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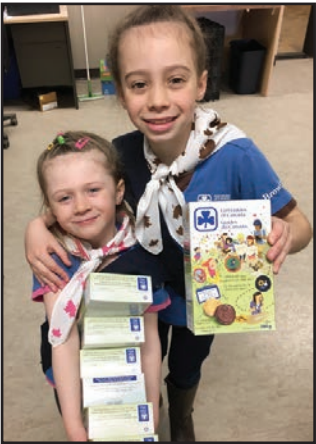


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Base Engineers garner Beaver Cup. Page 8

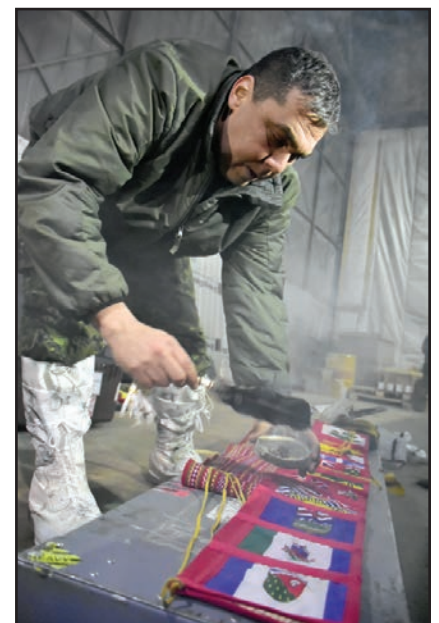


Army units looking after injured soldiers. Page 10



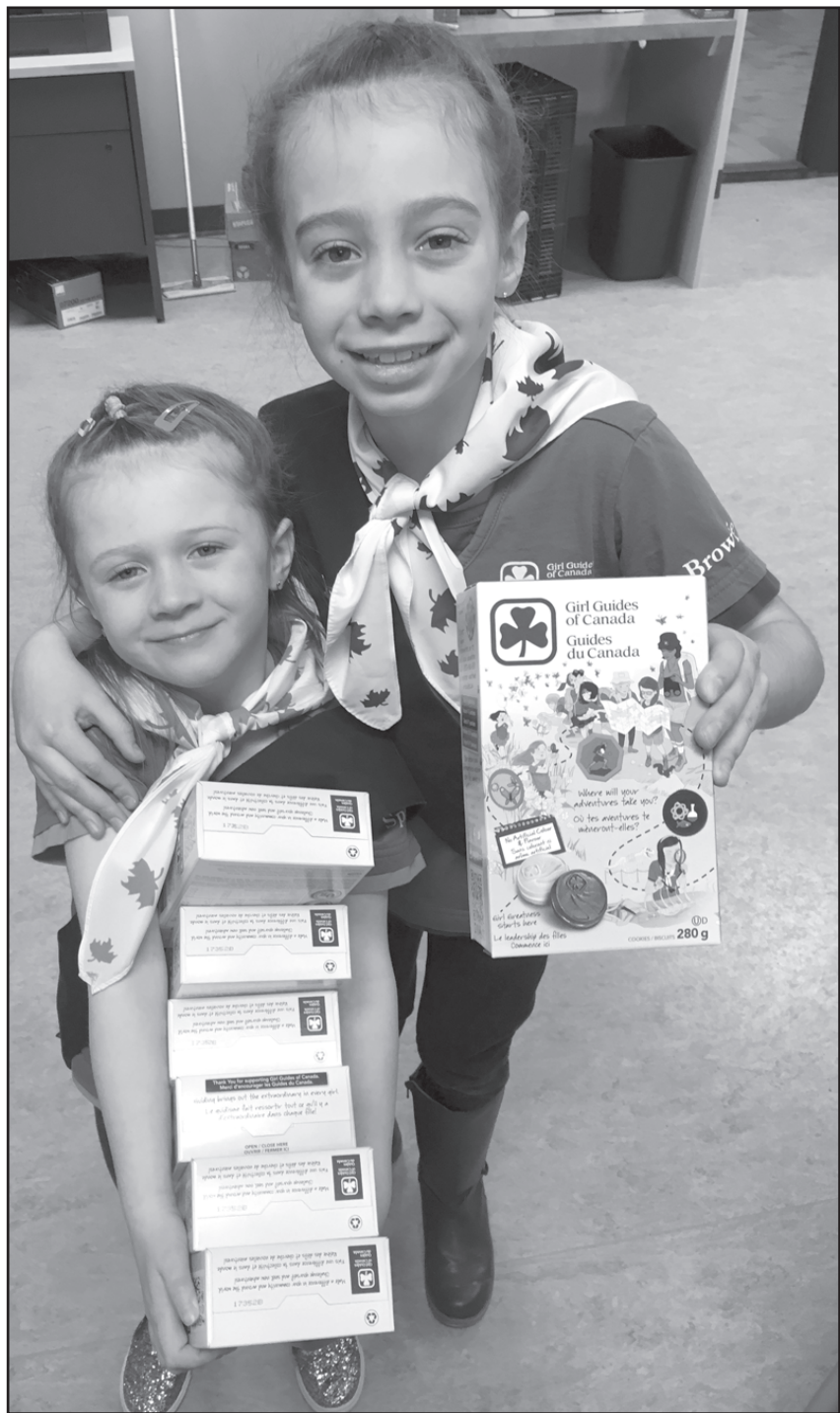
For the full story on 2PPCLI WO Sheldon Quinn's trip to Canada's Arctic region, where he brought the CAF's Eagle Staff for the inaugural time, see page 6. There's lots of work that goes into putting the Eagle Staff together, including a smudge.

Photos Sarah Francis





# Enjoy Girl Guide cookies when Sparks, Brownies visit your PMQ



Spark Quinn and Brownie Danica are ready to visit the PMQs April 3 in the evening along with their fellow 1st Shilo Sparks and Brownies troupe when they start the spring Girl Guide cookie sales. Photo Jules Xavier

## Shilo Stag

Who doesn't enjoy a good vanilla or chocolate cookie — or two — while quaffing a glass of cold milk, or sipping on a mug of hot chocolate?

For that reason keep an eye out for the 1st Shilo Sparks and Brownies as they descend on the Base as part of the spring Girl Guides sales campaign.

According to new Girl Guide leader Aimee Rutz, there are two events planned for CFB Shilo. First, you'll see Spark Quinn and Brownie Danica and their fellow cookie sellers visiting the PMQs April 3 from 6:30 to 7:30 p.m. So plan to have your \$5 ready to purchase a box, or two, which will make an ideal dessert following your evening meal.

