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Volume 58 Issue 1



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January 10, 2019

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Pte wears BComd's tunic during dinner. Page 3



Soldier of the Year is 'steadfast' working. Page 6



CANEX shelves stocked with Sobeys deal. Page 12



Cpl Maxime Proulx strains under the weight of his lift during Ex HEAVY LOADER.

Photo Jenna Dulewich/Shilo Stag

# Reigning champ encourages others to try

**Jenna Dulewich**  
Shilo Stag

It's not everyday you see a man squat 730 pounds.

But that is exactly what everyone saw at 1RCHA during the morning of the 2018 Ex HEAVY LOADER competition, when former powerlifting champion Bdr David Harte, became reigning champion on Dec. 12.

"It's pretty good... every year that I've done it, I've won," Bdr Harte said with a humble smile, after winning the annual competition for the third time.

"I was always a bigger guy and everyone said I should try powerlifting, so I did."

Joining the 'strength sport' a mere three and a half years ago, the 26-year-old explained it was a former CFB Shilo ma-

jour who got him into the 1RCHA annual powerlifting competition.

"Me and Maj Joe O'Donnell used to just train together and it went from there," Bdr Harte recalled.

Joining the military five years ago, the bombardier said he originally wanted to become a police officer, but after going to school in Ontario and not having enough experience for the position, he made the decision to join the reserves and go into Regular Forces. A decision, the CP tech with A Bty, has not looked back on.

"I will probably stay with the artillery for the rest of my life," Bdr Harte said.

The strength sport, on the other hand, is a different story.

Even with Harte's powerlifting numbers "looking really good" this year - beating all his personal records and taking the belt with an impressive 730-pound squat,

400-pound bench lift, and 700-pound deadlift, the bombardier said he is debating joining the competition next year.

"I would like to pass the belt along to someone else," Bdr Harte explained.

"I think everyone is stronger than what they think, and a lot of it is mental.

"We had a guy out here today who didn't know his numbers and is one of the top-three strongest here. [My advice is] do what you think you can, and by the third attempt, push it a little and do more than what you think you can you do."

Bdr Harte also wanted to note, the competition is not meant to be taken super seriously and people should just try out and see what they can do.

"I think a lot of people should just have fun with it."

**See more coverage page 7**

# Shilo and Area Service Club aims to be more inclusive, help more Larry Weisgerber new president of 50-year-old club



Retired from his former CE job here on the Base, the avid CFL fan — he cheers for the Green Riders — is the new president of the Shilo and Area Service Club.

Photo Jules Xavier/Shilo Stag

**Jenna Dulewich**  
Shilo Stag

How do you make a 50-year-old service club more inclusive to everyone?  
Simple, you let everyone join.

Shilo and Area Service Club — formerly known as the Shilo and Area Men's Club — has made big strides over the last couple of years, including changing the name of the half-century-old club, and officially rewriting the rules last year to add that all genders can join.

"Half of the volunteers are spouses, girlfriends or friends anyways," newly elected president Larry Weisgerber told the Stag over coffee. "It only makes sense that they get a voice and vote, too."

In the same step with similar aging organizations, the Shilo and Area Service Club is focused on being more inclusive, increasing membership, and wants to find more people and organizations to help.

The club motto is "to make our community a better place in which to live by positively contributing to the overall well-being of the Shilo community and surrounding region." The club members focus on making Shilo and surrounding area a better place by volunteering their time and services at events, or by fundraising throughout the year with all the monies going towards community organizations, individuals, and charity causes in need.

"You get to have fun, working activities with the other volunteers, and our club is very open and transparent. It's a great place to come and socialize and meet people," Weisgerber explained.

For those who don't know who is involved with the club, you'd be likely to recognize their faces at several Base events where the members often volunteer their time and cooking skills, including the annual Lobsterfest, Canada Day, and Candy Cane Christmas — to name a few.

"If you ask people to volunteer, they are there but it is getting harder to find members," Weisgerber said.

The club has three different membership levels; an active member, who lives on the Base, volunteers and attends regular meetings; an associate member, someone who used to be involved with the club but has since moved, who can come back, volunteer, and vote at meetings if they are present; and a life member, someone who has put a significant amount of time with the club, who no longer has to pay membership fees.

The meetings are once a month with the except of June, July and August.

But it is not about being a member of the club that brings a sense of pride to Weisgerber, it is the bringing together of community and the importance of giving back.

"It's a way to build community spirit — that is great for Shilo," Weisgerber said. "You have to give something back to society and community, the tighter you hold to yourself, the less community there is."

While Weisgerber said he is grateful for the current volunteers of the club, he would love to see more new faces, and also get more applications from community organizations, individuals and charity causes in 2019.

"We are a very welcoming group ... and volunteering isn't hard, people are very appreciative," he said.

For more information on how to get involved with the Shilo and Area Service Club, or to get an application for help, contact organizers at 204-765-3000 ext 3353.

## Pet of the Week



**HONEY B**

Michelle Mayhew says her male feline is a "cuddle cat." Honey B loves to be held all the time. He's always purring. She admits Honey B is "the most spoiled and rotten cat in the world." Do you have a photo of your pet — cat, dog, bird, snake, hamster — you'd like to share with our Stag readers? If so, e-mail it to us via [stag@mymts.net](mailto:stag@mymts.net)



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Cpl VERBEEK



MCpl LESSARD

# Soldiers, civilians recognized prior to enjoying turkey dinner

## Shilo Stag

There was more than turkey, sweets and good conversation when the Base hosted its annual festive dinner at L25.

"Although the origins of the custom of a festive dinner cannot be traced to any specific event or time-period, it has become a 'standard' practice dating back to the 18th Century," said emcee Capt Nickie Witham.

"It is believed the origins started with an effort to boost morale, and to show general appreciation for junior ranks."

She added, "Once called the men's Christmas dinner it is now referred to as the soldiers' festive dinner. The officers, sergeants, and warrant officers are involved in all aspects of the dinner — organizations, preparations, serving and of course clean-up duty afterwards."

But before the festive was served, it was time to recognize soldiers and civilian workers with decorations, commendations and promotions. Plus, the civilian and soldier of the year were announced.

Up first on the awards list was MCpl Melanie Verreault, who received her Canadian Forces' decoration.

"The Canadian Forces' decorations is awarded to officers and non-commissioned members of the Canadian Armed Forces who have completed 12 years of service and have a good record of conduct," said Capt Witham.

MCpl Beth Thompson then received the Special Ser-

vice Medal for her participation with Op REASSURANCE.

Wearing orange Crocs, Clive Prothero-Brooks from the RCA Museum was recognized for his long-time dedication of service with the Department of National Defence (DND). Prothero-Brooks has worked for 45 years with DND.

Cpl Pierre-Olivier Ares then received a Base Command Team commendation.

