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Volume 55 Issue 18



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September 22, 2016

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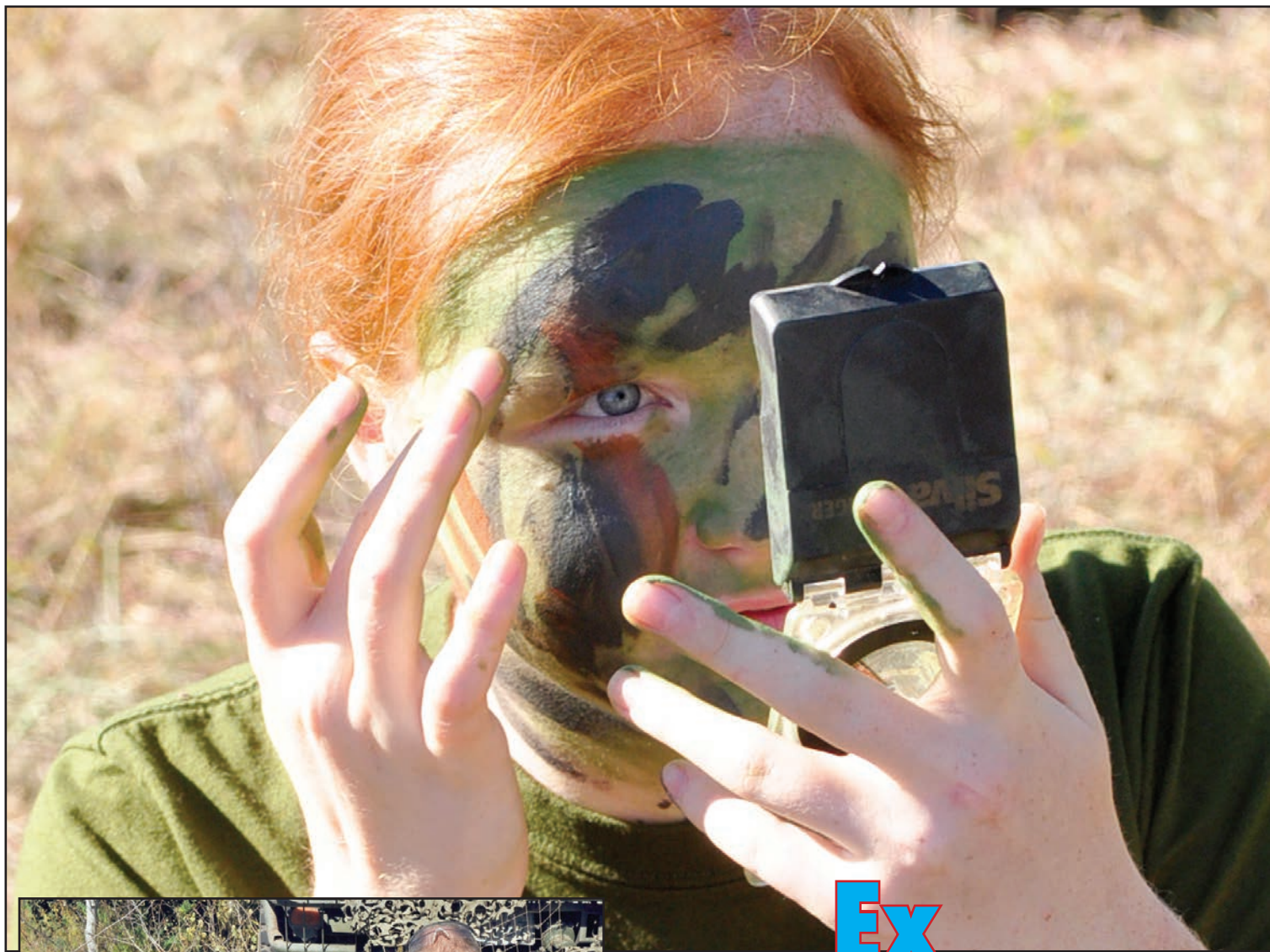
Capt Henderson wins Ex MOUNTAIN MAN. Page 2



Medic training part of Op UNIFIER in Ukraine. Page 6



Flag raised on 2016 United Way campaign. Page 12



Ex

LIMBER GUNNER



CFB Shilo Army cadets had an opportunity to spend Saturday morning on a four-M777 gun line with 1RCHA's A Bty (right) as part of Ex LIMBER GUNNER. CO LCol Stephen Haire greeted the cadets prior to a LAV ride into the training area, then shared lunch with them prior to their departure. A few of the Army cadets worked on their camouflage face painting (above) as part of the field experience.

Photos by Jules Xavier



Another Ex MOUNTAIN MAN first for Capt Eric Henderson

Shilo Stag

2PPCLI's Capt Eric Henderson was able to repeat as Ex MOUNTAIN MAN champion in a field of 311 competitors — 21 were DNF (Did Not Finish) — during the annual event hosted by Garrison Edmonton.

However, he did not eclipse the blistering record he set in September 2015 — crossing the finish line in four hours, 35 minutes, 38 seconds to erase the record previously set by fellow 2PPCLI competitor Sgt Brian Weigelt — in finishing first overall. This time the infantry soldier was timed in 4:54.35, about 25 minutes faster than runner-up Maj Slade Lerch of 3PPCLI.



Capt Eric Henderson

This year's course was modified compared to past years, with more hills introduced on the 3.2-kilometre canoe portage section. This might have resulted in a slower time.

Ex MOUNTAIN MAN was held Sept. 8 in Edmonton's River Valley. The 50-kilometre competition consisted of a 32-kilometre rucksack march, the canoe portage,

10-kilometre canoe paddle and ended with a 5.6-kilometre rucksack march. The intent of this military competition is to challenge the limits of soldiers mental and physical toughness within 1 Canadian Mechanized Brigade Group (1CMBG). Still, known for his running skills, Capt Henderson was first in all four elements of Ex MOUNTAIN MAN. Maj Lerch was fifth, second, second and third, respectively, in the four disciplines.

