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Volume 57 Issue 2



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January 25, 2018

INSIDE This Issue



Shilo MFRC's speaker is former NHL goalie Clint Malarchuk. Page 3

Feeding time for birds in winter

The recent warmer winter temperatures has seen an influx of birds enjoying the cuisine provided in hanging feeders in PMQ backyards. Spring does not arrive until March 20, but don't tell these birds enjoying their meal. Unseasonably warm for a Manitoba winter in January, including single digit temperatures, so enjoy the respite from the Christmas frigid temperatures.

Photo Jules Xavier



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Award recipient 'surprised' by Base honour

Sarah Francis

Shilo Stag

The successful creation and running of a Facebook page in support of soldiers and suicide prevention has garnered MCpl Daniel McInnis the honour of CFB Shilo's 2017 Soldier of the Year.

The Facebook page he created allows soldiers, first responders and spouses to reach out in a time of need. MCpl McInnis told the *Shilo Stag* it was an extension of a letter written by a Reservist that led to his idea to use the social media platform.

"It was the brainchild of two Reservists, they were out west at the time," he recalled.

"They knew each other. I had no idea who they were. At the time there was more and more suicides, whether it was serving members or veterans, that were in the media. It was starting to snowball in the media."

The two Reservists, Sgt Brian Harding and Sgt Jordan Irvine, were friends and moderators on an unofficial Facebook page for the Canadian Armed Forces (CAF) which served as a discussion group.

Sgt Harding wrote what was akin to an essay entitled Send up the Count.

"It was about watching after your buddies and it was about recognizing a threat when it's made and doing something about it essentially," said MCpl McInnis.

The title came from a practice used by the infantry on foot patrols.

"The person in the back will send up the count to ensure that everybody is there," he explained. "Everybody is accounted for. He'll start at the back [and] say one and tap the next guy, he'll go up tap the next guy and say two and so on all the way to the front."

The essay touched on the reality that due to the nature of employment in the military, soldiers are often moved around, including taking part in training exercises and deployed on tours overseas.

"Especially for Reservists, they come back and just spent six months doing their job overseas and might be augmented back to their unit, which is not who they went with," he explained. "They're now sort of on their own, while the rest of the organization they went with might have stayed together. It's about looking in on that guy. Thinking about him and saying, 'You know, I haven't talked to so-and-so, maybe I'll give him a call.' Checking up on him because he may not be doing well."

The essay was his inspiration for starting the Face-

book page in 2013 after a friend had committed suicide.

"I thought, he might have been calling for help. It was the middle of the night when he decided to take his life," he recalled. "Everybody has Facebook. It seems enough people, that if it's the middle of the night, you don't need to call one person and hope they answer the phone to help you. You could go on Facebook and if enough people see your post, they might be able to step in and help you."

The group is used as a discussion wall and posts are not anonymous.

It has a "closed" status, meaning you can search for it, but only access content if you're a member.

"People are going to be able to say whatever they want, post what ever they want. Whether its [to] share a picture, a Meme, or a post about themselves or someone they know. I knew that was going to be a part of it and that was the most that I was going to need to stick handle," he said.

"The other side of it ... using it as a direct intervention tool for people with self harm and harm to others. It's been used as both."

The page moderators, himself and five others including Harding and Irvine, manage the page and work to ensure action is taken if there is a threat.

"When there is an active attempt or threat, stopping anybody else talking about anything else is the first thing we do," said MCpl McInnis. "So, we can keep up with it without being inundated with other things that don't apply."

He joined the CAF in 2006, with intention of serving in Afghanistan. A position in the military also meant providing a stable standard of living for his family. CFB Shilo is a fair distance away from his home in North Bay, Ont.

Posted to CFB Shilo for 11 years, MCpl McInnis was with 2PPCLI from 2007 to the summer of '17.

Nowadays the infantryman can be found during his working day at Base headquarters. While his day



MCpl Daniel McInnis with his Soldier of the Year trophy.

Photo Jules Xavier

starts off making sure the duty centre and various components at headquarters are running smoothly as the BRSM's assistant, much of his day looks different from the last.

"Typically, the rest of my day is not typical. It's the same type of stuff, but it's never the same day. One of my various duties is to insure the operation of [headquarters building] is going smoothly."

He added, "If there are maintenance issues that came up, or work being done, then I have my fingers in it to make sure people [working on] it have what they need and people who work here have what they need."

"That extends to the RPOU, that extends to Base Maintenance for certain things and the SIGS Squadron for certain things because everybody here has a phone and a computer and stuff happens."

MCpl McInnis serves as a representative in the building for various departments. This gives him a close working rapport with a number of sergeant majors on Base.

"We use each other every day or at least every week," he offered.

The ability to create a good rapport with other military members and co-workers is important for

MCpl McInnis. This is a skill which allows him to excel in his job.

Receiving the Soldier of the Year award was a surprise for MCpl McInnis.

"This page has been four years and counting now. CWO [Don] Askeland was in the Battalion, as was I, when I started this group. He knew about this group when it started. He's known about it all along, and there was quite a few people who obviously have known about it all along, but it was definitely surprising to get formal recognition for it."

Prepping Base awards with CWO Askeland is actually part of MCpl McInnis' job.

"He kept it hidden from me and kept it a secret pretty well," he said.

Pet of the Week



IVER

Iver enjoys chasing a ball, when he's not snoozing in the backyard once the summer sun is out. 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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Retired NHL goalie Clint Malarchuk battled demons

Shilo Stag

It took doctors a total of 300 stitches to close a six-inch wound, with the NHL goalie back on the ice in 10 days.

The goaltender who almost lost his life on the ice 29 years ago is Clint Malarchuk, who is sharing his story as part of Shilo MFRC's speakers program at the El Prado Club Jan. 27 starting at 7 p.m.

During a game on March 22, 1989, between the visiting St. Louis Blues and Malarchuk's Buffalo Sabres, Steve Tuttle of the Blues and Uwe Krupp of the Sabres crashed hard into the goal crease during play. As they collided, Tuttle's skate blade hit the right front side of Malarchuk's neck, severing his carotid artery and injuring the surrounding carotid sheath and jugular vein.

With blood spurting from Malarchuk's neck onto the ice, he was able to leave the ice on his own feet with the assistance of his team's athletic trainer, Jim Pizzutelli. Many spectators were physically sickened by the sight.

The excessive amount of blood caused a number of fans to faint, two more to suffer heart attacks and three players to vomit on the ice.

Local television cameras covering the game cut away from the sight of Malarchuk bleeding after noticing what had happened, and Sabres announcers Ted Darling and Mike Robitaille were audibly shaken.

Malarchuk, meanwhile, believed he was going to die.

"All I wanted to do was get off the ice," Malarchuk told reporters. "My mother was watching the game on TV, and I didn't want her to see me die."

Aware that his mother had been watching the game on TV, he had an equipment manager call and tell her he loved her. Then he asked for a priest.