"We will also be selling in front of the CANEX Mall April 14 [from] 10 a.m. to [noon]," said Rutz, who is looking after promotion for the spring Girl Guide cookie sales.

She added, "At only \$5 a box — tax included — Girl Guide cookies are a delicious way to make a difference in the lives of girls in Shilo and across the country. Cookies will be on sale from March to May.

"Each box of cookies sold supports effective and meaningful Girl Guide programs and community-based activities offering girls opportunities to discover new interests, form lasting friendships and develop leadership and life skills through experience, challenge and adventure."

Rutz acknowledged, this important fundraiser on the Base for the 1st Shilo Sparks and Brownies helps to provide girls with the tools they need to be confident, courageous and resourceful — capable of achieving greatness in every area of their life.

What's the history of Girl Guide cookies in Canada?

In 1927, a Girl Guide leader in Regina, Saskatchewan, baked and packaged cookies for her girls to sell as a simple way to raise money for their uniforms and camping equipment. Little did she know that she was starting one of Canada's best-loved traditions — Girl Guide cookies.

The types of cookies have evolved throughout the decades, starting with vanilla crème,

maple cream and shortbread cookies in 1946. It wasn't until 1953 that the classic chocolate and vanilla-flavoured sandwich cookies first made a cameo on the sweets scene. Finally, in 1995, a new kid on the block was born: crunchy, chocolatey cookies with a cool mint filling.

Today, Girl Guide cookies are the official fundraiser of Girl Guides of Canada. All money raised through cookies sales support girls and women in Guiding, including providing training and support for Guiding leaders.

There's a tasty history behind Girl Guide cookies:

1927 - First Girl Guide cookies are sold in Regina, Saskatchewan.

1929 - Girl Guides of Canada begins selling cookies as the official fundraising activity for the organization.

1946 - Vanilla crème, maple cream and shortbread cookies are introduced.

1953 - Classic chocolate and vanilla cookies make their first appearance.

1960 - A special box commemorates the 50th anniversary of Girl Guides of Canada.

1966 - The classic vanilla and chocolate cookies are back.

1967 - Girl Guides of Canada centennial cookies are sold.

1991 - During the Gulf War, every Canadian soldier is given a box of Girl Guides of Canada cookies upon arrival in Saudi Arabia.

1992 - Former Girl Guide and Canadian astronaut Roberta Bondar juggles Girl Guide cookies in space.

1995 - Chocolatey mint cookies are sold in all provinces across Canada.

2003 - All classic chocolate and vanilla and chocolatey mint cookies are produced in a nut-free and peanut-free bakery.

2009 - Girl Guides of Canada announced and launched reduced trans fats in the chocolatey mint cookies

2009 - Girl Guides of Canada launches first national cookie-selling rewards initiative called Cookie All-Stars

2010 - A special 100th anniversary commemorative box is produced. The classic chocolate and vanilla cookies are now 0 grams trans fat per serving.

2011 - Girl Guide cookies gets its own Twitter account.

2012 - Girl Guide cookie box gets a new look, featuring fun illustrations tracing the journey from Sparks to Rangers.

2014 - Girl Guide classic chocolate and vanilla cookies are certified as Kosher.

## Pet of the Week

### EVE

Born last October, Eve is a mix of Entlebucher mountain dog and German Shepherd, though she thinks she might be part Australian cattle dog. Our new family pet is one smart cookie. She already knows how to climb up and down stairs, how to look out the window from the couch, and go to the bathroom outside. Her favourite things to do is chew on her bones and toys, waiting and watching for her dad to come home from work, bury her face in snow, and run around the house with her llama toy. She also has started to fall in love with walks. If you are sad, she will try to full body hug you and lick your face. Although she is shy with other dogs, she is learning each and every day how to love life. She loves to cuddle into you when it is nap time. According to Emily Zieroth and Thomas Organ, Eve got her name from the white robot in Wall-E. But most of all he loves chasing balls. 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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Winter wheels for captain

Working at 26 Field in Brandon does not deter Capt Steve Sloat from commuting with two wheels during the winter months. An avid cyclist who has competed in endurance winter competitions on his bicycle, Capt Sloat can often be found on Veterans Way en route home to the Base while those working on the Base head west for homes in Brandon and area. Here, he enjoys spring weather and melting snow as he cycles home after work.

Photo Jules Xavier

Enjoy coffee, snacks with SMFRC BoD

Bobby Billard  
MFRC Special

Shilo’s Military Family Resource Centre (SMFRC) Board of Directors (BoD) would like to invite members of the community to our second Sip N’ Chat April 11 at the MFRC community lounge from 11:30 a.m. to 1 p.m.

This will provide community members to engage in conversation with members of the board and our executive director Willemien van Lankvelt.

The board and the SMFRC staff are committed to providing second to none programming for all ages.

Coffee, tea and a light snack will be provided.

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For a list of our current opportunities, please visit us at [www.cfmws.com](http://www.cfmws.com) or submit your resume directly to [npfhrshilo@cfmws.com](mailto:npfhrshilo@cfmws.com)

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**This Week's Deals!**

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<p>Duncan Hines ® <b>Cake Mix</b></p> <ul style="list-style-type: none"><li>• Assorted Varieties</li><li>• 432 g - 515 g</li><li>• Reg. 3.49 - 4.19</li></ul> <p>4/10</p>	<p>Duncan Hines ® <b>Frosting</b></p> <ul style="list-style-type: none"><li>• Chocolate, Vanilla, Chocolate Fudge</li><li>• 450 g</li><li>• Reg. 3.49</li></ul> <p>2<sup>59</sup></p>
<p>Quaker ® <b>Crispy Minis</b></p> <ul style="list-style-type: none"><li>• Assorted Varieties</li><li>• 100 g</li><li>• Reg. 2.59</li></ul> <p>1<sup>99</sup></p>	<p>Kellogg's ® <b>Cereal</b></p> <ul style="list-style-type: none"><li>• Assorted Varieties</li><li>• 515 g - 700 g</li><li>• Reg. 8.99 - 9.49</li></ul> <p>5<sup>99</sup></p>
<p>Quaker ® <b>Instant Oatmeal</b></p> <ul style="list-style-type: none"><li>• Assorted Varieties</li><li>• 325 g - 430 g</li><li>• Reg. 5.19</li></ul> <p>2<sup>99</sup></p>	<p>Aunt Jemima ® <b>Pancake Mix &amp; Syrup</b></p> <ul style="list-style-type: none"><li>• Table &amp; Butter Flavoured Syrup, Original &amp; Buttermilk Complete Mix</li><li>• 750 ml - 905 g</li><li>• Reg. 3.99 - 4.29</li></ul> <p>2<sup>99</sup></p>
<p>Sponge Towel ® <b>Paper Towel</b></p> <ul style="list-style-type: none"><li>• Chose A Size</li><li>• 6 pk</li><li>• Reg. 12.99</li></ul> <p>6<sup>99</sup></p>	<p>Purel ® <b>One Step Hand Sanitizer</b></p> <ul style="list-style-type: none"><li>• 473 ml</li><li>• Reg. 6.79</li></ul> <p>2/6</p>

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The Shilo Stag is produced every second Thursday.

