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Shilo Stag

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INSIDE This Issue



Padre has role in Operation UNIFIER in Ukraine. Page 2



Base Fund garners generous donation. Page 4



Fire OPS 101 featured six rookie firefighters. Page 6

FIRE CHIEF for a DAY






Aiden Morton (right) of O'Kelly School and Spencer Pearce of Ecole La Source (above, inset) were among 31 students who were Fire Chief for a Day at the Brandon Fire Hall.
Photos by Cpl Bryce Cooper/Jules Xavier

Chaplain's perspective on Op UNIFIER

Ukraine (JTF-U) Padre Stag Special

I am the Padre deployed on Op UNIFIER in Ukraine, and I would like to tell you a bit about the operation from my perspective.

"So what's the deployment like?" you might ask.

Well, for one thing we have had warm and sunny days for the most part, while I hear CFB Shilo is into the cool fall weather.

Someone may ask, "Is it safe?" Yes, while all operations undertaken by Canadian Armed Forces (CAF) members encompass some degree of risk, I would consider it safe.

We are involved in a training operation that is 1,200 kilometres away from the conflict zone in Eastern Ukraine, though there are reminders around us that there is an ongoing struggle in the country.

For example, some of the Ukrainian troops who are being trained are experienced veterans of the front line, and we have met families touched by the tragedy in the Donetsk Basin.

You may ask, "So Padre, what's your job?"

For one thing, I provide religious services. A unique

aspect of Op UNIFIER is that American and Canadian soldiers worship together in chapel, and we have weekly bible study.

Another thing I do is to visit soldiers while they train, and they know that they can approach me if they are having personal difficulties.

As chaplain I organize different humanitarian projects. We have continued and expanded a recycling project from the previous rotation where we collect both bottles and bottle caps for a company in Kyiv.

The company manufactures prosthetic limbs for Ukrainian Armed Forces (UAF) veterans, as well as for children, allowing us to provide support to our Ukrainian comrades above and beyond our training program.

Someone may wonder, "What do the Canadian troops do to maintain good morale?"

This is a good question, because each new day can feel like Groundhog Day — the same routine all over again. I like to go jogging in the morning at 6 a.m.

Many of us, including our multinational partners, enjoy using our good gym facility. There are two new treadmills for those who don't like to run outside, especially as winter approaches.

We have friendly soccer matches with Ukrainian

troops, or with our Polish partners who recently challenged us to a match.

Saturday nights are a highlight because we have a social gathering and a special supper to mark the end of a training week. This Saturday we are having McDonald's. I never thought that I'd be this excited about a Big Mac and chicken McNuggets.

"How can we support you?" someone at home may want to know.

While our living conditions are not as austere as our trenches from the spring training cycle, it is still not home. I'm sure our troops would enjoy a letter in the mail from a loved one; although our troops are busy with their training responsibilities, I know that they miss their loved ones.

They're never too busy to think about home.

Recently, when someone from CFB Shilo asked me how they could support me, I simply answered, "Pray for us." People can pray for safety while our soldiers and our allies train with our Ukrainian partners.

I'm praying that God will help provide for the practical and emotional needs of family members who are at home, and that our troops will be home safe and sound to tell you their stories better than I can.



Specialist Prince Ezeh of the United States Army carries a Canadian teammate from Joint Task Force - Ukraine.



Canadian, American, and Polish teammates carry a log as part of teambuilding exercises of the 6-8 Cavalry Spur Ride during Op UNIFIER at the International Peacekeeping and Security Centre in Starychi, Ukraine in late September.

Photos by JTF-U

Pet of the Week



MERCEDES & SCION

Owned by Chantal Riel, four-year-old Mercedes and one-year-old Scion are both mixes, but most people think Mercedes is a Dalmatian. They love to cuddle and think they're both lap dogs — which they are not! Scion loves the snow, Mercedes does not. She'd rather sun bath. Scion is a talker and loves to give hugs when we come home. Mercedes will lay on you all day if she could. 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



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United Way campaign ends Nov. 18

Shilo Stag

CFB Shilo's United Way campaign is underway, with a goal set at \$35,000.

Maj Greg Costen, your Base padre and the United Way's campaign chairperson, provided this updated list of events or activities scheduled for the next five weeks:

Oct. 27/28/29 — Three-day car care clinic at G400 on Engineer Road. The first two days the clinic goes 8 a.m. to 4 p.m., while Oct. 29 it runs from 8 a.m. to noon. Contact Base Maintenance at ext 3255 to book an appointment. Here's what Base Maintenance staff are offering: Oil change, 30 minutes, \$15/per vehicle. You must provide the oil and filter; Tire rotation, with tires already on rims, 30 minutes, \$15/vehicle; Tire balance and rotation, with tires already on rims, 45 minutes, \$25/vehicle; Tire mounting, balance and rotation, 60 minutes, \$40/vehicle.

