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Former 2PPCLI CO now 1CMBG Comd. Page 2



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Soldiers prepare for Ex MOUNTAIN MAN. Page 6

HAMMER TIME!

Carpenter Cpl Aaron Legg of RPOU-W Det Shilo has been gaining valuable skills this summer working on the Brandon-based Habitat for Humanity project where three homes are being built on Franklin Street.

Photos Jules Xavier

New commander for 1CMGB

Warfighting Brigade under leadership of Col Bob Ritchie

Stag Special

There's a new commander for the Warfighting Brigade in Western Canada.

Former 2PPCLI CO Col Bob Ritchie took command of 1CMGB in late June during a CoC held at the officers' mess at Garrison Edmonton.

He replaced BGen William Fletcher, who held command since 2016, and now has the position of Deputy Commanding General - Operations with XVIII Airborne Corps of the United States Army at Fort Bragg, North Carolina.

"You my friend ... an officer of your calibre, and your compassion, the Brigade is lucky to have you," said BGen Fletcher. "As we embark on the road to high readiness I look forward to hearing about the great things the Brigade will accomplish under your guidance. To each and every one of you, *semper vigilant*."

Reviewing officer, 3Div Comd BGen Trevor Cadieu, recalled the 2016 1CMGB CoC, where he handed One Brigade over to BGen Fletcher — under his leadership 1CMGB deployed more than 2,000 soldiers overseas on expeditionary missions.

"One Brigade has thrived under your leadership ... and Bill, we are grateful for your incredible, inspirational leadership, and for the sacrifices that we know you, Daria and your kids have made these last couple of years. You've set the example for all of us to aspire towards," said BGen Cadieu.

Welcoming Col Ritchie back to Western Canada fol-



Then LCol Bob Ritchie (left) during his June 19, 2013 CoC parade after taking command of 2PPCLI from then LCol Michael Wright. He's now 1CMGB Commander following a June 28 CoC at Garrison Edmonton. Col Ritchie (right) with son Ryan during a PSP event at L25.

Photos Jules Xavier



"One Brigade has excelled under your watch, achieving a rare standard of professional excellence. Thanks for your wise counsel, your exceptional handover, and for cultivating the warrior spirit within this formation."

Looking ahead to the next 12 months, Col Ritchie said he looks forward to working with the Warriors of 1CMGB.

"You have repeatedly answered the nation's call with great distinction, both at home and abroad. [BDESM] Chief Warrant Officer Hessel and I are extremely honoured to serve alongside this world class team, and we look forward to training together, as we embark on the road to high readiness."

Col Ritchie, who visited 2PPCLI and 1RCHA July 30 following his CoC, will be back on the Base for the 25th anniversary ceremonies Sept. 7 to 9 to mark 2PPCLI's involvement in Medak Pocket during the Bosnian War.

Col Ritchie served as 2PPCLI CO for two years, starting in the summer of '13. Born in Ottawa, the 42-year-old officer replaced now BGen Michael Wright, who was 2CBMB Commander out of Garrison Petawawa the past two years, but now is COS of the Canadian Forces Intelligence Command in Ottawa. The new 2CMGB Commander is

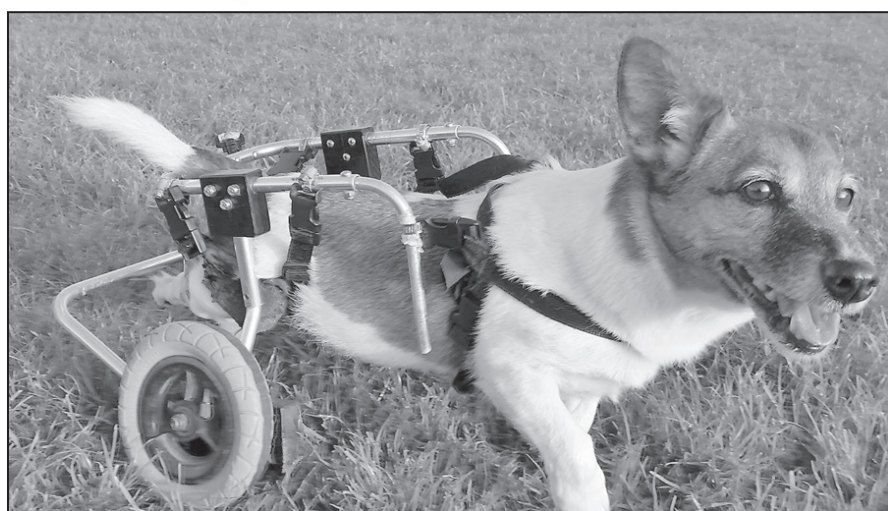
Col Jay Adair, who served in Shilo from 2004 to 2010.

Col Ritchie has been part of three deployments in his military career that started in June 1994. He badged into PPCLI in August 1998. He was on Op KINETIC in Kosovo in '99, with 1PPCLI Battle Group (BG); Op ARCHER in Kandahar, 2005-06, with the Provincial Reconstruction Team (RPT); and Op ATHENA, fifth rotation, in '08, with the Operational Mentoring and Liaison Team (OMLT).

With files from Lt Ken Jacobson 1CMGB PAO

"You my friend ... an officer of your calibre, and your compassion, the Brigade is lucky to have you," said BGen William Fletcher

Pet of the Week



MJ

Meena Rodrigues' canine companion MJ does not let a disability keep her from exploring the world, using a specially-designed two-wheel contraption to get around. Do you have a photo of your pet — cat, dog, bird, snake, hamster — you'd like to share with our Stag readers? If so, e-mail it to us via stag@mymts.net



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Putting their best foot forward

CAF expands options with individual combat boot purchase program

Antonia Laffkas
Army Public Affairs

Canadian Armed Forces (CAF) members will soon be able to step up their choices when it comes to their combat boots.

