces (CAF) with the equipment and training they need to do their jobs.

To support this commitment, the Government of Canada will purchase 1,148 new C6A1 FLEX General Purpose Machine Guns (GPMG) from Colt Canada, according to Defence Minister Harjit Sajjan.

"The Government of Canada is committed to providing the Canadian Armed Forces with the modern equipment they need to successfully carry out operations at home and abroad," he said.

"This purchase will replace equipment that was procured over 30 years ago and will ensure that the CAF are properly equipped and continue to be ready for operations."

The current C6 machine guns being used in the CFB Shilo training area with soldiers from 1RCHA and 2PPCLI were procured more than three decades ago.

Some have been removed from service due to wear and tear and others are reaching the end of their service life. This purchase will provide the CAF with a modern and reliable weapon to support training and operations.

The new C6A1 FLEX (flexible) is designed to be carried by soldiers or attached to vehicles such as the new Tactical Armoured Patrol Vehicle (TAPV).

The new machine gun will feature a durable polymer butt stock instead of the current wooden style. Additionally, soldiers will be able to attach pointing devices and optical sighting systems to the new weapon to help increase their operational effectiveness.

The contract with Colt Canada will result in approximately 13 new jobs and contribute to maintaining approximately 100 jobs at the company. This procurement aligns with the commitment under Canada's defence policy, Strong, Secure, Engaged, to modernize, renew and restore Canada's military by providing them with the tools they need to succeed in operations.

As outlined in Strong, Secure, Engaged, such investments will improve the Canadian Army's operational capability, and will help provide an advantage over potential adversaries.

#### Quick Facts

- First deliveries of the new C6A1 FLEX is anticipated for September 2018 with final deliveries anticipated for June 2019.

- The value of the contract is \$32.1 million (taxes included).

- The procurement includes related equipment such as a cleaning and repair kit, spare parts, and sling to carry the weapon.

## Pet of the Week

### SCARLETT

This is Scarlett, she's one-year-old loving innocent puppy. According to owner Denise Goswell, her canine companion enjoys being outside soaking up the sun, chasing birds from the fields, or running like a horse. Scarlett is a large mixed breed dog who thinks she's a lap dog. Her favourite place to sleep is in the rocking recliner and she enjoys watching television from time to time. Do you have a photo of your pet — cat, dog, bird, snake, hamster — you'd like to share with our Stag readers? If so, e-mail it to us via [stag@mymts.net](mailto:stag@mymts.net)



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Canadian Army mascot Juno helped with the United Way's big draw alongside BComd LCol Dave MacIntyre and BRSM CWO Don Askeland. The winning ticket belonged to Shilo MFRC executive director Willemien van Lankvelt (below).

Photo Sarah Francis

# United Way campaign tab more than \$43,500

## Shilo Stag

The annual United Way campaign officially wrapped up Nov. 17 with the Finish Line lunch held at L25.

The 11-week charitable workplace campaign took place across all sections of CFB Shilo and included events such as chili cookoffs, bake sales, pizza days, casual Fridays, costume contests, Base Maintenance's car care clinic, Forbidden Flavours day and numerous raffles.

The Finish Line lunch celebrated the success of the campaign and featured a grand prize draw for \$1,000 worth of electronics and goods. MFRC executive director Willemien van Lankvelt won this prize package.

Door prizes donated from CANEX, Shilo Automotive, and Shilo Beauty and Barber Shop were also drawn.

Winners of some of the raffles were announced also. Dana Doliwa won the CFHA coffee basket.

The PSP Christmas dinner was claimed by Paul Casselman. IPSC wine draws were won by WO Stephanie Abdon and Rob Doliwa.

At time of the Stag's printing in Killarney, the total amount raised has reached more than \$43,500. This dollar value will continue to rise during the next few weeks, according to Padre

Capt Troy Dennis, this year's Base United Way chairman.

While the public campaign is officially completed, the last remaining troops returning from deployments and exercises will be canvassed and results will be returned by Dec 1.

Campaign totals will continue to be updated on the tote board beside the tank adjacent to CANEX.

Capt Dennis thanked all those who had a part in this the 2017 campaign.

"There is no way to do all this without the support of a huge team. There was the committee, plus there were 28 reps, event planners, people who made posters and promoted, prize donors, and of course so many people who gave generously."

The campaign committee consisted of Padre Dennis, Lt Victoria Evans, OCdt Jonathan DiFalco and Faith Centre staffer Sophie Egloff.

When asked about challenges to this year's effort, Capt Dennis responded positively.

"No question, having so many people away provided challenges this year," he offered.

"However, the command teams were very supportive to ensure canvassing around the units' schedules. And we can see the results. The people of Shilo have proven they are generous."