Oct. 29 - Halloween dog dress-up contest is being held at L25 starting at 1 p.m. for the large breed canines. At 2 p.m., it's time for the small breed dogs to strut for the judges. Entry fee is \$5 per dog, or \$10 to dress-up the pet and owner. Prizes for each category. Pre-register at the Health Promotion office in the CANEX Mall before Oct. 26. Contact Lacey at ext 3868.

Oct. 30 - Blessing of the Animals service being held at St. Barbara's Chapel starting at 10:30 a.m. This includes livestock. Donations will be received and forwarded to an animal-related United Way charity. Contact Padre Costen at ext 3381 for more info.

Oct. 31 - Halloween Scavenger Hunt. In a Halloween costume, make your way from station to station using clues and collecting treats along the way during the Halloween scavenger hunt. You can hunt on your own or in a team of two or three — all members must go to each station — for the chance to win a prize. There will be two scavenger hunts — one for runners and one for walkers. Starting point is GSH sports field. Three dollars to participate. Registration can be done any time in October at MPSS or at 7 a.m. the day of the event at the starting point.

Nov. 3 - Punkin' Chunkin' from 1 to

3 p.m. at the field adjacent to the Base's confidence course. Form a team and build a mechanical device to throw a pumpkin the farthest. Entry fee per team member is just \$5. Donation of a loonie per spectator will be collected on site. Teams must register by Oct. 28. For more info and to register contact Cpl Urquhart or Pte Blais at ext 3037.

Nov. 3 - During United Way Day 15 per cent of proceeds at Forbidden Flavours go to United Way. There is a draw for a free coffee gift basket.

Nov. 8 - Bring your loose change when you drive to work on the Base and participate in the Boot Blitz. There will be someone at each gate collecting change between 6:30 and 8:30 a.m.

Nov. 9 - Wine raffle gives you a chance to win 30 bottles of wine if you buy one ticket at \$5 or five tickets at \$20. Draw will be on this date at 10 a.m. Tickets available at IPSC, which is building L106 adjacent to Base headquarters.

Nov. 16 - CFHA United Way fundraiser has a Black and Decker Café Select Dual Brew Coffee Maker and large coffee package (worth \$350), with tickets being sold at the CFHA office (78 Kingston Ave.) or at the CANEX Mall by CFHA staff. Tickets are going one for \$5 or three for \$10.

Nov. 18 - Grand prize package raffle valued at \$1,000. Tickets are one for \$5 or three for \$10. Available for purchase from Padre Costen, Padre Dennis, Lt Kang at 1RCHA, WO Desjardins at 2PPCLI, BHQ or visit the Base's Faith Centre or MFRC main reception desk. Draw at 12:30 p.m. during United Way Touchdown event on this date at L25. Winner must be present.

Nov. 18 - United Way's touchdown event will mark the end of the 2016 campaign. There's a barbecue lunch at L35. The campaign's grand prize draw will be made at 12:30 p.m.

Skate sharpening at Gunner Arena will cost you \$2 during regular open hours. These funds will go to the United Way campaign. For more info contact Karen Gero at 204-765-3000, ext 3326.

During this year's United Way campaign, there's a firewood sale with pick-up only. You pay \$50 for a truckload of firewood. Contact Range Control at ext 3333.

CFHA replaces smoke alarms

Shilo Stag

Unlike homeowners in Wawanesa, Carberry or Brandon, residents on this Base do not replace their smoke alarms after a decade of use.

That's the message from Jodi McFadden, manager of Shilo's Housing Services Centre for the Canadian Forces Housing Agency (CFHA).

She said prior to the end of its lifecycle occupants should not be replacing them on their own.

"Our smoke alarms are hard-wired to the building with battery backups. CFHA inspects the alarms each year and changes the batteries. However, occupants are encouraged to test the alarms regularly and change batteries if required."

According to McFadden, the smoke alarms are inspected during the annual servicing project and the batteries are changed at that time.

"The contractor would also be inspecting the furnaces, hot water tanks, HRVs, etc. at the same time."

McFadden's office receives a report on each Base home to show what work has been done, and this includes changing smoke alarms.

However, residents can change the batteries if they wish in the spring or fall when the clock changes.

"Because they are hard-wired the battery is only a back-up so it should last the full year. But if they test their alarms regularly they can decide whether to also change their batteries at that time," she advised. "And of course, they should always change them if they get a low-battery warning."

The life cycle of the smoke alarms is typically 10 years, with the CFHA changing them prior to the end of the lifecycle.

"We last replaced all of the alarms in 2012, 2013 so we will do another replacement before the end of the 10-year date. If there are any individual alarms that need replaced before then we do them through our regular contractors."



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This Week's Deals!

