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# Shilo Stag



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**INSIDE  
This Issue**



New COS balances work with family life. Page 2



Ex MOUNTAIN MAN requires rigorous training. Page 7



Soldier in focus with CAF career change. Page 10



# Fore!

The intersection golf season concluded with a tournament at the Shilo Country Club. Mother Nature provided ideal playing conditions on the 18-hole course for the competitors.



Photos by Cpl Bryce Cooper



# Work, family life balance priority for new Base COS



Maj Katherine Haire poses for a photo outside Base Headquarters a few weeks after starting her job as the new Chief of Staff (COS).  
*Photo by Cpl Bryce Cooper*

## Sarah Francis Shilo Stag

Being a military member and spouse gives CFB Shilo's newest Chief of Staff (COS) a unique outlook.

Maj Katherine Haire and her family moved to this Base from Toronto, where she was working at the Staff College. The change of scenery from the busy metropolis to CFB Shilo has been an easy one for her family of four.

"Our family has adjusted very well," said Maj Haire.

"We like it. Our children are going to daycare here on Base. There seems to be a lot of family and community events. I think we'll adjust quite well and fit in here quite well."

Originally from Oshawa, Ont., Maj Haire has two children, eight-year-old Joshua and six-year-old Kayleigh.

"I wanted to move away from home," she recalled. "I wanted to go and be on the ocean. That was to me, the best way to get away from home. I wanted to be in the

as well, she understands both sides of being a military parent. And the importance of family and work life balance.

"Being a service couple, I've been both the member who has been deployed and I've also been the member that's staying home looking after the home-front and the family," explained Maj Haire.

"They both have their challenges. Both have an important role, but there are lots of support for members if you find yourself in that position. Just reach out and connect with the community. There's lots of resources it seems, here on the base to help support members in either position."

Having that insight will help her provide the service she needs to soldiers and their families on Base.

"Working in Base headquarters the job is really to provide the institutional support to the soldiers on Base. My goals [are] just to make sure we provide that support for soldiers and their families.

"That between what we can provide and reaching out to the community partners, so that we can best support those folks and their families if they're deployed."

Navy — I thought."

When she joined the Canadian Armed Forces (CAF) 19 years ago, her thoughts were on education.

"Once I was in, I realized that a career in the Army was going to be something that I was — would motivate me and I always kind of wanted to be a police officer or something more physical and helping the community."

Originally she was training to be a MARS officer in the Navy. She quickly discovered that her career path would be taking a different turn.

"Eventually they become the captain of the ship. They run the ship and initially are the navigators. I never did any of the training actually. I changed to Army after one year when I figured out I didn't think life at sea was going to be for me."

No one in her family had been in the military.

"Once I got exposed to the different elements I felt that life in the Army would be more suited to having a family," she offered while relaxing in her COS office on the lower floor at Base headquarters.

With her husband in the CAF — LCol Stephen Haire is the new 1RCHA CO —

## Pet of the Week

### "MARL"

Whitney Sharkey's dog is named Harley Marie Sharkey. Or you can call the five-year-old puggle "Marl." According to the dog owner, Harley has a one-of-a-kind personality. She is our little baby girl. But she has a big personality and attitude! 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](mailto:stag@mymts.net)



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### 1RCHA sports day

Besides everyone doing push-ups (below) to start their sports day, 1RCHA also played slo-pitch, frisbee tag and flag football (above).

Photos by Cpl Bryce Cooper



## 2016 goal \$35,000

# United Way campaign launches Sept. 16 with breakfast event

#### Shilo Stag

With the advent of fall comes another season for CFB Shilo's involvement in the United Way campaign.

This year's campaign officially launches Sept. 16 with a breakfast at Flatlands dining hall, followed by a flag-raising ceremony outside the Community Centre.

The 2016 campaign is being chaired by Base Padre Maj Greg Costen, with Capt Troy Dennis serving as Base representative.

Maj Costen sat down with your *Shilo Stag* and spoke about this year's campaign. He was quick to point out the importance of this annual fundraising effort.

"The Brandon and District United Way raised more than \$700,000 in 2015 of which CFB Shilo contributed \$32,000," he said.

"These funds were distributed to 25 helping agencies in the Westman area which in turn assisted approximately 10,000 people with various needs."

Maj Costen added, "Shilo's contribution was admittedly down from previous years. It has been as high as \$66,000 in the past so we are hoping to revitalize the campaign a bit in order to make the biggest impact possible on our community which has been so supportive of the military."

Is there a goal set for the 2016 campaign?

"Our goal this year is \$35,000," he offered.

About 20 unit reps form the heart of CFB Shilo's United Way campaign each year. Their role is to ensure that all military members and civilian staff on the Base are given the opportunity to donate.