"The citation reads," said Capt Witham, "Cpl Ares provides a superior level of service to all members within CFB Shilo, raising the profile of the Base Comptroller branch. His contributions as a Financial Service administrator have a strong impact on the capabilities of the claims cell, which has allowed the processing of cashier services and claims processing in times of extreme short staffing. Cpl Ares is awarded the Command Team commendation for his strong work ethic that facilitates the processing of claims and cashier services."

The NPF's accounting section led by Tammy Powers also received a Base Command Team commendation "for consistently providing dedicated and professional customer service. The department was instrumental in the development and implementation of simplified accounting control procedures for stock-taking and cash handling for our local units, and the trial of a much needed simplified NPF budgeting



MCpl THOMPSON

process, which achieved efficiencies in both time and monetary gain," said Capt Witham.

"Their efforts have ensured that morale and welfare programs have operated within departmental guidelines and contributed to sound financial activities, and have had a positive impact on the quality of life and morale of our soldiers, civilian employees and their families."

A third Base Command Team commendation was presented to Leo Bugera and MCpl Anthony Lessard on behalf of the Base Transport section "for their tireless actions taken during the vehicle fire that took place in the Range Training Area (RTA) on July 6, 2018. Their efforts ensured a quick and safe remediation of the area, minimiz-

ing the environmental impact of the incident," said Capt Witham.

"Standard Military Pattern Vehicle Section was first to respond and provide a continuous workforce to pump out leaking fuel followed by conducting the difficult recovery of the vehicle, while the Special Purpose Vehicle Section provided immediate response triage to the local environment, then completed the lengthy remediation of the spill area over the following weeks."

See **YOUNGEST** page 5

## CIVILIAN OF THE YEAR

# 'Surprised' award recipient just doing his job

## Jenna Dulewich

### Shilo Stag

Tom Campbell was completely "surprised" when his name was called for Civilian of the Year at the Base turkey lunch in December.

"I don't know how to take it – I just show up and do my job the way I think it should be done," the 58-year-old humbly told the Stag. "I like to do things right the first time and I try to train the guys to look at the bigger picture and look at the job overall before you start and how you want it finished."

Nominated for his "outstanding commitment to Base Transport," Campbell was acknowledged for his "extensive experience in the heavy equipment industry" and for providing his Chain of Command with "valued expertise" in several projects.

The Civilian of the Year said he "hates doing things twice."

"It's just easier to do it right the first time," he said with a laugh.

Speaking from experience, Campbell has an extensive history in project management, including a 13-year career with the municipality of Oakville, before working for a landscaping company, and finally securing his current job at Base Transport in CFB Shilo, or what Campbell refers to as his "semi-retirement job."

"I really enjoy the job. I was looking to slow down and I only work 40 hours a week at this job, so it lets me be home a lot and I just like it," Campbell told the Stag.



TOM CAMPBELL

"I don't know why I was nominated – it was a complete surprise for me ... I'm just proactive."

"When we were getting ready to go on snow removal, I wanted to make sure the machinery was ready to go, and we had quite a few new people who needed training. So, before we split up into day and night shift, I was pushing to get the untrained people trained."

Maintaining the roads year-round, the crew focuses on snow clearing and sanding in the winter, while looking after the range roads in the summer.

During his nomination, Capt Nickie Witham said Campbell's "initiative in ensuring machine serviceability and training for new members has resulted in efficient clearance of our roads" while also speaking about "aiding in the completion of a four-kilometre road required for range development."

"Campbell is a highly regarded and valuable member of the Transport team, whose commitment to cohesion and morale exemplify the motto, 'getting the job done right'," she said.

Humbled by the award, Campbell said his advice to new crews is to have a "good work ethic."

"My motto a lot of the times, it might look like you're working slow, but you are working efficiently – speed kills," Campbell said.

Now with his new Civilian of the Year plaque hanging in his living room, Campbell said everything is finally sinking in.

"It's still overwhelming to me," Campbell said with a humble smile.



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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.



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

# Military members relocating during CAF careers

## Seamless Canada initiative progresses with provinces, territories during symposium

**Stag Special**

Canadian Armed Forces (CAF) members and their families are now one step closer to experiencing a "Seamless Canada," when they relocate across the country during the course of their careers.

Department of National Defence (DND) and CAF representatives met for two days in Ottawa in early December with counterparts from all 13 provinces and territories to advance the Seamless Canada initiative, first initiated this past summer.

National Defence launched Seamless Canada June 27 to improve the co-ordination of relocation services across the country, when CAF members and their families move to a different province or territory.

The Ottawa symposium focussed on finding ways to streamline and enhance services across governments on issues specific to CAF members and their families.

CAF members are required to relocate across Canada throughout their careers. A Canadian Forces Ombudsman report released in 2013 found that relocation is a major cause of stress and strain for military families, who can expect to move three times more frequently than the average civilian over the course of a member's career in the CAF.

Specific stressors include access to healthcare, employment, child care and education, which all come under provincial and territorial jurisdictions.

Chief of the Defence Staff (CDS) Gen Jonathan Vance and Jody Thomas, Deputy Minister of National Defence Jody Thomas set the tone for the December meetings with their opening remarks.

"Improving services across Canada for Canadian Armed Forces members and their families is a must," said Gen Vance. "Moving is a challenging experience even in the best conditions, and I am committed to helping make things easier and less stressful when they relocate across the country."

Thomas added, "With military families moving frequently in service of their country, relocation is absolutely one of the most difficult parts of military life."

The Ottawa roundtable discussions centred on health care, spousal employment, and education and childcare. The participants also worked on shaping the governance of the Seamless Canada framework and deciding on a strategic, long-term path to improving how military families can better transition between the provinces and territories.

A number of military spouses, both male and female, have also featured prominently in shaping the Seamless Canada dialogue. They spoke to the assemblies in June and again in Ottawa this month about their personal experiences with relocation and how it has affected their families over the years.

Seamless Canada builds on steps already taken by provincial ministries in Alberta, Ontario, and New Brunswick which enhance services for military families.

Several other provinces have also worked hand in hand with Military Family Resource Centres (MFRCs) in the past to streamline some services in those jurisdictions.

Following the Toronto meeting in June, New Brunswick reiterated its support for Seamless Canada and announced a joint pilot project to help military families, according to a news release issued by the province.

The Ontario government has announced that it will set up a new "hotline" in support of military families, to help them navigate provincial government services when they are transferred to Ontario bases.

Minister of National Defence Harjit Sajjan also emphasized his support for the Seamless Canada initiative during the two-day Ottawa symposium.

"The well-being of the women and men of our Canadian Armed Forces and their families is my priority," he said. "Relocations can be a difficult experience for members and their families, and we are committed to resolving issues and easing that burden. We thank the provinces and the territories for working collaboratively to find solutions that will improve the lives of Canada's military families."

The Seamless Canada working group has agreed to continue meeting regularly to improve services across provinces and territories to help ease the burden placed upon CAF members and their families when they relocate.