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

**Submitting articles and photos for print:**

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

• • •



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


2PPCLI soldiers worked as a team during a winter exercise that included marksmanship, tent building, coffee making and navigating across snowy terrain pulling a sleigh laden with winter survival gear. Photo Jules Xavier

## Thrive — not just survive

### 3 Cdn Div explores wellness culture, mindset change

#### Capt Bonnie Wilken Stag Special

It's a common narrative in Army circles — soldiers are injured, "gut through it" out of pride, loyalty, or fear of career implications.

Their neglected injuries get worse, and ultimately cost those soldiers deployment opportunities, their careers, and even their long-term health.

This is the reality faced by some of our members despite a multitude of health-oriented programs that can seem overwhelming and confusing.

That way of thinking is being challenged by 3rd Canadian Division's (3 Cdn Div) wellness working group, conducted in early February in Edmonton.

Uniformed and civilian members were brought together to consider the tools our soldiers need to become elite warriors who not only survive but thrive in operations.

One of the concepts that was examined was how to modify the familiar Army concept of "service before self," into an understanding of how putting individual self-care first leads to better, more effective military service.

A "well" soldier is a stable, balanced fighter who will be more effective in all aspects of his or her life.

The broad base of knowledge brought by participating health care professionals, academics, military leaders, Canadian Rangers, and civilian representa-

tives was generated to best reflect and capture the full spectrum of wellness — physical, psychological, emotional, social, familial, spiritual and intellectual.

"To use a hockey analogy, this is about looking after our bench by bringing in some enforcers," said 3 Cdn Div Commander BGen Trevor Cadieu.

"If we expect our troops to fight for this country while their families make sacrifices on the home front, we are going to mobilize all available resources to better look after them."

The team that shares this hockey bench are the Regular Force, Reserve Force, Canadian Rangers, and civilian staff — the 3 Cdn Div One Team.

Previous wellness initiatives have not always addressed the different levels of access to resources that challenge members working outside a base construct. The 3 Cdn Div wellness working group is looking to link-in all members of the One Team to bridge gaps and increase overall awareness and effectiveness of Canadian Armed Forces (CAF) wellness initiatives.

After refining the concepts considered by the working group, soldiers and leaders from all 3 Cdn Div units gathered in Edmonton last month for wellness training.

This forum was used to stress-test a draft Division wellness campaign, to inspire leaders with the help of a broad array of experts, provide them with practical tools that can be used to enhance the fitness and wellness of our members and introduce emerging concepts such as post traumatic growth.

**Patricia Keough RMT**

204-441-8044

patriciakeough@hotmail.com

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## Army teamwork

In about four minutes this Base team demonstrated their precision teamwork during a Jiffy jeep demonstration on the opening day of the 110th annual Royal Manitoba Winter Fair at Westoba Place. CFB Shilo's soldiers dismantled and rebuilt their jeep in about four minutes.

Photo Lori Truscott

# Military has world at its fingertips thanks to mapping

## Stag Special

Thanks to the work of the Mapping and Charting Establishment (MCE) at Canadian Forces Intelligence Command, the Canadian Armed Forces (CAF) has the world at its fingertips.

The MCE has achieved Lead Nation status within the Multinational Geospatial Co-production Program (MGCP), allowing them virtually unlimited access to global foundation geospatial data collected by 31 participating nations —available with just a few clicks of the mouse.

"This is a most decisive milestone in MCE's history, the result of 13 years of outstanding dedication and professionalism in our Foundation Production Squadron," said MCE Commanding Officer LCol Claire Bramma.

"I am impressed by their attention to detail, stamina and motivation. What's most important here is they have truly enabled CAF operations since the start of the program, and will continue to do so for the future."

The MGCP represents a coalition of countries who have been collecting high-resolution geospatial data since 2005 for contribution to a central database accessible by participating nations.

Each country is responsible to produce a number of cells of data at standardized technical and quality specifications. Each cell represents 1° x 1° which is enough data to produce 16 x 1:50k maps sheets.

The quality assurance (QA) of all data is conducted by accredited nations, and Canada acts as the custodian of the program's QA documentation.

To reach Lead Nation status, MCE extracted the data from satellite imagery to produce 200 cells — The Big 200 — which they just completed in March.

Their cells included areas of interest for Canada, which included locations throughout the Middle East and Caribbean. Participating countries did not collect data over sovereign territories.

The data now accessible to MCE can be used by



LCol Claire Bramma

units across the CAF and is an invaluable tool in not only planning, but executing operations.

For example, MCE conducted near real-time mapping of hard-hit areas in Haiti following the earthquake in 2010. The data collected was used to create maps that were sent to deployed troops to aid in the delivery of humanitarian assistance.

"The MGCP data has proven valuable beyond any dollar value that can be assigned. Our business is producing data and maps to support of CAF requirements and our allies for international operations," said MCE head of production John Healey. "To do this the MGCP has afforded us with unlimited access to, and the ability to contribute to, a global high-resolution dataset in the production of digital map data and hard copy maps."

It's estimated this geospatial data is currently worth roughly \$1-billion which will grow as additional data is produced. Despite this incredible milestone, the work doesn't stop for MCE who will continue producing cells and contributing to the growth of this valuable project.

...