The CAF has a new program to equip eligible members with temperate boots that better meet individual fit, form and functional requirements.

Eligibility for the program is limited to personnel entitled to wear combat boots as part of their regular duties.

Central to this decision is the CAF's fundamental commitment to ensuring that personnel are properly equipped and ready to serve.

Offering entitled members greater flexibility and choice when it comes to operational footwear will help match the right footwear with each individual, enhancing ability to perform.

As of late summer, the first stage of the new boot program will give eligible personnel a personalized fit and a choice of boot styles that will not only fit well, but perform well in the field.

Within guidelines, they will be able to purchase boots of their choice that meet specific criteria and submit claims for reimbursement through their units.

The second stage of this program will include a pre-qualified product list, followed by the transition to an online ordering model similar to the way Distinctive



Reservists here for the summer training on the Base use the clearing bays at the MPTF. The CAF has a new program to equip eligible members with temperate boots that better meet individual fit, form and functional requirements. Offering entitled members greater flexibility and choice when it comes to operational footwear will help match the right footwear with each individual, enhancing ability to perform.

Photo Jules Xavier

Environmental Uniforms are currently managed.

Temperate boots are intended for cool and warm weather conditions, such as those experienced in most parts of Canada during the spring, summer and fall.

Specialized footwear such as steel-toed boots or boots designed specifically for hot, wet or cold weather are not included in this program.

Boots purchased under this program must conform to the following guidelines:

- The preferred boot colour is brown, however black and tan are acceptable.
- The boot must be designed to perform well in temperate conditions between +4 C and +35 C.
- Boot height from the side of the combat boot measured from the inside of the boot must be a minimum of 15 centimetres to a maximum of 23 centimetres.
- The boot must have a non-marking nitrile rubber outsole that is resistant to fuel, oil and acid.

LCol Robin Chénard leads the combat boot working

group of complexities," he said. "We are finding that a one-size-fits-all approach is not practical when it comes to operational footwear.

"The intention of this program is to provide personnel with boots that will meet their individual needs, as well as the needs of service.

"We hope that this expanded choice will add value and help our members always remain strong, proud and ready to serve."

Some details of the program are still under development.

Combat boots for recruits will still be drawn from the existing national inventory and supplied through training facilities.

Once entitled personnel have successfully completed their Basic Military Qualification (BMQ), they will be permitted to buy boots under the plan and be reimbursed for this expense.

The CAF is working to develop this arrangement and to have it take effect as soon as possible. Further information will become available once the program is in place.

A CANFORGEN (Canadian Forces General message) and a series of frequently asked questions will be provided to provide necessary details and guidance.

Canadian Army CWO Andrew Durnford, the RSM for 3rd Battalion, The Royal Canadian Regiment, has been involved in the development of the new program and emphasizes the importance of this new approach.

"Making sure our members have the combat boots that are best suited to their operating environment must include boots that best suit their personal needs," he said. "It is critical to make sure they are equipped for success."

group.

"Equipping a diverse team of military members comes with a num-



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Volume 57 • Issue 16

Regular Circulation: 3,000

Printed bi-weekly by
Struth Publishing, Killarney MB



General manager Mike McEwan ext 3073
Managing editor Jules Xavier ext 3093
Base Photographer ext 6008
Assistant editor ext 3013
Editorial advisor Lori Truscott ext 3813
Proof reader Lisa Barnes ext 3736

Fax: 204-765-3814 Email: stag@mymts.net



Mailing Address:
Box 5000, Stn Main
CFB Shilo, Manitoba, R0K 2A0

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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.



Follow the Shilo Stag on Facebook by visiting:

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



CFB Shilo's biologist Sherry Punak-Murphy looks at meadow blazing star plants (right) behind Base headquarters. She also examined meadow blazing star plants (above). During her outing with the Stag, she also inspected Blue grama grass, which is an indicator of a healthy prairie.

Photos OCdt J.P. Reil



Protecting species at risk full-time occupation for Base's biologist

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

You've likely heard by now that a cougar and a mother bear with cubs have been spotted near the Base.

It's up to Base biologist Sherry Punak-Murphy to keep tabs on these animals and other species on the Base as well as the ranges.

"I started here as a summer student in 1990. I got interested in native flowers and the flora and fauna of the Base," Punak-Murphy recalled.

Most Canadian Armed Forces (CAF) Bases in Canada have a biologist, if there's a range and training area (RTA).

"My job is based on the Species at Risk Act [which came into effect Dec. 12, 2002]," she explained. "The major part of that act is that we will not hurt, harm, or harass any listed species at risk. So, we have to monitor and survey for the flora and fauna we have and determine on the Base where those species are."

There's a lot of collaboration between the Base and Brandon University's biology department, to help identify the many species of plants here in the Shilo area.

"We have our flora catalogued in a herbarium, where we store our dried out plants at Brandon University," Punak-Murphy said.

There are quite a few challenges for Punak-Murphy during the course of her duties on Base.

"Keeping up with Environment Canada's recovery

strategies and listings for species at risk are just some of the challenges of my position," she said. "Weather is also a big challenge as there are certain things we can do in the rain and you have to have a certain amount of heat for other programs."