Malarchuk's life was saved due to quick action by the team's athletic trainer. Pizzutelli, a former Army combat medic who served in Vietnam, gripped Malarchuk's neck and pinched off the blood vessel, not letting go until doctors arrived to begin stabilizing the wound.

The team doctor led the pair off the ice then applied extreme pressure by kneeling on his collarbone — a procedure designed to produce a low breathing rate and low metabolic state, which is preferable to exsanguination.

He was conscious and talking on the way to the hospital.

Malarchuk jokingly asked paramedics if they could bring him back in time for the third period.

The game resumed when league personnel received word that the player was in stable condition. Malarchuk lost more than a litre of blood.

There's more to Malarchuk's story besides stopping pucks for a living in the NHL, which he did from 1981 to 1992. Besides the Sabres, the 56-year-old started his career on Dec. 13, 1981 with the Washington Capitals. He suited up for the defunct Quebec Nordiques also.

Born in Grande Prairie, Alberta, Malarchuk will also share his life story post-NHL when he attempted suicide on Oct. 7, 2008 in Fish Springs, Nevada following a period of stress and domestic problems.

He spent approximately six months in a rehab hospital being treated for alcoholism, obsessive-compulsive disorder, and post-traumatic stress disorder.

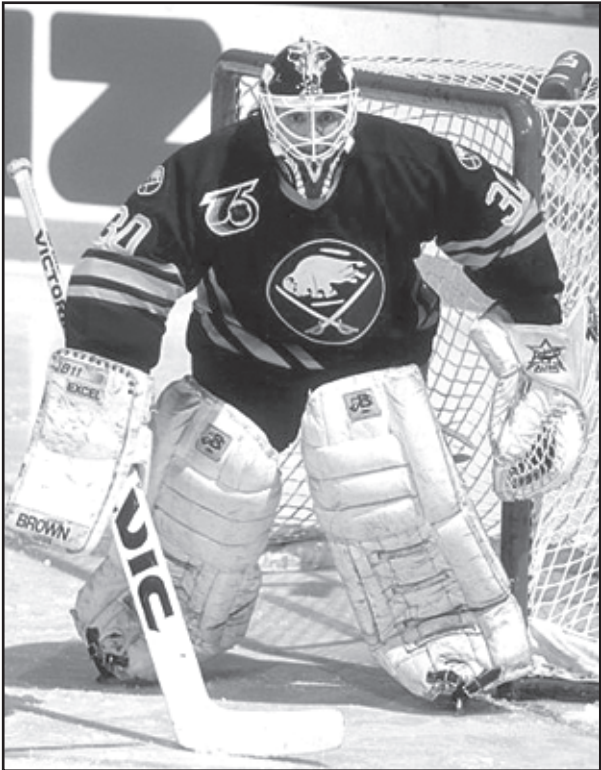
Malarchuk released an autobiography called *The Crazy Game* in November 2014. In the United States the book was published with the title *A Matter of Inches — How I Survived In The Crease And Beyond*. The book was made into a documentary film.

There are many other demons — stress disorders and mental illnesses — which could have made anyone give up on life, but Malarchuk is visiting CFB Shilo to talk about it, and he does that openly, according to Shilo MFRC executive director Willemien van Lankvelt.

Doors open for Malarchuk's talk at 6 p.m. Tickets are \$10 in advance from the MFRC. This money will be refunded at the door when you attend.

A light snack is provided, with childcare vouchers available to families. Ask about the voucher when you receive your ticket.

A product of the WHL's Portland Winter Hawks, Malarchuk finished his professional career with a 141-130-45 win-loss-tie record, that included 12 shutouts.



Clint Malarchuk played for three NHL teams, including the Buffalo Sabres.

Photo Great Goalies Magazine

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Submitting articles and photos for print:

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



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Customer service important, says Cpl Blais

Sarah Francis
Shilo Stag

Customer service is Cpl Marie-Eve Blais' priority when you come to her counter at CFB Shilo headquarters.

Cpl Blais received her promotion as well as a Command Team commendation last month during the Base's Christmas dinner celebration. While she knew about an impending promotion, the award was a surprise to her.

"I wasn't thinking about that at all. I knew — kind of knew I was getting a promotion, it wasn't 100 per cent sure, but I kind of knew because I'm fully qualified already. The award was something different," she told the Stag. "I didn't know at all I was receiving that. I was super surprised and super happy. I'm always giving 100 per cent and I like my job, so I was really happy to receive that."

She has been in the Canadian Armed Forces (CAF) since June 2015, and has called CFB Shilo home for seven years. Her husband is also been in the military since 2009.

Cpl Blais and the team behind the counter on the first floor north wing at Base headquarters are responsible for HR components.

"We're administrating the pay for all the guys. Everything regarding their paperwork, so emergency contacts, they have some forms everybody needs on their [personal] file. That is always following them, so we make sure they are up-to-date, that they're clean, making sure all the information is up-to-date in our systems."

Her choice to join the military reflected her desire to take care of her young family.

"I got pregnant at 18. For me, the only thing I had was my high school," she recalled. "I did everything in Quebec so it's a little bit different from the Anglophone provinces. That was the only thing I had and I was at home taking care of my two kids, but I was at the point where I needed to do something."

She wanted more of a career opportunity than working at a local store.

"For me going to Wal-Mart wasn't a nice job. People like it and that's good for them," she said. "It wasn't what I wanted. I wanted something where I would be able to push myself and I would love and enjoy."

Although joining the military was tough, Cpl Blais obtained what she wanted out of it.

"I really enjoy it today and I'm not regretting anything."

The opportunity to come to work with an array of tasks is a favourite component of the job for Cpl Blais. She enjoys performing many of her various duties.

"It's nice to do different things every day. I'm not going to do one thing all the time. You have so much stuff to do, so many different things with people. There is a lot of communication with people when

they're coming to the counter. It's nice to have interactions with others. That's what I like. I don't like to do always the same thing."

Cpl Blais added, "We have probably 20 things to do during the day."

A true enjoyment of her job is one aspect which allows her to perform well everyday.

"I really like having people at the counter always happy. It's really nice to have interactions with them," she said. "For me my priority is always the member. If the member is coming to the counter with questions I will find the answer by myself or I will ask for help if I'm not sure."

"That's one more point, I'm not shy to ask questions if I don't know the answer. For me, it's important [the member] has their answer and has the information they need. I really pay attention to details. I'm not perfect, I'm still making mistakes like everybody, but I'm really taking care of what I'm doing."

Job satisfaction is important to Cpl Blais.

"I really like my job. I think that's the most important point," she explained. "When people don't like their job, they're maybe not going to give 100 per cent. In the morning I'm waking up and knowing that I'm going to be happy to come here."

As well as performing above and beyond during the work day, her award also represents her volunteer work. Cpl Blais has been involved in a number of volunteer efforts, including the United Way and volunteering for the G1 Branch Christmas party.

"Sometimes it's other stuff like going to help to put some tents up or stuff like that. Usually I'm always raising my hand because I like helping."

She put some volunteer hours in before joining the military as well.

"Before, during the evening I was still doing the Thrift Shop at the MFRC. I did that for a few months before joining the military."