For more information on how to obtain MGCP data or other geospatial information visit MCE on the DWAN at <http://intranet.mil.ca/en/organizations/cfintcom/mce/page>

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## Real Property Operations Unit (West) - Detachment Shilo

### 2018 Pesticide Program

Public Notice is hereby given that Real Property Operations Unit (West) Detachment Shilo intends to conduct the following pesticide programs during 2018 on an, as required basis, based on monitoring thresholds and IPM control measures:

- **Treatment of Weed Control.**
  - Projected application dates = 15 May to 31 October 2018
  - Herbicide = Roundup Transorb HC Liquid
- **Control of noxious weeds.**
  - Projected application dates = 15 May to 31 October 2018
  - Herbicide = 2-4-D Amine
  - RPOU will NOT be applying 2-4-D Amine in the BASE/ PMQ area to control dandelions
- **Control of vegetation in gravel utility compounds and along compound fences.**
  - Projected application dates = 15 May to 31 October 2018
  - Herbicide = Glyphosate
- **Control of mosquitoes (Possible if required).** (as directed by B Surg)
  - Projected application dates = 15 May to 31 October 2018
  - Insecticide = Malathion
  - Larvicide = BTi ~ *Bacillus thuringiensis israelensis*
- **Control of horse tail weed at M-203 Range Training area as required.**
  - Projected application dates = 15 May 2017 and August 2018
  - Insecticide = Liberty 150 SN
- **Control of Richardson's Ground Squirrels (Gophers).**
  - Projected application dates = 15 May to 31 October 2018
  - Rodenticide = Chlorophacinone (Gopher Doom)

Signs will be posted prior the applications

Further information may be obtained by calling WO Dave Mitchell, Contracts Officer at RPOU, 204-765-3000 ext 3187





2PPCLI's WO Sheldon Quinn shared the CAF's Eagle Staff with government officials, Canadian Army Rangers, elders, students and teachers during his trip to Nunavut. It was the first time the Eagle Staff was shared with Inuit in the Arctic.

Photos Sarah Francis

## 2PPCLI experience Arctic climate

### Shilo Stag

Op NUNALIVUT — the Canadian Armed Forces' (CAF) annual sovereignty operation located in Canada's high Arctic — wrapped up last month in and around Resolute Bay and Cambridge Bay, Nunavut.

The main purpose of Op NUNALIVUT was to exercise and demonstrate the CAF's ability to operate in an austere environment.

2PPCLI made up the main body based in Resolute Bay and were joined by a platoon from Arctic Response Company Group (ARCG). In Cambridge Bay, a fleet diving unit from the Atlantic were joined by other governmental departments in that operation, as well as a platoon from 2PPCLI. Helping throughout the entire operation were Canadian Rangers, the 1st Canadian Ranger Patrol Group, who taught soldiers how to survive and operate in temperatures that ranged from -47 to -60 C.

The main thrust of the 2018 operation was about visibility and presence in the North, and again, to demonstrate an ability to operate in an austere environment.

A lot of this was achieved through patrols, but there was also some training conducted by the Canadian Rangers, teaching the troops up from CFB Shilo how to survive and operate in Canada's North.

Ice divers, including a lone navy diver from Sweden, at Cambridge Bay learned how to dive in an austere environment which they will share those experiences with the other governmental departments with whom they're diving.

In conjunction with Op NUNALIVUT, Defence scientists conducted field work related to CAF operations in extreme cold weather conditions. They looked at a number of different factors such as health risks including cold weather injuries, shelter systems, and energy and power systems for deployed operations. The data obtained will be vital to improving the conditions for CAF personnel and success of future operations in austere environments such as Canada's high Arctic.

The RCAF also supported the operation by transporting personnel and equipment to Cambridge Bay and Resolute Bay with Twin Otters, C17 and a C130.



RCAF Twin Otters with skis on the wheels supported Op NUNALIVUT by transporting personnel and equipment to Resolute Bay and Cambridge Bay. These planes are able to land on the Arctic tundra.

# WO Quinn shares Eagle Staff with Inuit

**Sarah Francis**  
Shilo Stag

2PPCLI's WO Sheldon Quinn may have been the first soldier to bring the Eagle Staff to Canada's far north, but he certainly hopes he won't be the last.

As a carrier of the Eagle Staff since 2016, WO Quinn was responsible for its travel and care while visiting Cambridge Bay and Resolute Bay, Nunavut last month.

He said it was a great honour to be able to bring the staff North of 60. As part of his responsibilities, WO Quinn said a prayer and smudged the staff when it arrives in a new territory.

"I was lucky enough to carry it at the commemoration of the 100th anniversary at Vimy Ridge," he recalled. "Every time we took it to a new area, whether it was in Belgium or France itself, we smudged it."

"You have to lay out all of the pieces together, smudge each piece, give a little prayer to yourself as you're doing it thanking the local grandfathers and spirits, and putting it together and maybe a quick smudge after it's together."

WO Quinn said he did a bit of research prior to arrival in the Arctic region of Canada.

"In the Aboriginal world, the way I see it anyway, is every area has their own spirits. So, I thank the Inuit spirits for letting the southern tribes bring their mem-

orabilia into that area."

From beginning to end, including smudging and placing the eagle on top while building the staff, takes about 30 minutes.

"If I have another carrier with me, we could probably cut that in half," he said.

When he arrived in Cambridge Bay, WO Quinn went to work prepping the Eagle Staff and constructed it at the hangar which served as the temporary home for 2PPCLI — up north as part of Op NUNALIVUT. Some of his fellow infantry soldiers came over to check out the process.

The staff can be compared to a unit's colours — similarly to flags, it should never touch the ground. This is a hard task when constructing a 57-pound object by yourself when only armed with a wobbly guitar stand.

Each component has a representation, including Metis, First Nations and Inuit culture — a replica narwhal tusk for the Inuit culture, the Metis sash and the first Nations through the ash bow.

The pieces arrive in two containers, one of which is a barrack box. WO Quinn said there is a process to transporting it.

"Anytime somebody requests it, there is a lot of work put into it, especially the co-ordination because it's kept in Ottawa. The request goes through the DAG, the Aboriginal Advisory Group, and once it's approved, the carrier [who] is going to be tasked to

take it where it's going will actually start the process of getting it to where it's got to go."

Many participants in Op NUNALIVUT, including Army Rangers, were not aware until right before the trip the Eagle Staff would be making the journey.

"During the tactical [reconnaissance] that the RSM and CO went on, they had no idea we had it. It was [the RSM's] idea — his suggestion, 'Maybe you might want to ask about if we can get it up there.' That got the ball rolling and that was back in, we'll say January, and it took me almost until the third last day to confirm it was going to be able to get up there."

He added, in the future he would like to see an Army Ranger as a carrier.

He said it was quite the experience to present the staff to a local elder and Army Ranger.

"A lot of the speech — presentation I was giving was directly to her," he said, adding the narwhal tusk represent the Inuit inclusion into Canada's military.