Unit reps are also responsible to plan fundraising events which further the fundraising, but also create enthusiasm and energy around the campaign.

Capt Dennis acknowledged, "Without our hardworking and motivated unit reps there is no United Way campaign in Shilo. They are the heart and soul of the operation."

Maj Costen admitted last year's campaign had some challenges.

"Fundraising got off to a late start and the communication among various players was not all that it could have been. High-readiness training happening simultaneously with the United Way campaign also presented challenges.

"While training requirements will always be a challenge, we are committed this year to ensuring that communication is thorough and that everyone in Shilo is well aware of all fundraising events so they can participate fully."

The \$5 kick-off breakfast at Flatlands dining hall runs from 7:30 to 9 a.m. The United Way flag will be raised after 9 a.m. at the Community Centre.

Your Base newspaper and its Facebook page will provide full information and promotion for all campaign events this fall.

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September 7 to 21, 2016





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**Submitting articles and photos for print:**

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



Follow the Shilo Stag on Facebook by visiting:

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The new commander of Joint Task Force Ukraine, LCol Wayne Niven (left) from 2PPCLI, receives the task force flag from the parade Reviewing Officer, Col Michael Blackburn, during the ceremony held in early August at the International Peacekeeping and Security Centre in Starychi, Ukraine.

Photo by Joint Task Force Ukraine

## Op UNIFIER welcomes new CO

### Shilo Stag Special

The new commander of Joint Task Force-Ukraine (JTF-U), LCol Wayne Niven, assumed command from LCol Tim Arsenault today during a ceremony at the International Peacekeeping and Security Centre in Starychi, Ukraine, as part of Op UNIFIER, Canada's military training mission in Ukraine.

As commander of JTF-U, LCol Niven commands approximately 200 Canadian Armed Forces (CAF) personnel with the mission to conduct training with the Ukrainian Armed Forces in areas such as Small Team training, which consists of individual weapons training; marksmanship; communication; survival; and ethics training.

"I extend a warm welcome to LCol Wayne Niven, as he leads Canada's contribution to provide military training to Ukrainian forces," said LGen Stephen Bowes, Commander Canadian Joint Operations Command.

"Equally, I extend my appreciation to LCol Tim Arse-

nault for his significant leadership and professionalism on Operation UNIFIER during his time in Command and to the troops for their outstanding performance."

Currently in his first year as CO of 2PPCLI, LCol Niven said the soldiers he observed training at CFB Shilo this past spring are ready for their role on this overseas mission.

"My soldiers are looking forward to exchanging expertise and experience with our Ukrainian partners to the mutual benefit of our armed forces.

"We will build on the high standard of training established by previous rotations and continue to develop the effectiveness and professionalism of the Ukrainian troops on operations."

Outgoing CO LCol Arsenault said the troops and himself leave Ukraine with a strong sense of accomplishment.

"Since the beginning of this mission, Canadian soldiers have not only contributed significantly to building capacity within the Ukrainian Armed Forces, but have also served to clearly represent Canada's engagement towards Ukraine and commitment towards its allies."

## Quick facts on Ukraine mission

- Canada is providing military training and capacity-building to Ukrainian Armed Forces personnel to support Ukraine in its efforts to maintain sovereignty, security, and stability.

- Under Op UNIFIER's mandate, Canada is participating in a wide range of capacity-building operations on a sustained basis in Ukraine. These operations, coordinated with and complimentary to the activities of the United States and the United Kingdom, have been developed in consultation with Ukraine. They consist of the provision of military training to enhance peace support operations interoperability, institutional capacity-building, and

professional development of the Ukrainian Armed Forces.

- The training is conducted in seven different lines of efforts that aim at developing specific areas such as: small team training, combat first aid, Explosive Ordnance Disposal and Improvised Explosive Device Disposal, military police techniques, logistics modernization, flight safety and language training, and other training under the auspices of the Military Training and Co-operation Program (MTCP).

- Since the start of the mission in September 2015, more than 1,700 Ukrainian Armed Forces members have participated in the training provided by the CAF.

- Deployed members come from all parts of Canada, depending on the skill-set and capability that they bring in order to conduct a particular training program. This rotation is comprised of members primarily from 1 Canadian Mechanized Brigade Group (1CMBG) in Edmonton, Alberta, and CFB Shilo, replacing personnel from 2 Canadian Division based in the Quebec.

- LCol Niven is an Infantry Officer and graduate from Royal Military College (RMC) who has served in many command and staff positions through his career. He has been 2PPCLI CO since June 2015, and has previously deployed to Bosnia and Afghanistan.