She added, "There is a lot of co-ordination with Range Control as we are limited when we want to go out to the field because of training."

The training area is quite large for just one person to catalogue the various species we have, so she has a team to help her out.

"Range Control does a lot of our sightings for wildlife and keeps records of those sightings," Punak-Murphy explained. "We also hire summer students that go out in the field with us."

Should animals become problematic, the province could get called in to help deal with the issue.

"We work with Manitoba Sustainability, and they would be called in if animals become a problem and trap them," she said. "We also do integrated pest management. The second most damaging thing to species at risk is invasive species – number one being habitat loss."

To help minimize the damage to our community and surrounding areas, Punak-Murphy has a message for residents and Base users alike.

"Don't move firewood, know what you're planting in your flower beds, and always be aware of your surroundings when you're out in the bush."

She concluded, "If you have questions on any plants or insects on the Base you can always call me at local 3964."

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CAF initiative launched to improve transition of military members, families

Stag Special

The Department of National Defence (DND) has started a discussion with the provinces and territories to improve the co-ordination of services across the country, and the relocation process for Canadian Armed Forces (CAF) members and their families.

Throughout their careers, CAF members and their families are required to relocate to bases and wings across the country. The Seamless Canada meeting is the first step in opening lines of communication and laying the groundwork for co-operation between DND, CAF, provinces and territories. The purpose of this meeting was to increase governments awareness of issues specific to CAF members and their families in order to establish the conditions to improve the transition of military families between provinces and territories.

"Investing in the women and men of our Canadian Armed Forces is our top priority. Relocations are a difficult experience for CAF members and their families, and we are committed to resolving transition issues and easing that burden," said

Defence Minister Harjit Sajjan. "We will continue to work collaboratively to find solutions that will improve the lives of Canada's military families."

LGen Charles Lamarre, Commander of Military Personnel Command, added, "Delivering on our commitment to our people and their families is critical. I look forward to engaging with my counterparts in the provinces and territories on solutions that will enable military families to live as seamlessly as possible in Canada."

Quick Facts

- The Seamless Canada initiative was carried out to address the significant stressors that affect CAF members and their families during relocation.
- Building on this concept, the CAF wishes to work with the provinces and territories to undertake discussions on the challenges facing CAF members and their families during relocation.
- Representatives from all 13 provinces and territories will take part in this roundtable. The Seamless Canada initiative supports Canada's Defence Policy Strong, Secure, Engaged by helping the CAF retain its talented people while ensuring their well-being.

Bulk garbage pick-up on Base scheduled for Oct. 9

Use Brandon dump for appliances containing freon

Jules Xavier
Shilo Stag

Mark Oct. 9 on your calendar if you have bulk garbage collecting dust in your PMQ basement.

That's the day Real Property Operations Unit (West) - Detachment Shilo (RPOU-W) workers will be out to collect your material left out at the end of your driveway.

"Items are not to be placed earlier than the evening of [Oct. 8]," said RPOU-W OC Maj Jérémie Dulong. "As per the CFHA notice, all appliances that contain Freon — fridges, A/Cs, water coolers etc — will not be picked up by the fall bulk garbage pick-up. Resi-

dents may disposed of those items at the Eastview landfill site."

Further information can be found at the City of Brandon landfill overview website www.brandon.ca/sanitation/landfill/landfill-overview

However, if have been collecting bulk garbage at home since it was last picked up in the spring, there is another alternative you can do without leaving the Base, according to Maj Dulong.

"Shilo dump remains available for bulk garbage drop off throughout the year. It is located three kilometres east of CANEX following Aldershot Road and is open Monday to Friday 8 a.m. to 3:30 p.m."

Formerly Engineering Services (CE), RPO-U Det

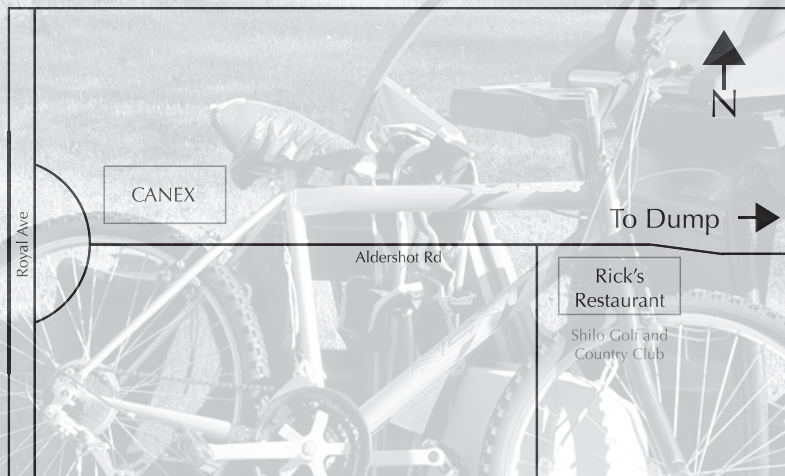
Shilo provides the infrastructure and municipal services found in most cities. Under the guidance of the OC, all activities pertaining to the design, construction and maintenance of works, buildings, roads and grounds as well as the operation of utility systems — heat, water and sewage treatment are looked after by RPO-U.

Maj Dulong and his staff are responsible for real property management services of 221 buildings encompassing 165,188.83 m2 of floor space and an additional 100,000 acres of range and training area.

If you have trouble calls dial 204-721-3000 ext 3111/3117. After hours call ext 3383.