Capt Henderson and seven of his fellow 2PPCLI competitors — MCpl Kyle Roux, Sgt Peter Nadasdy, Pte William Garrow, Capt Chris Hartwick, Sgt Andrew Legge, Cpl Evan Maytwayashing, Cpl William Fanjoy — combined to once again prevail as the top major unit in the team competition. Based on their average time of 5:56:06, the eight Patricias were 11 minutes better than runner-up 3PPCLI. All eight competitors finished top-40, with MCpl Roux finishing third and Sgt Nadasdy came seventh.

Former 2PPCLI Capt Casey Gergely, now

with 1 HQ and Sigs, was 10th in 5:43.17.

1RCHA's top-eight competitors — Bdr Alex Boucher-Dumont, Lt Nathan Romkey, MBdr Troy Elliott, Gnr Marc-Antoine Vivier, Sgt Roy Matheson, Lt Michael



Wolscht, Capt Ben Clarke, Pte Jennifer Marles (fourth among the 23 women who participated) — recorded a time of 6:43.36 to finish fourth overall among the seven major units. Bdr Boucher-Dumont was the top gunner on the course, finishing 17th overall in 5:59.18.

1RCHA's new CO LCol Stephen Haire finished 166th with a clocking of 7:48.17. His 2IC Maj Joe O'Donnell was 193rd with a time of 8:04.55. In the masters division, LCol Haire was 18th overall in a field of 26. Maj Lerch was first in 5:18.53, while 2PPCLI's Maj Leifso was 14th in 7:09.33.

In the ladies division, Capt Jessica Kuipers of 1 Field Ambulance was the fastest over the 50-kilometre course, covering the distance in 6:41.29. She was about four minutes faster than runner-up Lt Starr Hughes of 3CDSG.

Participating in her inaugural Ex MOUNTAIN MAIN, 1RCHA's Pte Marles finished fourth in 7:10.56. Fellow Gunner Bdr Misty Brown was sixth in 7:28.48.

From the CFB Shilo team, which competed under the minor unit 3CDSG banner, 2Lt Caroline Dube-Tremblay was 11th among the 23 ladies on the course, with a time of 8:05.57.

CFB Shilo's team initially started with 10 participants, but by the time training was completed during the summer and on race day, there were only six competitors, including 2Lt Dube-Tremblay.

Pte Lealand Muller was the first across the finish line among CFB Shilo's contingent, covering the course in 7:18.07 for a 117th placing.

Teammate Cpl Thomas Organ finished 132nd with a clocking of 7:25.14. Team leader Capt Chris McDonald was 152nd (7:42.34); Cpl Raymond Bilodeau 159th (7:45.58); and Cfn Jay Hewko 219th (8:28.09).

The last competitor to complete the course was 3PPCLI's Cpl Ryan Brown, who finished 271st in 10:03.16. For full results on 1RCHA, 2PPCLI and CFB Shilo competitors involved in Ex MOUNTAIN MAN turn to page 3.



Capt Chris McDonald

1RCHA's CO LCol Stephen Haire (above) finished 166th among the men, and 18th in the masters division. Bdr Alex Boucher-Dumont (right) was the fastest among 1RCHA competitors, finishing 17th overall.

Photos by Canadian Army Public Affairs



Pet of the Week

ZERO

Bdr Garret Taylor has a four-month-old Husky mix named Zero. According to the owner, Zero is very energetic, unless it's 6:30 a.m. He feels like everyone else that early in the morning, says Bdr Taylor. Do you have a photo of your pet you'd like to share with our Stag readers? If so, e-mail it to us via stag@mymts.net



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1RCHA's Lt Nathan Romkey (245) covered the 3.2-kilometre canoe portage in one hour, 47 seconds, while Bdr Brad Cole (252) covered the same distance in 1:16.25. 1RCHA finished fourth overall as a team in the major unit division.
Photos by Canadian Army Public Affairs

Ex MOUNTAIN MAN 2016

2PPCLI MEN

- 1 Capt Eric Henderson 4:54.35
- 3 MCpl Kyle Roux 5:25.52
- 7 Sgt Peter Nadasdy 5:32.51
- 19 Pte William Garrow 6:02.58
- 33 Capt Chris Hartwick 6:19.52
- 35 Lt Andrew Legge 6:21.55
- 39 Cpl Evan Maytwayashing 6:25.15
- 40 Cpl William Fanjoy 6:25.29
- 44 Pte Garth Cherry 6:28.35
- 58 Pte Dallas Hooper 6:37.19
- 60 Cpl Nathan Scott 6:39.29
- 74 WO Clayton Nevell 6:47.55
- 93 Cpl Barrett Avery 7:04.10
- 102 Maj Troy Leifso 7:09.33
- 104 Pte Garreth Granger 7:10.37
- 120 Cpl Skipp Hanson 7:20.54
- 146 Pte Matthew Rees 7:33.45
- 157 Cpl Brendon Pilon 7:45.58
- 165 Cpl Cam Pychel 7:47.27
- 192 Pte Leo Kim 8:04.30
- 196 Pte Kody Lapointe 8:06.47
- 216 Cpl Andrew Grant 8:26.34
- 242 Cpl Andrew Lamothe 8:51.05
- 243 Pte Brenden Symon 8:51.07

1RCHA MEN

- 17 Bdr Alex Boucher-Dumont 5:59.18
- 37 Lt Nathan Romkey 6:23.53
- 50 MBdr Troy Elliott 6:33.49
- 67 Gnr Marc-Antoine Vivier 6:41.36