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# Firefighters shed light on wedding during Base-wide power outage



Despite the power outage celebrations continued as Chelsea Mitchell and her husband cut the cake at their wedding with the help of cell phone flashlights. *Photo submitted*

## Sarah Francis Shilo Stag

CFB Shilo firefighters saved the day when the lights went out on a weekend wedding.

After a severe storm that hit Shilo and its hinterland, power to the Junior Ranks Mess went out. This is something Chelsea Mitchell and her now husband didn't expect while hosting their wedding reception on the Base.

However, like any wedding, there are things that can go wrong.

"I was like, 'If anything is going to happen, it's out of my control today. The best we can do is have the ceremony and have fun after,'" recalled Mitchell.

With the days events planned for an indoor location, the bride didn't think the rain would be an issue. Losing power to the facility is generally not on the list of things which could go wrong.

"We went over to the Junior Ranks about 4:30 or five. We had our friend pipe us in from the Regiment," said Mitchell. "We were starting to socialize and we were getting ready to announce dinner. We had the Garrison Grill cook for us. We were just about to announce it and we heard this big, loud crack. Like a transformer had blown outside and the power was off."

The power remained off until 10 p.m.

Despite this, the bride kept a positive attitude.

"At least my mom had the centre pieces with the candles and whatnot. So we had candle light by dinner," she said, adding, "It was nice, but it was getting risky. It was getting a little hot in there."

"I kept telling my husband, we can't really keep everybody here. If there's not going to be any entertainment, people are going to want to leave sooner than later."

The newlyweds tried to carry on with the celebrations by using cell phones to read speeches and cut the cake.

Mitchell's mother was emotional — an understandable state on your daughter's wedding day.

Mitchell said her mom ducked out of the building in tears once or twice.

"I guess the fire trucks ended up driving past and they stopped because they saw my mom and were like, 'What's wrong?'"

Mitchell's mother used to work for Bee Clean, so she ended up knowing the fire crew on that night.

Mark Galatiuk, the Deputy Platoon Chief of shift one, told the Shilo Stag firefighters were out looking for damage to hydro poles when they came across Mitchell's mother.

"A hydro pole got hit by lightning, so I was driving around. As I was driving around there was this older lady on the sidewalk crying, so I thought I'd better stop and see if she is okay," he recalled.

Mitchell's mother explained the situation.

"All she wanted was for her daughter to be able to dance for the first song," he said.

Galatiuk looked into the problem, and neither the Base or Manitoba Hydro would be able to fix it then.

Luckily enough, the generator on one of their old trucks had enough power for the disc jockey's equipment.

Mitchell was surprised a while later with a fire truck equipped with a generator that enabled them to power the DJ's equipment.

"We got a lot of hugs that night," recalled Galatiuk.

Being a firefighter on this Base offers opportunities for Galatiuk and his colleagues to help in areas they would be able to in other communities.

He said their job is to be there to help people when they need it.

"It's not just for fires and ambulance calls," he noted. "It's for anything in my mind."

While they may not be able to pull a cat out of a tree, or be able to help in some situations, Shilo firefighters will show up to help reassure people in need.

"We usually go there though, talk to the people to calm them down. I mean have you ever seen a cat skeleton in a tree? You go there, and you go there for the people. Just to make them feel better," said Galatiuk.

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### Share Your Views on Proposed Plans for Spruce Woods Provincial Forest

The Manitoba government is holding two open house sessions concerning proposed forest management activities in Spruce Woods Provincial Forest.

You are invited to attend these open houses and, if you wish, share your views on the proposed forest management activities. Please take this opportunity to make yourself heard.

The open houses will be held at:

**Carberry Plains Community Centre**  
500 Stickle Avenue, Carberry  
September 20, 2016  
6:30 to 8:30 pm

**Sprucewoods Community Club**  
5 Woods Avenue, Shilo  
September 21, 2016  
6:30 to 8:30 pm

For more information, contact Andrew Grauman, Regional Forester at 204-734-3429 or the Carberry District office at 204-834-8800.





# Spruce Woods Provincial Park's unique Manitoba experience

## Explore trails, sand dunes while keeping an eye out for wildlife

**Sarah Francis**  
Shilo Stag

You can thank a river about 10,000 years ago for the unique and diverse landscape in Spruce Woods Provincial Park.

Many of the trails in the park are lush, with trees and greenery, but one trail will make you feel like you've travelled half way around the world.

"This area of Manitoba is called the Assiniboine delta," said senior park interpreter Maxime Legal. "It was created during the last glaciation when this area was covered by Lake Agassiz. We had the Assiniboine River flowing into it. It deposited this huge amount of sand and that was left here once the lake drained into the ocean. We've been left with this amazing delta that has been changing for the last 10,000 years."

He adds it's a common misconception the area is a desert, but they receive too much precipitation.

With that sand came animals that can only be found in this area.