Wide selection of Pumpkins and Halloween Candy on display

Pillsbury® Halloween cookies • Assorted Varieties • 312 - 496 gr • Reg. 4.69 2⁹⁹	Planters® Peanut Butter • Crunchy or Smooth • 1 kg • Reg. 10.99 5⁹⁹
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Kellogg's® Jumbo Cereal • Mini Wheats, Corn Pops, Fruit Loops, Frosted Flakes • 730 gr - 1.3 kg • Reg. 11.99 6⁹⁹	Kellogg's® Jumbo Eggo Waffles • Original or Blueberry • Limited quantities available • 1.69 kg • Reg. 14.99 9⁹⁹
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The Shilo Stag is produced every second Thursday.

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

Submitting articles and photos for print:

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

• • •

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Donation to Base Fund

During CANEX's 48th birthday celebrations, BComd LCol John Cochrane and BRSM CWO Don Askeland received a cheque for \$115,843 for CFB Shilo's Base Fund from CANEX manager Rick Kehler and SISIP branch manager/financial counsellor John Clarey.

Photo by Cpl Bryce Cooper

Changes to military veterans income support benefits

Shilo Stag

The ongoing care, support and well-being of ill and injured Canadian Armed Forces (CAF) members, veterans and their families, is a high priority for the Canadian Armed Forces (CAF), Department of National Defence (DND), Veterans Affairs Canada (VAC) and the Government of Canada.

Whether our personnel are on the road to recovery, rehabilitation, returning to military duty, or transitioning to civilian life, the CAF is dedicated to assisting them through their challenging journey.

All CAF members need to be aware of changes to VAC income support benefits which took effect Oct. 1, as many personnel have questions about what this means for them and how they can apply to receive such benefits.

This change will affect all veterans as well as ill and injured CAF members who may be medically released in the future. As announced earlier this year in Budget 2016, funding for income support benefits for military veterans in VAC's Earnings Loss Benefit (ELB) program will be raised from 75 to 90 per cent of a veteran's pre-release salary.

Additionally, the benefit will be indexed so that it keeps pace with inflation. While VAC's ELB income support benefits will increase, it is important to note that CAF Long Term Disability (LTD) benefits will not.

It will remain at 75 per cent of a veteran's pre-release salary and existing benefits will not be affected. Therefore, in order to be considered for the additional benefit, people must apply to VAC.

Note that the Service Income Security Insurance Plan (SISIP) administers the CAF LTD policy on behalf of the Chief of the Defence Staff (CDS) Gen Jonathan Vance, while Manulife is the insurer.

As the employer sponsored group disability plan, CAF LTD is first payer for benefits and remains among the best LTD plans offered in the country.

Military veterans or those medically released from the CAF in the future are encouraged to apply to VAC to participate in their rehabilitation program, a precondition for ELB eligibility.

A veteran can receive an application by calling VAC at 1-866-522-2122 (toll-free) Monday to Friday, 8:30 a.m. to 4:30 p.m., local time.

Or you can visit the VAC ELB webpage and download the application form, by logging into your VAC account or by visiting the Brandon VAC office.

All CAF members are strongly encouraged to learn more about range of care, compensation, and financial benefits available to them so that they can make informed decisions about what benefits plan or program will best support them and their family's needs upon being released.

DND, CAF and VAC are committed to simplifying and consolidating the system of care, compensation, and financial benefits that are available to Veterans and their families.

CAF and VAC continue to work together and with military veterans to address gaps in service as outlined in the public, written direction the Minister of Veterans Affairs and the Minister of National Defence have received from Prime Minister Justin Trudeau.

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DND MILITARY INSURANCE PROGRAM

CFMWS has partnership with businesses

CFMWS Stag Special

This year, Canadian Forces Morale and Welfare Services (CFMWS) is celebrating 20 years of unrelenting dedication to helping Canadian Armed Forces members and their families with services that are tailored to handle many unique aspects of the military lifestyle. During the next weeks and months, we will be featuring a series of articles presenting milestones to help you discover various aspects of our history.

We invite you to visit CFMWS' 20th anniversary virtual gallery — www.cfmws20-sbmfc20.com — where you can learn more about other significant milestones that marked our organization's history.

Creating Strategic Partnerships 1996 to present

After many years, powerful relationships have been forged between CANEX and numerous business partners in support of the Canadian military community.

To name a few, for 30 years, CANEX has partnered with The Personal Insurance Company to offer preferred group rates for home and auto insurance.

Back in 1994, CANEX established another strong business partnership with Tim Hortons. Since then, this partnership continues to grow, currently having 10 Tim Hortons restaurants and 14 kiosks located across Canada on Canadian Armed Forces (CAF) Bases and Wings — and more to follow! Tim Hortons is committed to delivering Canada's favourite cup of coffee to the CAF military community of One Million Strong. SISIP Financial has built strong partnerships with its Financial Planning partners; Great West Life, as the investment provider for the CAF Savings Plans and FundEX Investments who provide mutual funds.

Manulife Financial continues to be a leader in the Insurance Industry partnering with SISIP Financial since 1969 for all of SISIP Financial's optional group term life, disability and travel insurance plans!