"To bring it up there for the first time, for any of the Rangers to see for their first time was quite, for me, huge. Speaking to her directly, I could see each time I said something to her about how the North is part of Canada and the Rangers are part of the military and without them we might not have a North. You could see she was quite proud in just seeing that I was bringing [the Eagle Staff] up for her and her fellow Rangers. They're not just guides, they're our protectors up there."





Health Promotion manager Shelly Moore did a presentation about nutrition.  
Photo Sarah Francis



## Op NUNALIVUT



A copy of the March 8 *Shilo Stag* (above) was read by a Shilo soldier during a break from outdoor activities in both Resolute Bay and Cambridge Bay during the annual Op NUNALIVUT in Canada's Arctic region. 2PPCLI (left) was part of the training, with soldiers navigating their snowmobiles in austere environments where the temperature was -47 C.  
Photos Sarah Francis

# Participants experience interactive, immersive environment during IWD

Sarah Francis  
Shilo Stag

CFB Shilo's International Women's Day (IWD) event gave an alternative perspective on how to recognize the day.

This year, Shilo's MFRC gave the opportunity for community members to participate in an interactive and immersive environment.

The various events I've had the opportunity to attend in the past, though amazing in their own right, didn't necessarily focus on the most important woman in your life — you!

Hearing speakers from near and far is an amazing experience and can be incredibly valuable and provide a better understanding of various struggles women face in Canada and the United States as well as the rest of the world.

However, during the most recent IWD for the first time I was introduced to a different channel of education important for women. It included nutrition, self-care such as physical and mental health, as well as maternal education from a local doula.

One aspect which particularly stands out to me was from Ruby Toad, and our similar views on practicing self-care. While I'm sure we all enjoy bubble baths and being pampered at our local spa, I found myself annoyed when people would refer to this as self-care.

Maybe you're a mom, busy with multiple rug-rats and responsibilities, back to work and trying to stick to your commitments. For you, self-care is making sure you eat one meal that's not just leftovers of what your kids didn't eat during the last meal you cooked.

Perhaps you're happily involved in your community and thrive on volunteering, but you have to say no to adding 'just one more commitment.'

For some who may be dealing with anxiety and depression, self-care can be as basic as making yourself shower and comb your hair.

Toad said maybe when things become hectic, you need to take two seconds and a deep breath.

Speaking of deep breaths, we participated in yoga provided by GSH staff. While I don't practice it enough, I really

enjoy it and forget that every time I do.

If you're new to yoga there are modification to use to help you build up your comfort level.

I've always found I'm happier, more confident and better equipped to deal with stress when I'm making time to workout. Even if it's something small, such as a 10-minute walk during the day.

Our first session of the day was on nutrition, which as Shelly Moore from Health Promotion mentioned, gave us an opportunity to think about what we were putting in our bodies for our last two meals and few snacks of the day.

A particularly valuable piece of the nutrition puzzle to me was begin reminded of what a serving size is and how many of each food group I need.

If you're a busy mom it may seem overwhelming to get all your veggies and fruit in a day, but after hearing Moore's presentation, maybe it won't seem as out of reach for those busy moms.

If ever I heard a popular consensus from women, it's that "momming" is hard. It's a job that starts before you even meet this new human.

This is also a topic I know almost nothing about. However, it is nice to know there are folks like Shilo's Bethany Geisel, who will help you out. She spoke about being a doula and what services they offer parents.

Whether it be supporting you and your spouse is away, or maybe helping your spouse learn about possible things they can do during pregnancy and labour, or it may be helping you with knowledge on what to expect from your medical team and having the birth you want.

The day was filled with valuable information and had me walking away with the thought of what small things I could do every day to take better care of myself as well as resources for the future.

I believe seminars such as what Shilo's MFRC organized for IWD are also important for spouses and husbands, whether it be learning self-care and health information for themselves or seeing how they can assist their partners.



NAME	FRASER, GERRY //
ENROL DATE	1991 //
DEPLOYMENTS	CROATIA - 1992 BOSNIA - 1997, 2000 AFGHANISTAN - 2002, 2004, 2008, 2012 //
TRANSFER FROM REG FORCE	WARRANT OFFICER PPCLI - 2016 //
RESERVES	MASTER WARRANT OFFICER RHLI - 2016-PRESENT //
LOCATION	HAMILTON //
TITLE	ACCOUNT MANAGER //
SERVICE	2016-PRESENT //

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### GSH Bowling Alley

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

Adult: **\$2.50** per game  
Youth: **\$2.25** per game  
Child: **\$2** per game  
Shoe rental: **75 cents**

Prices subject to tax

Ask about Glow bowling  
birthday parties!

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

### It's Cookie Time!

Cookies will be sold at:  
**CANEX Mall**  
entrances April 14  
10 a.m. to noon  
Support 1<sup>st</sup> Shilo Sparks  
and Brownies

Girl Greatness  
Starts here

Girl Guides  
of Canada  
Guides  
du Canada

Join now!  
1-800-565-8111



4 Wing Imaging's OS Erica Seymour captured the Beaver Cup championship game action (CFB Shilo wore black 4 Wing jerseys after leaving their sweaters back at the Base) that saw RPOU (W) Det Shilo prevail 7-4 facing host CFB Cold Lake.



## RPOU (W) Det Shilo win Beaver Cup wearing 4 wing Cold Lake jerseys

### Shilo Stag

As captain of the team, Cpl Robbie MacFarlane takes full responsibility for his team's jerseys remaining behind at CFB Shilo while the Base Engineer hockey team drove to Alberta to battle for the Beaver Cup.

While packing for the trip west to play hockey against their fellow engineers, Cpl MacFarlane of Real Property Operations Unit (West) - Detachment Shilo (RPOU (W) Det Shilo) placed the hockey jerseys

with Shilo colours and crest embossed on the front aside to pack other items. He forgot to put them back in the vehicle before driving off.

Arriving at 4 Wing Cold Lake for the Prairie Region tournament, he discovered his gaff and was forced to seek

other jerseys for the team. Thus, the CFB Shilo team was forced to wear black jerseys featuring wolves on the front and with Cold Lake embossed on the mate-



Cpl Robbie MacFarlane (above) holds the Beaver Cup trophy and plaque which is currently on display at RPOU (W) Det Shilo office following his team's 7-4 win over host 4 Wing Cold Lake in the championship game. Teammate Stephan Lajoie (left) was named tournament MVP.

Photos OS Erica Seymour 4 Wing Imaging



rial.

This did not matter, however, as RPOU (W) Det Shilo OC Maj Jeremie Dulong and his team garnered Base Engineer bragging rights by going undefeated in the tournament en route to triumphing in the Beaver Cup championship game, downing the host side 7-4 at the Col JJ Parr Sports Centre.