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 curbside pick-up the following date ONLY for fall clean-up:

Oct. 9

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

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Preparing for Ex MOUNTAIN MAN in Ninette

Heartbreak Hill challenges mental, physical toughness

2Lt Ryan Bartlette
Shilo Stag

Soldiers with 2PPCLI, 1RCHA and Base Shilo descended on the small town of Ninette to train for next month's annual 1CMBG competition known as Ex MOUNTAIN MAN.

In Edmonton, racers will endure a grueling 28-kilometre rucksack march, followed by a portage of 3.2 kilometres, paddle 10 kilometres in their canoe and finish off with a 5.6-kilometre run to finish off the race, all while wearing a 33-pound rucksack.

The race this year is slightly shorter than previous years, due to construction on the route.

"I won't count it unless I beat it dramatically," said MCpl Kyle Roux of beating his personal best (PB) time. He is competing in his sixth Ex MOUNTAIN MAN competition.

Having a mental edge has been key for MCpl Roux, who finished in second-place on this day in Ninette. The ability to mentally shut off the pain is "the difference between a competitor and a participant," he offered.

Returning racers are common in the Ex MOUNTAIN MAN competition. Sgt Derek Sedgwick of 1RCHA and Base weapons technician Cpl Brad Birrell are competing in their fourth race. They will both aim to beat their PB times, and finish the race in under seven hours.

Cpl Birrell was asked by the Stag about what attracted him to repeatedly doing this punishing race.

"It's more about the people you do it with," he offered chuckling. "They always seem to talk me back into it even if I don't want to do it again."

He enjoyed the opportunity to practice for the big race adding, "It was nice to see the amount of competitors out and to get my butt kicked by a number of them."

Ninette serves as a good litmus test for racers, both to see if they have the requisite guts for the race and to



Former 2PPCLI Capt Eric Henderson set his first Ex MOUNTAIN MAN record in 2014 when he crossed the finish line in Edmonton with a time of 4:34.40.

CAF file photo

see where they stack up in the pack.

Competitors completed a 12.1-kilometre ruck run, two-kilometre portage, paddled six kilometres and ended with a 3.1-kilometre ruck run to prepare. The teams ascended the monster hill east of Ninette not once, but twice.

Teams will taper off the training in the next few weeks to ensure lingering injuries are addressed before race day. The Base side team will be heading out for a 42-kilometre jaunt after the August long weekend, and their training will slow down after that.

The haunting shadow over the Ex MOUNTAIN MAN competition the past few years has been former 2PPCLI Capt Eric Henderson. Somewhat of Mountain Man folklore, record-breaking Capt Henderson has been dominating the competition the past few years.

Now that he has been posted to St. Jean, where he's a Pl Comd with CDA, the door has been left open for another competitor to try and fill the Sorel-sized shoes he has left.

Capt Henderson has won the the past two Ex MOUNTAIN MAN challenges in record-setting times,

including eclipsing the record initially set by former 2PPCLI medic Sgt Brian Weigelt, who won it in 2014. His PB time set in 2015 was 4:35.40. That record shaved off three minutes from Sgt Weigelt's time of 4:38.55 in '14. He had set records on the course, when sand bags were carried, not canoes portaged, in 2005 (4:41.18) and 2006 (4:40.58).

Sgt Weigelt — an ultra-marathon enthusiast — has won four individual titles as best male on the Ex MOUNTAIN MAN course that runs through the River Valley Park.

The top performer from the mini Ex MOUNTAIN MAN aims to do exactly that when he leaves for Alberta. 2PPCLI's Pte Christian Baun — grandson of four-time Stanley Cup champion with Toronto Maple Leafs defenceman Bobby Baun, who scored one of the Leafs' most famous goals in overtime on April 23, 1964 while playing on a fractured ankle versus the Detroit Red Wings — has been training for this

competition for 18 months.

Forced out of last year's competition due to injury, the 2VP private calls it a blessing in disguise. It gave him the opportunity to train right, and with the right people around him.

"I owe a lot of people credit to get in the position I'm in right now," he said. "Capt Henderson, Lt Hughes, everyone that's come along the ride with me, I appreciate the support."

Pte Baun will wait with anticipation for the big race in early September, and taking a shot at keeping 2PPCLI in the ex MOUNTAIN MAN limelight as large unit team champions.

"I think we're known for that mountain man team [Henderson's]. I just want to continue to do that for the Battalion and make everybody proud including my family and myself," he said following his race.

Talking to several competitors, they all echoed the same sentiment to the Stag, saying they all look forward to representing their respective units on race day, Sept. 6 in Edmonton.



"I just want to continue to do that for the Battalion and make everybody proud including my family and myself."
— Pte Christian Baun

Left: Padre Capt Troy Dennis is preparing for his second assault on the Ex MOUNTAIN MAN course Sept. 6 in Edmonton at CFB Shilo's team. Right: Ninette winner Pte Christian Baun of 2PPCLI is looking to carry on his Battalion's tradition of winning the race, following in the running shoes of Sgt Brian Weigelt and Capt Eric Henderson, two soldiers who not only won the event in Alberta, but set or eclipsed PB times they had established on the scenic course. Photos 2LT Ryan Bartlette





EX MOUNTAIN MAN



The Stag's 2Lt Ryan Bartlette spent the morning in Ninette covering soldiers from CFB Shilo, 2PPCLI and 1RCHA preparing for the Sept. 6 Ex MOUNTAIN MAN competition in Edmonton. They used the picturesque community, with its lake, trails and highway providing excellent terrain to hone running and paddling skills.