- 78 Sgt Roy Matheson 6:52.37
- 88 Lt Michael Wolscht 6:59.05
- 100 Capt Ben Clarke 7:07.33
- 106 Gnr Stephane Gareau 7:11.51
- 115 Gnr Tylar Onjukka 7:16.37
- 124 Capt Nozomi Kawamura 7:22.10
- 149 Gnr Tyler Pappas 7:39.34
- 156 Gnr Simon Blanchette 7:44.45
- 158 Gnr Eric Maurer 7:45.58
- 161 Gnr William Hearsey 7:46.24
- 166 LCol Stephen Haire 7:48.17
- 193 Maj Joe O'Donnell 8:04.55
- 215 Sgt Ed Seward 8:22.55
- 238 Gnr Jonathon Hemmings 8:45.38
- 244 Bdr Brad Cole 8:53.44
- 268 Gnr Kevin Boisvert 9:56.40
- 279 Gnr Philippe Zannoni DNF

3CDSG (CFB Shilo) MEN

- 117 Cfn Lealand Muller 7:18.07
- 132 Cpl Thomas Organ 7:25.14
- 152 Capt Chris McDonald 7:42.34
- 159 Cpl Raymond Bilodeau 7:45.58
- 219 Cfn Jay Hewko 8:28.09

LADIES

- 4 Pte Jennifer Marles 1RCHA 7:10.56
- 6 Bdr Misty Brown 1RCHA 7:28.48
- 11 2Lt Caroline Dube-Tremblay CFB Shilo 8:05.57

MASTERS

- 14 Maj Troy Leifso 2PPCLI 7:09.33
- 18 LCol Stephen Haire 1RCHA 7:48.17

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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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There's no standing down when it comes to sexual misconduct in the Canadian Army

Anne Duggan
Stag Special

Strong, proud, and ready bystanders are the weapons of choice in the Canadian Army effort to incapacitate Harmful and Inappropriate Sexual Behaviour (HISB), according to the Canadian Army Ethics Officer, Maj Craig Gardner.

Responsible bystanders within the Army are members who intervene or step up — the opposite of standing down — when they see or hear sexist language, sexual discrimination or harassment taking place wherever the Army works: during training exercises, on operations or in military offices located across Canada and beyond.

Stepping in can take many forms, depending on the situation: speaking up against sexist or disparaging language or jokes and identifying and changing workplace practices and policies that discriminate against any particular gender or sexual orientation. It can also include encouraging others to speak out or take action. It can be done before, during or after an incident.

The first step to engage bystanders is enlightenment at all levels of the Army, according to Maj Gardner. "To me, my biggest task is making people understand sexual harassment is a problem. From many men's perspectives, it may be that they do not see a problem. However, from my position as the Ethics Officer, I always see it."

According to a 2013 Statistics Canada report, one in 13 female full-time members of the Canadian Armed Forces (CAF) has been sexually assaulted in connection with their service in the military.

The responsible bystander strategy is one that the Commander of the Canadian Army, LGen Paul Wynnyk strongly endorses as it supports the cultural change required by the Canadian Armed Forces-wide campaign against HISB called Operation HONOUR.

"I am committed to the termination of HISB in the Canadian Army," said LGen Wynnyk.

"Every soldier and every officer needs to be ready and effective bystanders at all levels of the Canadian Army's chain of command. If you see it, hear it or feel it: do the right thing and report it."

Maj Gardner, who develops Army ethics policy and teaches as many as 15 three-day ethics seminars a year, said that while the Army culture changes slowly, the support of leaders like LGen Wynnyk is vital.

"Leadership is key to changing our culture, which is like a melting iceberg. The changes will happen slowly around us unless there is some form of significant event — our institution must be defined by our response to these terrible incidents of HISB."

The reason that both LGen Wynnyk and Maj Gardner emphasize the importance of responsible bystanders is the potential leverage that comes with that role.

"A bystander is neither the victim nor the perpetrator. Intervening can be as simple as assisting someone in an awkward situation at a social event or interrupting a harmful conversation at work.

"To me, my biggest task is making people understand sexual harassment is a problem. From many men's perspectives, it may be that they do not see a problem. However, from my position as the Ethics Officer, I always see it."

— Maj Craig Gardner

Useful actions can be very simple, low-level stuff," noted Maj Gardner.

According to Maj Gardner, the most recommended bystander actions within the Canadian Army are:

Identifying and discouraging disrespectful language or behaviour;

Informing the Chain of Command when issues relating to policy, compliance, codes of conduct or behaviour need addressing; and

Changing workplace or organizational cultures and practices that exclude or make it difficult for people of all genders and sexual orientations to participate equally. Addressing the full range of sexual harassment behaviour, from careless words and name-calling to actions that result in member dismissals from the Army, is essential, emphasizes Maj Gardner.

He points to the spectrum of harm involving sexual harassment, where things may start at a very low level, but still can poison the work environment, and have a significant impact on operational effectiveness

"We are in many ways a boys' club. We often value brawn over intellect or push-ups over academic prowess or critical thought. Moral courage to do the right thing is no less important than battlefield courage. We can be tough guys who tend to use sexualized language that dehumanizes women with statements such as 'Don't be such a pussy' or 'You are such a bitch.' During one of my ethics seminars, someone actually tried to explain to me that the word f**k does not have sexual connotations."

There is no place in any workplace for this type of language or behaviour, said Maj Gardner. "The environment we work in has a huge impact on the behaviours of our soldiers, thus

changing that environment is crucial to our success. Small things, like eliminating sexualized language, can help to shape a new culture within our institution."

HISB is a major challenge, with an average of 178 complaints of sexual assault per year since 2000, according to an independent investigation by Maclean's magazine.

But there is plenty of CAF leadership strength, along with the latent potential of responsible bystanders, behind Maj Gardner's efforts and those connected with Operation HONOUR.

Created in July 2015 by Canada's top military commander, the intent of Operation HONOUR is to eliminate endemic HISB within the organization.