"Shilo engineers provided a team with the help of four persons from Cold Lake and one from Dundurn," said Maj Dulong.

Besides winning the tournament, CFB Shilo's squad also won the fair play award. Stephan Lajoie from the Base's Roads and Grounds was named MVP of the tournament, while the team's captain Cpl MacFarlane received the championship trophy and plaque following the championship game.

The team also played short-handed in the final, with Cpl Chris Auger and Cpl Mason Binkley unavailable to play because of other obligations on the last day of the tournament.

Chris Auger and Cpl Mason Binkley unavailable to play because of other obligations on the last day of the tournament.

**"Shilo engineers provided a team with the help of four persons from Cold Lake and one from Dundurn."**

**— Maj Jeremie Dulong**

## Who wants Girl Guide cookies?

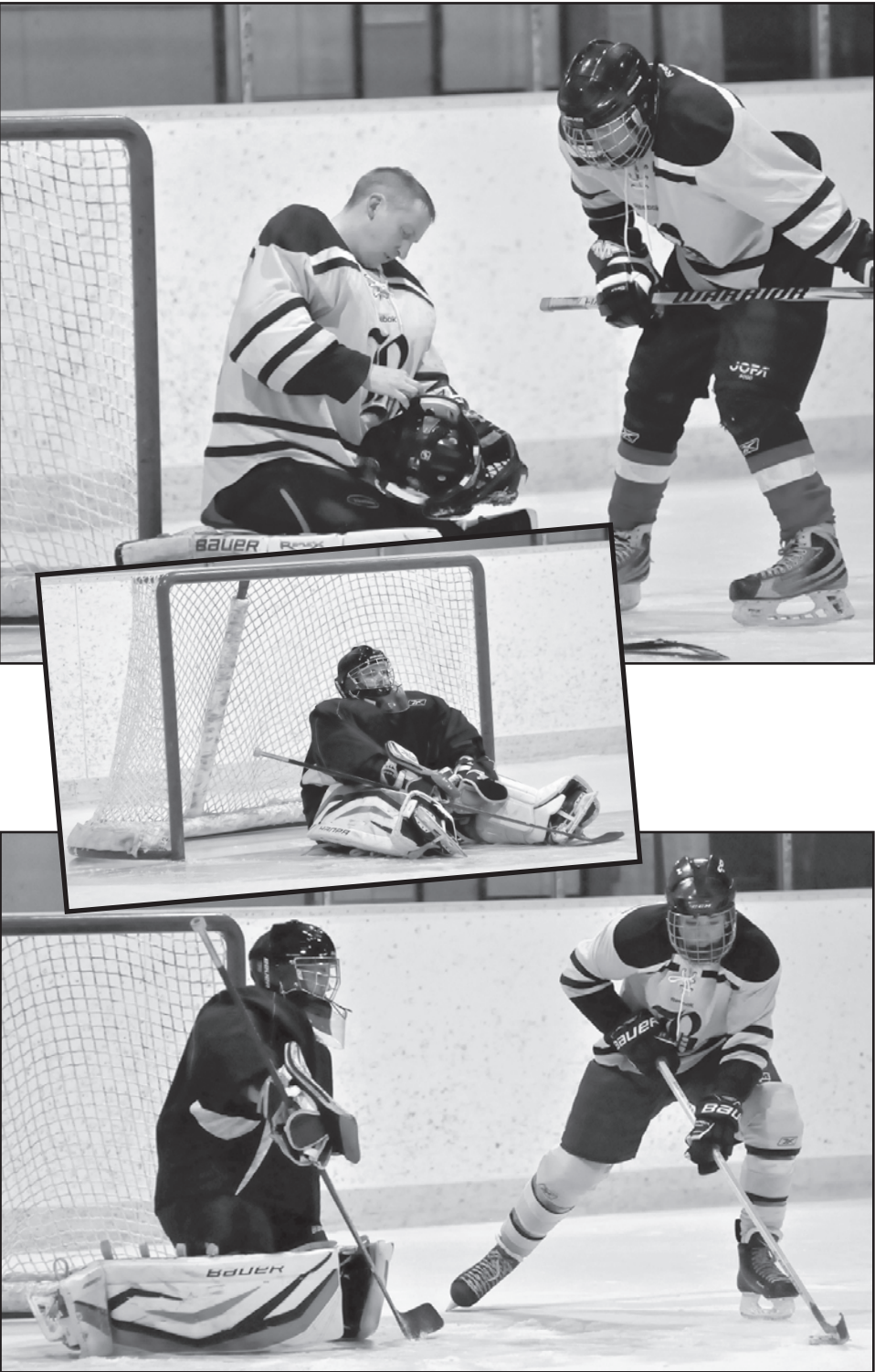
Help support girl greatness.



\$5 per box

1<sup>st</sup> Shilo Sparks and Brownies will be selling cookies door-to-door in Shilo  
**April 3 6:30 - 7:30 p.m.**





***B Bty hockey champs***

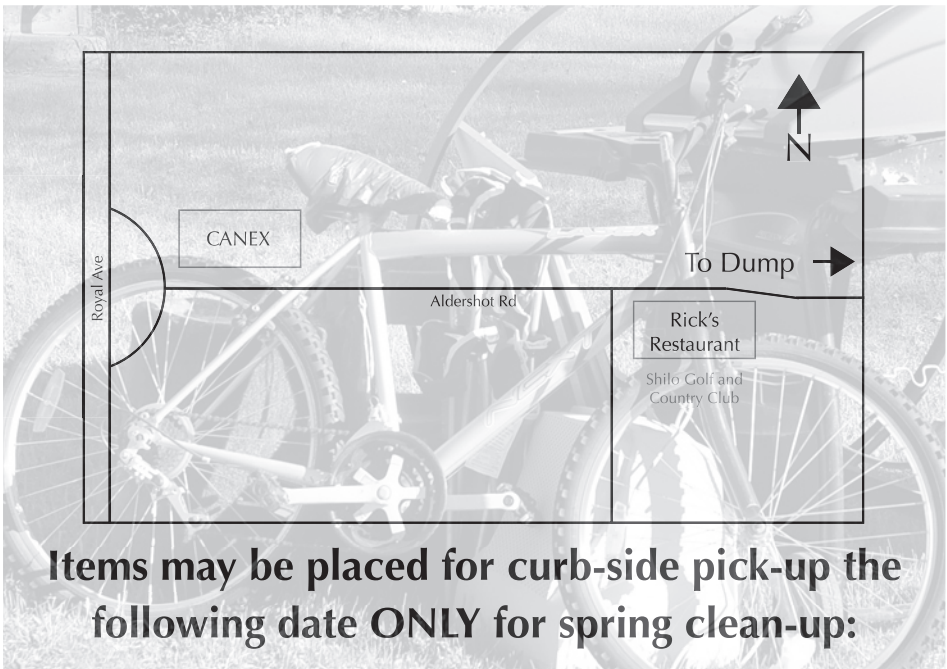
Gunner Arena was the venue for the intersection hockey final, featuring 1RCHA's B Bty facing 2PPCLI's C Coy — one game, winner takes all. B Bty struck first when Kyle Dillon scored the first of his two goals with just 26 seconds played. B Bty would take a 4-0 lead after the opening period, and cruised to victory, taking the title again after winning in 2017 — final score 8-1. B Bty also finished first overall during the shortened regular season. C Coy's Mitchell Alma was able to break the shutout in the middle stanza, beating B Bty netminder Tyler Payton. JC Houle collected four points, including two goals, to pace his team's offence. Single tallies went to Samuel Ouellet, Nick Thomson, Jesse Bakker and Kenny Durocher.