Taking on volunteer opportunities where she can is important, according to the corporal.

"It's important to help. Raising money for the United Way is raising money for other people who need it," she said. "My husband and I are in the military. We both have a salary. I'm not worried about paying my bills, I'm not afraid. I know I'm going to have food. For some people it's harder because they're trying to have a job, but the opportunity is just not there."

She added, "I know I have the money to help and I have the time to do it. So for me it's nice to be able to help people and give to others."

While Cpl Blais was surprised and grateful for the recognition of her work from her peers. She said it's also rewarding to receive a simple thank-you from those she helps during the day.

"I like when people are sending you an e-mail or telling you, 'Hey, thank you for the information. It was really appreciated.'"



Cpl Marie-Eve Blais with her Command Team commendation.
 Photo Sarah Francis

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Decorative approach to job has others smiling

Sarah Francis
Shilo Stag

You'll feel more like you're walking into an aunt's home for tea as you are greeted by Linda Hildebrand at the BPSOs office.

The office is decorated as if it's a cozy sitting room with couches, books, chairs and holiday-themed decor.

All done by Hildebrand, her Christmas decor never ceases to surprise when you enter the conference room at headquarters or scan the hallway at the main entrance as well as upstairs. Her decor skills and her hard-working attitude and job expertise are what garnered her CFB Shilo's Civilian of the Year award.

"We are a very busy office. Probably from mid-October to mid-February, we are extremely busy because that's the occupational transfer time. This year we have a huge number of them."

Hildebrand is busy, tracking clients and their needs and booking appointments. The BPSO office also handles education needs for members as well as putting on Second Career Assistance Network (SCAN) seminars twice a year.

"I do it from start to finish," she explained. "The BPSO is always very busy, or doesn't really have time to do it all. I've done it a number of times. I've got all the lists and things that need to be done. I contact presenters, set up an agenda and get everything going."

She aims to go above and beyond and even bakes cookies for those attending the seminar.

"I feel people like to have a snack. It ends up, that I'm starting to make huge amounts of cookies because they eat a lot if you have lot."

Making sure everything is in order and all the office tracking is an area Hildebrand said she excels at.

"There was no one in the job prior to me taking it on," she recalled. "I had to set up a lot of the actual spread sheets and stuff where I track everything. It's very important because there's always deadline dates that have to be met. If you don't meet them, that's a persons career on the line."

She also serves as a proctor for testing. Hildebrand has been working as the BPSO clerk for nine years. While she does not have direct personal connection to the military, she has seen her share of the world. Much like a military family.

"I've lived in the Brandon area since 1985. Prior to that I lived in Tanzania for two years and prior to that in Winnipeg. I grew up on a farm in Sanford, Manitoba."

Hildebrand said what brought her to working and living in this area of Manitoba is a bit of a funny story. Her husband Reg, who is a Red Seal in heavy duty mechanic for farm machinery and transport, decided to go to Red River Community College in 1980. He was tired of working in cold ditches, and bad conditions, fixing machinery and wanted to instruct instead.

"While he was at Red River, one of the assignments was to invite someone to their class to talk. One of the students brought in this person who worked for Canadian International Development Agency (CIDA)," she recalled. "After the talk, he approached Reg and asked him if he would be interested in working in Tanzania on a project that the Canadian government was involved in."

Her husband came home and asked her if she had a choice would she like to go to Tanzania or to Brandon because Assiniboine Community College wanted him there as an instructor.

"Being from the Winnipeg area, I told Reg I wouldn't be caught dead in Brandon and opted for Tanzania. We had two wonderful years in Tanzania, but I was missing family too much," she said. "There was no Internet or phones that worked and a lot of times letters didn't get through to us."

"So, we decided not to renew our contract and decided that we deserved a trip around the world on our way home. Well, when we were on our way home, Reg's dad got in touch with us and told us that ACC was calling and they had a job waiting for Reg."

"So, I think I made the right decision in going to Africa first, as that was a once in a lifetime opportunity."

I love Brandon now and wouldn't dream of moving back to Winnipeg."

One of her other skills, which you notice upon entering the office, is cozy decorating.

"Making the office comfortable for other people and making it more like a home," explained Hildebrand. "A lot of people are quite anxious when they come in here."

They also have a library available as they help members study for tests, including their Canadian Armed Forces aptitude test. Another large task she takes on every year is Christmas decorations in various rooms at Base headquarters. She also added the RCA Museum to her list of decoration locations this year.

"I'm very lucky they allow me to do it. I have noticed a huge increase in morale at Christmas time and how people are just happier when they see decorations."

Believe it or not all the decorations are her own.

"I'm coo-coo with Christmas," she said.

Fortunately, Hildebrand has been given space to set up and store her vast collection of decorations.

Her decorating has not gone unnoticed. She's started getting requests from units to decorate.

"This year CE had called me and said, 'Do you think you have some extra decorations that you think you could come and decorate with?' I said no. IPSC also wanted my help, but I just don't have the time to do everybody."

Her decorating skills have also been put to use at Christmas dinners on Base.

"It's a busy time for me at Christmas, but I enjoy it," she said.

While taking a walk down to the basement to show a Shilo Stag reporter her collection it's hard not to miss the trail of glitter leading to the storage space.

"They finally gave me a room in the basement because I was lugging it home every year," Hildebrand explained.

Much of the decor construction happens in a testing room across the hall, which allows her to keep on top of answering phones and e-mail.

The testing rooms are also a sight to be seen. Walls are covered in artwork, including large cross-stitch pieces.

The decor, treats and homey components of the office reflect her drive to put the customers first. Helping the people walking through the door and on the phone are the rewarding part of her job.

"Trying to make their life as easy as possible," said Hildebrand.

"I know a lot of the members don't have an easy life. Military life is not easy."



Civilian of the Year winner Linda Hildebrand enjoys decorating her office, and Base headquarters during Christmas season.

Photo Sarah Francis

Get involved with your Home Station Regiment

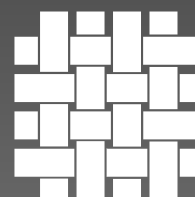


The newly-established Home Station Regiment Senate exists to advance the welfare of members who are currently in service at the Home Station Regiment, as well as retired and former serving members of the Home Station Regiment. If you'd like to get involved, contact the president, Col (Ret'd) Peter Williams,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

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CAN I QUOTE YOU?

Stag scribes scribbled these words from interviews in 2017

Jules Xavier
Shilo Stag

History was made in 2017 — besides the Base helping Canada celebrate its 150th birthday — when 2PPCLI's Capt Megan Couto became the first female captain of the Queen's Guard when she took part in the Changing of the Guard ceremony at Buckingham Palace in London in late June.

"To be captain of the Queen's Guard is an exceptional honour for any officer, but to be the first female officer to ever to it is tremendous and historic," said former 2PPCLI CO LCol Wayne Niven. "We're honoured that the Queen requested the Patricia's to mount her guard this summer, and it's quite fitting, being Canada's 150th."