Seamless Canada supports Canada's Defence Policy, Strong, Secure, Engaged (SSE) by helping the CAF retain the talented people it recruits, while ensuring their wellbeing and looking after the best interests of their families.

For additional information on how military members will be supported under Canada's defence policy initiatives from when they join, throughout their careers, and after they become veterans, visit: Chapter One of Strong, Secure, Engaged (SSE).

**Relocation is a major cause of stress and strain for military families, who can expect to move three times more frequently than the average civilian over the course of a member's career in the CAF. Specific stressors include access to healthcare, employment, child care and education, which all come under provincial and territorial jurisdictions.**

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As the youngest member on the Base, Pte Tekla Johnston from Base Supply as custom, exchanged tunics with BComd LCol David MacIntyre, and sat at the head table. She enjoyed the experience as honorary BComd for the day prior to block leave.

Photo Jules Xavier/Shilo Stag

# Youngest soldier Pte Tekla Johnston wears BComd tunic

VISIT OUR FACEBOOK PAGE

From page 3

Thomas Campbell from Base Transport was named CFB Shilo's civilian of the year "for his outstanding commitment to Base Transport. Campbell's extensive experience in the heavy equipment industry provided his chain of command with valued expertise in the construction of Gopher Trail, aiding the section in completion of a four-kilometre road required for range development," offered Capt Witham.

"Leading into the snow and ice season, his initiative in ensuring machine serviceability and training for new members has resulted in efficient clearance of our roads. Campbell is a highly regarded and valuable member of the Transport team, whose commitment to cohesion and morale exemplify the motto 'getting the job done right.'"

The recipient of the CFB Shilo soldier of the year award was Cpl Bradley Birrell "for his steadfast performance, his demonstrated leadership in the Base Weapon's section, and his commitment to fostering a cohesive and dynamic team," said Capt Witham.

"By leading branch physical training and volunteering as the team captain and competitor for Ex MOUNTAIN MAN, Cpl Birrell has upheld a high standard for himself and supported those around him to remain engaged in the opportunities of our community."

She added, "Further, as a dedicated peer supporter with the Sentinel program, and a volunteer with the United Way, Cpl Birrell patently demonstrates all of the core values of a leader in the Canadian Armed Forces."

It was then time to recognize members who received their promotions in December: RPOU Det Shilo OC Maj Jeremie Dulong presented Avr Dalton Lomack with his corporal stripes.

On the Base side, BComd LCol David MacIntyre and BRSM CWO James Doppler promoted Pte (B) Nicholas Nightengale-Ash to Pte (T); Cfn Enrico Pinales-Grondin to corporal; Avr Kara Verbeek to corporal and Cpl Anthony Lessard to master corporal.

Following the formal part of the festive dinner, a tradition was followed where Commanding officers switch roles and tunics with the youngest member of the unit.

"This soldier then becomes the honorary commander for the day," noted Capt Witham. "The practice of exchanging jackets with the senior private/corporal and the Regimental Sergeant Major [RSM] is a fairly recent innovation, and is indicative of the RSM's important position as an advisor to the CO as a conduit between the members of the unit and the senior command structure."

LCO MacIntyre switched tunics with the Base's youngest member Pte Tekla Johnston, who works at Base Supply.

Carrying on with other traditions, a turkey was brought out accompanied by trumpet from COS executive assistant Karli Allen. The final roosting place is brought by Sgt Nevell from 1 Dental Unit Det Shilo and Sgt Bisio from 1 MP Regt Det Shilo. The turkey wranglers led by 2Lt Hiltz were Lt Brandon from RPOU Det Shilo, Base sides Lt Smith and Lt Wang, and 2Lt Smith from 3 CDTC C Coy Det Shilo.



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Jan. 11 vs Red Deer 7:30 p.m.

Jan. 18 vs Kootenay 7:30 p.m.

Jan. 19 vs Kootenay 7:30 p.m.

Jan. 26 vs Regina 7:30 p.m.

Feb. 5 vs Saskatoon 7 p.m.

Feb. 8 vs Swift Current 7:30 p.m.

## CANNABIS

# by the numbers

Cannabis consumption is prohibited by a CAF member during the following periods:

Period of Prohibition	Duty
<b>8HRS</b> Cannabis consumption during the 8 hours before any known or expected performance of ...	<ul style="list-style-type: none"> <li>any duty (defined as any duty, training, exercise, parade or service that is military in nature.)</li> </ul>
<b>24HRS</b> Cannabis consumption during the 24 hours before any known or expected performance of ...	<ul style="list-style-type: none"> <li>operation or handling of a loaded weapon, ammunition, explosive ordnance or explosive;</li> <li>operation or handling of a weapon system;</li> <li>a scheduled base emergency response duty, including firefighting or medical first response by military police, a firefighter or a medical technician assigned to medical first response duty;</li> <li>a scheduled operational exercise or collective training;</li> <li>operation of a wheeled or tracked vehicle, or mobile support equipment;</li> <li>servicing, loading, testing or involvement in maintaining a military aircraft or a component of a military aircraft;</li> <li>training as a candidate for the basic military qualification or basic military officer qualification and not restricted from leave;</li> <li>parachuting, rappelling or fast roping activities;</li> <li>maintenance or packing of parachuting, rappelling or fast roping equipment;</li> <li>operation of a laser of class 3B, 3R or 4, as classified under the American National Standards Institute Z136.1, Safe Use of Lasers; or</li> <li>operation of a fuel farm or handling of bulk petroleum.</li> </ul>
<b>28DAYS</b> Cannabis consumption during the 28 days before any known or expected performance of ...	<ul style="list-style-type: none"> <li>operating in a hyperbaric environment, i.e. diving, submarine service or use of a hyperbaric chamber;</li> <li>high altitude parachuting from a height of or above 13,000 feet (3,962 metres) above mean sea level;</li> <li>service as a member of a crew of a military aircraft as a pilot, air combat systems officer, flight engineer, airborne electronic sensor operator, observer, loadmaster, jumpmaster, search and rescue technician, air technician, air gunner, air marshal, tactical aircraft security officer, flight test engineer, flight attendant, flight steward, flight surgeon, flight nurse or aeromedical evacuation technician;</li> <li>controlling or directing an aerospace platform or asset; or</li> <li>operation of an unmanned aerial system.</li> </ul>
Enduring and total prohibition on cannabis consumption during the entire period of ...	<ul style="list-style-type: none"> <li>an international operation, exercise or collective training, other than any period of authorized leave in Canada; or</li> <li>an OUTCAN posting, other than any period of authorized leave in Canada.</li> </ul>