"It's not only about readiness. Operation HONOUR is about respect for the human being," said Chaplain General BGen Guy Chapdelaine at the June 2016 annual Chaplains conference.

He also referred to a paradox that Chief of Defence Staff (CDS) Gen Jonathan Vance noted recently. How, Gen Vance wondered, can we treat the people we support so well when we are in operational theatres and then not have the same care for people here in the Canadian Army at home?

"Warriors respect each other; take care of each other," he emphasized.

See **SOLDIERS** page 8

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Changes to veterans income support benefits

Shilo Stag

There are changes coming to income support benefits offered by Veterans Affairs Canada (VAC).

"As your [Chief of the Defence Staff], my foremost responsibility is to ensure that you, and your families, receive the care and support you are entitled to," said Gen Jonathan Vance.

"To that end, I want to inform you about upcoming changes to income support benefits offered by Veterans Affairs Canada. These changes affect all veterans, as well as ill and injured Canadian Armed Forces (CAF) members who receive medical releases in the future."

Beginning Oct. 1, income support benefits provided to veterans by VAC's Earnings Loss Benefit (ELB) program will be raised from 75 to 90 per cent of a veteran's pre-release salary.

The benefit will also be indexed so that it keeps pace with inflation, instead of being capped at a two per cent increase each year.

"It is important to note that members of the CAF Long-Term Disability (LTD) plan do not automatically receive this increased benefit," noted Gen Vance. "They must first successfully apply to VAC's rehabilitation program to be eligible for enhanced ELB."

He added, "I encourage all veterans in the LTD to apply to VAC to see if they qualify for additional benefits."

Veterans 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; visiting the VAC ELB webpage and downloading the application form; logging into your VAC account; or going to your local VAC office.

"I want every member who is preparing for release to have the information they need to make an informed decision about what benefits plan or program will best support their needs — and those of their family — in the next phase of their lives," offered Gen Vance.



Aerial spraying of crops

At the *Shilo Stag* for OJT (On the Job Training) before he leaves for his imaging tech course at CFB Borden in January, former 2PPCLI soldier Cpl Bryce Cooper took this image from his backyard when the airplane came in low to spray a nearby farmer's field.

Searching for SAR Techs to join ranks

Stag Special

If you're looking for a change and a challenge in your military career, consider the opportunity to become a Search and Rescue Technician (SAR Tech).

It's hard to imagine a more rewarding occupation anywhere in the Canadian Armed Forces (CAF) — or anywhere in the world for that matter. This proud and prestigious trade accepts Regular and Reserve Force members who undergo an occupational transfer from within the CAF.

"We're looking for men and women who are physically fit, highly motivated, and who want to make a real difference in their contribution to Canada and Canadians," says CWO Greg Smit, SAR Tech Chief and Senior Occupational Advisor.

"Our motto is 'That Others May Live', and we embody these words every single day across Canada ... conducting real-world life-saving missions around the clock 365 days a year. To do this, we maintain an individual skill-set that includes parachuting, scuba diving, mountain climbing, and paramedic-level medical skills. But we operate as part of a dedicated and highly trained SAR team. I believe it is absolutely the most exciting and rewarding career you can have."

CFB Shilo hosted SAR Tech recruiters at the GSH Sept. 12.

SAR Tech training takes place at the Canadian Forces School of Search and Rescue (CFSSAR) at 19 Wing Comox, on picturesque Vancouver Island, and at some satellite training locations including Jarvis Lake, Alberta; Eloy, Arizona; Jasper National Park, Alberta; and Esqui-

malt, BC. The course duration is about 12 months, after which graduates receive their SAR Tech "wings" and orange beret.

SAR Techs will become experts in an incredibly wide range of skills, including parachuting, scuba-diving, mountain-climbing, wilderness survival and emergency medical treatment at the paramedic level.

They will operate from both fixed-wing aircraft and helicopters, the latter including hoists into and out of austere locations or vessels on the high seas.

As part of highly trained and well respected crews, SAR Techs help save the lives of hundreds of Canadians every year, from coast to coast to coast.

If this sounds exciting to you, and you're up for the challenge, you should contact your Base personnel selection officer. The deadline for submission to National Defence Headquarters is Nov. 10. For additional information, contact CWO Smit at Gregory.Smit@forces.gc.ca or 204-833-2500 ext 5389; via CSN at 257-5389; or via BlackBerry at 204-292-0427.



Reminder Notice Of Public Hearing

Applicant: Manitoba Public Insurance Corporation

HEARING:

The Public Utilities Board (Board) anticipates holding a public hearing of an application from Manitoba Public Insurance Corporation (MPI) for approval of rates and premiums for compulsory vehicle and driver insurance as of March 1, 2017. The hearing would take place at the Board's Hearing Room, 4th Floor, 330 Portage Avenue, Winnipeg, MB (commencing at 9:00 a.m.) on October 13, 2016.

RATE IMPACT:

The Corporation is requesting approval for Basic Autopac vehicle and drivers licence insurance rates and premiums effective March 1, 2017, which, if approved, will result in 2% overall increase in MPI's Basic premium revenue (excluding the impact of vehicle upgrades and an increased overall driver and vehicle population). The Corporation is also requesting an Interest Rate Forecast Risk Factor, effective March 1, 2017, to be developed collaboratively through the General Rate Application process.

Actual vehicle and driver premiums would vary depending on claim and driving experience, insurance use, territory and vehicle rate group. Full particulars, including the rate impact and application, can be found on the Manitoba Public Insurance website www.mpi.mb.ca.

PARTICIPATION:

Parties wishing to submit a brief or to express comments at the hearing should contact the Board Secretary.

GENERAL INFORMATION:

Interested parties should take note that the Board does not have jurisdiction over the MPI lines of business denoted as Extension or SRE, or as to MPI's Driver and Vehicle Licensing operation.

Persons seeking further information as to MPI's application, or with respect to the Board's process, and/or wishing to address the public hearing in French should notify the Board Secretary.