This past year was a year for change on the Base, with construction underway on a second apartment complex, this one featuring two storeys, not three. Plenty of road work was done on major arteries, plus a major facelift for residents living in the Lundy's Lake area finally occurred. Moreover, new security fencing is being installed to replace the former fencing previously used.

The Base welcomed a new Base Commander, with the arrival of LCol David MacIntyre and his family, to replace LCol John Cochrane, who was posted to Toronto, Ont. following his two-year stint in Manitoba.

2PPCLI changed its Commanding Officer during the summer, too, replacing LCol Niven, returning to Ottawa, with LCol Jay MacKeen.

Besides Canada, your award-winning Shilo Stag also celebrated a birthday, turning 70 in July. The Base newspaper has been providing news for its residents following the Second World War when Camp Shilo was being built to provide training for Canada's artillery soldiers as well as parachute training for infantry. So housing and other amenities were built, and to keep new residents informed, The Shilo Observer published its first edition on July 18, 1947. It cost you a nickel.

Here, in quotes, is a look back at CFB Shilo's 2017 with words recorded or scribbled in a reporter's notepad by the Stag Team:

JANUARY

"When I went through my release, I went through a lot of programs and I struggled to figure out what my entitlements were. I was on the primary reserve list when I released, so I didn't actually have any exposure to the release section at all. I didn't have an initial interview, my final interview was done over the phone with the paperwork sitting in front of me. It was very impersonal. It was tough to navigate it, and there was nobody that even shook my hand on my last day. I didn't like the way that felt. So, when I came in here I wanted to make sure every client had a positive experience and that when I shook their hand and they left, they were ready to transition."

— 2016 Civilian of the Year win-



OC LoE1 Coy Op UNIFIER Roto 3 Capt Chris Hartwick from 2PPCLI takes aim with his AK-74 during winter training.

Photo Jules Xavier/Stag Feb. 9/17

ner Jennifer Greer

"Our Ukrainian colleagues have been outstanding hosts, and JTF-U has made it a priority to connect with the local community. Under the lead of the Task Force Padre, JTF-U members have raised money for the family of a fallen UAF soldier, donated plastic bottles to raise funds for prosthetic limbs for UAF soldiers, and visited the Dzherelo Children's Rehabilitation Centre in Lviv. Additionally, our combat engineers located in Kamyanyets-Podilsky have made their own local connection via weekly visits and donations to a local orphanage. These opportunities have been very rewarding for our soldiers."

— Op UNIFIER CO LCol Wayne Niven

in the Ukraine

"On other Bases we can be briefing pilots. We're doing observing and talking to the air crew. That's skill fade we can lose here. We're always practicing that, in case we get posted somewhere else. We're doing training pretty much every day. If we're not launching balloons specifically for an exercise, then we're doing our own trades training. Here in Shilo we pretty much spend most of our time supporting 1RCHA. So we're just launching balloons for them to basically aim their gun."

— Ballistic meteorologist Cpl Bradley Stouffer

FEBRUARY

"The goal to today's training was to familiarize ourselves on all the weapons we will be using in theatre to instruct members of the Ukrainian Armed Forces. We're also using the actual ranges practices that the Ukrainians use. Knowing the drills and how to employ these weapons will give us a better understanding of them when conducting training overseas."

— 2PPCLI's Capt Chris Hartwick during Op UNIFIER ROTO 3 training

"They are transitioning from a Soviet state-style infrastructure and train-

ing system to try and transition to a NATO standard. It will take a bit of work, but in conjunction with our international partners and our Ukrainian forces, we're already starting to see significant progress in certain lines of operation."

— Former 2PPCLI CO LCol Wayne Niven, who was the incoming Commander Joint Task Force Ukraine (JTF-U)

MARCH

"We were always conscious of doing the wrong thing, but we had good training and the only time I was nervous inspecting a parachute was where they brought it in after a crash and it had burned. And we had to go through it. We, when I say we, I had to ... I was the only one that worked on it, to make sure there were no body parts in it. And the smell of that burnt silk was very, very strong, it was nauseating. And it was kind of a daunting

job. But we had to do it, that was part of the ritual, before they could throw it out."

— Anna Dundas, a CWAFF 'chute girl who did parachute rigging for the RCAF

"I seem to get under their skin at times with my trash talk. With Jim [MacKenzie], he gets shaken when he's challenged on a court call or violated regulation. Chuck [Roeder] gets riled when I pick on his lack of skills."

— Cutthroat warrior Rick Kehler on his trash talking playing racquetball

APRIL

"After school walks around Base, in all weather conditions. The best part of delivering was getting paid and probably spending all my paycheques on the games Double Dragon or Rampage at the old Shilo Arcade in CANEX."

— Former 1RCHA A Bty OC Maj Joe O'Donnell recalling his time as a Stag paperboy

"Being an older female and on the shorter side, I like showing people I can do more than they'd think. Plus, I think the military and society in general need more strong, positive female role models. It's not about being skinny. It's about being strong. Continuously striving to improve. No excuses."

— 1RCHA's MCpl Beth Marie Thompson on taking part in the Westman Strength Classic

MAY

"The Queen's Colour is a most cherished symbol of a unit. It receives the utmost respect wherever

it is paraded. This is an important ceremony for us. The Queen's Colour represents our heroism and honour on the battlefield."

— Former 2PPCLI CO LCol Wayne Niven during the consecration of new Queen's Colours



Photo Jules Xavier/Stag May 4/17

2PPCLI Capt Eric Henderson from the flag party hoists the consecrated Queen's Colours during the April ceremony attended by the PPCLI Colonel-in-Chief Adrienne Clarkson.

WO Sheldon Quinn's emotional trip to Vimy

From page 6

"This scenario could happen, so we're ready to assist them. With a hostage situation, you want to have the right people dealing with it. Sure, we're here to apprehend the bad guys, but we're here also to help the MPs to ensure people are safe."

— *S/Sgt Marc Alain of Brandon Police Service during a Base force protection and security exercise featuring military and civilian police working together on hostage scenarios.*

"There's no ambience of a swim meet at time trials. You're swimming against the clock, not seven other swimmers as we did at nationals. There's no pace doing time trials. When you're going from the 200 to a 400 [race] you must adjust and settle into a pace with your stroke. My goal was five minutes, 45 seconds. I could have pushed harder, but had no pace. I don't train with anyone [at the GSH pool], so there's no one to push me in the pool."

— *Base Transport officer Lt Emma Sao Miguel on training for CAF swim nationals held in Ontario*

"We went to her ramp ceremony when they carried her coffin covered in the Canadian flag off to her family. Those kinds of things are very, very powerful. I wrote a song called Strong, and that would be something that is very special to me."

— *Country singer Michelle Wright wrote a song after witnessing the ramp ceremony in 2006 for 1RCHA's Capt Nichola Goddard, who was KIA while Wright was performing for the troops at the time in Afghanistan*

JUNE

"We've learned a lot of new music, particularly for the ceremonies at Wellington Barracks and at Buckingham Palace. The band plays incidental music while the Guard performs various functions. It's entertainment music for the audiences while the guards are doing either inspections or being assigned their posts for the guard mount."