Learn more: DAOD 9004-1, Use of Cannabis by CAF Members

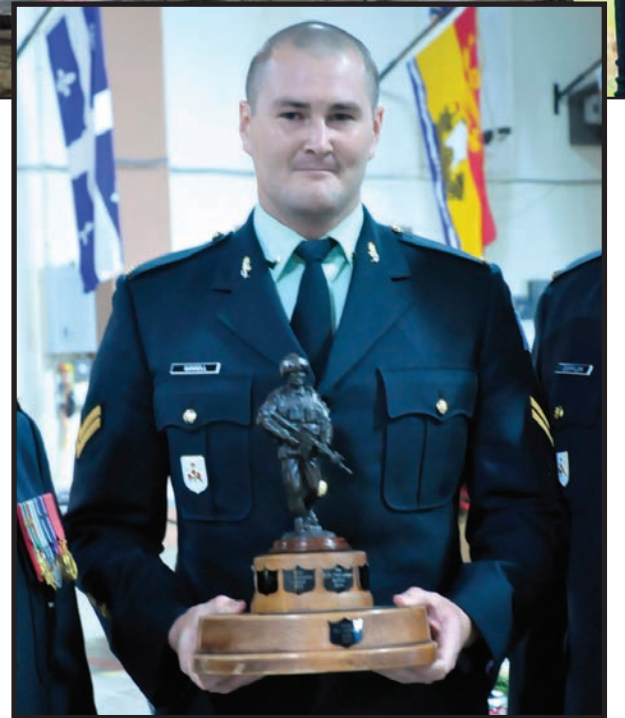


***“Through high school I was in the peer support program, and before high school, I was in a small town where I grew up in a situation where if someone was in trouble, we’d help them out.”***

**— Cpl Bradley Birrell**

Cpl Bradley Birrell is active on the Base, or off, helping out when called upon. For this and his work ethic, the Saskatchewan born-and-raised weapons tech was named 2018 Soldier of the Year. During the recent Ex MOUNTAIN MAN he iced his legs following training in Ninette.

*Photos Jules Xavier/2Lt Ryan Bartlette/Shilo Stag*



## SOLDIER OF THE YEAR

# Weapons tech is ‘steadfast’ doing his CAF job

**Jenna Dulewich**  
Shilo Stag

Cpl Bradley Birrell is a believer in treating people the way you want to be treated.

And it is through that positive attitude, the corporal was awarded with the CFB Shilo Solider of the Year award.

“I actually nominated the guy who nominated me,” Cpl Birrell said with a laugh.

Recommended for Solider of the Year because of “his steadfast performance, his demonstrated leadership in the Base Weapon’s section, and his commitment to fostering a cohesive and dynamic team,” the corporal said “it is nice to be recognized.”

While the weapons tech is known for working in Base Maintenance, Cpl Birrell has also volunteered with United Way, acted as a team captain and competitor for Ex MOUNTAIN MAN, and has also been involved with the Canadian Army Sentinel program since its inauguration on Base.

“Honestly, [the Sentinel program] is for anybody if anybody needs someone to talk to,” the corporal explained, noting it was one of his more proud accomplishments.

Initiated at 2Div in 2007, the Sentinel program was brainstormed by chaplains and social workers who wanted to start a proactive, all-ranks volunteer-trained group, to ensure soldiers had access to the right resources.

“It’s soldiers helping soldiers. It’s easier for someone to talk to one of their own ranks or position,” Cpl Birrell explained. “Anything from trying to help if they have mental health [issues] or are struggling through stress, you help them find resources for help.”

Introduced across Canadian Bases in 2015, Cpl Birrell jumped on the opportunity to volunteer in CFB Shilo immediately.

“The Padres on Base found it worked very well, so they implemented it on Base side and I think it’s been a great success since it started,” he said. “I’ve helped a lot of people through the program.”

Since expanding country-wide, the Sentinel program was reported having close to 700 volunteers in 2016.

“Through high school I was in the peer support program, and before high school, I was in a small town where I grew up in a situation where if someone was in trouble, we’d help them out,” Cpl Birrell explained.

During his nomination for Soldier of the Year, Capt Nickie Witham said “Cpl Birrell has upheld a high

standard for himself and supported those around him to remain engaged in the opportunities of our community.”

Originally from Quill Lake, the Saskatchewan born-and-raised corporal said he joined the CAF after hearing Second World War stories from his great-grandfather, and after joining the Canadian Armed Forces family in 2012, Cpl Birrell said he would love to spend the rest of his career in Shilo.

“I grew up in a town of 300 [population]. It’s nice and small, feels like home,” he said.

During the presentation for the prestigious award, the nomination read, “As a dedicated peer supporter with the Sentinel program, and a volunteer with the United Way, Cpl Birrell patently demonstrates the core values of a leader in the Canadian Armed Forces.”

When asked how his friends and family reacted to the corporal being awarded the CFB Shilo Soldier of the Year, Birrell responded that he works with most of his friends, so they were able to celebrate together.

“It was all high-fives, handshakes and beers,” Cpl Birrell said with a laugh.

“Really, just treat people how you want to be treated and if you’re nice to people, people will be nice to you.”



Bdr David Harte received the Ex HEAVY LOADER belt after defending his title from 1RCHA CO LCol Ryan Stimpson. Bdr Harte (right) won all three categories. Cpl Jennifer Gagnon (below right) was in her second competition. Lots of facial expressions during lifts.



PHOTOS JENNA DULEWICH/SHILO STAG



# Powerlifting rookie says start low, slow

**Jenna Dulewich**  
Shilo Stag

It's not all about lifting 700 pounds in your first try, according to the powerlifting rookies.

"Don't be afraid to start low and slow – it comes with time," said 1RCHA Cpl Jennifer Gagnon, 25, second-time competitor with the annual Ex HEAVY LOADER powerlifting competition. "People get intimidated if they can't lift 700 pounds like Harte, but it comes with time."

Referring to the three-time and 2018 reigning champion, Bdr David Harte who won the belt with a 730 pound squat, 400 pound bench, and 700 pound deadlift, those new to the competition say it is more about having fun and trying to beat your own personal records.

"This is a very camaraderie based competition – it is all for fun and people don't want to enter if they feel like they are not going to win, and as you can see, everyone just has a really fun time and it's a good way to spend the day," Cpl Gagnon said, noting the Edmonton-native is not "predominantly a powerlifter" despite squatting 165 pounds, benching 115 and deadlifting 270.

And the majority agreed, Ex HEAVY LOADER is more about a fun way to spend the morning, as a section is portioned off in the 1RCHA main building, with loud music and a high-energy crowd for the annual competition.

"People shouldn't be shy with entering and competing – it's about competing and having fun," Cpl Gagnon said. "[And] it's just one of those things, you try it once and decide whether or not you are going to do it."

Lt Matteo Bono, from Niagara Falls, Ont., had the similar mindset when he entered this year's competition, starting training only two weeks prior.

"When I came out here, there was a big powerlifting crew who [convinced me] to sign up, and I thought, 'Why not?'" the 23-year-old with A Bty said with a laugh.

Despite little training, the lieutenant was able to pull off a 365-pound squat, 250-pound bench, and 500-pound deadlift.