See your Sept. 6 Stag for this feature story

Justin Borody of Brandon-based Bricks and Stones Masonry has been busy at the Shilo Country Club, and it has not been all golfing. Using his masonry skills, Borody made the plinths you see at the 18 tee boxes, plus came up with the cairn on display in front of the LAV III as part of the Afghan Memorial.

Photo Jules Xavier



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Memories from 50s, 60s, 70s

Shilo Brats return to their youth with reunion

Jules Xavier
Shilo Stag

Being called a Shilo brat is a badge of honour for Ken Jenkins.

Kay Schrot takes pride in the moniker of being a military brat who grew up at Camp Shilo.

Same goes for army brat Denise van Rooyen, who called 32 Frontenac home from '55 to '64. There's a tree on the front yard that has grown considerably compared to when it was initially planted, and she would water it.

Jenkins, on this Base from '55 to '69 when his father was an artillery instructor, is retired and calls Vancouver Island home. From his Courtenay-based computer he looks after the Shilo Brats website and Facebook page along with web team members Faye Helgason and Edith Walker-Mullen.

"There's been lots of changes here since we called Shilo home," offered 72-year-old Jenkins while enjoying lunch at the Junior Ranks. "I miss the days of playing organized sports like Little League, or when swimming was big here with the Goldeyes swim team. Air Force Day was always fun, when we'd get to experience the jump tower after a trip to Rivers."

Why were Jenkins, Schrot and van Rooyen visiting their old haunts? As part of a three-day major Shilo Brats reunion which was organized the past six months, the trio bussed west from Winnipeg to spend an afternoon with about 30 fellow brats.

"Our first reunion was in '83, when we had only planned that one event," recalled Jenkins. "But there were classmates from Prince Elizabeth High School who felt left out when they did not attend, so we had another in '88."

"This was just going to be a one-time thing, but after the '88 reunion there were a lot of regional reunions. Or a lot of spontaneous events where someone would come for a visit, and next thing you know a group of eight to 10 Shilo brats were meeting for lunch or dinner."

In the past, the planned reunions were held at PEHS, but where it was torn down, there was no venue left to bring former staff and classmates together. So, talk of reunions "fizzled out" until the advent of the Internet.

"With the Internet, we were able to reach out to a lot more brats," explained Jenkins, who noted the page features 25 years of PEHS yearbooks, and pages that focus on sports, entertainment, landmarks, Shilo history and much more.

Sisters Sandi (60-66) and Sheila (60-65) Love used the reunion as a means to get together as siblings, and to hangout with former classmates. Sheila has four reunions to her credit, while the '18 reunion is Sandi's first.

"I live in Richmond [BC] and did not really follow it until I learned about the Shilo Brats website," said Sandi Love. "Having the website helped me reconnect, so why not come back to Shilo?"

The Shilo brats even have a mascot, the Northern Prairie skink. Visit the site at www.shilobrads.com — it was created by the late Dave Mulligan on Jan. 18, 2002. He died on May 12, 2012.

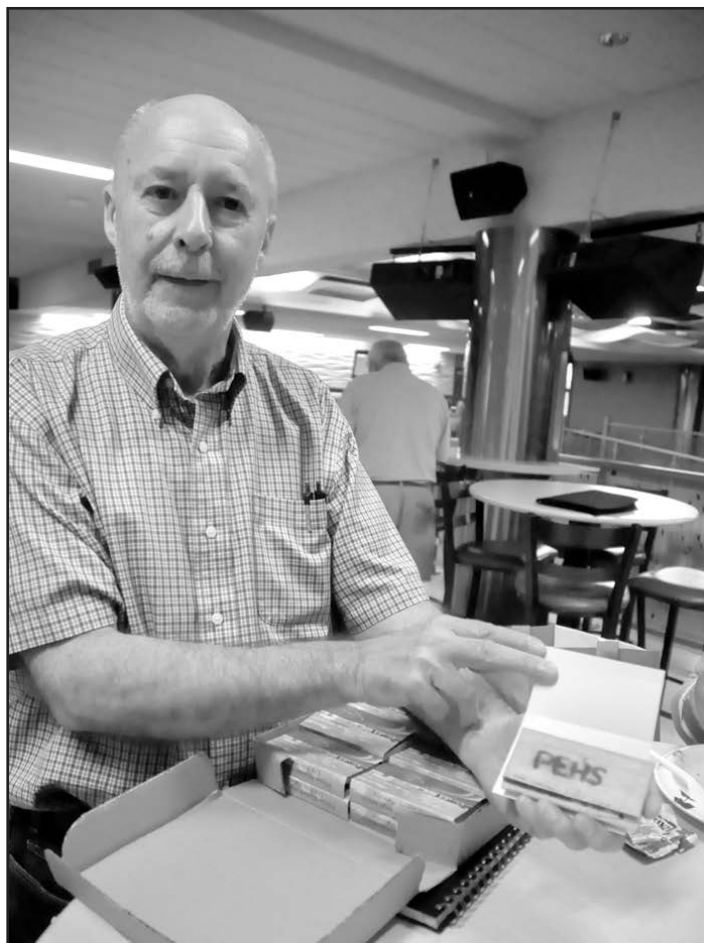
Jenkins might live on the west coast, but he's still attached to the prairies thanks to his connection to Shilo. Probed with questions from a curious *Stag* editor, he goes back in time and recalls events or situations that come to him as though it happened a day ago.