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# This Week's Deals!

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The Shilo Stag is produced every second Thursday.

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

**Submitting articles and photos for print:**

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



Follow the Shilo Stag on Facebook by visiting:

<http://www.facebook.com/ShiloSTAG>



It was teamwork in the training area when 38 Brigade, 1RCHA took part in Ex FROZEN GUNNER



## 'Whither Right and Glory Lead – The Guns, thank God, the Guns.' Ubique! Reserve, Regular Force artillery units work together

**MBdr Lynn Danielson**  
Stag Special

I have been on several gun exercises throughout my career, but this was the first time I was going to see the "big guns" in action.

I was part of Ex FROZEN GUNNER held at CFB Shilo March 17 and 18, where 38 Brigade Artillery Tactical Group (38 ATG) and 1RCHA conducted collective training to co-ordinate live battery and regimental fires.

38 ATG used the C3 105mm Howitzer, while 1RCHA fired the M777 155mm Howitzer.

MBdr Zach McDermot-Fouts worked as a reservist on the C3 Howitzer with 38 ATG before joining 1RCHA, which he works with the M777.

"I guess when it comes down to it, it's mostly about manpower and manoeuvrability," offered MBdr McDermot-Fouts. "The C3 is a lighter gun and can be manned and manoeuvred quickly by only three to four people if it really came down to it."

He added, "Rounds alone for the M777 weigh 100 pounds apiece and you need at least seven people to be mobile."

From the C3 gun line, 38 ATG Sgt Michael Sweatman noted, "Because there are other units watching and depending on the speed and accuracy of our rounds, joint training such as this emulates the sense

of urgency in a real-time situation and builds mutual respect for the job we all do as Gunners."

My head spins when I think of the amount of work which has to be done at the Observation Posts (OP) and the Command Posts (CP).

The OP needs to provide accurate and detailed target information to the CP, where a flurry of activity and constant communication within that small "box" is translated into data the guns can use to get firing "on time and on target."

"This type of joint training allows for a more technical shoot — a more advanced shoot — as well as the opportunity to engage in different missions that we would not have the option to engage in with just the 105s," advised Lt Joyelle Norris, the 38 ATG Forward Observation Officer (FOO) on the exercise.

"We are very fortunate to be participating in this training with 1RCHA," said Maj Paul Haughey, acting CO of 38 ATG.

"It has outstanding training value in that it enables gunners to achieve a higher Battle Task Standard (BTS) through joint training with an artillery regiment utilizing indirect live fire thru both 105mm and 155mm Howitzers to support the manoeuvre of the infantry and armoured units to achieve a mission set forth by the Commander".

*MBdr Lynn Danielson is with 116th Independent Field Battery, Royal Canadian Artillery, from Kenora, Ont.*

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## Watch out for skeleton

Sgt Aaron Brown's wife Michelle enjoys decorating for Halloween. Her efforts here, including spending the evening out amongst her creative endeavours, earned her third-place honours from the Halloween decorating contest judges.

*Photo Jules Xavier*

Want to know if there are cancellations on the Base because of winter conditions? If so, visit [www.facebook.com/ShiloSTAG/](http://www.facebook.com/ShiloSTAG/)

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

Dec. 1 Logan Lucky Rated PG  
Dec. 8 Home Again Rated PG

Dec. 15 Kingsman - The Golden Circle Rated 14A  
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.  
FREE GSH popcorn — h2o from CANEX

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

# Blue Christmas

A Service of Remembrance and Hope

For some, this Christmas may not be joyful because of the death of a loved one, separation, health, or setbacks. In this service, we acknowledge that Christmas may be "blue" for some. We pray that you will find hope and comfort in knowing that you are not alone.

St. Barbara's Chapel  
Dec 6, 7:00pm  
For more info call Padre Dennis ext 3088

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# Larry Weisgerber's dream job

# RETIREMENT



Photos Sarah Francis/Jules Xavier



After more than four decades working for CE at CFB Shilo, Larry Weisgerber says he found his dream job. Following a sendoff held at L25, with a roast from both civilian and military colleagues, Larry is officially retired and will enjoy retirement with the same zest he had for his work. Expect to see him visiting CANEX when he's not working hard at retirement. The genial gentleman says working on the Base has been an honour and privilege which he won't soon forget.



It has been a busy few months since the Lundy's Lane construction project started in the summer. Snow, colder temperatures has completion planned for spring '18.

# Lundy's Lane construction on hold until spring 2018

## Shilo Stag

An early arrival by winter put a damper on finishing road work on Lundy's Lane.

According to staff at Shilo's Canadian Forces Housing Agency (CFHA), work will not be completed on the road until spring 2018.