"Honestly, it has nothing to do with training – just go out and stay fit. Keep up with regular work cycles and nutrition and if you want to get to higher weights, be cognizant of how much your body is capable of doing and work up from that weight realistically," Lt Bono said.

And other powerlifting first-timer and Ex HEAVY LOADER third-place winner, echoed the corporal's and lieutenant's statements, saying it is all about having fun and trying your best.

"I've never powerlifted before, but I have always been into the gym and pretty athletic – I played football and was always lifting weights, so I decided to give it a shot," Pte Christian Dennis, originally from Hamilton, Ont., said with a smile.

And luckily that he did, as the first-timer Gunner competitor placed third with a 405-pound squat, 305-pound bench, and a 545-pound deadlift.

"It's great [to win]," he said.

The 21-year-old said those who are interested in trying the 'strength sport' should "just do it."

"You might be nervous and you might not know what your powerlifting potential is but just keep working at it," he said. "And don't give up."

Here are your top-three finishers:

Bdr Harte – 730 pounds squat, 400 pounds bench, and 700 pounds deadlift

Bdr Proulx – 435 pounds squat, 345 pounds bench, and 600 pounds deadlift

Bdr Dennis – 405 pounds squat, 305 pounds bench, and 545 pounds deadlift

# Base gun club resurrected after going into hiatus

**Jenna Dulewich**  
Shilo Stag

CFB Shilo's Gun Club has restarted with a bang.

"It's always been my first passion in life," Pte Jean-Michaël Proulx from Base Transport told the *Stag*. "I [came] to Shilo and there is an auto club and a golf club, but no gun club."

And it was with that thought, Shilo's gun club was brought back to life, after being inactive for the past couple of years, with Pte Proulx adopting the title of club president.

"My objective is fun, security and [accessibility]," the Montreal-native explained.

Joining CFB Shilo for his first posting, the 23-year-old wants to use being young and single to his advantage, he said with a laugh.

"I have the passion and the time — I don't have [obligations] on weekends," Pte Proulx said. "I would like the gun club to be open all weekends."

For the initial start-up, organizers are aiming to have the shooting range open a couple times a month on the weekends, with those times increasing to every weekend, if possible with the volunteers' schedules.

"Everything is [awaiting] approval," Pte Proulx explained.

Other target goals for the reinstated club include more tactical shooting practice, sniper matches a couple times a year — with one currently in the planning stages for March 2019 — and talks of offering specialized training to groups, for an extra cost.

And no need to worry about missing shooting times and events anytime soon, as everything is being



**Pte JEAN-MICHAEL PROULX**

planned for 2019.

"I feel very good about the club ... this will be a big challenge [for me] but I love it," Pte Proulx said.

The first general meeting was held last month with 10 to 12 people in attendance, showing interest in the resurrected club, and the newly-elected president Proulx, vice-president MCpl Ryan Kristy, and treasurer 1RCHA BC Maj Gregory Keach ironing out some of the formalities during the hour-long meeting.

Some of the notable changes included Pte Proulx suggesting the kilometre restriction be taken out so the club can be more inclusive to

Manitoba residents, and implementing new membership fees — \$25 for regular member, \$30 for ordinary member and \$35 for associate member.

A budget was also submitted with a projected revenue of \$738.76 and estimated expenses of \$475, but it was noted the numbers are a "guess-timate" as everything is still in the planning stages.

The agenda for the meeting was submitted and still pending approval from the Base Commander.

In the meantime, for those interested in joining or wanting to find out more about upcoming events, contact the new president at [jean-michael.proulx@forces.gc.ca](mailto:jean-michael.proulx@forces.gc.ca)



## Proposed membership fees

\$25 - Regular Members: CAF members, former CAF members, reserve units CAF members, former reserve units CAD members, and foreign military members serving with the CAF (all includes their families).

\$30 - Ordinary Members: Members of the extended security and Defence team and their families, pensioners (former Staff of the Non-Public Funds (NPF) CAF receiving a pension, former RCMP officers in receipt of a pension, families of former staff of NPF-CAF receiving a pension, families of former RCMP officers in receipt of a pension); and

\$35 - Associate Members: Subject to approval of the Base Commander, any person not specified in regular/ordinary members may be invited to become an associate member.

## Where's Willie?

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

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



## Entry Form

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

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

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

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

Answer skill-testing question:

Who were named Soldier and Civilian of the Year during the Base's annual festive dinner?

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



Besides using your own registered weapons on the range, the Base's gun club has an assortment of weapons members can use during sessions in the training area.

*Photos Jules Xavier/Shilo Stag*

## PUBLIC NOTICE

Public Notice is hereby given that CFB Shilo Country Club intends to conduct the following Pesticide Control programs during 2019: To control noxious weeds at the CFB Shilo Country Club. The projected dates of application will be from May 1, 2019 to Nov. 1, 2019. The herbicides to be used include 2-4-D Amine and Glyphosate — to control the following turf grass diseases including Dollar Spot, Anthracnose, Melting Out, Pink and Grey Snow Mould etc. The proposed dates of application for these programs will be from May 1, 2019 to Nov. 1 2019. The fungicides to be used include Banner Maxx, Daconil 2787, Heritage Maxx and Trilogy. The public may send written submissions or objections within 15 days of the publication of this notice to the following department: Manitoba Conservation, Pesticide/Fertilizer Section, Suite 160, 123 Main St., Winnipeg, MB, R3C 1A5.

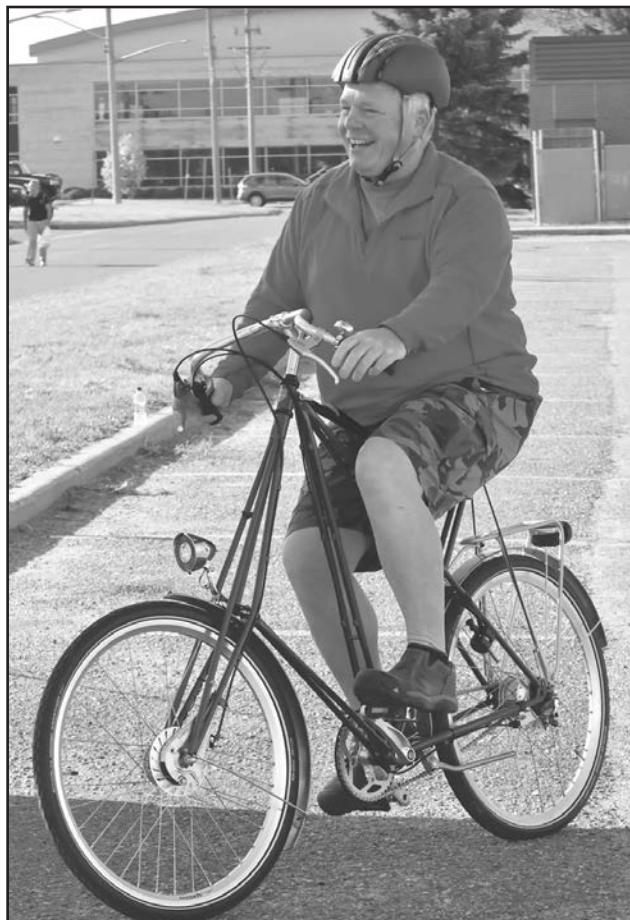


## IN FOCUS AROUND THE CFB SHILO



Base COS EA Karli Allen performed during the annual Base festive dinner held at L25.