As well, interested parties may examine MPI's application and supporting materials, either at the offices of the Corporation or on its website, or the Board's office.

The Manitoba Ombudsman has recently issued privacy guidelines for administrative tribunals. The Board is mindful of its obligations under those guidelines. Its decisions in respect of the application being considered will be sensitive to the guidelines. Personal information will not be disclosed unless it is appropriate and necessary to do so. However, the Board advises participants that these proceedings are public and that as a result, personal information protections are reduced.

CONTACT INFORMATION:

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Telephone: 204-945-2638
Toll-Free: 1-866-854-3698
Email: publicutilities@gov.mb.ca

DATED this 10th day of September, 2016

"Original Signed By:"

Darren Christle, MPA, B.A., CCLP, P.Log. MCIT
Secretary/Executive Director
The Public Utilities Board



Five days notice required.



Wheelchair access is available.

Manitoba 

OP UNIFIER

Canadian medical staff hit the ground running

JTF-U Medical Tech Stag Special

Barely unpacked, Joint Task Force-Ukraine (JTF-U) medical staff began mentoring Ukrainian instructors in mid-August as they conducted their first Combat First Aid (CFA) course.

The course was entirely taught by the Ukrainian Armed Forces instructors, who were well-trained by the outgoing Op UNIFIER medical personnel.

After a busy handover with the out-going medical team, the newly arrived medical staff from 1 Field Ambulance at Garrison Edmonton moved forward with an open mind.

"I was very impressed with the level of performance and instruction," said a MCpl Medical Technician and trainer at the conclusion of Ukrainian-led Combat First Aid training. "Our Ukrainian instructor colleagues, as well as the course candidates, far ex-

ceeded expectations."

The course was divided into segments that included theoretical — classroom-based — instruction, demonstrations of technique from the Ukrainian instructors, practical sessions where candidates demonstrated their understanding of material, and skill stations designed to perfect key techniques.

The Ukrainian instructors arrived the day before classes started. This gave the Canadian medical mentors time to review expectations and provide the Ukrainians an opportunity to refine their skills and ask any last minute questions prior to beginning instruction the next morning.

This was the first opportunity for Ukrainian instructors to deliver a complete CFA course to their Ukrainian Armed Forces colleagues, and they stepped up to the plate in a big way.

The course consisted of 36 candidates with diverse backgrounds and military experience levels, ranging

from seasoned veterans with front-line experience, to new recruits with as little as nine months of total military experience.

All of the candidates were enthusiastic and eager to learn the course material; their pride showed when they were congratulated by the Op UNIFIER Task Force Commander, Task Force Sergeant-Major, and Task Force Surgeon upon graduation.

"I think the success of a Ukrainian-led CFA course marks an important milestone in the progression of Operation UNIFIER," said Maj Carlo Rossi, Op UNIFIER Task Force Surgeon. "These courses are a strong indicator of the mission's success-to-date, and are the way forward for our medical training here."

The inaugural course complete, Op UNIFIER medical staff are now on to the next challenge: they will be mentoring the next CFA serial being delivered to Ukrainian Combat Engineers by Ukrainian instructors.



Ukrainian soldiers practice dressing a gunshot wound during Combat First Aid training held at Starychi, Ukraine-based International Peacekeeping and Security Centre during Op UNIFIER.

Photos by JTF-U



Sgt Marnie Musson, a Medical Technician with JTF-U, mentors Combat First Aid training at Starychi, Ukraine-based International Peacekeeping and Security Centre during Op UNIFIER.

Polish soldiers spike their way to victory facing Canada



Polish soldiers had the upper hand on the volleyball court, prevailing on the scoresheet versus Canada. The next time the two countries meet for sports bragging rights, it will be street hockey.

Photo by JTF-U

JTF-U Public Affairs Stag Special

With the drop of a glove, the challenge was extended.

Paying homage to the tradition of "throwing down the gauntlet," Polish Army WO Wojciech Szyfer tossed a rubberized work glove to the feet of CWO Jim Smith, the Sergeant Major of Joint Task Force — Ukraine (JTF-U), as a challenge to a duel.

But rather than pistols at dawn, this duel would take the form of a beach volleyball game after work on a Friday evening — and while some may say the repercussions are less severe than a duel to the death, certainly this challenge of honour would not go unanswered.

"We typically get along very well with our counterparts from Poland at the International Peacekeeping and Security Centre (IPSC)," said CWO Smith. "In fact, we have four Polish soldiers attached to our tactical training Line of Effort who work shoulder-to-shoulder with Canadians on a daily basis."

He added, "While the challenge caught me a bit off guard, it's a great opportunity to continue to build those international relationships outside of the training environment."

Alongside Canada and Poland, Estonia, Latvia, Lithuania, UK, and the United States make up Joint

Multinational Training Group — Ukraine (JMTG-U).

JMTG-U, based in western Ukraine, is contributing to ongoing efforts of capacity building within the Ukrainian Armed Forces.

While the training days are long for Ukrainian soldiers and international instructors and mentors alike, finding time to get exercise to unwind and build friendships outside of work remains a priority.

Back on the beach volleyball court, with the movie *Top Gun* referenced more than a few times, the Poles reigned supreme after a hard-fought battle.

"I think we definitely held our own," said one of the Canadian players, who is also a member of the JTF-U tactical soldier training team.

"Both sides had a lot of fun, and we're looking forward to evening the score in a re-match."

Given that the first choice of sport went to the challenge-extending Polish contingent, the Canadians got to choose the forum of friendly combat for the next round.

In a decision that surprised no one, the Canucks chose street hockey, which will be played on the IPSC parade square later this month.

While Polish and Canadian soldiers stand side-by-side in daily efforts to build capacity within the Ukrainian Armed Forces, they aren't afraid to occasionally go toe-to-toe in friendly competition while staying fit and building grassroots international relationships.