Staff report, "The contractor is working to ensure the road and parking lots will be ready for winter access. Defence Construction Canada (DCC) has advised us that the plan is for the road to be opened and for all occupants to have access to their assigned parking spots and electrical hook-ups over the winter.

"Once the pedestals have been installed in the new parking areas the contractor will need to gain access to each unit to do the final electrical hook-up. This is expected to take 15 to 20 minutes. DCC will be assisting the contractor in co-ordinating the appointments. We appreciate your co-operation so we can ensure that the parking spaces have electrical connections over the winter."

CFHA report all units are back on the main water connection and water can be used without any restrictions.

In other CFHA news, the 18-unit apartment complex at 23 Stonehenge Rd is open and welcomed the first residents after Oct. 13.

This latest housing project is part of \$6-million invested in CFB Shilo's housing stock since 2015. This

includes new construction as well as interior and exterior retrofits to existing PMQs. The three-storey apartment complex was built by Brandon-based J&G Homes.

With six air conditioned units on each floor, each apartment is complete with a kitchen, living area, laundry/storage area, full four-piece bathroom, two bedrooms and plenty of closet space. Residents also have a separate storage locker on their floor.

The adjacent 12-unit apartment complex currently under construction will only be a two-storey venue and is expected to be open in spring 2018.

Are you aware of conditions of occupancy when you reside in the Q-patch at CFB Shilo?

According to the CFHA, residents of homes or apartments are responsible of their venues at all times. It's the residents responsibility to make adequate arrangements in respect to heating, security, outside maintenance such as lawn care, garbage or snow removal during any absences on leave or on course/deployment/exercises.

Moreover, the residents are responsible to correct deficiency/infracton to the condition of occupancy. CFHA staff will send a letter to the renter detailing the deficiency/infracton and request compliance. The resident's chain of command will be notified of a failure to comply.

With this in mind during Christmas block leave or if you are being deployed this winter, CFHA advises

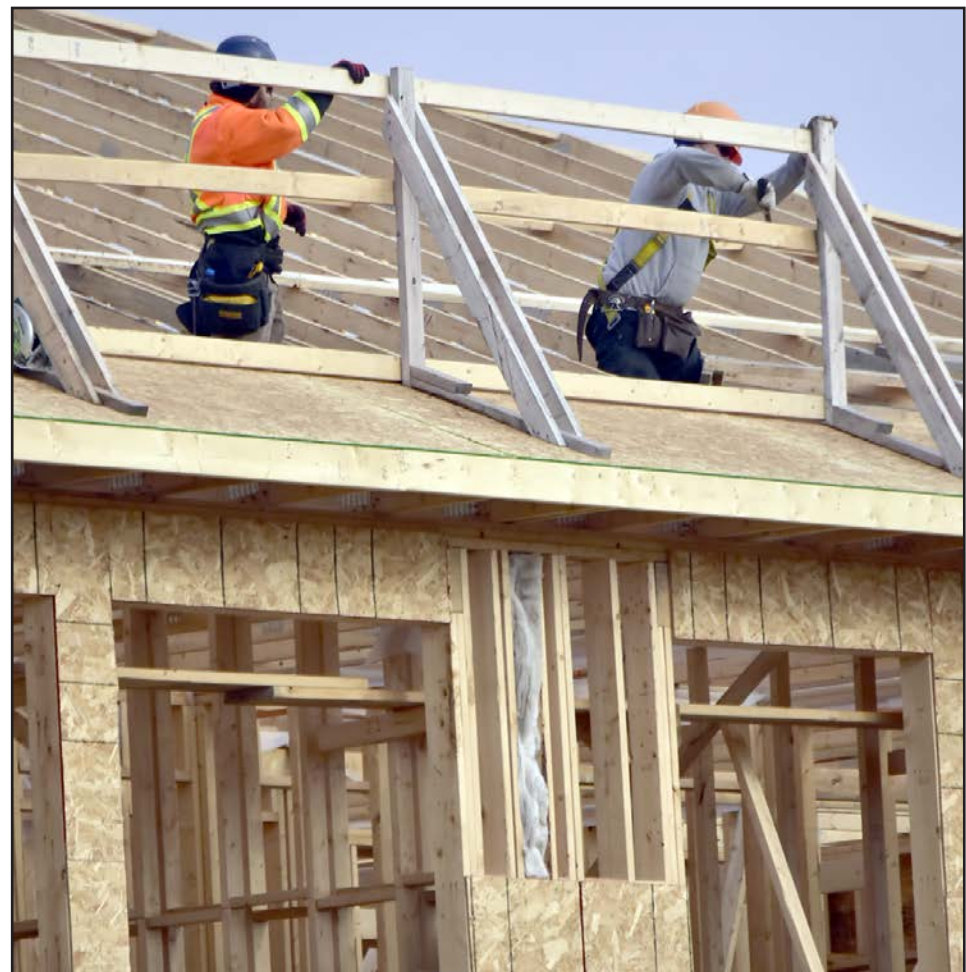
you do the following:

- arrange for a responsible person to check on your home daily.
- inform CFHA who to contact for access into your home in case of emergency.
- it's recommended you shut off the water to your residence, open the bathroom and laundry room taps. Shut off water to your toilet and flush.
- set the gas hot water tank to vacation or turn off the breaker if you have an electric hot water tank.
- shut off the water valve to your lawn service and open the lawn service tap. Don't forget to disconnect your garden hose from your outside tap, empty the water from inside the hose and store it.
- it's recommended that you set your thermostat no lower than 18 degrees Celsius. Never turn off your heat in the winter months. Pipes can take only a few hours to freeze.

Has your furnace been inspected?

The furnace inspection and maintenance project is underway on the Base, according to Shilo's CFHA. If your furnace has not been inspected, call Trademark Plumbing and Heating at 204-573-6850 to set up an appointment. These inspections must be completed annually.

If you have any questions regarding your Base home/apartment, drop by CFHA located at 78 Kingston Ave or call 204-765-3000 ext 4111 if you are facing a problem which CFHA can address.



With residents moving into the newly opened three-storey apartment (above), work is underway on the adjacent two-storey apartment (right) on Stonehenge Road.

Photos Jules Xavier

Want to know if there are cancellations on the Base because of winter conditions? If so, visit [www.facebook.com/ShiloSTAG/](http://www.facebook.com/ShiloSTAG/)

# Hone your golf game indoors this winter

Sunday Dec. 3 at 1 PM

## Brandon Wildlife Association Annual Big Buck Awards

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- Pre-scoring 11am - 1pm
- 10 Rifles Given Away
- Special Door Prizes
- FREE Rifle Draw for Ladies & Juniors

Manitoba Room, Keystone Centre  
Adults \$8, youth 12 and under FREE  
For information call Don 204-728-2903

### Patrick Law Stag Special

I am happy to operate out of a facility which offers me the ability to teach year round.

The Shilo Country Club has a large, indoor golf school which is operational for 12 months, including during the summer golfing season.

The golf school is equipped with seven hitting bays, putting green/chipping area and two virtual simulators which all provide a winter golfing experience that is unrivalled in western Manitoba.

To book a practice time or a tee time on one of the virtual simulators, which features some of the best golf courses in the world, contact this writer at 204-720-9623 or 204-765-3623.

The facility is also equipped with a state of the art flightscope launch monitor system which allows golfers to see the actual flight of the golf ball and the relative golf club and ball data.

The benefits of having access to this technology is a huge advantage for a golfer at any time of the year. Knowing exactly how far each shot is travelling, the direction it is travelling and height are all very useful pieces of information for a golfer.

However, the real advantage comes from the club data which flightscope offers. It tells you why the ball is doing what it is doing.

Knowing this allows you to hone your game in practice properly and effectively.

Practice time on this state of the art system is now available at a reasonable and competitive rate. For \$50 an hour, the golfer can use the flightscope at one of our hitting bays and have full access to the golf ball and club data which the system provides.

PGA of Canada professionals will also be on hand to help you understand the data provided and explain how knowing and changing these numbers can help your golf game.

A service such as this is not provided anywhere else in western Manitoba, and I am proud to be able to offer it year round at the Shilo Country Club.

Here are your winter golf school rates: One hour practice session \$50 or five one-hour practice sessions \$200.

Lessons at the Shilo golf school are also provided year round. These lessons can be tailored to any aspect of the student's golf game as there is ample room to practice short game and long game at the indoor facility.

To book your private or group lesson contact Law at 204-720-9623 or e-mail [patricklawcpga@gmail.com](mailto:patricklawcpga@gmail.com)

Lesson time and rates are as follows:  
 Private adults lesson 45 min \$50  
 Private junior lesson 45 min \$35  
 Three-pack adults lessons (3x45 min) \$125  
 Three-pack junior lessons (3x45 min) \$95  
 Adults group lesson (two to three people) one hour \$75  
 Flightscope practice session one hour \$50

## RECYCLING IN MANITOBA

# Share your views concerning three stewardship program plans

The Manitoba government is reviewing three proposed new plans for the recycling and collection of designated products.

Under the Waste Reduction and Prevention Act regulations, Producer Responsibility Organizations have submitted three product stewardship plans for recycling and safe disposal of designated materials.