Photos Jules Xavier/Shilo Stag



A dedication to DND service saw Clive Prothero-Brooks recognized twice on the Base for his 45 years of service. You might see him riding his quirky bikes or wearing Croc footwear.



A reminder from Karen Gero at Gunner Arena that there are free skate sessions allocated besides pucks and sticks for the hockey enthusiasts.

# RMC St. Jean Commandant says millennials great fit for today's Canadian Armed Forces

**Yves Bélanger**  
Stag Special

What does the term "Millennium generation" mean?

Born between the early 1980s and the early 2000s, Millennials, also known as Generation Y, grew up with computer technology at their fingertips. They are considered to have excellent command of communication, media and digital technologies.

Millennials are perceived as different from previous generations, particularly regarding their relationship with technology and their world view.

However, RMC St. Jean Commandant Col Gervais Carpentier maintains that Millennials have more similarities than differences when compared to previous generations and the Canadian Armed Forces (CAF) has a lot to offer them.

Col Carpentier, who has 31 years of service as a CAF officer, has had the opportunity to meet people of different generations throughout his career.

In his view, the differences between them are not as great as one might think. "No generation has ever been studied as much as that of the Millennials. However, they tend to be observed in silos. We shouldn't forget that we all live in the same society."

He states that, over the decades, the CAF has changed and Millennials can be easily integrated into it. "In recent years, the CAF has taken its membership more into account. Members are at the heart of the new policies that are adopted," he explained, recall-

**"In recent years, the CAF has taken its membership more into account. Members are at the heart of the new policies that are adopted."**

— Col Gervais Carpentier

ing the motto, "People First, Mission Always."

With the many jobs and opportunities offered by the CAF, it is an excellent employer for today's youth.

"Millennials are known to change jobs every three to four years. In the CAF, they can do it while staying in the organization," said Col Carpentier.

He pointed out that the organization's values correspond in many ways to those of the new generation, "We have made great strides in terms of diversity and inclusion, among other things."

As for the new generation's need for recognition, it is easy for them to find what they are looking for in the CAF.

"There are many opportunities in our organization for people who want to take up challenges. For example, there are foreign missions or various operations. These are all opportunities for men and women to take pride in their work and garner recognition for their accomplishments."

Aware that Millennials often tend not to set medium- and long-term goals, the CAF member does not see anything to worry about.

"We will help them to set goals. That's the role of a leader," he said.

Col Carpentier maintains the CAF has a lot to gain from the arrival of the Millennials in its ranks.

"They grew up with computers, smart telephones and electronic tablets at home. Technology is part of their lives, and we need their skills in this area."

## Indigenous athletes, teams wanted

Stag Special

The office of Military Personnel Generation is looking into the possibility of forming Canadian Armed Forces (CAF) Indigenous teams or Indigenous Members to compete in regional, national and possibly international events.

Such events may include participation at the following events:

- <http://arcticwinter-games.org/>
- <http://mastersindigenousgames.ca/about/about-the-games/> (adults)
- <https://ascnwt.ca/north-american-indigenous-games> (cutoff age 22)

If you are a CAF Indigenous member on this Base, and are interested in the possibility of representing the CAF at such events, e-mail the following information — to the Base COS' executive assistant Karli Allen at [Karli.Allen@forces.gc.ca](mailto:Karli.Allen@forces.gc.ca) — SN, rank, name/initials, Base location and sports or events interested in being part of as an athlete.

**National Defence**  
**Defense nationale**

## WARNING SHILO RANGES

Day and night firing will be carried out at the Shilo Ranges until further notice.

The range consists of DND controlled property lying approximately 32 kms SE from Brandon and N of the Assiniboine River in Townships 7, 8 and 9; Range 14 WPM, Townships 8, 9 and 10; Ranges 15 and 16 WPM and Townships 9 and 10; Range 17 WPM in the Province of Manitoba. If required, a detailed description of the Shilo property may be obtained from the Base Construction Engineering Office at Canadian Forces Base Shilo.

All boundaries, entry ways, roads and tracks into the Range are clearly marked and posted with signs indicating that there is to be NO TRESPASSING. Hunting is no longer permitted on the Shilo Ranges.

**STRAY AMMUNITION AND EXPLOSIVE OBJECTS**  
Bombs, grenades, shells, similar explosive objects, and their casings are a hazard to life and limb. Do not pick up or retain such objects as souvenirs. If you have found or have in your possession any object which you believe to be an explosive, notify your local police and arrangements will be made to dispose of it.

**No unauthorized person may enter this area and trespassing on the area is strictly prohibited.**

**BY ORDER**  
Deputy Minister  
Department of National Defense

OTTAWA, CANADA  
17630-77

**National Defence**  
**Defense nationale**

## AVERTISSEMENT POLYGOINES DE TIR DE SHILO

Des tirs de jour et de nuit seront effectués aux polygones de tir de Shilo jusqu'à nouvel ordre.

Les polygones de tir sont des terrains sous le contrôle du MDN situés à environ 32 km au sud-est de Brandon et au nord de la rivière Assiniboine dans les cantons 7, 8 et 9; polygone 14 OMP, cantons 8, 9 et 10; polygones 15 et 16 OMP et cantons 9 et 10; polygone 17 OMP, dans la Province du Manitoba. Au besoin, une description détaillée de la propriété de Shilo peut être obtenue du Bureau du génie construction de la Base des Forces canadiennes Shilo.

Toutes les limites, voies d'accès, routes et sentiers menant aux polygones sont clairement marqués et ornés d'écriteaux d'ACCÈS INTERDIT. La chasse est dorénavant interdite aux polygones de tir de Shilo.

**MUNITIONS ET EXPLOSIFS PERDUS**  
Les bombes, grenades, obus et autres engins explosifs similaires et leurs enveloppes peuvent causer des blessures ou entraîner la mort. Ne ramassez pas ces objets et ne les gardez pas comme souvenirs. Si vous avez trouvé ou si vous avez en votre possession un objet que vous croyez être un explosif, signalez-le à la police locale, qui prendra les mesures nécessaires pour l'éliminer.

**Aucune personne non autorisée ne peut entrer dans ce secteur où tout accès est strictement interdit.**

**Par ordre du**  
Sous-ministre  
Ministère de la Défense nationale

Ottawa, Canada  
17630-77



Homes on the Base which are under renovations often see asbestos removed (left) before work commences on both interior and exterior (right). Besides new windows, doors and siding, work is done on new front or side entrance steps.