Since October 2007, children of military parents who died while serving on an active mission with the CAF are eligible to receive financial assistance for their post-secondary education from the Canada Company Scholarship Fund. Canadian Defence Community Banking (CDCB) was introduced in 2008 to offer cost-effective banking plans to the military community with unique features tailored to the military lifestyle and needs thanks to a partnership with BMO Bank of Montreal.

Since then, BMO has contributed hundreds of thousands of dollars to sponsor morale and welfare programs, and purchases made with the Support Our Troops MasterCard have generated thousands more for the Support Our Troops Funds.

To help address many of the systemic challenges facing military families in Canada, Military Family Services is working with a growing network of local, regional, and national resources, services and programs that are directly benefiting the military family constituency in Canada.

More than 40 military and Veteran leaders and delegates from business, community, government and the CAF gathered at the second annual Canadian Military and Veteran Leadership Circle (CMVLC) at the Canadian War Museum in Ottawa Jan. 29 to build community knowledge around military and Veteran families. The event was co-hosted by CAFs' Commander of Military Personnel Command, LGen Christine Whitecross, and Vanier Institute of the Family.

Organizations in attendance had the opportunity to discuss their current involvement with military families as well as future collaborations in an effort to address the continuing needs of military members and their families. One example of such an organization doing work on behalf of military families is Canada Company, a charitable, non-partisan organization that serves to build the bridge between business and community leaders, to activate and promote a network of national employers seeking to actively recruit and hire military spouses.

Another example is Calian Limited, which has been working with Military Family Services to develop a CAF family-specific referral service that links families with physicians in their Calian Primacy clinics located in select communities across Canada. Leveraging the availability of that medical network, Calian has recruited dozens of family physicians in communities such as Winnipeg, Edmonton, Toronto,

and Halifax who are willing to immediately take on military families into their local practice.

This is done at no cost to families or the Department, and more than 300 families have already been referred to family physicians.

These examples clearly demonstrate an evolving continuum of community engagement activities aimed at developing, implementing and communicating public involvement initiatives in support of military families. While serving families remains a fundamental responsibility of the Department of National Defence (DND) and the CAF, we must collectively continue to promote community partnerships that are delivering services and programs to better serve the military family community.

In addition to these strategic business relationships, the Canadian Forces Appreciation Program gives back to the entire military community with great savings thanks to partnerships with thousands of businesses offering exclusive deals and discounts.

Today, the program continues to expand to include some of the world's brands and major businesses, and is being enhanced and expanded into new markets.

Visit our website www.cfmws.com



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

Shilo Theatre

(Located in the General Strange Hall)

Oct. 21 *Monsters Inc. (MOVIE IN THE POOL)*

Oct. 28 *Ghostbusters* Rated PG

Nov. 4 *Pete's Dragon* Rated PG

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

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

FREE GSH popcorn — h2o from CANEX

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

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To get your free flu vaccine, contact your public health nurse, doctor, pharmacist or call Health Links – Info Santé at **204-788-8200** or toll-free **1-888-315-9257**.

manitoba.ca





FIRE OPS 101



Lawrence

Cpl Foster

Atkinson

Cpl Cooper

Maj Haire

Maj Jackson

Six student firefighters were exposed to the inner workings of the Base's burn tower and what goes into battling a structure fire as part of this annual fall event hosted by Shilo's fire department and co-ordinated by Fire Chief Dennis Hurley. Our own Cpl Bryce Cooper was among the rookies, who were kitted up and rode in a fire engine and rescue truck while responding to a structure fire scenario. Other participants included: COS Maj Kathleen Haire, G3 Maj Lindsay Jackson, Supply Tech Cpl Tyler Foster, and PSP fitness and sports instructors Anthony Lawrence and Kristin Atkinson.

Photos by Jules Xavier

Imagery Technicians

CAF soldiers who focus on documenting military history

Army Public Affairs Stag Special

Today's Canadian Armed Forces (CAF) imagery technicians are the trade behind the lens.

They are entrusted to capture, in photos or videos, the individual moments and pervasive spirit of the Canadian military and its members.

Sgt Dan Shouinard, imagery supervisor and acting Operations Warrant, Directorate Army Public Affairs, joined the CAF in 1995 as a Reservist with 26 Service Battalion in North Bay, Ont. as a cook. After completing college programs in graphic design and interactive multimedia, he joined the Regular Force in 2001 as an imagery technician.

Before taking up his current supervisory role at Army Headquarters in Ottawa in 2013, he had served two deployments as a public affairs imagery technician in Afghanistan, in Kabul (2005) and Kandahar (2011).

From the more mundane photographing of the loading of a CC-177 Globemaster III transport plane for the loadmaster's record to the exhilaration of shooting from the open doorway of a Chinook helicopter during a familiarization flight over Kandahar Province, he has photographed still and video images of a wide range of Army experiences.