"We've got some unique species you can't find



Prairie Skink tracks line the sand along the trail up to the sand dunes. None of the tiny creatures themselves were spotted that day by the *Shilo Stag* lens.

anywhere else in the province," he explained. "We've got some endangered species ... the western hog nose [snake] or the northern prairie skink, which are found in the park and surrounding areas. That's about it. It's the only area where you can come and see them."

These animals thrive in the heat of the area. On a hot day you may be able to see one of them scurrying across the sand or find some of their tracks.

Alternatively, there is a trail where you may feel a bit chilly on a cooler day. It winds down into a small valley in the park, causing the temperature to be a few degrees colder.

There are a number of trees and a few streams that feed into the river. The springs are fed from when it rains, the water trickles through the sand down to a layer of clay, then gets pushed out through the springs.

Along the trail you will find a few beaver dams nestled near some of the bridges, and maybe if you're lucky, the beavers themselves.

It's important to keep in mind to stick to the groomed trails. And for good reason — there is a lot of poison ivy growing in the park. Another is to help keep the park, its plants and wildlife healthy.

If you're bringing your dog with you for a visit, make sure to keep it on a leash to prevent them from running off the trails. Horses are also allowed on the trail system.

As much of the terrain is sandy, walking on it can easily pull up delicate plants or cover others in dirt. With that, there are no motorized vehicles allowed in the park and on its trails.

However, you can use snowmobiles in the winter.

You can make your trip to the park a couple days long as they do offer camping and swimming. The main beach is an oxbow lake that was once part of a river.

Although it will start to cool off soon, and swimming in a Manitoba lake in September may not be ideal, there are a number of non-motorized water crafts you can rent such as paddle boats and canoes.

Throughout the year the park has interpretative programs on a number of different topics. You can learn about the animals as well as the different plants in the park.

One program will also give you some knowledge on what kinds of plants you can eat for survival. Some plants can be brewed into teas and be helpful in pro-



Once part of a river that helped shape the sand dunes, the small lake (top) in the park is a great swimming location for families. Small streams can be found along some of the hiking trails. Some of which (above) have beaver dams build into them. *Photos by Sarah Francis*

viding your body with necessary vitamins.

Legal said the park is open year-round and you can take part in any of the seasonal activities.

"I think the draw for a lot of people during the summer is the beach. I find that spring and fall are wonderful times to go explore the Spirit Sands. It's not a true desert, but it shares some of the similar characteristics. One of which being that the sand gets extremely hot in the summer. You can definitely go out in the spring and fall when the temperatures are a bit cooler."

For the winter, the park's programs include snowshoeing, ice-fishing and cross-country skiing.

For more on the park visit [www.gov.mb.ca/conservation/parks/](http://www.gov.mb.ca/conservation/parks/)

**"It deposited this huge amount of sand and that was left here once the lake drained into the ocean. We've been left with this amazing delta that has been changing for the last 10,000 years."** - Maxime Legal



# Training for Ex MOUNTAIN MAN requires mental toughness

**Cpl Bryce Cooper**  
Stag Special

Ex MOUNTAIN MAN prepared me physically for my deployment to Afghanistan.

For the past three years I have competed in the military race as a member of the 2PPCLI team, but will not compete this year as I prepare for imaging tech course at CFB Borden this fall.

My first year training with the team ended before I could compete. I went to Kabul on OP ATTENTION in the summer of 2013.

In 2014 and 2015, 2PPCLI placed first as a team while I finished, respectively, eighth and third overall.

In 2013, our team was training by doing ruck-runs on a daily basis. A ruck run is running with a weighted backpack. Leave your ruck sacks out of most of your training.

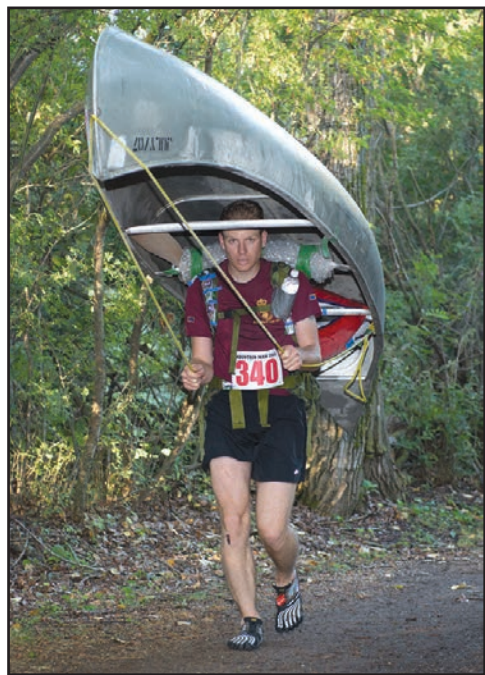
I don't recommend wearing out your body and mind logging endless kilometres at a slow pace with a heavy pack.