### We Want to Hear from You

Manitoba Sustainable Development wants to hear what you have to say about the stewardship plans for the following programs:

- Recycle Everywhere (empty beverage containers recycling program)
- Used Oil and Antifreeze Products Stewardship Program
- Recycle My Cell (cellular phones recycling program)

You can review the plans at: [www.manitoba.ca/sd/wastewise/stewardship-plans.html](http://www.manitoba.ca/sd/wastewise/stewardship-plans.html) or [www.manitoba.ca/sd/eal/registries/index.html](http://www.manitoba.ca/sd/eal/registries/index.html). You may request printed copies by calling 204-945-0331 or sending a fax to 204-945-4552.

**The deadline for providing comments on the plans is January 20, 2018.**

Please provide feedback via email to [stewardship-plans@gov.mb.ca](mailto:stewardship-plans@gov.mb.ca), or in writing to:

Stewardship Plans Feedback  
 Attention: Barbara Isaacs  
 Manitoba Sustainable Development  
 Box 38, 200 Saulteaux Crescent  
 Winnipeg, MB R3J 3W3



## Your Revenue When In Permanent Quarters

With the permanent married quarters soon coming Shilo's way, many are interested in knowing just where they will stand from a financial viewpoint, and a little research on the subject brings forward the following table:

BASIC RATE Rank	Pay and Allowances Emergency Quarters	Pay and Allowances Permanent Quarters	Difference In Pay
Gunner .....	\$108.90	\$ 86.00	Less \$22.90
Bombardier .....	117.90	95.00	22.90
Sergeant .....	135.90	108.00	27.90
BQMS or S/Sgt. ....	155.90	123.00	32.90
WO 2 .....	170.90	138.00	32.90
WO 1 .....	190.90	153.00	37.90
2/Lieut. ....	192.90	155.00	37.90
Lieut. ....	232.90	195.00	37.90
Captain .....	262.90	225.00	37.90
Major .....	337.90	290.00	47.90
Lt.-Colonel .....	387.90	335.00	52.90
Colonel .....	512.90	455.00	57.90
<b>THREE YEARS IN RANK</b>			
Gunner .....	\$111.90	\$ 89.00	same as above
Bombardier .....	120.90	98.00	column
Sergeant .....	138.90	111.00	
BQMS or S/Sgt. ....	160.90	128.00	
WO 2 .....	175.90	143.00	
WO 1 .....	195.90	158.00	
Lieut. ....	247.90	210.00	
Captain .....	277.90	240.00	
Major .....	352.90	305.00	
Lt.-Colonel .....	412.90	360.00	
Colonel .....	547.90	490.00	

From the above tables it is readily seen that we shall receive less money after we move into our permanent homes. However, there are several things which counteract this "difference in pay."

From your *Shilo Observer* circa 1947 — 70 years of bringing Base residents the news and local advertising at Camp Shilo, and now CFB Shilo.

Remember— Player's "Mild" with "Wetproof Paper" do not stick to your lips.



## 'An orange day at home'

# School counsellor resource to help military kids succeed

**Lynn Capuano**  
Stag Special

Twenty years or so ago, 80 per cent of Canadian Armed Forces (CAF) families in Canada lived apart from the rest of society, with many services offered on military bases.

Today, that has been more than completely reversed, with 85 per cent living in their local communities. That change has affected many aspects of military family life, including how children succeed in school.

Challenges arise when community service providers such as schools and health services do not always understand the impact the military lifestyle can have on military families.

This lifestyle also affects the families of military veterans. There are about 54,000 children in military families across the country, and if the children of these veterans are included, the number climbs to about 462,000.

The term "military literacy" in this context can be defined as being aware of the stresses that are common to the military and veteran lifestyle and how to use that knowledge when working with military and veteran families.

"As the military and veteran family community grows, there is a need for military literacy in Canada — awareness of the unique experiences of these families," said Col Dan Harris, Director of Military Family Services (MFS). "Their reality includes inherent 'military life stressors' such as high mobility, extended and/or unexpected work-related separation and risk that can have an impact on CAF parents and their children."

A new resource, in the form of a 12-page booklet, was launched this past May at the CCPA annual conference held in St. John's, Newfoundland. The goal is to have this resource in schools by the start of the 2017-18 academic year.

School Counsellors Working with Military and Veteran Families is the result of a year-long collaboration between the Canadian Counselling and Psychotherapy Association (CCPA) and the Canadian Military and Veteran Families Leadership Circle (CMVFLC), which is a component of the Military and Veteran Families in Canada Initiative.