RECCE candidates were given orientation on the refurbished Base obstacle course prior to the commencement of their upcoming rigorous 2PPCLI course.



Photos by Cpl Bryce Cooper

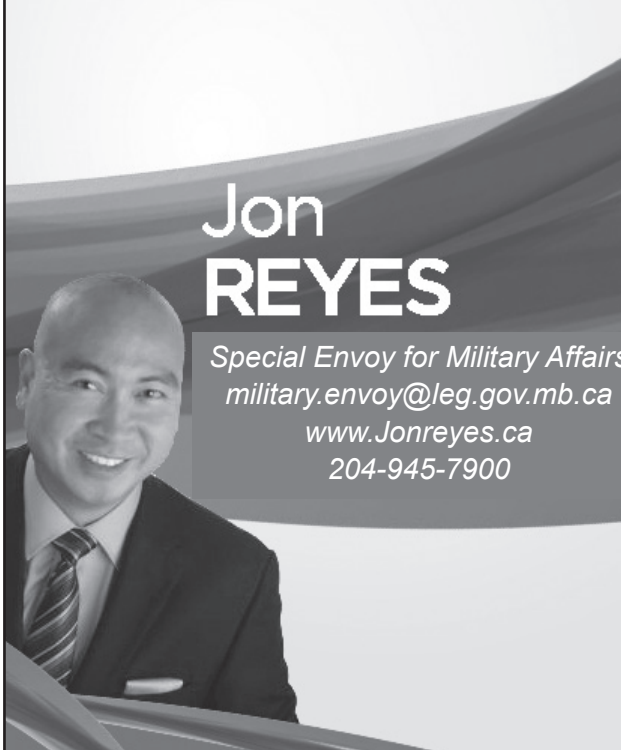


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Aim of Operation HONOUR is elimination of harmful sexual behaviour in military ranks

Gen Jonathan Vance
Stag Special

It has been a little more than a year since I launched Operation HONOUR — my first order as Chief of the Defence Staff (CDS) to the Canadian Armed Forces (CAF).

Its objective is to eliminate harmful sexual behaviour from within our ranks. My senior leaders and I released our second progress report on these efforts Aug. 30. Now is a good time to take stock of where we are.

Leaders at every level are seized with this issue, and conversations are taking place on ships, units and squadrons from coast to coast. The mood is shifting and I am encouraged by what I see.

There has been an increase in incidents reported to the military police (MP), almost half of which are old cases pre-dating Op HONOUR. This strongly suggests that those members are more confident they will be heard, and their leaders will act decisively to deal with perpetrators.

Because we will.

But not all of these are old cases. Some serving members are still being threatened and victimized by their brothers and sisters in the profession of arms.

This is abhorrent. It is never acceptable. Harmful sexual behaviour is a moral and ethical failing. It erodes the trust that is absolutely essential to an effective fighting force.

To victims past and present, I urge you to seek the

help and support you need. Talk to your leaders, the military police, chaplains, or health care workers.

Beyond the chain of command, the Sexual Misconduct Response Centre also provides confidential advice and support without automatically triggering a formal investigation.

Civilian police, health, and other support services are also available if you need them.

What is important to me is that you get the help and support you need from those you trust.

To the minority of members who still do not see the wisdom of what we are trying to accomplish, know that you will be compelled to do so ... or you will be released. This I promise.

As I noted Aug. 30, six members of the CAF have been convicted of criminal offences related to sexual misconduct since January. Another 24 have received severe administrative action — including some who were removed from command or released from military service.

My expectations are clear, as are my orders. The consequences of not meeting them are also clear. I will not hesitate to act decisively.

The CAF is an institution in which we should all take great pride. We have a legacy of achievement, principles, and values that dates back to the earliest days of our country.

We have great people who do great things. And in keeping with that legacy, every member must treat their comrades with the respect and dignity that is their due.

Gen Jonathan Vance is Chief of the Defence Staff

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Soldiers have role to play in prevention

From page 4

Be ready to prevent harmful and inappropriate sexual behaviour. Members of the Canadian Army family have a role to play in preventing and interrupting risky situations.

Responsible bystanders can make a difference in reducing unhealthy and harmful behaviour; if you witness something that looks wrong or is potentially risky: Think. See. Act.

THINK:

Canadian soldiers are well-prepared and ready for action. Feel connected to and responsible for other team members' well-being — this is the motivation to step in and take action. Use resiliency training to prepare for possible scenarios and how to respond.

SEE:

Canadian soldiers are trained to have acute awareness. Identify circumstances that could lead to sexual violence. Acute alcohol intoxication that makes someone vulnerable, disrespectful comments, gender stereotyping, comments about sexual entitlement, lewd or suggestive comments or gestures directed at a group of women or a specific individual and unwanted touching can all indicate risk.

ACT:

Know what to do and how to do it;

Expect and insist that team members help with situations;

Consider the kinds of help you would want in a similar situation;

Know the resources available through the Sexual Misconduct Response Centre: Call 1-844-750-1648 between 7 a.m. and 8 p.m. Monday to Friday to speak with a counsellor; and

Call for help when necessary: Call 911 if you need immediate emergency assistance or services such as police, fire and ambulance. You may report an incident of sexual misconduct or sexual assault to your local police.

Anne Duggan is with Army Public Affairs



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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: _____

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Page #, ad: _____

Answer to skill-testing question:

Who won the Ex MOUNTAIN MAN event held in Edmonton, AB?

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.



Take a little off the top

The winner of the free haircuts from Shilo Beauty and Barber Shop following a United Way draw offered by Dean the Barber was Lt(N) Greg Ansley, here enjoying his first cut.

Photo by Cpl Bryce Cooper

Share a memory on CFMWS Facebook page

Stag Special

This year, Canadian Forces Morale and Welfare Services (CFMWS) is celebrating 20 years of unrelenting dedication to helping Canadian Armed Forces (CAF) members and their families.