The next season, we started training early. We had a training plan that had proven itself with 3PPCLI, a team which had won Ex MOUNTAIN MAIN for several years in a row.

The rucks came off; we sprinted and ran hills. We ran marathons and sprinted some more.

Our breaks were canoe trips at Sewell Lake and down the Assiniboine River in Brandon.

Every day we would run — every day I was tired and sore.



Cpl Bryce Cooper, currently honing his photography skills with the *Shilo Stag* after leaving 2PPCLI to pursue a trade change to imaging tech, finished third overall during Ex MOUNTAIN MAN 2015.  
*Photo by 1CMBG*

We had to make recovery a priority to survive the massive number of kilometres we put on our feet.

Twice a week, we had ice baths. I used a foam roller twice a day and there was yoga booked for the team every Saturday.

Our strategy was to be unaccustomed to carrying the 15-kilogram ruck and instead to be used to running fast for long distances. We fooled our bodies into carrying weight fast.

I like to train light. Although it's part of the competition, I disagree with training with lots of ruck runs.

I didn't love carrying a 15-kilogram rucksack 50 kilometres, but I did love the competition.

Ex MOUNTAIN MAN Mountain takes place the first week in September in Edmonton. When you start running it's under cover of darkness, and it's cold.

The first year I ran it was -5 C. It took me more than five kilometres to feel my feet again after waiting at the starting line. The frost was heavy on the

ground and the bridges were treacherous.

When the run started the less experienced athletes rushed ahead. I liked passing people so I held back.

It's a long race and I had lots of time to find the pace that worked for me. I didn't pass anybody for a kilometre or so. Then I passed one competitor, and then ran past small groups of runners. By the end of the first leg, I was still passing people steadily.

There is an art to passing people in a foot race. I didn't just run as fast as I could to get by them, I slowly came up on them. I halved the distance then halved it again — I didn't rush. I didn't tire myself out.

I liked passing fresh. I didn't want the people I was passing to think I was tired or they might have passed me right back. I slowly approached and let them know I was there.

I made them run faster than they usually would to tire them out. I made sure they would know I was breathing down their necks.

See **CARRYING** page 8

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# At A Glance

## CFB SHILO

### Candy Cane Christmas Dec. 10

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## United Way

CFB Shilo 2016 Campaign

*Rev up your giving...*

# KICK-OFF BREAKFAST

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## Where are they now?

Former BEng Maj Reg Sharpe, who served CFB Shilo for three years before spending the past two at Garrison Edmonton, is now at staff college following his posting this summer to Fort Leavenworth, Kansas. Adjusting to tornado warnings and a recent earthquake, the former Shilo mayor is enjoying the USA posting with his family. Here, Maj Sharpe catches up on news from this Base with his Aug. 11 copy of the *Stag*.

Photo by Kim Sharpe



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## Carrying water unnecessary on course

From page 7

Once I knew I could pass, I would pass decisively. The top of a hill was a good place. I could catch them near the top and power down the other side extending my lead.

I wanted people to think I was too fast to catch even if it wasn't how I felt.

If I was running with a teammate and we had the opportunity to make a pass together, we would pass the person on both sides so they would think everyone was faster and become disheartened.

The important thing is that I didn't want to get challenged when I was struggling. It was important for me to stay positive and believe I was in control no matter what.

Another important thing about competing in Ex MOUNTAIN MAN was eating and drinking.

If you eat nothing your liver will run out of glycogen in less than an hour. When that happens your muscles will stop getting the energy they need to function. Your body will burn about 5,000 calories during the race.

I taped eight food supplements to my ruck each time I ran and ate all of them.

Some competitors bring a camel-back with two or more litres of water. Carrying water was unnecessary as there were lots of water points with water bottles along the way.

Instead of carrying our own water, 2PPCLI competitors would tape beer cosies to our shoulder straps or belts and put water bottles in there as needed.

Thinking about when it was a good time to eat and drink broke up the monotony of the run a lot. I felt like it was both physically and mentally useful.

Once I finished the 36-kilometre "march" it was

time to portage. My pit crew loaded me up with my canoe, customized with lots of tape and bubble wrap.

The portage was my favourite part because the canoe made odd squeaky sounds on my head and I thought it was funny. Also, I passed lots of racers.

People commonly think if you take it easy on the portage it won't hurt as much — this is I feel a mistake for most people. With the canoe on your shoulders you are carrying nearly 100 pounds.

You can suffer under that burden for an hour or more, or if you are strong and well-trained, you can suffer for half an hour.