This initiative is a partnership between the Vanier Institute of the Family, Veterans Affairs Canada and Military Family Services to build awareness, capacity, competency and community regarding military and veteran families in Canada.

The new resource aims to answer four key questions:

- What is the military and veteran lifestyle?
- What resources are available to school counsellors to assist them in their work with children and youth of military and veteran families?
- How can school counsellors promote mental health and advocate for students of military and veteran families in schools?
- How can school counsellors support classroom teachers in their work with students of military and veteran families?

"While many military youth are both strong and resilient, some students may struggle with some of the routine challenges inherent with the military family lifestyle. A teenager may struggle with a family move that requires both social and academic adaptations," said Col Harris.

"That same teenager might also have to adjust to periods of separation from the serving parent, due to a job-related training or deployment."

He added, "School counsellors who understand the challenges associated with the military family lifestyle will be able to detect the differences between adjustment issues and personal learning styles, and between learning disabilities and distractedness."

Tips covered in the resource booklet include information on helping students adapt well to yet another "new normal," skills that are particularly important when a parent returns from a deployment or training period and reunite with the family.

As noted in the document, students of military and

veteran households are not immune to mental health concerns that affect one in five students in Canada.

The Department of National Defence's (DND) mental health continuum provides a quick guide to changes in mental health status. The terminology used in the continuum — red, orange, yellow, green — is often used by students from military and veteran families when describing mental health and wellness.

Under the Promoting Mental Health section, a student is quoted, "It feels like an orange day at home — I feel an edge about it."

Dr. Kim Hollihan, Deputy CEO of the CCPA and project lead at CCPA for this resource explained, "If they are hearing that language at home because that is the language a parent is using through therapy, it's important that school counsellors and school staff working with these youth understand what those words mean so it's just part of their everyday conversation — oh, feeling orange, ok, I know what that means."

Dr. Hollihan's involvement began at a 2015 conference of the Canadian Institute for Military and Veterans Health Research.

"They had a round table on military family issues that I attended wearing two hats, my professional hat as a leader within our association but also my military spouse hat," said Dr. Hollihan.

Her husband is a Canadian Army (CA) artillery officer who deployed to Afghanistan when their two boys, who are now 12 and 14, were of kindergarten and pre-school age.

"That round table led to an invitation to join the Leadership Circle where the notion of military literacy was discussed. The CCPA is a very large national association with more than 6,100 members across the country in every province and territory," she said.

"We have people who work in the primary and secondary school systems, post-secondary, community-based agencies, government, private practice, so we thought, ok, 'What segment of our membership would have the most contact with military and veteran families?' and of course it was our school counsellors."

The School Counsellors' Chapter of CCPA was quickly onboard and the resource was finalized within one year.

"I think we were up to 30 drafts at the end because it was really important to have input from a variety of subject matter expert reviewers. We had a really strong group with both 'lived experience' in the military as well as people with professional experience with the military," she said.

"I have to say it was such an easy partnership. I think that because we all worked together so well, we were able to achieve it in that one-year period. In the end, the quality of the resource really speaks to the input from all of these leaders in the field."

See **PROGRAM** page 10

Manitoba's Largest 34th Annual

## Brandon Gun & Collectables Show

Saturday, Dec. 10, 10 am - 5 pm

Sunday, Dec. 11, 10 am - 4 pm

Manitoba Room, Keystone Centre

Admission \$8 per day

Youth 12 & under FREE

200+ tables of firearms, ammunition, antiques, collectibles & more

**BUY • SELL • TRADE**

Brandon Wildlife Association

Lee Robins/Len Schneider/Kim Kooistra  
brandongunshow@gmail.com

## To all relocating CAF Members

### BGRS Office Closure - IMPORTANT INFORMATION

November 15<sup>th</sup> onward – receipt submission

Please note we are preparing to vacate our CAF BASE location by November 30<sup>th</sup>.

To assist with a smooth transition of your active relocation file to our dedicated team in Dartmouth, beginning November 15<sup>th</sup>, please submit your file receipts/documentation one of the following 2 ways:

#### Option 1 – Upload Electronic Copies of Receipts via the Secure Website:

<https://www.relodialogue.com>

Once the online itinerary is submitted in the Secure Website, scan and upload your receipts:

- From the Home tab select Document Management from the left menu bar.
- A new page will open.
- Complete the steps as prompted, naming the receipts/documents as applicable (e.g. HHT, TNL, Sale, Purchase or Miscellaneous Expenses).
- Attach the scanned receipts/documents (pdf and jpeg formats are acceptable).
- Select "Submit".

#### Option 2 – Mail Original Receipts/Documents to our Dartmouth office

- Please include your name and BGRS file number.
- Retain photocopies for your records.