"I miss those bus trips to Brandon every Saturday," he recalled. "Playing sports was always fun. Or going to the movie when it only cost us a quarter. The movie was a dime. A drink was a dime, and our popcorn cost a nickel."

He recalled using his BB gun to shoot nuisance gophers on the Base, or him and friends would



Calling herself a "diva" when she was a teenager hanging out with Kay Schrot, Denise van Rooyen returned to the PMQ she grew up in from '55 to '64. Here she hugs the massive tree now growing on the front lawn. When she was a kid, and the tree was first planted at 32 Frontenac, it was her job to water it.



Shilo Brats web team member Ken Jenkins shows off a piece of flooring from the demolished Base high school which are now keepsakes handed out during reunions.

Photos Jules Xavier

snare them. They took the tails to an office on the Base and were paid six cents per tail.

"I don't miss the smell that came from the nearby pig farm. That was smelly for us until the barn burned down in '64 I believe."

Summer vacation for most Shilo brats meant a few weeks away at Clear Lake or a trip to Minnedosa.

"We also had summer jobs on the Base," he said. "I'd work in the kitchen, or cleaned out army buses. When I got a little older we'd be hired to work at the summer militia camp."

For the reunion in Winnipeg, former Guess Who singer Greg Lewkiw performed for his fellow Shilo brats. He replaced Randy Bachman when he left the Winnipeg-based group. Former teacher, and later principal, Mary T. Sheehan was honoured. The 90-something educator still has a quick wit and way with her former Baby Boomer students.

"She still wears her hair the same," said van Rooyen, who perused a photo taken with a reunion goes iPhone.

"I still remember when my Grade 7 teacher, Mr. Hilton, when he attended a reunion in his 90s," said Jenkins. "A lot of our teachers are no longer with us, but if they are around they often attend."

What about the students from the 70s, 80s and 90s? Jenkins said reunion can be generational, so his peers from those eras tend to do their own thing.

Mike Pace of Chatham, Ont., was the exception. On the Base from '70 to '75 when his father, MWO Ed Pace, was with Base food services, he had a reason why he came back to the Manitoba prairies.

"I wanted to show my wife where I went to school, where I played hockey [at Gunner Arena], where I lived when my father was posted here," he said while enjoying a burger and a cold beverage. "It's always nice to come back where you spent your time growing up, and going to school."

While most of his fellow Shilo brats spent many years on one Base because their fathers were artillery, MWO Pace had a trade that saw him take the family to Bases in Montreal, Halifax, Picton, Goose Bay, Winnipeg and Gagetown.

"Yeah, we moved around a lot when my dad was in the military," he said, acknowledging that posting season allowed him to see a lot of Canada growing up in a military family.

He took his wife to the PMQ he called home at 13 Stonehenge, where photos were taken, prior to exploring the rest of the Base.

Did you know Shilo brats attending the high school had a dress code? And this did not mean students wore uniforms as you would attending a Catholic school.

"The Base Commander at the time did not like how his son dressed, so he directed that there be a dress code for the school," said Jenkins. "Remember, this was before the Beatles. While a lot of the boys started growing their hair long, it had to be kept neat. The boys going to school in Brandon could not have long hair."

"So, we went to school with buttoned shirts, slacks, no jeans, and wore a tie and laced shows, no sneakers. If you looked at our photos in our yearbooks you'd think we all dressed up for the photos. It was because of the dress code."

"We could wear pants to school," added van Rooyen, "but once we got there, we had to take them off and wear our dresses. In the winter, we could wear leotards."

Schrot and van Rooyen spent a lot of time hanging out as teenagers, often double-dating.

Fred Connor preparing for Army Run

OCdt J.P. Reil
Stag Special

Fred Connor, originally from Scarborough, Ont, is a 23-year veteran of the Canadian Armed Forces (CAF) who strives to improve his physical fitness.

The former member has been dealing with a lower back injury he suffered while deployed to the 1997 ice storm in Quebec.

Prior to his injury, he was actively involved in running and martial arts, specifically Shotokan.

His mentor, former CWO Lopes, developed the unarmed combat handbook, was a significant influence during his training. CWO Lopes, who eventually commissioned through the ranks, is on the CAF Hall of Fame.

Connor's hard work paid off as he achieved black belt status in the sport.

During his time competing, he also realized he was suffering through mental illness.

"There is no such thing as a life hack, or an app for adversity," Connor said. "There might be an app for where you are at in the continuum of mental health, but we all can overcome adversity in our lives. It depends on how we do it, and with the right help."

Connor has gone through several changes in his lifestyle. He changed his diet, where he went from vegetarian to eventually vegan.

He attended a Soldier On conference in 2011. He wasn't sure if the program was for him.

"This program sounds great, but I don't know if I'm injured enough to apply for this. This might not be for me. I'll feel foolish if I apply and not get accepted. I feel like I'm wasting peoples' time," he said.

Connor then attended another Soldier On and Wounded Warriors Canada briefing six months later. It was a smaller group this time around.

"I've had two surgeries by this time, and dealing with some PTSD [Post Traumatic Stress Disorder]," Connor said. "I approached them and explained my injuries and they said I might be a candidate for a particular bike."

He added, "I applied for a recumbent bike and attended my first Soldier On event in 2011. I was not really active and I could feel it. I'm a very Type A personality and competitive."



Fred Connor will be running in the Army Run in Ottawa Sept. 23. *Photo supplied*

In 2013, he was fortunate to be a part of some big rides to improve his performance.