Putting the canoe down is even worse, getting back under it and lifting it up will be a challenge. I've known competitors to be unable to lift their canoe.

It's also potentially disruptive to other racers because the path is narrow and canoes can get in the way.

I shuffle when I portage. I never really kick my heels back or lift my knees, but I still try to move at a jogging pace.

The portage is the toughest part of the race and its only four kilometres. After the portage was the "break," a 10-kilometre canoe trip. The canoe was my least favourite part of the race.

Both years I raced my chest was tired after the portage. I found it a challenge to breathe.

I could keep pace with a good paddler any day. Any day I didn't have to run 50 kilometres that is.

The paddle isn't my best event. That's where I have been passed a few times.

I heard a combat engineer tasked with pulling canoes up on the river bank say he was too frightened by what people looked like to compete in Ex MOUNTAIN MAN.

After running and shuffling all that distance, with all that weight and then sitting on my legs in a wet canoe for more than an hour, I got out cramped and stiff.

With all the grace and style of a baby giraffe, swearing and limping, I hobbled up the river bank.

The rest of the race didn't seem eventful to me. At that point there is about five kilometres left and the race was to spread out to pass anyone.

I am not too big to say I could have pushed myself harder, but I was tired and sore, and didn't see anyone so I didn't.

As I approached the park, where the finish line is located, more and more people were beside the trail cheering me on.

Knowing the end was so close was a huge relief, though I was tired and sore, I couldn't help but smile and try not to limp.

Spectators cheered for their unit and for their friends, but everyone got cheers. Everyone that got anywhere near the park had earned it.

I got a bite to eat and then went to cheer on my 2PPCLI teammates.

I recommend every fit, young or young at heart soldier compete in Ex MOUNTAIN MAN.

Do it for your unit, just to say you did. Do it to be more fit. Do it to win.

## Rusty Bucket Auto

### Opening Soon!



Derek Martin has been working as an Automotive mechanic for more than a decade and is happy to announce the opening of a brand new local shop in Wawanesa! Rusty Bucket Auto will be dedicated to providing everything from oil changes and wheel alignments to in depth electrical diagnosis and engine overhauls.

Derek and his family are excited to join the business community in Wawanesa and can't wait to open the doors on **September 19<sup>th</sup>** at **221 Main Street** Wawanesa.



# CFMWS celebrates two decades of helping CAF members, families

## 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 with services that are tailored to handle many unique aspects of the military lifestyle.

It was Sept. 3, 1996 that the Canadian Forces (CF) and the Department of National Defence (DND) implemented a VCDS instruction that launched the provision of Personnel Support Programs (PSP) through a Non-Public Property (NPP) delivery model.

Prior to unification of the CAF, virtually all NPP activities were controlled and managed at the local level. However, the idea of a common system of NPP control and administration was recommended back in 1966 in a study conducted by Rear Admiral C.J. Dillon.

Three years later, the concept of delivering Morale and Welfare (MW) programs through a combination of Public and NPP resources was introduced and approved.

These defining actions opened the door to a concerted MW program delivery in the CAF and greatly impacted the direction that led to the birth of the present thriving model that is in place now.

By merging PSP services with those offered by CANEX, SISIP Financial and NPP administration, the Canadian Forces Personnel Support Agency (CFPSA), the precursor to today's CFMWS, was created.

Later, administration of Military Family Services and Casualty Support Management were added to CFMWS's mandate to become a unified organization and the service provider of choice for the military community.

In the 20-year span of CFMWS' existence, more than just the name has changed. However, its mandate has remained constant throughout.

To echo the original 1996 mission statement: CFMWS continues to excel in supporting the operational effectiveness of the CAF and contribute to morale, esprit de corps and unit cohesion, by ensuring that CAF members and their families have access to programs at levels consistent with military tradition and to those services normally available in comparable

progressive Canadian communities.

Today, CFMWS manages more than 4,300 staff of the Non-Public Funds, CAF employees on Bases, Wings, Units, and at headquarters in Ottawa.

In partnership with Bases, Wings, and Units, we ensure that our customers, the CAF Regular and Reserve Force members, retired and former CAF members, military families, DND employees, NPF employees, and RCMP personnel, receive access to morale and welfare programs, services, and activities, no matter where they are located.

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

Therefore, we invite you to visit our 20th anniversary virtual gallery [www.cfmws20-sbmf20.com](http://www.cfmws20-sbmf20.com)

During your visit you can learn more about significant milestones that marked our organization's existence.

Don't forget to check your local CAF newspaper to find out more about upcoming anniversary-related events.



## MPs offering child car seat clinic

### Shilo Stag

1 MP Regt Shilo Platoon will be hosting a child car seat installation clinic Oct. 1 from 10 a.m. to 2 p.m. at the Military Police Detachment at 134 Royal Ave.