— *Royal Canadian Artillery Band member WO Curtis Bamford on preparations for a trip to England, accompanying 2PPCLI as part of Queen's Guard ceremonies*

"I taught myself how to play guitar and I started writing



Captain of the Guard, 2PPCLI Capt Megan Couto, during her Mounting of the Guard ceremony June 26 in Westminster, London, England.

Photo Cpl Jay Ekin/June 29/17



2PPCLI WO Sheldon Quinn proudly holds the Eagle Staff during his journey to France to take part in Battle of Vimy Ridge ceremonies.

Photo Fred Parker-CBC/Stag June 29/17

songs. Covers wasn't really a thing that I did. I would be more attracted to writing my own stuff and creating my own stuff than trying to copy another song. Which is kind of ironic because I got my start at a covers competition."

— *BC-born singer Tyler Shaw performed during Canada Day festivities at CFB Shilo*

"We know we have to be on our best when it comes to our footwork, and how we present ourselves because you never know when the Queen will be watching. She also likes to come out and mingle with soldiers, so we're learning our etiquette when it comes to meeting the Queen."

— *2PPCLI A Coy OC Maj Jason Hudson on preparing for a trip to England to be part of the Queen's Guard ceremonies*

"We weren't there celebrating the battle ... it's important to commemorate all those who fought in that battle, which is what we were doing to mark the centennial of the Battle of Vimy Ridge. This was a significant honour for me to go, to represent the Patricias in France on this historic occasion. We were up early for the ride to the Vimy ceremony, leaving Belgium for the 90-minute ride. I was focused on

looking sharp."

— *2PPCLI's Capt Megan Couto on being the CO for the Third Canadian Division Guard during Battle of Vimy Ridge centennial ceremonies in France*

"I cannot begin to explain the emotions I felt as I stood on parade with a symbol so highly revered by my own culture. There I was in front of up to 25,000 people who were witness to the commemoration and I was holding the Eagle Staff as a representative to not only the CAF, but to my culture. Talk about humility! I would hope I was not only humble enough to realize the CAF has other carriers, but I was wise enough to know that being chosen to carry it on that special day was not about me. It was about every Aboriginal who served, are serving and will serve in the CAF."

2PPCLI's WO Sheldon Quinn on holding the Eagle Staff at Vimy, France during centennial ceremonies

See **CAPT TROY DENNIS** page 9

WHY DO I NEED AN RRSP?

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Pour le savoir, contactez un conseiller de la Financière SISIP!

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Garrison Edmonton bounce CFB Winnipeg for berth at nationals

Shilo Stag

The adage in sports "there's always next year" is something CFB Shilo Stag's coach WO Sheldon Quinn can extoll to his players following a convincing loss at the hands of the defending prairie region champions, Garrison Edmonton.

The host team bounced the Stags from advancing to the gold medal game Jan. 17 during the inaugural Canada West basketball tournament.

When the dust had settled on the hard court, Garrison Edmonton defeated CFB Shilo 80-33. Key to the victory was 11 three-point bombs from the floor by the host squad. In contrast, the Stags only managed two three-pointers.

With the win, Garrison Edmonton faced CFB Winnipeg in the final after 17 Wing sunk CFB Esquimalt 76-42 in the other semi-final tilt.

The winner of the Garrison Edmonton/CFB Winnipeg game earned a berth in the CAF nationals in Saskatchewan this spring hosted by CFB Moose Jaw. Garrison Edmonton claimed this road trip with a gold medal 52-40 win over the team from 17 Wing.

Pte Kevan Keely earned his second Player of the Game honour for the Stags, scoring eight. Teammate Pte Quinn Batara added a team-high nine points.

Maj Joseph Boland garnered his team's Player of

the Game award, scoring a game-high 18 points, 12 of them coming from three-point range. Pte Liam Glenn scored another 15 points for the winners, including nine of them from three-point distance.

Garrison Edmonton led 47-21 at halftime.

Earlier in the three-day tournament, it came down to sinking two shots from the foul line in the dying second of the contest, with CFB Esquimalt doing just that to edge the Stags 63-61 in a round-robin game.

The loss dropped coach Quinn's Stags to a 1-1 win-loss record, good for second-place in its pool.

The dramatics earning CFB Esquimalt the opportunity to win with two foul shots came in the final minutes with the Player of the Game award recipients for both sides dropping three-point bombs to knot the score at 61-61.

Pte Batara of the Stags finished with a game-high 25 points with his three-pointer, while PO2 Jeff Snook sunk his team-high 24 points after his three found the range.

At one juncture in the game he scored 15 of 18 points for the Vancouver Island-based team, with 12 points coming off three-pointers.

At the half, CFB Shilo led 36-35 after winning the opening quarter 19-18. CFB Esquimalt led 51-47 after three quarters, with Cpl Barrett finishing with 13 point for the Stags.

In other day two round-robin action, Garrison Edmonton downed winless CFB Comox 77-49, then bounced CFB Winnipeg with a 75-62 triumph.

In opening day action from the tournament, Pte Keely was named Player of the Game as the Stags opened the tournament with a 67-51 victory over CFB Cold Lake.

The Stags led 42-23 at the half, and never relinquished the lead the following two quarters. Pte Keely scored 13 points, while teammate Cpl DJ Barrett had a game-high 14 points. Sgt Rob West led CFB Cold Lake with 12 points.

No longer playing in a Prairie region format, with CFB Comox and CFB Esquimalt playing each other on Vancouver Island for the right to earn a berth at nationals held at CFB Borden, the Stags were in a pool with CFB Cold Lake and the Navy team based outside of Victoria.

The other pool featured CFB Comox, CFB Winnipeg and Garrison Edmonton.

In other tournament action on day one, CFB Esquimalt downed CFB Cold Lake 53-47, while CFB Winnipeg bested CFB Comox 71-62.

While the men were in action, at the same time there was a women's basketball camp featuring 11 participants from across Canadian Armed Forces (CAF) Bases located in Western Canada.



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
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Shoe rental: **75 cents**

Prices subject to tax

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

Where's Willie?