"I was with World Team Sports where I rode my recumbent from Washington, DC, to Gettysburg, Pennsylvania, a 160-kilometre trip in two days," he recalled. "Within a month I was fortunate to have cycled from Paris to London on the recumbent as well."

"I learned from these experiences, where I had re-injured, or tweaked my back again. I stopped working out for a bit to figure out how to take care of myself. So now I participate wherever I can. I submitted my name for the Frontline Race Team through the Army Run to create awareness. We all can overcome adversity or obstacles in our lives. We all can participate in something, whether it's a five-kilometre run, 10-kilometre run or walk, whatever it is."

He added, "We all feel miserable or depressed at some point in our lives. But we connect with the right people, we go through the process to get healthy or whatever the degree of healthier is. Then participate in something, whether it's volunteering, sports whatever."

"I was very, very surprised and honoured to be selected for the Frontline Race Team. I've been with Soldier On at other events like a multi-sport training camp with other athletes in BC and a ski trip at Mount Washington."

"If what I'm doing, showing that you can do other things inspires someone to say hey, I see Fred doing this stuff and I have these different injuries, maybe I can do something and be healthier."

"Soldier On and the Army Run has raised a lot of money and has done a lot of good. Soldier On has been benefiting the Military Family Fund. The Army Run is the second largest running event in Ottawa or possibly in Canada and growing. It doesn't seem to have lost its popularity. It's such a great event. People are coming together for their own particular reasons but its positive. You have young, old, veterans and people with physical and non-physical injuries. People are also on adaptive bikes."

Connor will be relying on his legs for his Army Run in Ottawa, which is scheduled for Sept. 23.

"This year will be the first race where I am not cycling. I'll be missing cycling with the guys and gals. I came in first last year on recumbents for the half-marathon."

Most of the Frontline Race Team is from Ontario and Quebec, with one team member from the United States. Connor is the only member from Manitoba.

In preparation for the Army Run, Connor has participated in other events like the Manitoba half marathon as well as the Kakabeka Falls run near Thunder Bay, which raised funds for the Legion.

He added, "I am looking forward to 2020, where I hope to participate in the Invictus Games, for which I've applied twice. In 2020, the Invictus Games will be held in The Hague, Netherlands."



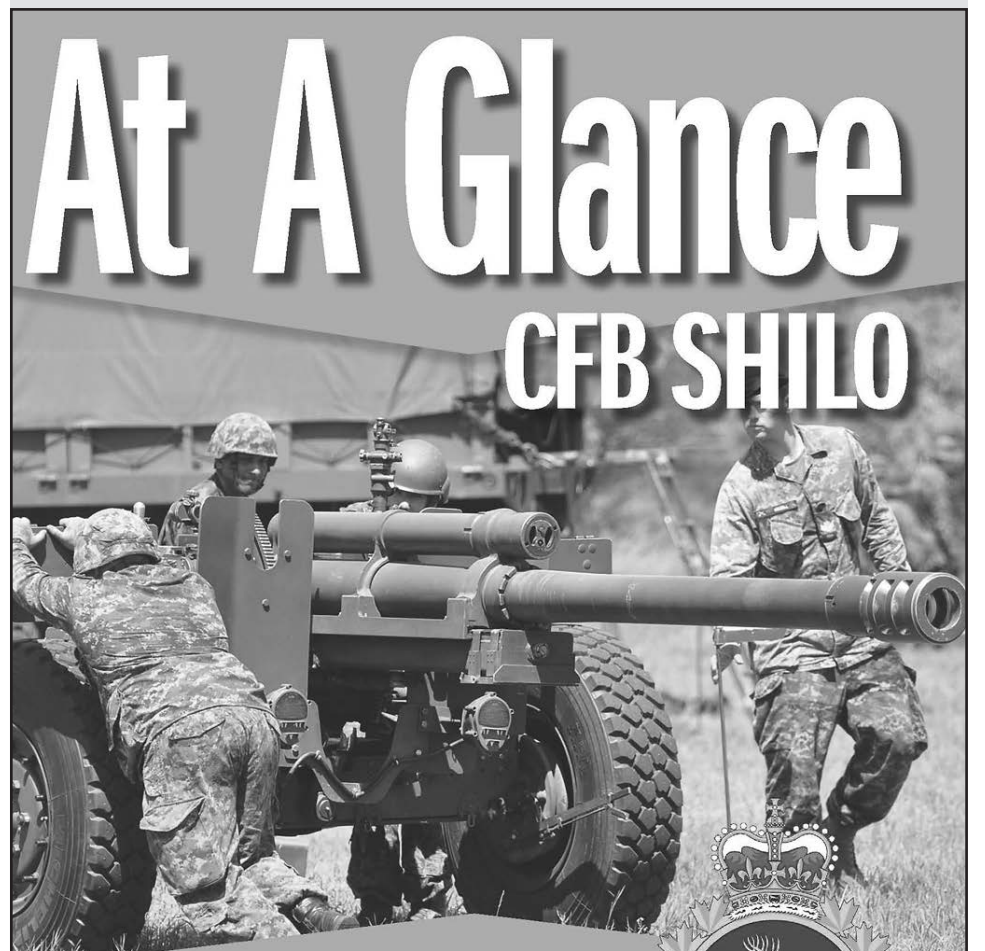
During a lull in 1RCHA family day activities out in the training area, Bdr Dave Sopkow and wife Amy Sanders shared a kiss captured by 2Lt Ryan Bartlette.