According to LS Derrick Booth, the clinic is open for anyone wishing to have a child car seat inspected and or installed properly and for those wishing to be educated on proper requirements and installation.

The clinic will be open to all on a drop-in basis — no appointment necessary.

For information on this event being hosted by our Base MPs, contact Cpl Sarah Taylor or LS Booth at 204-765-3337.

## Base road work forces closures

### Shilo Stag

It will be a busy month on the Base when it comes to road construction.

Therefore, be advised there will be road closures.

Road re-construction will occur on Gunner Road from Sept. 1 to 16, while Boulogne Road will be under construction from Sept. 12 to 15.

There will be detours and road blockages during this time while work is being undertaken, so take caution around workers on the roads.

Gunner Road will also be closed Sept. 13 and 14 for paving — this affects the Base headquarters parking lot foot traffic, IPSC gravel lot foot traffic and overflow mess parking.

All traffic can use St. Lucia Road on the east side of the 'L' Line buildings.

Boulogne Road will be closed the entire week starting Sept. 12. This affects water treatment staff, access to the potable water fill point and the overflow parking lot for 1RCHA troops.

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## Community Needs Assessment

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Évaluation des besoins de la communauté

Comment pouvons-nous mieux vous servir?  
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Cpl Bryce Cooper covered Family Day and the demolition of a PMQ as part of his training at the *Shilo Stag*.

## Former infantry soldier in focus with camera after career change

**Jules Xavier**  
Shilo Stag

From infantry to imaging tech, Cpl Bryce Cooper is looking forward to being in focus with a new career in the Canadian Armed Forces (CAF).

Born at home in Shutty Bench, BC — about 10 kilometre north of Kaslo on Kootenay Lakes north arm — the 35-year-old former 2PPCLI soldier is currently doing job training with the Shilo Stag to prepare for his course at CFB Borden this fall.

Raised in the same community where he was born, Cpl Cooper moved to nearby Argenta at age seven. He returned to Shutty Bench and attended high school in Kaslo.

In the CAF for a decade, Cpl Cooper's deployment list includes Op ATHENA in the summer of 2008 in Kandahar and Op ATTENTION in the fall of 2013 in Kabul.

Why did Cpl Cooper join the Canadian Army — infantry in particular? Was he following in the footsteps of family members who pursued a military career?

"The military was largely demonized by my family, none of whom had ever served in the CAF," he said.

"Being naturally curious and a little rebellious, I found it more attractive because of that. I was very idealistic at that age [mid-20s] and felt that I would have opportunities to make a greater difference."

Helping Cpl Cooper hone some photo skills prior to leaving for Ontario and being immersed in photography classes, the *Stag* sat down with the genial soldier for a Q&A about his military career, and why the trade change.

**Stag:** *What did you like about being in the infantry — being a Patricia and its rich military history?*

**Cpl Cooper:** "I found being part of 2PPCLI was very welcoming and supportive. It was a little like being in a family where you were given opportunities and encouraged to make yourself better and help others. I hear about other Units 'eating their own' and feel I was lucky to be in a more constructive environment. As a former Patricia it is hard not to be proud of the Unit's storied history and having been a small part of that."

**SS:** *What are some of the cool things you've done honing infantry skills?*

**CC:** "I served on an aircraft carrier in Hawaii and participated in a platoon attack up a Volcano. I went on a ruck march in Holland. I trained in Texas and

Arizona. I went to the Olympics and fought flooding in Manitoba. I drove a BV206 tracked over snow vehicle in Yellowknife in 2012."

**SS:** *What was it like learning to be a "door gunner" in a helicopter?*

**CC:** "People often ask me that and I tell them it wasn't overrated. Shooting machine guns out of helicopters is fun challenging and dangerous. It is the infantry dream."

**SS:** *What are your strengths as an infantry soldier? What skills did you wish you were better at as a soldier in the infantry?*

**CC:** "I always stood out as having very good physical endurance. I was never injured despite putting myself into all the challenging situations typical of being in the infantry. I have a very good basic infantry skill set. I can shoot well; navigate well, survive and carry heavy loads for a long time."

"Things I wish I had been able to do better: Managing people and being organized in general. Making appropriate use of available time is enormously important in the infantry and I wish I had been better at that."

**SS:** *Looking back on your job being deployed to Afghanistan, what was that experience like being in a war where you are able to use the training you have done, then putting it to use against the Taliban?*

**CC:** "In a word ... frustrating. During training you always achieve the objective, you take the trench and consolidate. The Taliban weren't hiding in trenches or even staying in buildings. They were as elusive as ghosts. Fixing the enemy in position and destroying them would have been very

rewarding, but real world enemies are living people who don't want to die and in the mission I was on [Op ATHENA] they had learned over years of conflict how to survive encounters with NATO militaries."