Photos Jules Xavier/Shilo Stag

# Social media questions ask about Base housing

Call 204-765-3000 extension 3570  
CFB SHILO

EXPERIENCE HISTORY WITH A BANG!

THE RCA MUSEUM

CANADA'S NATIONAL ARTILLERY MUSEUM



Your source for Army news in Manitoba

**We want you on our team**

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

**Jenna Dulewich**  
Shilo Stag

Why does it seem like so many Residential Housing Units (RSU) are empty?

What are those red lights in the windows?

And what is happening with the asbestos removal?

The *Shilo Stag* recently sat down with the Housing Services Centre manager Jodi McFadden to quiz her on some of the common questions popping up on social media lately and to find out what is slated for 2019 with the RSUs.

"Wherever we can improve, we certainly want to," McFadden told the *Stag*.

In charge of the 635 housing units on Base, the housing manager said there are currently approximately 15 RSUs undergoing renovations which will start becoming available in the new year in a staggered fashion.

"Contractors can't work on all the same houses at once, so once they complete one, they will move onto the next one and so forth," she said.

Why does it seem like there are a lot of empty RSUs?

For those looking for housing on Base, wondering what the hold up is with the seemingly empty RSUs around, there could be a number of reasons. Some houses remain empty as the Canadian Forces Housing Agency (CFHA) is waiting for an application to fill the home, the house could already be slated for a soldier [plus family] but they have not relocated yet, houses vacant may not be a suitable size for some families — as the manager noted, they try to closely match the amount of bedrooms to the number of people moving in — or the RSU might be on the project list.

"The issue is we always have houses in varying states," McFadden explained. "[And] houses do sit because there is so much to be done."

A proactive measure to avoid confusion and rumours, next year the housing agency is looking to implement signage in the windows of houses that are being renovated or on the project list.

What are those red lights in the window?

Vacant houses with red lights in the windows are hooked up to a system where if the red light is lit, that indicates an issue with the RSU, and it should be reported.

"It is connected to the thermostat and if the light is on, usually the heat has gone out," McFadden explained.

What is happening with the asbestos removal?

After sharing a photo on *Facebook* of RSU renovations last month, there were a number of concerned comments regarding the hazardous material removal.

Housing manager McFadden wanted to assure Shilo that as long as asbestos is contained and not disturbed, it is not a hazard for people.

The popular building material was commonly

used before 1990 for insulating buildings and homes against cold, weather and noise, as well as fireproofing. Industry, construction, and commercial sectors have used asbestos in products such as cement, plaster, insulation, floor and ceiling tiles, house siding, car and truck brake pads, and vehicle transmission components including clutches.

According to the Canada website, there are "no significant health risks if materials containing asbestos in your home are:

- tightly bound in products and are in good condition
- sealed behind walls and floorboards
- isolated in an attic
- left undisturbed."

McFadden said the RSUs that have complete inside/outside renovation undergo a full hazardous material removal which is what Shilo residents would've seen in the Facebook post.

"There is no risk to occupants living with it as long as they don't tamper with it," McFadden said, while also noting the housing association has done testing for occupants who bring up concerns and the numbers have "always come back good" meaning there is no risk.

What is happening this year?

The project list for 2019 was submitted in early December, and the agency will hear back in February on which projects will be approved. McFadden said there are 44 homes on the list that range from outside, inside, or complete outdoor/indoor renovations — in addition to Life Cycle projects, where old RSUs or ones in need of emergency repair have driveways, concrete and roofs repaired.

Modernization, insulation and central air are some of the main focuses for the agency in the new year.

"We've been focused on the insulation — you know, southern Manitoba — to keep the homes warm, and we've been adding central air to houses. It seems [almost every] occupant who's had a home with central air have liked it, so wherever it works we've added it," McFadden said.

"One of the common complaints is the original kitchens and the lack of storage space, so during the inside renovations, we try focus on modernizing the kitchen and bathrooms."

And while McFadden noted Shilo residents are already good at voicing their concerns, feedback on what individuals or families liked or disliked about RSUs is always appreciated.

"We've been updating our colour palate and tried a new blue on some homes and people loved it," the manager said. "We try to move with the times and mix it up a little."

People with questions, concerns or feedback are encouraged to visit the CFHA at 78 Kingston Ave.

# New field office aids Met techs deployed to Latvia

**OCdt J.P. Reil**  
Stag Special

1RCHA's meteorological technicians (met techs) are busy figuring out the kinks with their new equipment, which they put to good use on a recent deployment to Latvia.

It's a new field office called a special equipment vehicle (SEV), which is a significant upgrade from the one currently in use.

"There's more room, it's more comfortable, and it just makes the day go by better," said MCpl Bradley Stouffer.

The current SEV sits on an MLVW (a 2 1/2 tonne truck) although it is functional, it is smaller, feels cramped and outdated.

I have been on many exercises with the MLVW SEV [as a met tech] and there is not a lot of room to work in there.

MCpl Stouffer agrees, "When you get more than two people in there it's very tight."

When asked what was good about the current SEV, MCpl Stouffer jokingly said, "It's easier to conceal. You don't need as many cam nets."

The new SEV means new trucks will eventually be in use at the met troop. The trucks the met troop used in Latvia are called the Medium Support Vehicle System (MSVS).

The new SEV can hold more helium tanks – helium fills the balloons the met techs use in order to gather atmospheric data such as wind speed, direction, pressure and humidity.

The data is generated into a computer message which is then delivered to the guns for accuracy – this meteorological information enables the Gunners to put the first round on target instead of wasting ammo.

Another big upgrade to the SEV is the built-in 17K (kilowatt) generator. This means they don't have to tow one along in a trailer – like they're doing now.

"It's all in one, that means no trailer to haul around which makes it convenient for us," he said.

A larger office means the met troop can carry more gear, without the feeling of being cramped or having gear piled on top of them as they are working.

"It makes being out in the field that much better," MCpl Stouffer explained.

"This shelter has great air conditioning as well as heating. We even have racks for drying out our clothes".

# Stag assistant editor returns to Alberta following her exposure to Army life

**Jenna Dulewich**  
Shilo Stag

Well CFB Shilo, I will try keep my farewell column as short as my time here.

For those who got to know me during my brief stint at the Base, I want to thank you for your help and kindness while I navigated this whole new military world, to which everyone knew — or had quickly figured out — I had no background in.

It's been an interesting four months, attempting to master the lingo, watching how soldiers train in simulation, learning the difference between LAVs and TAVs, attending several events where I was able to talk and interview people while taking photos of shared moments, or simply wandering around Base trying to learn the history of everything. This has been an experience I will never forget.

And while I am leaving, still a little unsure of how to quickly identify the Army rank patches of commissioned and non-commissioned members, at least I won't be just another civilian who doesn't know the difference between a tank and LAV6.

Cheers and best wishes to everyone in 2019.