**BGRS CAF Team**  
#4 – 201 Brownlow Avenue  
Dartmouth, Nova Scotia  
B3B 1W2

Your relocation experience is important to us, thank you for your support.



### GSH Bowling Alley

Open bowling for all ages  
Saturday 2 to 4 p.m.  
Sunday 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!

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

Dec. 6 @ 7 p.m.  
vs Regina  
Dec. 8 @ 7:30 p.m.  
vs Medicine Hat  
Dec. 9 @ 7:30 p.m.  
vs Kelowna  
Dec. 12 @ 7 p.m.  
vs Kamloops  
Dec. 15 @ 7:30 p.m.  
vs Lethbridge  
Dec. 27 @ 7 p.m.  
vs Regina  
Dec. 30 @ 2 p.m.  
vs Medicine Hat

## Where's Willie?

Somewhere on the pages of this *Shilo Stag* is a picture of Willie, the Wheat Kings mascot.

Tell us on what page, in what particular advertisement Willie was found and correctly answer the following skill-testing question for your chance to win two tickets to an upcoming Wheat Kings home game in Brandon.



### Entry Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Page #, ad: \_\_\_\_\_

Answer skill-testing question:

Who won the United Way's grand prize draw during the wrap-up luncheon held at L25.

Cut out your entry form and fax it to 204-765-3814, or scan it and e-mail to [stag@mymts.net](mailto:stag@mymts.net) or drop it off at the Stag's office at CANEX. Draw will be made on the Monday prior to game day.

**School Counsellors**  
**WORKING WITH**  
**Military and Veteran Families**

MILITARY AND VETERAN FAMILIES IN CANADA PROUDLY CONTRIBUTE ON THE HOME FRONT AND ARE THE STRENGTH BEHIND THE UNIFORM.

SCHOOL COUNSELLORS ADVOCATE FOR AND SUPPORT STUDENTS OF MILITARY AND VETERAN FAMILIES WITH THEIR COMPREHENSIVE AND DEVELOPMENTAL GUIDANCE AND COUNSELLING PROGRAMS ACROSS CANADA.

THE MILITARY COMMUNITY DEFENDS CANADA'S VALUES, INTERESTS AND SOVEREIGNTY AT HOME AND ABROAD.

A banner shows the cover of School Counsellors Working with Military and Veteran Families at its launch at the Canadian Counselling and Psychotherapy Association annual conference held in St. John's, Newfoundland this past spring. Photo Steadrock Photography

# Validate resources being developed Program benefits military children

From page 9

Looking down the road, Dr. Hollihan believes best practices will be developed and shared among the counsellors through a "community of practice" made up of members who have accumulated experience with military and veteran families.

Col Harris said he also sees feedback resulting in continued development of the resource.

"At Military Family Services, we are always listening to what families tell us, so we are in a position to collect and document the many stories we hear about the anecdotal family feedback that the resource may generate.

"Military Family Services is extremely happy to be working with CCPA and our extended partners from the Canadian Military and Veteran Families Leadership Circle.

"I am extremely grateful for the leadership and determination of CCPA in the development of this publication that will have tangible outcomes for military families across Canada."

School Counsellors Working with Military and Veteran Families is the second in a series of publications designed to educate non-military community service providers on the unique lifestyle challenges faced by spouses and children who support their military family members on the home front.

"We are remaining a member of the Canadian Military and Veterans Families Leadership Circle. We are very proud to be a part of that and will actively engage and continue to look for opportunities to collaborate again and I think the outcome will certainly benefit a whole lot of children and families across the country," said Dr. Hollihan.

The first publication in the series was developed in collaboration with the College of Family Physicians of Canada (CFPC) and was electronically distributed to over 35,000 family physicians in Canada, and it has received generally positive feedback.

Other subjects that may be studied for new publications include caregivers, teachers, first responders, employers, mental health professionals and financial professionals to name a few.

"Each resource takes time and care to 'get it right' by listening to the organizations with whom we partner and with the military and

Veteran families who help to validate the resources we are developing," said Col Harris.

To download a copy of School Counsellors Working with Military and Veteran Families. School Counsellors Working with Military and Veteran Families visit [www.ccpa-accp.ca/wp-content/uploads/2017/05/WorkingWith-SchoolCounsellors-EN\\_FINAL.pdf](http://www.ccpa-accp.ca/wp-content/uploads/2017/05/WorkingWith-SchoolCounsellors-EN_FINAL.pdf)

**"We will actively engage and continue to look for opportunities to collaborate again and I think the outcome will certainly benefit a whole lot of children and families across the country."**

**—Dr. Kim Hollihan**



## Awaiting decorations

BComd LCol Dave MacIntyre wants to invite you to a Christmas tree lighting ceremony out in front of the MFRC Dec. 5 from 6 to 7 p.m. Shilo Community Council is decorating this currently naked tree for this festive occasion. Hot apple cider and hot chocolate is being served afterwards. Tree lighting is at 6:30 p.m.