This anniversary provides our dedicated CFMWS staff and the military community with an opportunity to celebrate the undeniable progress achieved during the last 20 years.

Whether you are a community member who has experienced firsthand the breadth of services offered by CFMWS or whether you are a current CFMWS employee and are passionate about supporting the military community, we want to hear from you.

From Sept. 15 to Oct. 15, all CFOne Card holders are invited to share a CFMWS memory from the past two decades on CFMWS' Facebook page by commenting on a contest-related post using #CFMWS20.

Visit our Facebook link at www.facebook.com/CFMWS/

Every week, five winners will be randomly picked among eligible participants.

The weekly winners will receive a small prize and be automatically entered into a draw for a chance to win a \$250 CANEX gift card — which will be drawn Oct. 28.

Contest winners will be announced weekly on CFMWS' Facebook page.

More information, the link to contest rules and regulations can be found on CFMWS' Facebook page and are also available on CFMWS' website at www.cfmws.com

To find out more about CFMWS' 20th anniversary, we invite you to visit our virtual gallery www.cfmws20-sbmf20.com where you can learn more about significant milestones that marked our organization's history and updates on upcoming anniversary-related events.

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For more information on event planning or party services contact Debbie Nadon: 204-727-2695 x222 or d.nadon@thunderbirdbowl.ca.

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Shilo Theatre
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Sept 23 Finding Dory Rated G
Sept 30 X-Men: Apocalypse Rated PG

Children aged 10 and younger require adult supervision at all times.
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Cpl Trenholm belts homers for Shilo Stags

Danny Hamilton Stag Special

17 Wing Winnipeg hosted the Prairie regional men's soccer championship and the Prairie region women's training/section camp.

Participating in this year's championship held Aug. 14 to 19 were teams from 17 Wing Winnipeg, 15 Wing Moose Jaw, 4 Wing Cold Lake, Garrison Edmonton, CFB Wainwright and CFB Shilo.

The tournament was divided into two pools of three, with the teams playing against each other in the same pool. Shilo was in the pool with Winnipeg and Moose Jaw.

Shilo prevailed 3-1 over Winnipeg, lost 2-0 to Moose Jaw, while Winnipeg beat Moose Jaw 2-0. This created a three-way tie. In wins, losses and goals for and against, the tie was broken with the teams participating against each other in a penalty kick scenario.

Unfortunately for Shilo, the team lost both times, which placed them third. Moose Jaw was victorious in both and were seeded first, while Winnipeg came second.

In the quarter-finals, Shilo was soundly beaten by Edmonton 5-0. Edmonton went on to beat Moose Jaw 6-0 in the semi-finals, and then knocked off Winnipeg in the final 3-0.

Garrison Edmonton will represent the Prairie region at the Canadian Armed Forces (CAF) national men's soccer tournament being held at CFB Borden Sept. 17 to 22.

Of note, Garrison Edmonton is the two-time defending national champions.

CFB Borden hosted the men's national slo-pitch tournament Aug. 25 to 28. As indicated in last month's article, CFB Shilo won the right to represent the Prairies.

Representing the other regions were Atlantic region - Halifax Formation; Ontario region - CFB Kingston; Quebec region - CFB Ottawa; Pacific region - Formation Esquimalt.

In game one it was Shilo versus Kingston. Helping Shilo to a 7-6 extra-inning victory were Cpl Trenholm (1 MP Platoon) and Bdr Taylor (1RCHA) each going four-for-four, and a homer. Player of the Game (POG) for Shilo went to Bdr Taylor.

Shilo walked away with an impressive 21-13 victory over Esquimalt in its next contest. Cpl Trenholm was back at it again, going four-for-four at the plate, with a solo homer.

Bdr Taylor went three-for-five, with a solo homer, while Sgt Montgomery (1RCHA) was awarded the POG after going four-for-five and launching a grand slam from the plate.

Facing the defending national champs from Ottawa, Shilo scored nine runs in the last at bat, but came up short in losing 16-15 to the Quebec region. Hitting three homers and driving in nine runs, POG honours went to Cold Lake's Cpl St. George, who was added to the Shilo roster.

In Shilo's last game of the round-robin, the team was edged 15-14 by the Atlantic region. Cpl Trenholm earned POG after going three-for-three, with a homer and four RBIs.

The standings after round-robin play: 1st Atlantic 4-0, 2nd Ontario 2-2, 3rd Shilo 2-2, 4th Quebec 2-2, 5th Pacific 0-4. Higher place seeding was decided by +/- runs for/against. Kingston +7, Shilo even, and Quebec -7.

In a see-saw affair, Shilo was down nine after the first inning against the Ontario region in its semi-final matchup, then up four after the fifth inning, and down three after the sixth inning.

In the end, Shilo was edged 16-15. Both Bdr Taylor and Sgt Montgomery each hit grand slams, while Bdr Taylor was awarded the POG.

Quebec beat Atlantic 22-20 in the other semi, then went on to repeat as national champs by crushing Ontario 24-9.

Player of the tournament for CFB Shilo was awarded to Cpl Trenholm.

Shilo's team stats: (average, homers, RBI) Cpl Trenholm .938 4 11; Bdr Taylor .636 3 17; MCpl Majaralie .636 0 4; Sgt Campbell .583 0 2; Sgt Doucet .500 0 1; Cpl Kutcher-Gardiner .471 0 1; Sgt Montgomery .429 4 12; WO Van Damme .409 2 8; MCpl Fullarton .444 0 2; MCpl Jacobs .400 0 1; Cpl St. George .389 3 9; MBdr Paynton .308 0 0; WO Engram .250 0 4.

The community recreation golf season wrapped-up Aug. 31 with a four-person scramble tournament.

With 16 teams participating, the team from the Base's golf course fired an 11- under par 61 to prevail. Tied for second were 1RCHA B Bty, FS&R and HQ Bty — all shot 62.