*Editor's note: Jenna has returned to Alberta to be closer to her fiancée in Calgary. She's taken a reporter's position in Canmore at the Rocky Mountain Outlook.*



Jenna Dulewich covered Base family day in September with her Nikon camera.

*Photo Jules Xavier/Shilo Stag*

## NEW SITE, NEW CONNECTION.

Financial Services Fitness Morale Military Family Resource Centres  
Sports Health Promotion DFIT.ca Messes Training Recreation  
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**CAFconnection.ca**  
#GetConnected

# CLASSIFIED ADS

Email: [stag@mymts.net](mailto:stag@mymts.net) • Phone 204-765-3000, ext 3013 • Fax 204-765-3814

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

**January 17 at noon**

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

### Services



**St. Barbara's  
Protestant Chapel**  
Sunday at 10:30 a.m. with  
Sunday school & nursery  
Padre Johnston - ext 3381  
Padre Dennis - ext 6836  
Padre Walton - ext 3088  
Padre Smallwood - ext 3089

**Our Lady of Shilo  
Roman Catholic Chapel**  
Sunday at 10:30 a.m.  
Confessions by appointment  
Padre Nnanna - ext 3090  
Padre Shanahan - ext 3698

### Services

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

### Services

**Need your taxes done?** Fast, friendly, and personal service. Located outside the gate. For all your income tax needs contact Ingrid Wasserberg at 204-763-4357. OPEN ALL YEAR.

### Services

**Dow Construction** offers home renovations, new projects. Call 204-901-0350

### Employment

**CANEX needs you:** Clerk/cashier part-time position with 13 to 32 hr /week required. Must be available days/evenings, and weekends. Starting salary is \$11.90 per hour. After two-month probation salary increases to \$12.15. Under the direction of the department supervisor, a clerk/cashier scans customer purchases, processes transactions, and accepts payment. He/she prices, stocks shelves, counters and display areas with merchandise and keeps stock in order. He/she performs cleaning duties as required. Apply in person at CANEX admin office, or NPF Human Resources office at base HQ.

### Employment

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



CANEX's grocery shelves are being restocked thanks to a new distributor.

# CANEX update

## Grocery selection improves thanks to Sobeys deal

**Jenna Dulewich**  
Shilo Stag

Returning CANEX manager Rick Kehler is proud of his staff for how they've handled things during the last 10 months.

"Being back has been great! Seeing all the familiar faces and being back with the CANEX team who have kept it all together while I was away," Kehler told the *Stag*. Taking a term-position at 17 Wing Winnipeg for the last 10 months, the returning manager, who has 15 years experience with CFB Shilo, explained there was a "perfect storm" brewing behind the scenes in the CANEX mall right before he left.

"There was the opportunity to try the deputy PSP manager job in Winnipeg ... but I prefer being in Shilo," Kehler said. "[And] there were many changes that started before I left."

Kehler explained that it was around the time he was getting ready to leave for Winnipeg in December 2017, when the fuel pumps were reopened – after being shut down for four months – during the same time CANEX was preparing to switch to a corporate wholesaler, where the staff had to be trained on a new Point Of Sale (POS) system.

"We had a lot of hiccups and growing pains internally," Kehler said. "We moved from one wholesaler, who we had for 15 years, to a centralized wholesaler... we went with a short-term pro-

vider for the interim which is why people saw a difference in the shelves."

The manager noted that the changes occurred right when he was leaving, and CANEX happened to receive the first grocery order from the new wholesaler during his first week back.

"Melissa Kelly and the whole team held this place together during a very difficult time," Kehler commented.

Now with the "growing pains and hiccups" hopefully in the past, the manager said he is excited for the Shilo residents to see the changes that will be implemented in the New Year. With the new Sobeys wholesaler, customers can expect CANEX to roll out a whole new fresh fruits and vegetables sections, along with more selection of products.

"Customers should see the change. Now we are just filling in the blanks and determining what we need," Kehler said. "We remain responsive to customer inquests on any commodities that we are missing and all of this should come together and we should see significant improvement in the CANEX grocery and convenience offers."

Along with expanded stock, those visiting the mall will also notice the physical renovations the mall has been undergoing since the fall.

"The renovations should be done by mid-February – the future looks very bright," Kehler said. "We will be better equipped to serve customers and will remain an integral component of the community."

**"We went with a short-term provider for the interim which is why people saw a difference in the shelves."**

— Rick Kehler



Your 2019 Base calendar has arrived. If you'd like a free copy to hang in your office, or at home, drop by the Stag and see the editor.



Téléphone : 204 878-9399

### CAP SUR L'ÉCOLE EN FRANÇAIS !



#### Bientôt la maternelle ?

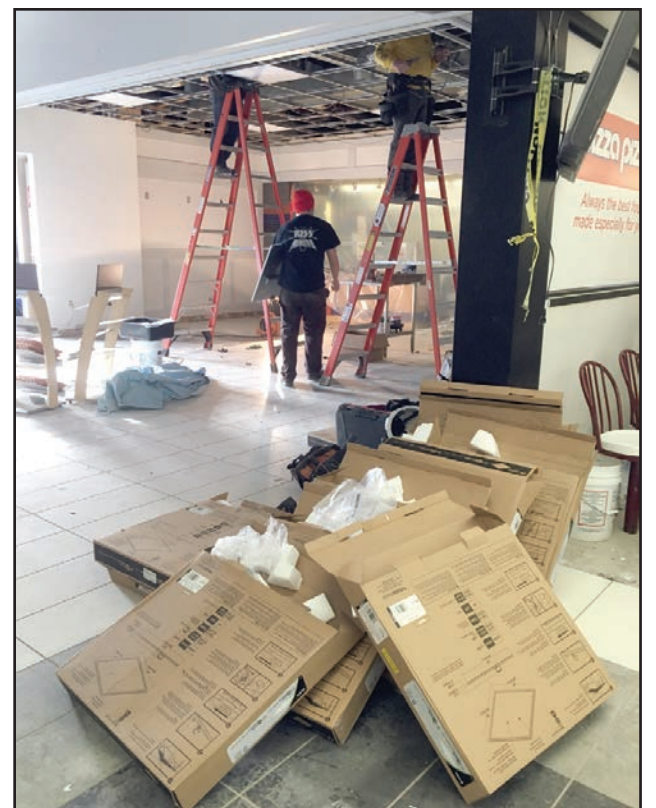
Si votre enfant est né en 2014, c'est le temps de l'inscrire à la maternelle pour la rentrée scolaire septembre 2019.

Visitez le site Web de la Division scolaire franco-manitobaine pour trouver votre école.

**INSCRIPTION À LA MATERNELLE**

Quand : du 21 au 25 janvier 2019

Où : à l'école de votre quartier ou région



Work on renovations inside CANEX are ongoing, with flooring finally going down during block leave. Garrison Grill is closed until work in that area is completed.

Photos Jules Xavier/Shilo Stag