At 3 CDSB Garrison Wainwright in Alberta, Sgt Shouinard sometimes enjoyed a bird's-eye view from a Griffon CH-146 helicopter while taking aerial photo and video images of the training grounds to survey environmental impact following major exercises.

And while posted at 14 Wing Greenwood in Nova Scotia, his skills supported the creation of search-and-rescue training videos, intelligence work and the coaching of Airborne Electronic Systems Operators in imaging techniques.

“We are witnessing and recording history, which is why many imagery technicians say they have the best job in the CAF.”

— Sgt Dan Shouinard

Those are some of the tasks and duties that a CAF imagery technician may encounter during his or her career. Others include documenting CAF capabilities with high-speed imagery, or providing imagery support to special operations forces, public affairs, intelligence or engineering assignments.

History books are packed with military images that have stayed with Sgt Shouinard, such as famous still photos from the First and Second World Wars and the Korean War as well as examples of live-action newsreels showing Canadian troops landing on the beaches of

Normandy in 1944.

When Sgt Shouinard reflects back on the evolution of the military imagery technician trade, from Brownie box cameras to today's digital wonders, he notes, “First World War photographers were legendary — not only for their techniques, but also for the emotion in their photographs, which reflected both the content of the image and the event captured.”

Today's imagery technicians aim to live up to those standards.

Typically, a member of the imagery technician trade today is both an historian and a photojournalist. The technician is tasked with documenting the actions of the CAF for the Government of Canada and the world, and to bear witness to the amazing stories of Canadian sailors, soldiers, airmen and airwomen.

Imagery technicians work alongside other CAF members in the Navy, Army and Air Force to document important events in the life and times of the Forces.

They may work on either coast with the Navy, or across Canada at any Base with the Army or Air Force. Internationally, imagery technicians are also engaged wherever CAF are deployed as part of United Nations, NATO and other missions.

The images and videos they capture are used for training, flyers, posters, public affairs and higher strategic requirements. Besides producing still and video images, imagery technicians may also use infrared and thermal imagery equipment; produce imagery using 3-D animation; work with data from imaging sensors; process and duplicate aerial film; catalogue, describe, store and retrieve imagery; analyze, annotate and enhance imagery; and test and evaluate new imaging equipment.

An imagery technician might tag along with infantry one day, military police another day and medics the next. Always, however, the imagery technician's goal is to tell the soldiers' stories of struggle, sacrifice and success with the best possible images.

Although imagery technicians spend most days recording routine events like ceremonies and parades, other days will be spent flying in helicopters, rolling along in armoured vehicles or riding the high seas.

See **IMAGING TECHS** page 12

Currently honing his photography skills with work placement at the *Shilo Stag*, former 2PPCLI soldier Cpl Bryce Cooper is looking forward to a career change after a decade in the infantry. Cpl Cooper is heading for Ontario early in 2017 to commence his photography schooling at CFB Borden. Here, he finds a high vantage to take photos of construction on the Base's new three-floor apartment complex.

Photo by Jules Xavier



CAF photo contest has been running since 1968

LOOK MUSIC SERVICES
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 DANCE MUSIC
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CFMWS Stag Special

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Recognizing Talent 1996 to present

Throughout our history, CFMWS has recognized and honoured talented individuals in the Canadian military community.

The CAF sports awards ceremony recognizes serving and former members of the CAF for their outstanding athletic performances and remarkable contributions to sport.

This year, the 28th annual CAF sports

awards ceremony is Oct. 21 in Ottawa. Athletes, coaches and officials are recognized for their outstanding athletic performances and remarkable contributions to sport.

Organized in partnership with the Imaging Systems Program Management (ISPM) of the Canadian Forces Intelligence Command (CFINTCOM), the annual CAF photography contest encourages professional and amateur military community photographers to demonstrate their creativity and showcase their work.

The program has been running since 1968 and was originally part of an arts and crafts competition sponsored by physical education and recreation personnel.

In 2008, the contest went digital for the first time and continues to evolve. In 2013, the Vice Chief of the Defence Staff was named photo contest patron and, in 2015, the Military Photographer Achievement Award (MPAA) was introduced.

The MPAA is designed to recognize military photographers for their personal and professional achievements, leadership, volunteer efforts, and self-development towards furthering the objectives of military photography in documenting and promoting the day by day activities and achievements of CAF.

This year's contest closed Sept. 15, with winners to be announced later this fall. For more info about CFMWS, visit our website www.cfmws.com

DOG DRESS UP CONTEST



This event is for dog owners to come out and show off your pooch's fashion sensibilities and support the United Way

Stop by Health Promotion in the CANEX Mall to pre-register. Deadline to Register 26 October

October 29 2016
 CFB Shilo - Bldg L25

1pm Large Breed Contest
 2pm Small Breed Contest

\$ 5.00 per Dog

\$10.00 per Team (you and your Dog)



Come On out to Win a Fabulous Prize



Contact Lacey @ local 765-3000 ext-3868 or laceycollier@forces.gc.ca
 Office hours are 8-4 Mon-Fri



NO AGGRESSIVE DOGS



Burn tower clean-up

Shilo firefighters clean-up leftover straw that was burned to create smoke inside the burn tower during Fire Ops 101.
 Photo by Jules Xavier

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Tickets are **1 for \$5** or **3 for \$10**

Available for purchase from Padre Costen, Padre Dennis, Lt Kang at 1RCHA, WO Desjardins at 2PPCLI, Base HQ Orderly Room, Faith Centre and MFRC main reception desk.