The Golf Club/FS&R were awarded the first-place banner/trophies for being the regular season champs. This team recorded 244 points, followed by CE with 217, and 1RCHA A Bty's second team edging 3CDTC for third with 188 to 187 points.

The rest of the standing saw the following results from summer play at the Shilo Country Club: B Bty (1) 179; A Bty (1) 175; B Sup/MP 169; 3 CDSG Sigs 166; B Tpt 164; B Bty (2) 159; BHQ (1) 157; HQ Bty 151; BHQ (2) 139; 2 PPCLI 129; B Maint 125.

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**Remember those who fell, sacrificing their lives
so you could be free after two world wars,
as well as battles in Korea and Afghanistan**

For our Nov. 3 Remembrance Day edition, your Base community newspaper would like to share stories, photos, and letters from the First and Second World Wars involving the men and women of CFB Shilo and area who went overseas. This could be your grandfather or great-uncle who fought in the trenches of France or Belgium in what became known as the Great War. Or your dad or grandfather who fought the Japanese in the Pacific campaign or the Germans in the liberation of Holland. What about an uncle or son — did they see action in Korea with 2PPCLI? What about the more recent Afghanistan war? We're also looking for submissions related to the centenary of the First World War. Dust off the family photo album and drop off your war treasures at the *Stag*. Deadline is Oct. 27.

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Routines important for families

MFRC Special

Now that everyone is back to school and a regular work schedule — as regular as it can get in the military — it's the perfect time to start a family routine.

Routines allow family members to know what to expect and what is expected of them. They teach healthy habits by reminding children to do things like brush their teeth before bed and eat breakfast before they go to school.

Routines strengthen family relationships through things like "no" electronics times and bedtime stories.

A routine helps set your internal clock, which makes going to sleep and waking up easier. Children feel safe and secure and develop a sense of responsibility.

Parents feel more successful and lower stress; and spend less time nagging. Routines are especially helpful for children with Attention Deficit Hyperactivity Disorder (ADHD), autism, and anxiety.

Routines work best when they are predictable and consistent. A good start is to have a morning, after-school, and a bedtime routine.

You may want to also add an evening or weekend routine, or different routines for different days of the week depending on your family's schedule.

As a family, sit down and determine what is important to your family and what reminders are necessary. For example, some families may want a reminder to put dirty clothes in the hamper in the mornings, while others may not feel this is necessary.

Visual reminders, either in writing or picture form, will be helpful for younger children, or children with special needs.

Here is a sample of what a morning routine might look like: 7 a.m. wake-up; 7:15 a.m. shower and get dressed; 7:45 a.m. breakfast; 8 a.m. pack backpack; 8:15 a.m. brush teeth and 8:30 a.m. leave for school.

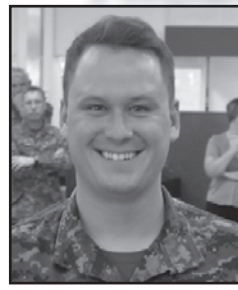
Once you've created some routines you think will work for your family, try them out and make changes as necessary. Everyone may struggle a little bit at first but don't give up too soon.

Give it a good try and soon enough, you won't even realize that you have a routine because it will be, well, routine.

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Sgt Cody Cameron
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Pte Isabelle Dubord from Base Transport received her accelerated promotion to corporal from BComd LCol John Cochrane.

Photo by Cpl Bryce Cooper



Promoted to Pte(T) by BComd LCol John Cochrane — L. Muller, Ade Villagomez and Danny Dowdall.

Photos by Cpl Bryce Cooper



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Employment

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Employment

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UNITED WAY GOAL \$35,000



With Juno on hand, BComd LCol John Cochran addressed a small gathering for the official flag-raising to mark the start of the 2016 United Way campaign on the Base. The flag was officially raised following a pancake breakfast held at the Flatlands dining hall. PSP's Elaine Bullee used her creative talents to design a new United Way campaign board which will give passersby an idea of how much money has been raised. Stag photographer Cpl Bryce Cooper focuses on the new board. *Photos by Jules Xavier/Cpl Bryce Cooper*

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Talking at the pancake breakfast, Base Padre Maj Greg Costen is quarterbacking the 2016 United Way campaign.



NEXT HOME GAME:

Sept. 24 7:30 p.m. vs Moose Jaw
 Oct. 1 7:30 p.m. vs Red Deer
 Oct. 2 4 p.m. vs Swift Current
 Oct. 7 7:30 p.m. vs Swift Current

Padres to bless pets with service Oct. 30

Shilo Stag

The Base's annual United Way campaign started Sept. 16 with an early morning pancake breakfast and flag raising ceremony.

Base Padre Maj Greg Costen, who is quarterbacking the 2016 campaign along with a number of individuals from PSP to all units, said planning for different activities is ongoing.

Dress down Fridays will start Sept. 23. Check with your unit's United Way rep or Chain of Command (CoC) for details.

Individual units will be holding their own internal events, with this in mind Maj Costen asks that you speak with your unit's United Way rep for further details.

Some of the future events Maj Costen was able to release prior to the Sept. 16 kickoff include:

Oct. 30 — Blessing of the animals service at St. Barbara's chapel.

Donations received at the service will be forwarded to an animal-related charity through the United Way campaign.

Nov. 3 — United Way Day at Forbidden Flavours. Fifteen per cent of proceeds that day will be donated to the United Way. Every coffee purchased will also qualify for an entry for a coffee-themed gift basket.

Nov. 3 — Pumpkin tossing contest, with contestants allowed to create their own method of firing the orange squash so they can garner the prize for achieving the farthest distance.

Nov. 18 — Touchdown lunch, with further details to be confirmed.

According to Maj Costen, many more events will be forthcoming in subsequent weeks.

The goal for the 2016 campaign is to collect \$35,000.