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

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



Entry Form

Name: _____

Address: _____

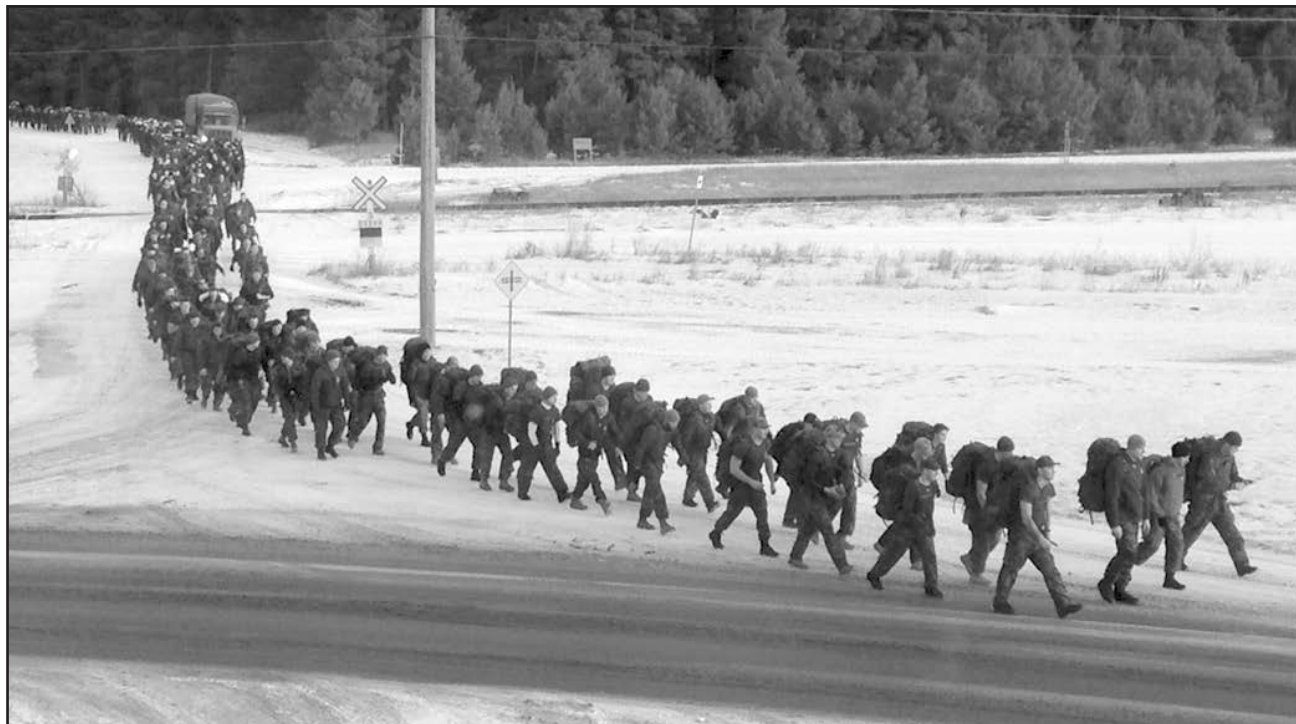
Phone: _____

Page #, ad: _____

Answer skill-testing question:

What was the final score in the gold medal game featuring eventual winner Garrison Edmonton versus CFB Winnipeg?

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



Morning walk for Patricias

2PPCLI CO LCol Jay MacKeen took the Patricias for a Friday morning march, an ideal day to do it with the temperature around +3 C. It was t-shirt weather on the 19th day of 2018. Thanks for this photo submission from CE draughtperson Jackie Pliszka.

Become certified in Mental Health First Aid

Shilo Stag

Two different training sessions for Mental Health First Aid (MHFA) for the veteran community are scheduled for this winter.

A course will be offered during the week as well as during a weekend to accommodate community needs as much as possible.

Held at CFB Shilo's Faith Centre, there was a course held Jan. 27 and 28, with registration deadline Jan. 19. The second session is slated for Feb. 7 and 8, with registration deadline Feb. 1.

Early registration is recommended.

What does the course entail?

MHFA is the help provided to someone who is developing a mental health problem or experiencing a mental health crisis.

It does not train people to become counsellors or

therapists and, just like with physical first aid, we need to ensure that those most in contact with members of the veteran community can identify an emerging mental health problem and respond effectively in the event of a crisis.

Who is eligible to participate in the training sessions?

CAF military/veterans, RCMP veterans, family members, friends, relatives, health professionals, providers of veteran services, volunteers and other caring community members.

Each course requires a minimum of eight participants to a maximum of 25.

To register, or for more information on becoming certified in MHFA, contact Veteran Family program co-ordinator Pamela at Shilo's MFRC.

Call her at 204-765-3000 ext 4557 or use e-mail at pamelahall@forces.gc.ca

Capt Troy Dennis challenged training for Ex MOUNTAIN MAN

From page 7

"It's funny, when asked my thoughts after the release of the CANFORGEN, I am told my answer has caught a number of people off guard — likely given I've never spent any time with the Battalion — less serving alongside a platoon from the Second in Bosnia. My gut reaction, when asked, was that I'm excited, not only because I get to command a Battalion ... arguably the highlight of any officer's career, but more so that I get the opportunity to serve two more years with what is arguably our most famous and operationally focused Battalion doing what I joined to do — SOLDIER! Words cannot express what that means to me and how truly excited I am to get back to what we all joined to do ... and to do so here with the Second Battalion."

— *New CO LCol Jay MacKeen's response when asked what were his thoughts when informed he would be taking command of 2PPCLI*

JULY

"My final trip to the dunk tank, built by Base Maintenance, was a combination of dread and pride. Dread because I suspected I would be a popular target, and pride because of the work the Maintenance team did building it."

— *Outgoing BComd LCol John Cochrane experienced his final trip to the Canada D'eh dunk tank*

"There haven't been very many female officers in the Canadian infantry. By the nature of the situation, a lot of the things I do, I'm the first to do it. For me personally it's just part of what I do. I was surprised and honoured to be asked to be Captain of the Guard. And definitely it's a privilege."

— *2PPCLI's Capt Megan Couto downplayed the significance of her serving as Captain of the Queen's Guard on June 26 when she marched her fellow Canadian soldiers to St. James Palace in London, England*

"I suspect the biggest challenge that our team faced were based on a lack of understanding of CFB Shilo, its location, its uniqueness, its requirements, etc. We addressed this by explaining these challenges at every opportunity and were successful in some areas such as Base security, and less so in others such as Range clearance. This being said it's important to remember that CFB Shilo is but one Base out of many and priorities need to be established — sometimes we were high on that list and sometimes we were not. It was important to pick the top issues and push them as hard as we could."

— *Outgoing BComd LCol John Cochrane on some of the challenges he faced during his two-year stint running the Base*

"There are a lot of common themes, like the dog park and revitalizing the skateboard park. And the community gardens, which was quite popular when it first opened a few years ago, now we have garden plots that are not being used. So the council will look at that to figure out what people want from their community garden."

— *New Shilo mayor Capt Thomas Oh on challenges facing the Shilo Community Council*

"John [LCol Cochrane] has given me great advice: 'Drag them in and drag them out.' He told me that the time flows very swift and that I need to enjoy the Shilo and surrounding communities while I can. This place grows on you and that the team of quiet professionals we have supporting the Base are second to none. I am very thankful for the things he has managed to accomplish and I would like nothing better than ensure that these efforts continue. He also let me know that my boss lives 1,200 kilometres away, and while news can travel fast, generally the Base RSM and I get a free-hand to keep things moving in the 'Shilo way.'"

— *Advice from the outgoing Base Commander to incoming BComd LCol Dave MacIntyre*

AUGUST

"Some of my most cherished memories are of having the opportunity to have breakfast with our Kapyong veterans, who continually remind us of where we come from and pass the baton to our young Patrias such that we never forget the sacrifices that have forged our regiment in the crucible of combat."