Winning ticket to be drawn at 1230 hrs during United Way Touchdown Event on 18 November at L-25. Winner must be present.

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Grand Prize:
 30 Bottles of Wine!!

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 \$20 for 5 tickets



Draw Date: 09 November 2016 at 1000hrs
 Tickets available at the IPSC (Bldg L106— beside Base HQ), with Padre Costen or see Linda Beauchemin at the MFRC.
 Contact Cpl Schoonbaert @ local 765-3000 Ext 3644 or joel.schoonbaert@forces.gc.ca



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New fitness and sports instructor Anthony Lawrence leaves Ontario for Shilo to work with soldiers

Sarah Francis
Shilo Stag

If you participated in last month's 36th annual Terry Fox Run, you may have already met CFB Shilo's newest fitness and sports instructor Anthony Lawrence.

One of two new PSP fitness and sports instructors, Lawrence moved to Manitoba for this new employment opportunity after working with civilians in Ontario.

"I was working for the City of Oshawa as a personal trainer there," he told the Stag.

That is also where he did his schooling, with an undergrad in health science and a specialization in kinesiology. He's enjoyed sports from a young age.

"I've always been involved in sports. I've always been pretty physically active. Getting into this stream of health was more or less from the end of high school," he explained. "I wanted to get into a rehabilitation, sports science type of work."

If a sport was available, he'd play it.



New PSP fitness and sports instructor Anthony Lawrence led the warm-up for last month's 36th annual Terry Fox Run which started at L25. *Photo by Jules Xavier*

"I've played pretty much anything I could get my hands on. I started off with soccer, then went to basketball, football, track and field, hockey. Mainly floor hockey and road hockey. I tried ice hockey once — can't skate."

He added that he would try, "pretty much anything."

Before moving to CFB Shilo for this PSP job, he didn't have much experience with the military.

"There are a few different things, mainly interacting with military members on a regular basis. I would see military members here and there in the general pub-

lic, but never really got to know how much they did, what they did in their day-to-day lives. Here, I actually interact with them on a daily basis in classes and get to talk to them about what they do."

While working in Oshawa Lawrence was mainly one-on-one with clients.

"Here, it's predominantly group fitness, which isn't a problem, but it's a matter of getting used to that dynamic," he offered.

"So planning for groups of at least 10 or more people, isn't a problem. It's a matter of getting used to [group fitness]."

Each setting brings its own challenges.

"Since there is a variety of fitness levels in each class regardless of the units that everyone is coming from, you have to cater to all of them," he said.

"As much as I want to structure a workout that can tailor to the highest fitness levels, not everyone is already at that level. I have to start from the ground up. I give them what I want them to do, then modifications so everyone can still participate and get some benefit from the class."

The goal is to make people more independent when it comes to their fitness regime.

"Then, when they're on their own, they're more self sufficient," he said. "Then you will be doing less instructing for technique and proper lifting. Ultimately, you'd be doing brief explanations and people get right to it."

Lawrence shares the responsibility of training various units on Base. He said it's been a good experience so far.

"It's a completely new experience. I wanted to be able to gain experience in a different type of setting. Previous to this I interacted with a certain set of people ... around a certain time frame or a limited time frame."

If you have any fitness questions, Lawrence is more than willing to help out with the answers.

He said not everyone seems to be aware of what the PSP fitness and sports instructors do working out of the GSH.

"A lot of [soldiers] don't know what their options are with PSP. They either haven't explored everything, or haven't been told what's available to them."

You can always pop into Lawrence's office for a chat. His door is open when he's not busy with classes.

"Contact us by phone or e-mail. A lot of people don't realize we're that accessible," he said. "We're here in the gym the majority of the day."


Cliff Cullen
MLA for Spruce Woods




Constituency Office:
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Blessing of the Animals Service

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CDS endorses CAF's app

Stag Special

The Canadian Armed Forces (CAF) now has its own app.

The idea and concept of this new tool came directly from the CAF's CDS Gen Jonathan Vance, when he saw its potential to convey key information to CAF members, from almost anywhere Internet or cellular service is available.

"I want to see everyone having access to useful, unclassified information about the Canadian Armed Forces," said Gen Vance. "The app is updated on a daily basis, which ensures that everyone has access to the latest on issues and direction."