Get involved with your Home Station Regiment



The newly-established Home Station Regiment Senate exists to advance the welfare of members who are currently in service at the Home Station Regiment, as well as retired and former serving members of the Home Station Regiment. If you'd like to get involved, contact the president, Col (Ret'd) Peter Williams, at cdnig19@hotmail.com

Grab a fall copy of your Base At A Glance magazine available at CANEX, GSH and units



At A Glance

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FALL 2018



Base auto club enthusiasts improve their mechanical skills

OCdt J.P. Reil
Stag Special

Do you like to work on your own vehicle? Have an old beater that you want to refurbish?

The Base auto club may just be the answer you're looking for.

Located in building M127 (the covered compound south of BHQ on Aldershot Road), the auto club has been in operation for almost 40 years.

The club has been in its current location for nearly 18 years.

"The auto club basically got started after soldiers returned from their postings in Germany," said former club president Brian Dempsey, who is now off to CFB Galetown, NB.

There are two types of memberships which can be used to suit your vehicles' needs, which newly appointed club president William Porter briefly explained.



Auto club members have an excellent facility, with tools, where they can work on their own cars, or if they are restoring a vehicle.

Photo OCdt J.P. Reil

"There are basically two sides to the auto club. The one side is for simple oil changes, you can use the hoist for tire changes, things like that," he said. "The other side is for more detailed work, where you can use the acetylene torch and other heavy tools."

The basic membership is great if you're confident in performing simple jobs on your vehicle — while having access to special equipment which costs \$50 for the whole year.

The auto club has special bins for recycling oil and other vehicle lubricants — a good way to keep those unwanted

oils away from your home while disposing of them safely.

For the avid auto enthusiast, there is a project membership which allows you to perform major repair jobs on your vehicle. It's a little more expensive — \$100 per year.

"We have a truck in the shop which is getting ready for a paint job," Porter said.

There are custodians available which provide a wealth of automobile knowledge on how to perform tune-ups on your vehicle.

"The custodians are there to help the members," Porter explained. "While they won't do the work for you, they will guide you through the process, even if it's your first time doing the job."

You don't have to be a member of the club to use the facility. The members are more than happy to provide assistance or answer your questions about your vehicle.

"If you want to drop in for the night, there is a \$15 fee to use the shop," said Porter.

He added, "Our members are very knowledgeable about specific vehicles, and we share that knowledge to improve our mechanical skills."

To join the club you need to sign a waiver, which can be found on the Shilo webpage www.CAFconnection.ca. The club meets Monday to Thursday, from 6 to 9 p.m. — although it may be very quiet in the summer months with Base units standing down for block leave periods.

PMQ's warmth provided by shovelling coal

From page 8

Officer cadets made great boyfriends, they agreed.

"They had money, and cars," recalled van Rooyen laughing. "A lot of families on the Base did not have cars, or even telephones [landlines]."

Waggle spring was a favoured hangout of the teenagers, whether to party or going parking.

"There was a tank on the Base we'd play soldier on," recalled van Rooyen. "We'd ride out bikes to it, make sure we hid them well to avoid the MPs. We figured out how to climb up inside where we'd play

cards, or when a little older it was a great place to makeout with a boyfriend."

Schrot called 15 Quebec home, but that PMQ has long been demolished. She did visit the home where her grandfather lived, saying the front porch was a favourite gathering spot for the grandchildren.

Jenkins lived at 28 Esquimalt, a home that was warmed in the winter by a coal furnace.

"It was my job to keep the coal in the furnace," he recalled. "Once they replaced the coal, then we would store vegetables in the room where I would get my coal."

With no CANEX at the time — this year marks the 50th anniversary of the military store — reunion goes all recalled the days when the milkman or baker would show up on your PMQ porch with a delivery. Empty bottles left out on the porch would be

replaced by full bottles of homogenized milk.

"Those were the days," Jenkins said smiling. "And they would deliver groceries to your house, too."

During this most recent major reunion, Jenkins gave out PEHS keepsakes from the defunct high school. Sections of the stage flooring was cut up, and PEHS branded on the floor surface, prior to the school walls coming down.

On the "to do" list for the web team is the acquisition of the school's trophies, boxed up from the trophy case prior to demolition, and moved to the RCA Museum.

"We've talked to museum director Andrew Oaken and he's agreeable that we want to do something with those trophies because there's a lot history behind them," said Jenkins.

"We like to find a place for them, once they find them in the museum, and photograph and catalogue what's on each of them. We'd put this on the Shilo Brats website, but it would be nice to have them on display rather than stuck in a box collecting dust somewhere."

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Great prizes to be won!

At Shilo Golf & Country Club



Mike Pace of Chatham, Ont., brought his wife back to CFB Shilo where he resided with his father, MWO Ed Pace, from Base Food Services. From '70 to '75 he attended PEHS, where he recalls he had long hair and enjoyed playing hockey at Gunner Arena.




Kay Schrot sits on the porch where her grandfather lived on the Base while visiting for the Shilo Brats reunion.

Photos Jules Xavier

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Volunteers appreciated

Base Fund received a cheque from CANEX for \$2,950 following PSP's volunteer appreciation luncheon held in Brandon at the Prairie Firehouse restaurant. BComd LCol David MacIntyre and former BRSM Capt Don Askeland accepted the funds from CANEX's Shauna Wright following the meal and recognition of volunteers on the Base who contribute to PSP and MFRC programs/activities.

Photo Sarah Francis

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**\$10 for first 20 words,
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 Deadline for next issue:**

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Free ads (non-profit only)
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