New 2PPCLI CO LCol Jay MacKeen voices a command for his soldiers for the first time on the Kapyong Parade Square following the CoC ceremony held on a blustery morning at CFB Shilo.

Photo Jules Xavier/Stag June 29/17

— *Former 2PPCLI CO LCol Wayne Niven reminiscing about his two years leading the Battalion*

"We are intentionally pushing our bodies, and sometimes they push back. I've dealt with a few issues in my knees and feet, but I've come back after pulling back on the training along with stretching and rolling. The long runs and ruck runs are harder on the mind. I know it is going to be a long time on my feet, and it will be difficult, but I have to settle into that. When the legs feel heavy, and I'm tired and feel the pangs of cramping muscles, it is hard to keep going. That is a real battle."

— *Base padre Capt Troy Dennis on preparing for Ex MOUNTAIN MAN in Edmonton*

SEPTEMBER

"It's still early in the release process for me. So far Invictus, for me, has meant hope. It's given me a chance to see there is life outside [of the military] and it can be great. There can be fulfilling opportunities and you can do and see so much more."

— *IRCHA's Capt Nicholas Verleun on his participation as a powerlifter in the 2017 Invictus Games held in Toronto*

"There is something really great about feeding the troops and providing for the troops. Food is really key to morale. Especially when they're in the field."

— *Food services officer Lt Victoria Evans reflecting on a point of pride to be able to serve soldiers*

"The main purpose of the choir is to bring people together. For women to connect, women in the military community to connect. It's no audition. If someone isn't comfortable singing, that's okay. They can still join. There's women I've met in the choir in Ottawa who for the first two years, just mouthed the words. They're there to meet and be with other people and build those friendships and gain support. It's really about building community among women."

— *Shannon MacIntyre on starting a Canadian Military Wives Choir at CFB Shilo*

"I need a priest to consecrate the Eucharist. I can go into the field or do liturgy of the word with pre-consecrated hosts — wafers. Only a priest can give absolution, only a priest can hear a confession and give that absolution, which is so important. My best case scenario is that I can pray with an individual who's dying. If they want me to, I can take what they tell me and then tell a priest."

— *Padre Shanahan explains the difference between being a priest, or what she does, a pastoral associate*

OCTOBER

"Engagement — I always make an effort to get out

of the office and observe what the [Battalion] is doing. I strive to speak to our soldiers, and leaders to see what is working, and what changes can be made to improve the [Battalion]. This helps me to advise the CO on morale, problems, [training], and further develop the [Battalion] to prepare for future operations."

— *2PPCLI's RSM CWO William King on what makes a good CWO when it comes to dealing with the day-to-day military duties/operations*

"Here, we're basically doing the insurance side of things for people. The major focus is insurance, financial counselling, making sure we're looking after the investment side of things. We have our CAF [Canadian Armed Forces] savings program, we have our investment accounts, but then I'm also working really hard to broaden those things. Anything financial is what I want people to come here for. If you need help with regard to wills and estates. If you need help with banking and mortgages and things like that ... I helped a gentleman get a mortgage the other day at two-and-a-quarter per cent for five years."

— *New SISIP Financial advisor Terrence Popadynetz on what he does for those who serve their country from his CANEX office*

"Our games are always entertaining. We play up to the talent of the other team. It's still competition when you play a hockey game, and as players, we are still competitive. We might not be as fast as we were once playing in the NHL, but we still want to win. One thing we don't do is run up the score on our opponents. We give them a chance, but we don't go out to lose a game either."

— *Retired Boston forward Rick Middleton on what the fans could expect to see at Gunner Arena when the Bruins alumni played a team comprised of Shilo soldiers*

NOVEMBER

"I've learned things about my family I did not know since [the Stag] started looking at my grandfather's life, from being in the army to working on this Base for all those years."

— *Kelvin Schrodtt's reaction to the Stag's research on Great War veteran Bill May, who kept scrapbooks filled with photos he took during training at Camp Sewell (late Camp Hughes), his time in the trenches overseas, then returning to Camp Shilo where he worked until retirement in 1961*

"For me, if my wife had not been involved in my treatment plans, I definitely wouldn't be in uniform anymore. She went past the enabling me unintentionally to challenging me and forcing me to — I wouldn't say forcing, but encouraging me. So here I am, someone who's walked through that journey and [I'm] alive and kicking and fighting and more than happy to share my story and walk [with you]."

— *New Base Chaplain Maj Leslie Johnston on spouses being involved in the process related to treating a soldier's PTSD*

"Joining the Reserves lets you do things you couldn't imagine, such as commanding a 105 or calling down fire. It gives you leadership skills, as well as planning and organizing skills and instills in you a sense of discipline and accomplishment. Skills that will last you a lifetime. It can also be a springboard to the Reg Force, the professionals who do it every day."

— *Advice retired Capt Geoff Popovits has for anyone thinking about the CAF's Reserves as a career*

DECEMBER

"We now have a growing portfolio of housing that people want to live in. Judging by our wait list they are choosing to want to live in Shilo."

— *BComd LCol Dave MacIntyre addressing the media following a ribbon-cutting ceremony at the newly-opened three-storey 18-unit apartment on the Base*

"Fifty years ago, you joined the military, you were told where you were going to live and how it's going to go. Now soldiers and their families have a lot more options, including living in the private sector as well."

— *Canadian Forces Housing Agency (CFHA) Shilo Housing Services Centre manager Jodi McFadden on providing two-bedroom apartments for soldiers instead of PMQ*

www.facebook.com/ShiloSTAG/

PUBLIC NOTICE

Public notice is hereby given that CFB Shilo Country Club intends to conduct the following pesticide control programs during 2018:

- To control noxious weeds at the CFB Shilo Country Club. The projected dates of application will be from May 1 to Nov. 1. The herbicides to be used include: 2-4-D Amine and Glyphosate



- To control the following turf grass diseases including Dollar Spot, Anthracnose, Melting Out, Pink and Grey Snow Mould etc. The proposed dates of application for these programs will be from May 1 to Nov. 1. The fungicides to be used include: Banner Maxx, Daconil 2787 and Trilogy

The public may send written submissions or objections within 15 days of the publication of this notice to the following address: **Manitoba Conservation, Pesticide/Fertilizer Section, Suite 160, 123 Main St., Winnipeg, MB, R3C 1A5**



Would you like a Base calendar?

The 2018 Base calendar is fresh off the presses at Leech Printing in Brandon. This year's cover features the Base receiving Freedom of the City, with a parade to City Hall. Drop by the Stag's office in CANEX and see the Stag Team about acquiring your copy which would look great in your office or wall of your PMQ kitchen.