The app became available July 1 as a "soft" release so that users will have the opportunity to try it out and provide feedback. In this initial version, users will find several sections which include personalized social media, imagery and resources with direct access to useful information such as pay, health and 24/7 assistance lines.

Users will also have direct access to messages from the CDS and other senior military leaders.

"The most important feature I wanted to include in this app was the Commander's Voice," General Vance said. "I've been posting messages on that board which allows me to communicate directly with CAF members on current issues and operations."

New versions will be forthcoming through the summer as comments are received and improvements are made.

A more pro-active release across the CAF is expected by September. In these future versions, users can expect to have access to any new direction and guidance, as well as receive "push" notifications when major updates occur.

The app is available now through the IOS and Android app stores at no cost and can be used on most personal smart phones or tablets. Recommended search words are, "Canadian Armed Forces" or "Canadian Forces."

Shilo Stag

The Battle of the Somme was a pivotal moment in human history and warfare, where the machinery of war often crushed the effort and ability of soldiers meeting on the often muddy battlefield.

At the Somme, by using a weapon such as the tank, Field Marshal Haig and the British Command planned for a much desired breakthrough by the Allied countries against German front lines as well as in support of the French Army fighting for its existence to the south at Verdun.

Reliance for success as part of the war effort was placed on a sophisticated transport system for supplies and equipment, plus massive and powerful artillery support. The key to the battle was the well-equipped and determined British — and colonial — soldier who was the inheritor of more than 200 years of Empire.

The British had also developed a secret weapon called the tank, which the army brass felt would change the course of the war. The battle began on July 1, 1916 and began with the heaviest losses ever suf-

fered by the British Army. It ended five months later with more than one million casualties on all sides — with gains which could only be measured in yards.

Divisional Commander, Sir Henry de Beauvoir De Lisle, was to write of the Newfoundlander's effort at the Battle of Beaumont-Hamel, one of the opening engagements at the Somme: "It was a magnificent display of trained and disciplined valour, and its assault failed of success because dead men can advance no further."

The RCA Museum's latest Great War temporary exhibit reviews the Canadian experience at the Battle of the Somme through the equipment, supplies, guns and vehicles brought forward as well as the men who had to fight at close range with the Germans.

A new acquisition to the RCA Museum, a 1912 motorized First World War army truck donated by the Manitoba Automobile Museum, is also on display after going through the first stage of what will be an extensive restoration.

This vehicle was purportedly used at Camp Hughes while it was in full operation from 1915 to 1917.

The exhibit runs until Nov. 25.

Battle of the Somme exhibit ends Nov. 25



Come for a scare — if you dare!

The annual Halloween Haunted House will open Oct. 25 and run for three consecutive nights at L25. Open to all ages, the "no-scare" time to visit is from 5 to 6 p.m. If you want to be scared during your tour of the haunted house then visit from 6 to 8 p.m. There's no charge, and often a free bag of chips awaits you at the exit.

Photo by Jules Xavier

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 to skill-testing question:
 Where did the new PSP fitness and sports instructor arrive from when he took the job at the GSH working with soldiers?

Cut out your entry form and fax it to 204-765-3814, or scan it and e-mail to 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.



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VFP offering programs for soldiers, families

MFRC Special

Do you know about the programs offered through the Veteran Family Program (VFP)?

In addition to one-on-one support services, the VFP offers programs to medically releasing and released Canadian Armed Forces (CAF) members and their family members at no cost.

These programs are offered as a support for the transition from military to civilian life. Many programs are being offered this fall, whether it's a fun night out; learning how to better prepare for transitioning; or a course.

VFP also hosts events specifically for family members of medically released or released members.

Worried about the cost of childcare? Childcare is covered for all medically releasing or released CAF members and their families who attend a VFP event and register by the registration deadline.

Our upcoming VFP events include:

Importance of a Civilian Will and Power of Attorney: Do you know the difference between a military and civilian will? Do you have all of your assets covered?

Bring your lunch and attend this informative session to learn how you can better cover your dependants and assets. Join us Nov. 15 from 11:30 a.m. to 1 p.m. at the MFRC. Registration deadline is Nov. 10.

Compassion Fatigue: This program is offered specifically for partners and family members of medically releasing or released CAF members.

Join us and learn about symptoms of compassion fatigue and how it can affect your life and your family.

Explore the causes of compassion fatigue and ways you can combat it. Join us Nov. 22 from 6 to 7:30 p.m. at the MFRC. Registration deadline is Nov. 15.

Mental Health First Aid – Military/Veteran Community: Releasing and released members of the CAF and their families can join us to become certified in Mental Health First Aid (MHFA) Veteran Community.

MHFA is the help provided to someone who is developing a mental health problem or experiencing a mental health crisis.

Join us on Nov. 29 and 30 from 8:30 a.m. to 4 p.m. at CFB Shilo's Faith Centre. Registration deadline is Nov. 10. Seats are limited.

www.rcamuseum.com
Call 204-765-3000 extension 3570
CFB SHILO
EXPERIENCE HISTORY WITH A BANG!
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Demolition

It took most of the summer for the former Leslie Barracks to be demolished, with just an open field remaining once clean-up was completed.