*Photo Jules Xavier*



## Owl artwork

It was another full house at the Officers' Mess when a paint night was held. No previous artistic talent necessary, as the instructor provided the basics to get participants started. On this night, with the *Stag's* Sarah Francis pulling double duty as both artist and photographer, the subject was an owl sitting in a tree. Once started, the artists sitting, or standing in front of their painting were studies in concentration as they used brush strokes and dabs of paint to create their own masterpieces.



# CLASSIFIED ADS

Email: [stag@mymts.net](mailto: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:**

**December 7 at noon**

*Free ads (non-profit only)  
restricted to members of the  
CAF, employees of CFB Shilo and the  
residents of the surrounding area.*

### Services



#### St. Barbara's Protestant Chapel

Sunday at 10:30 a.m. with  
Sunday school & nursery  
Padre Johnston - ext 3381  
Padre Dennis - ext 3088  
Padre Neil - ext 6836

#### Our Lady of Shilo Roman Catholic Chapel

Sunday at 10:30 a.m.  
Confessions by appointment  
Padre Ihuoma - ext 3089  
Padre Shanahan - ext 3698

### Services

**Greg Steele Canadian Fire-arms** safety course instructor/examiner offering Red Cross first aid training. Manitoba hunter safety instructor. CFSC, CRFFC safety courses offered at least monthly and on demand. Firearm/hunter safety courses planned seasonally. Restricted and non-restricted. Dial 204-729-5024. E-mail [gstele4570@gmail.com](mailto:gstele4570@gmail.com)

**We buy and sell** good used furniture/appliances and we deal in coins and coin/stamp supplies. People's Market Place, 32-13th St., Brandon, 204-727-4708.

### Services

**NEED YOUR TAXES DONE?** Fast, friendly, and personal service. Located outside the gate. For all your income tax needs contact Ingrid Wasserburg at 204-763-4357. **OPEN ALL YEAR.**

### Employment

**Looking for a job** on the Base? Submit resumes to NPF HR office via e-mail quoting competition # to [npfhrshilo@cfmws.com](mailto:npfhrshilo@cfmws.com) OR for more detailed information on the jobs offered at CFB Shilo visit: [www.cfmws.com](http://www.cfmws.com)

### Employment

**CANEX needs you:** Clerk/cashier part-time position with 13 to 32 hr /week required. Must be available days/evenings, and weekends. Starting salary is \$11.68 per hour, and after two-month probation increases to \$11.94. Apply in person at CANEX admin office, or NPF Human Resources office at base HQ.

**CANEX POST OFFICE HOURS CHANGE**  
There will no longer be service at the post office Saturday from 9 a.m. to 2 p.m. Instead, Monday to Friday the hours have been extended one hour, from 8 a.m. to 6 p.m.



Your source for Army news in Manitoba

## We want you on our team

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



**SHILO & AREA**  
**Operation Red Nose™**

Manitoba Public Insurance SAFETY SERVICES MANITOBA


OPERATION RED NOSE is a way to get home safely with your car this holiday season. Volunteers will be on stand-by to provide safe transportation within Shilo, Brandon, Douglas, Cottonwoods and Sprucewoods. The service is entirely confidential. Still looking for volunteers.

Night shift 8 p.m. to 3 a.m. Dec. 1, 2, 8, 9, 15, 16, 31  
 Day shift 2 p.m. to 3 a.m. Dec. 12, 13, 14


**CALL FOR A SAFE RIDE during operating hours**  
**204-765-4444**

**AVAILABLE NOW**

**At A Glance**  
**CFB SHILO**



Winterfest Feb. 10  
 www.CAFconnection.ca  
 WINTER 2017-18




**Winter landscape**

Hoar frost and snow combine to give the Base another wintery look.

Photo Jules Xavier



**WIN**  
**1 of 2 CANEX**  
**\$100**  
**Gift Cards!**

**CANEX**  
 A division of CFMWS  
 Une division des SBMFC

From 11-22 December, find the CANEX **Elf-on-the-Shelf** hidden in the Supermart!

Starting December 11th, receive one ballot for every day you find **Elf-on-the-Shelf**. Record his location and have a staff member verify it. Each day you will receive an entry for the draw to be held on December 22nd, 2017. Good luck!



CANEX SUPERMART | BLDG L-125 CANEX MALL | SHILO | 204-765-2343