Photo Jules Xavier



WARNING SHILO RANGES

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

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

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

STRAY AMMUNITION AND EXPLOSIVE OBJECTS

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

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

BY ORDER
Deputy Minister
Department of National Defense

OTTAWA, CANADA
17630-77

Canada



AVERTISSEMENT POLYGONES DE TIR DE SHILO

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

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

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

MUNITIONS ET EXPLOSIFS PERDUS

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

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

Par ordre du
Sous-ministre
Ministère de la Défense nationale

Ottawa, Canada
17630-77

Home Station Regiment Senate wants you!

Shilo Stag

The newly-established Home Station Regiment Senate (HSRS) 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.

Senate membership is open to the following:

- Past Commanding Officers (serving and retired), Seconds in Command (2ICs) (serving and retired) and Regimental Sergeants Major (RSMs) (serving and retired) of 1RCHA and 3RCHA;
- Past Home Station Commanders (serving and retired) and Base Sergeants-Major (BRSMs) (serving and retired);
- Past Battery Commanders (serving and retired), Battery Sergeants-Major (serving and retired) of 1RCHA and 3RCHA;
- Past Detachment Commanders (serving and retired), Detachment Sergeants-Major (serving and retired) of 3rd Canadian Division Training Centre – Det Shilo;
- Past Regimental Majors RCA (serving and retired) and Regimental Headquarters Sergeants-Major RCA (serving and retired).

If you'd like to be involved, contact the HSRS's president Col (Ret'd) Peter Williams via e-mail at cdnig19@hotmail.com

The next HSRS meeting is June 21 at 10 a.m. Central time.

Golf course unveils pesticide control program

Shilo Stag

There might be snow on the golf course at the moment, but staff at the Base's Shilo Country Club are already preparing for this year's pesticide control program.

Why spray the golf course? To control noxious weeds. Application of pesticides will occur sometime from May 1 to Nov. 1. The golf course must notify the public using the 18-hole course that the following herbicides are being used 2-4-D Amine and Glyphosate.

To control the following turf grass diseases including Dollar Spot, An-

thrachnose, Melting Out, Pink and Grey Snow Mould, from May 1 to Nov. 1, the following fungicides will be applied Banner Maxx, Daconil 2787, Heritage Maxx and Trilogy.

The public may send written submissions or objections within 15 days of seeing a notice on this page in the Jan. 25 *Shilo Stag* to Manitoba Conservation, Pesticide/Fertilizer Section, Suite 160, 123 Main St., Winnipeg, MB, R3C 1A5.


If you have any questions regarding to the golf course application of pesticides or herbicides you can also speak with Shilo Country Club general manager Scott Ramsay.

www.rcamuseum.com
Call 204-765-3000 extension 3570
CFB SHILO

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Shilo Stag
70 YEARS

Your source for Army news in Manitoba

We want you on our team

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



Goaltender muscles opposition

You will have to wait until Feb. 2 to watch Brandon Wheat Kings goaltender Logan Thompson turn aside opposing WHL shooters. Thompson and his teammates are on a 11-day, seven-game road trip to the west coast where they will face opponents on both sides of the border. Thompson has been stellar between the pipes for the Wheat Kings. Up next Feb. 2 7:30 p.m. is a clash with the Prince George Cougars. The following night at the same time will see the Red Deer Rebels visiting Manitoba for a WHL contest. Tickets for all Wheat Kings games are available at the door, or you could win two free passes by finding Willie inside your *Stag*.

Photo Jules Xavier

CLASSIFIED ADS

Email: 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:

February 1 at noon

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

Services



St. Barbara's Protestant Chapel

Sunday at 10:30 a.m. with
Sunday school & nursery
Padre Johnston - ext 3381
Padre Dennis - ext 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 gstele4570@gmail.com

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

Services

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

Employment

Looking for a job on the Base? Submit resumes to NPF HR office via e-mail quoting competition # to npfhrshilo@cfmws.com OR for more detailed information on the jobs offered at CFB Shilo visit: 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 \$11.68 per hour, and after two-month probation increases to \$11.94. Apply in person at CANEX admin office, or NPF Human Resources office at base HQ.

CANEX POST OFFICE HOURS CHANGE

There will no longer be service at the post office Saturday from 9 a.m. to 2 p.m. Instead, Monday to Friday the hours have been extended one hour, from 8 a.m. to 6 p.m.

Base golf course applying herbicides, pesticides after May 1

Shilo Stag

There might be snow on the golf course at the moment, but staff at the Base's Shilo Country Club are already preparing for this year's pesticide control program.

Why spray the golf course?



To control noxious weeds. Application of pesticides will occur sometime from May 1 to Nov. 1.

The golf course must notify the public using the 18-hole course that the following herbicides are being

used 2-4-D Amine and Glyphosate.

To control the following turf grass diseases including Dollar Spot, Anthracnose, Melting Out, Pink and Grey Snow Mould, from May 1 to Nov. 1, the following fungicides will be applied Banner Maxx, Daconil 2787, Heritage Maxx and Trilogy.

The public may send written submissions or objections within 15 days of seeing this in the Jan. 25 Shilo Stag to Manitoba Conservation, Pesticide/Fertilizer Section, Suite 160, 123 Main St., Winnipeg, MB, R3C 1A5.

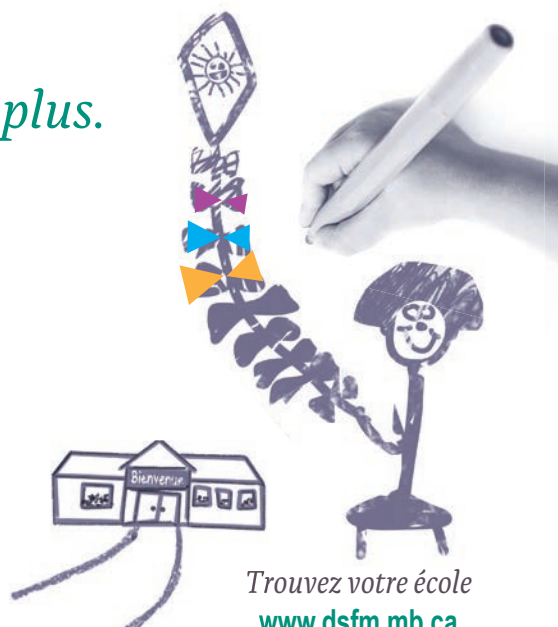
If you have any questions regarding to the golf course application of pesticides or herbicides you can also speak with Shilo Country Club general manager Scott Ramsay.



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Trouvez votre école
www.dsfm.mb.ca



Période d'inscription à la maternelle

Quand : du 22 au 26 janvier 2018

Où : à l'école de langue française de votre région.

Feb. 2 @ 7:30 p.m.

vs Prince George

Feb. 3 @ 7:30 p.m.

Feb. 6 @ 7 p.m.

vs Regina

Feb. 9 @ 7:30 p.m.

vs Saskatoon

Feb. 17 @ 7:30 p.m.

vs Prince Albert

Feb. 19 @ 2:30 p.m.

vs Moose Jaw

March 2 @ 7:30 p.m.

vs Moose Jaw

March 6 @ 7 p.m.

vs Lethbridge

March 9 @ 7:30 p.m.

vs Lethbridge



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