Photo by Cpl Bryce Cooper

CLASSIFIED ADS

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

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

October 27 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 Costen - ext 3381
 Padre Dennis - ext 3088
 Padre Lee - ext 3090
 Padre Neil - ext 6836
Our Lady of Shilo Roman Catholic Chapel
 Sunday at 10:30 a.m.
 Faith Studies Tuesday 18:30
 Starting again in September
 Confessions by appointment
 Padre Ihuoma - ext. 3089

Services

Greg Steele Canadian Firearms Safety Course Instructor/Examiner Now offering Red Cross first aid training. Manitoba Hunter Safety Instructor. Courses offered at least monthly and more often with demand. Firearm/hunter safety courses planned seasonally. Restricted and Non-restricted. Call 204-725-1608 or e-mail ggs57@wcgwave.ca

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 OR for more detailed information on the jobs offered at CFB Shilo visit: www.cfmws.com

Employment

CANEX WANTS YOU: Clerk/cashier part-time position with 13 to 32 hr /week required. Must be available days/evenings, and weekends. Under the direction of the department supervisor, a clerk/cashier scans customer purchases, processes the transactions, and accepts payment. He/she prices, stocks shelves, counters and display areas with merchandise and keeps stock in order. He/she performs cleaning duties as required. Starting salary is \$11.63 per hour, and after two-month probation increases to \$11.88. Apply in person at CANEX admin office, or NPF Human Resources office at base HQ.

For Rent/Sale

Newly renovated three-bedroom house for sale or rent in Carberry. One-car detached garage. Large yard. No smoking. No pets. Application and references required. Available immediately. Contact by e-mail ggs57@wcgwave.ca

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 The Shilo Inn & 340 ESSO
Wawanese
 Family Foods

Imagery Techs with cameras in focus documenting military life

From page 7

"We are witnessing and recording history," said Sgt Shouinard, "which is why many imagery technicians say they have the best job in the CAF."

Another job benefit, according to Sgt Shouinard, is that imagery technicians get to see each and every military job and observe the dedicated work of other CAF members firsthand.

Imagery technicians go out either individually or in small teams or may embed with a unit or section out in the field, a helicopter squadron or a ship to cover

the mission or exercise.

"It's a position that requires physical fitness, a positive attitude, and the ability to work independently and be self-sufficient. The job needs someone who is outgoing and ready to do the things that a lot of people aren't willing to suffer through," offered Sgt Shouinard.

"They are not infantry soldiers, but they do pre-deployment training, go out on operations and spend a lot of time away from home."

Imagery technicians can become a part of the full-time Regular Force or become Reserve Force mem-

bers. It is a job that is found in each element of the CAF.

The path to becoming a CAF imagery technician is as follows:

- Recruits must first complete their Basic Military Qualification (also known as basic training or boot camp) just like every other soldier.

- New recruits then attend the Canadian Forces School of Aerospace Technology and Engineering in Borden, Ont. Training takes approximately four months and includes courses in basic electricity and electronics; use of video and still cameras and lighting equipment; automated processing of colour prints; operation of digital acquisition and processing equipment; equipment maintenance and image management.

- Specialty training may occur through course work or on-the-job training in photojournalism, advanced video production, multi-media production, underwater photography, and high-speed photography and video techniques.

- Initially, Regular Force imagery technicians are posted to an Imaging Section in Canada. Reserve Force members serve within their communities or they may volunteer for deployment or a Base change.

- Both full and part-time imagery technicians continue to receive training to keep their technical skills up to date, and continue to receive career progression leadership development opportunities and experience.

Every day, imagery technicians record the true story of today's CAF through photography and video. From time to time, they may reflect back on the history of their trade, from the front lines of the Great War to Afghanistan and onward, while always keeping the focus on the future.

Or as Sgt Shouinard best captures it: "Imagery technicians are the living historians of the CAF."

Learn more about CAF image technicians at www.forces.ca/en/job/imagerytechnician-49

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	Fax: 1-204-827-2081	

NEXT HOME GAME:



Oct. 21 @ 7:30 p.m.
vs Lethbridge

Oct. 22 @ 7:30 p.m.
vs Spokane

Nov. 2 @ 7 p.m.
vs Moose Jaw

Nov. 4 @ 7:30 p.m.
vs Seattle



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Shilo Community Council and CANEX are hosting

FAMILY PUMPKIN CARVING EVENT

29 October 2016 1300-1600 Hrs

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Kids' Craft Table
from Shilo MFRC



TOP THREE ENTRIES WIN CANEX GIFTCARDS

One free pumpkin per family. Please bring your pumpkin carving tools.

All entries must be submitted by 1600 on 29 October, winners will be announced on October 31st 2016. All children must be accompanied by an adult.