*Photos Jules Xavier*



**Got Bulk Garbage?**

Bulk items, yard waste, tires, and electronics may be disposed of Monday to Friday from 8 a.m. to 4 p.m. at the Shilo dump located two kilometres east of Rick's Restaurant on Aldershot Road



Items may be placed for curb-side pick-up the following date **ONLY** for spring clean-up:

**May 22**

Items should not be placed earlier than the evening prior to pick-up



# Army units increase role in recovery of ill, injured members

**Devon Atherton**  
Stag Special

When it comes to the care and support of ill and injured members, the Canadian Army (CA) believes that its soldiers deserve the highest level of service.

This is why, under a new directive developed by CA Personnel Policy, a standardized approach to supporting and caring for soldiers throughout the organization aims to ensure that soldiers have access to the best support services at the most appropriate time.

Maj Jeff Manley, a policy analyst, had the lead in developing the new directive for chain of command review and then oversaw its implementation.

For Maj Manley, this required a great deal of research and networking.

"I wanted to take all of the good information out there on soldier care and formalize it," he said.

"It's important to focus on the successes of the Army and use them as a base for our best practice

guidelines.

What we have developed here is a reference for leadership and members to make the best decisions possible regarding the well-being of the troops.

The directive has pulled examples of best practices performed within the CA and standardized them into five lines of effort.

These are:

- Education surrounding soldier support
- Early intervention for ill and injured members
- Seamless transition into and out of Army units
- Continuous engagement between units and ill and injured members
- Dignified departure

The directive is also aimed at increasing cooperation between Army units, their injured members, and the CA soldier support system administered under Joint Personnel Support Units (JPSUs), which help members recover, return to duty or transition out of the military.

The JPSU system was established in 2008 to care for soldiers ill or injured after serving in Afghanistan. The eight regional JPSUs and JPSU Headquarters collectively make up a substantial unit in the Canadian Armed Forces (CAF) with 300 staff and 1,400 clients.

While initially the JPSU system was meant to provide ongoing soldier support for members returning from Afghanistan, it now serves the CAF's ill and injured more broadly, with more than 24 Integrated Personnel Support Centres (IPSCs), including one here at CFB Shilo, which are administered by the regional JPSUs.

"When a member becomes ill or injured and is unable to perform their regular duties for more than six months, unit leadership will consider posting him or her to a JPSU based on the advice of medical staff," Maj Manley explained.

Before the new directive, the time taken to refer injured members to JPSUs sometimes complicated the recovery process.

"We were seeing that sometimes intervention didn't come at the right time," said Maj Manley.

"In some cases, this would mean we would decrease the chance for a member to achieve a full recovery. Addressing problems at the earliest practical point will provide a better chance of success."

Maj Manley also added that there is a fundamental role for Army units in the continuous and comprehensive support of their ill and injured members.

"We don't want our people to believe that a posting to a JPSU is the end of their connection to their unit and the Army," he said.



Members of 2PPCLI carry a simulated casualty to safety on a field stretcher during an exercise in the Base's training area.

Photo Jules Xavier

"The design of the system is to give injured members time and space to recover. But maintaining a relationship with units has actually been found to improve recovery and increase morale."

Because of this, the directive focuses on setting out standard practices for the transition and, ideally, reintegration of injured CA members between IPSCs and their units.

The Commander of the Canadian Army, LGen Paul Wynnyk, emphasized that "regardless of whether they are serving with their unit or posted to a JPSU, I want our ill and injured soldiers to know they will always be top of mind with their units, and their Army family will be looking out for them."

It has long been believed that a Unit's contact with ill and injured members and their inclusion in appropriate unit activities plays a significant role in their recovery at JPSUs.

Now, the CA is seeking to make this type of engagement a standard operating procedure in the support of its ill and injured.

Maj Manley said this means making sure that leaders and their soldiers approach JPSU postings with a deliberate, mutually supportive strategy in order to make informed decisions, and also to make sure that lines of communication remain open and honest.

"Throughout the Army, we've seen successful and unsuccessful examples of reintegration. What we hope now is that, by following the steps outlined in this directive, we'll be seeing more positive examples than otherwise," he said.

If a member needs to be released from the CAF in consultation with medical staff, this directive also outlines procedures for members to depart with dignity.

Wayne Quinn, JPSU Operations Officer, explained that a great deal of consideration goes into member release.

"Health considerations made before an ill or injured member is released from the CA come down to a decision by Canadian Forces Health Services," said Quinn.

"Medical assessments are performed in order to decide on the best options for members going forward. These assessments are based on biological, psychological and social components, as well as a member's access to treatments and health services."

The new support directive also reinforces that Army units have an important role to play in the departure with dignity process.

This means that releasing members are accorded appropriate departure ceremonies with unit attendance in order to demonstrate the CA's respect and appreciation for the service and sacrifices of their former soldier as he or she transitions back to civilian life.

"Knowing your soldiers and promoting their welfare is one of the first principles of Army leadership and we take that seriously," Maj Manley added.

"We want to empower our leaders to make the best decisions possible for our people by setting one high standard for soldier support."