**SS:** *You had colleagues killed while you were fighting in Afghanistan on your '08 tour — how have you dealt with loss? Does Nov. 11 have a new meaning for you as a veteran of the Afghan war?*

**CC:** "While we were deployed overseas we would talk about what had happened amongst each other during our 'down time,' but I would often find myself distracting myself with the tasks at hand and focusing on work to stay safe and pass the time. I was of the belief there would be a better time to dwell on what had happened and why."

"I have always observed the importance of Nov. 11,

but I think for whatever reasons, I find myself remembering my fallen comrades throughout the year especially around the time of their death. Pte Terry Street I remember showing me a way to fold my beret in a way that it wouldn't look crumpled when I pulled it out of my pocket. This was when we were both new privates in the Battalion. I never put my beret in my pocket without remembering him."

**SS:** *Having been to war, and now back home in peace time, what led to your decision to remuster and change from infantry to imaging tech?*

**CC:** "Partly, I am not as idealistic as I was in my 20s. Having been to Afghanistan I can see how challenging it is to effect substantial change for a people and being in the infantry started to make me feel small in that way."

"I have a family now and although I still want to go on dangerous and challenging missions, I don't feel that I should do that. Even if I didn't feel that way those missions are not as available as when I joined."

**SS:** *Why did you choose imaging tech?*

**CC:** "I generally like the military and am still interested in it. I want to do and see things within the military here in Canada and overseas. I don't necessarily feel like I need to get snowed on in Wainwright for a month to see one attack at this point. I believe in promoting the military and its place in Canadian history."

**SS:** *Why did imaging tech pique your interest as a new military trade?*

**CC:** "I feel very lucky to have been selected as an image tech because its competitive to get in. There are many benefits to being a Canadian Armed Forces image tech over a civilian photographer. Job security, regular pay, paid travel and access are some of the ones I considered."

**SS:** *If you have a choice of a posting where you can use your new photo skills as part of PAO, which CAF location is No. 1 on your list?*

**CC:** "I would choose CFB Comox because I grew up in a small town in BC and miss culture and environment there."

**SS:** *What do you want to do with these new skills looking ahead to your retirement one day ... become a professional photographer?*

**CC:** "I want to take pictures people want to look at. I don't plan on retiring anytime soon. When I do retire working as a photographer is definitely something I am considering."

**SS:** *What do you think will be the toughest adjustment in changing trades in the CAF?*

**CC:** "I expect moving my family will be challenging. My wife has never lived outside Manitoba and my daughter has friends here. On a professional level, going from being knowledgeable and competent back to being inexperienced and new will also be a challenge."



**CPL BRYCE COOPER**



# Assessment survey wants your input

## Stag Special

How can this Base serve you better? To do so we need you to complete the Community Needs Assessment survey.

All military personnel, veterans, and family members are asked — from Sept. 12 to 23 — to share your opinions in our Community Needs Assessment survey. The Community Needs Assessment is your opportunity to influence the programs and services available to support the military community.

The survey is administered jointly by Personnel Support Programs (PSP) and Military Family Resource Centres (MFRC) and is available online.

“Our services will be impacted based on the survey outcomes,” noted BComd LCol John Cochrane

**“I cannot stress the importance of this survey and the potential impact it will have on our community.”**

**LCol John Cochrane**

in a release from his office. “We need to make sure our voices are heard!”

He added, “The only way for this to happen is if our community completes a minimum of 656 surveys no later than Sept. 23! I cannot stress the importance of this survey and the potential impact it

will have on our community.”

The Community Needs Assessment survey asks you to share your most pressing challenges and to define your needs as a military member, veteran or family member. We ask you to share your opinion irrespective of whether you use PSP or MFRC services regularly, occasionally, or not at all. This information will give us a better picture of which issues military personnel, veterans and their families think are most important, and of how well our current services address those key needs. Our services will be adjusted at the local and national levels based on the survey outcomes to ensure that we are delivering programs that are as helpful and relevant as possible. Help us do better! Share your opinion over 11 days starting Sept. 12 at [www.cfmws.com/CNA](http://www.cfmws.com/CNA)



Photo by Jules Xavier

## 36th annual Terry Fox Run

Be at L25 Sept. 9 for the 9:15 a.m. open ceremonies prior to the start of the annual Base event which starts at 9:30 a.m. There's a five or 10-kilometre route. Donations to Terry Fox Foundation appreciated. Here is Terry Fox's memorial near Thunder Bay, Ont. where he had to stop his cross-Canada Marathon of Hope.

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Padre Dennis - ext 3088  
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#### Our Lady of Shilo Roman Catholic Chapel

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

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