• • •

Devon Atherton Army Public Affairs

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

April 6 Father Figures Rated 14A  
April 13 Star Wars: The Last Jedi Rated PG  
April 20 Paddington 2 Rated G

Children aged 10 and younger require adult supervision at all times.  
All movies start at 6:30 p.m. Doors open at 6:15 p.m.  
FREE GSH popcorn — h2o from CANEX

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

## Searching for SAR TECHS

**If you're looking for new challenge in your military career, you might want to consider becoming a Search and Rescue Technician (SAR Tech). This proud and prestigious CAF occupation accepts Regular and Reserve Force NCMs who undergo an occupational transfer from within the CAF.**

Military personnel who are physically fit, mentally resilient, highly motivated, and not afraid to work, can make a real difference contributing to Canada and all Canadians as a CAF member. The SAR Tech motto, "That Others May Live", is embodied every day across Canada, with SAR Tech teams conducting life-saving missions around the clock, all across Canada. They operate from fixed-wing aircraft and helicopters accessing austere locations or vessels on the high seas via parachute or hoist. SAR Techs also practice and maintain scuba diving, mountain and rope rescue operations and primary care paramedic skill-sets to complete their missions.

Basic SAR Tech training takes place all across Canada, but is based out of the

**Canadian Forces School of Search and Rescue (CFSSAR) at 19 Wing Comox, and satellite locations in Jarvis Lake Alberta; and Resolute Bay NU. The basic course is just over 12 months long, after which successful graduates will receive their SAR Tech "wings" and orange beret along with a promotion to MCpl and Spec 2 pay field.**

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

**If this sounds exciting to you, and you're up for the challenge, you should contact your base or wing personnel selection officer. The deadline for submission to National Defence Headquarters is usually early November and will be identified in the Annual VOTCANFORGEN.**

**For additional information, contact the SAR Tech Qualification Manager at 2 Cdn Air Div via <http://rcmf.mil.ca/en/2-cdn/air-force-training/air-ops-training-pages/sar-tech.page>**

## THAT OTHERS MAY LIVE

**SAR Tech briefings are being held  
April 23 from 2 to 4 p.m. and 6 to 8 p.m.  
in Room 26 at the MPTF**





## Promoted to sergeant

Working at Base Ammo, newly appointed Sgt Robert Gater received his new stripes from BComd LCol David MacIntyre and BRSM CWO Don Askeland during the 110th annual Royal Manitoba Winter Fair.

*Photo Capt Troy Dennis*

## Day to reflect Event hosted by MFRC engages participants to celebrate women

**Christine Helgason**  
MFRC Special

CFB Shilo's recent International Women's Day was a day to reflect on the contributions of those who have gone before, the struggle of many still today and the future of our daughters.

Shilo's MFRC hosted the event to engage in such reflection, but also to come together as a community to celebrate, strengthen and support the women in our lives.

Several female professionals presented during the day: Health Promotion's Shelly Moore, information about personal nutrition; recreation and sports coordinator Melissa Green, how to care for our physical selves through yoga; Military Police MCpl Glenda Gauthier, personal safety awareness in several aspects of our lives; Joyful Moments doula Bethany Geisel, birthing supports for expectant families; and Ruby Toad, Storm Navigator, rebel spirit and mentor, self-care and mindfulness. A holistic perspective on overall care.

Shilo's community came together — as professionals, as community and as partners who give back. In this case, all proceeds from the event were donated to the Women's Resource Centre in Brandon, a non-profit organization that provides a range of programs and services for women and their families in south-west Manitoba.



## Eagle Staff journey

As part of Op NUNALIVUT 2PPCLI's WO Sheldon Quinn brought the Canadian Armed Forces' (CAF) Eagle Staff to Canada's far north for the inaugural time, sharing it with attentive students when he visited schools in Resolute Bay and Cambridge Bay. Despite -47 C temperatures, WO Quinn enjoyed the warmth and hospitality provided by the students and staff during his visits. These are two of his favourite photos.

# 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:**

**April 12 at noon**

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

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[kalyniuk@mts.net](mailto:kalyniuk@mts.net)

**RE/MAX Valview Realty**  
1040 Princess Ave. Brandon

### Services



#### St. Barbara's Protestant Chapel

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

#### Our Lady of Shilo Roman Catholic Chapel

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

### Services

**Greg Steele Canadian Fire-arms** safety course instructor/examiner offering Red Cross first aid training. Manitoba hunter safety instructor. CFSC, CRFFC safety courses offered at least monthly and on demand. Firearm/hunter safety courses planned seasonally. Restricted and non-restricted. Dial 204-729-5024. E-mail [gsteale4570@gmail.com](mailto:gsteale4570@gmail.com)

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

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

### Services

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

### Employment

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

### Employment

**CANEX needs you:** Clerk/cashier part-time position with 13 to 32 hr /week required. Must be available days/evenings, and weekends. Starting salary is \$11.90 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.

**CANEX POST OFFICE PICK-UP CHANGE**  
As of March 1 parcels and mail will be collected from your Base post office 2:15 p.m. Monday to Friday



## Ex FROZEN GUNNER M777 preparation

1RCHA soldiers involved in Ex FROZEN GUNNER now have a jackhammer that works off a generator to soften up the ground when they prepare their M777 to be ready for firing. Some soldiers still use a shovel and pick axe, but this new technology helps when the ground is frozen.

Photo Jules Xavier



CFB Shilo  
15th Annual **BASE COMMANDER'S** Downhomer  
**LOBSTERFEST**  
Community Centre Annex (Bldg L25)  
**Saturday June 9<sup>th</sup>**

**Tickets are on sale to the general public at Shilo CANEX, Shilo Messes, Douglas General Store and Carberry Signs.**

**\$40/ea** Price of the ticket also gets you one entry into the draw for a one week all-inclusive trip for two to Mexico!  
Additional tickets are available to purchase at the event. Entrant does not have to be present to win.

Doors open at 5:30 pm;  
Meal from 7 - 9 pm  
Band starts at 9 pm

\*Full trip details will be available at the event.

**FREE Knight-Line Transportation!**

Busses depart from the CFB Shilo bus stops next to McDonalds (Richmond) at 5 & 7 pm and downtown (8th & Rosser) at 5:45 & 7:45 pm \* Return trips at 10 pm and 1 am. Knight-Line taxis also available to reserve/book at 204-717-6570

**For group reservations (12 and over) or more information call 204-765-3000 ext. 3073. Limited reservations accepted until 11 May. Plenty of rush seating available.**

**ONLY 800 TICKETS AVAILABLE!**

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**NOTHING BUT TROUBLE**

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Communiquez avec votre conseiller financier local de la Financière SISIP ou visitez [sisipci.ca/faireunedemande](http://sisipci.ca/faireunedemande)



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