

NOW ON!  A division of CFMWS
Une division des SBMFC

DON'T PAY UNTIL JANUARY 2020!

PLUS 

NO MONEY DOWN NOT EVEN THE TAXES.

Ask us for details. *O.A.C.



Your source for Army news in Manitoba

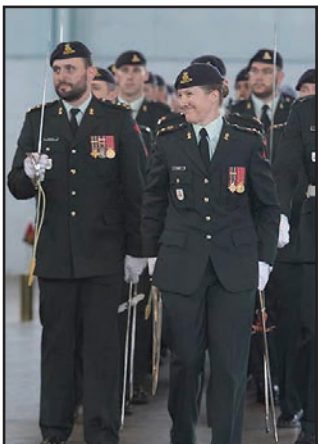
SAVE THE TAX!
EVEN ON OUR SALE PRICES!

 **SAVE \$100**
- SAVE THE TAX!
\$899
Peyton Reclining Sofa



3635 Victoria Avenue, Brandon
204-727-4444

INSIDE
This Issue



Former COS first female RCAS Commandant. Page 2



Dean the Barber celebrates 30 years cutting hair. Page 3



Former COS appointed new Sr PSP boss. Page 6

Soldiers deploy on Op REASSURANCE



2PPCLI's RSM CWO William King hands his packaged pace stick up to the driver of a transport truck during pre-deployment activity July 8 at Kapyong Barracks. In the background are battle boxes awaiting loading for the journey to 17 Wing Winnipeg, where 2PPCLI flew out the following day for Op REASSURANCE in Latvia for the next six months.

Photo Avr (T) Jade Lefebvre/Shilo Stag

Hockey bags, sticks packed for overseas games

Jules Xavier
Shilo Stag

Writing letters home using his penmanship will be a way for 2PPCLI's RSM CWO William King to keep in touch with his wife and family back in Canada.

The veteran soldier admits he's not tech savvy when it comes to Skype and using other social media platforms.

When he's not working alongside his fellow soldiers, including military members from other countries also deployed to Latvia, CWO King said he expects to drop a fishing line in a nearby river, lake or perhaps the Baltic Sea, which is 10 kilometres away, to land supper on a plate accompanied by French fries.

CWO King was among more than 100 2PPCLI soldiers who had their bags and battle boxes checked at Kapyong Barracks prior to loading them in a convoy of trucks that left the Base earlier this week for Winnipeg, then took a flight from 17 Wing overseas.

Approximately 130 soldiers from this Base began their six-month long deployment to Latvia on Op REASSURANCE, which is the Canadian Armed Forces' (CAF) participation in Central and Eastern European NATO assurance and deterrence measures.

Among the luggage being stowed away on the trucks were numerous hockey bags, plus an assortment of hockey sticks.



Goalie gear is checked before being loaded for the drive to 17 Wing Winnipeg.

See **FISHING** page 7

LCol Kathy Haire becomes first woman Commandant at RCAS

Capt Nicholas Kaempffer
Stag Special

There is always great pride and celebration when there is a change of command parade at the Royal Regiment of Canadian Artillery School (RCAS), but late last month when the RCAS's first woman commandant took command, a new page of history was turned.

Gunners from across Canada converged on 5 Div's CFB Gagetown to witness a change of command parade between the outgoing and incoming Commandant of the Royal Regiment of Canadian Artillery School.

In a ceremony presided by Col John Errington, the Commander of the Combat Training Centre (CTC), former CFB Shilo COS LCol Kathy Haire assumed command from LCol Nickolas Roby, who had served as the Commandant of the RCAS for two years.

Notable "Great Gunners" in attendance were the Colonel Commandant of the Royal Regiment of Canadian Artillery (RCA), BGen (Ret'd) James Selbie, along with the Director of Artillery, Col Marc Lafortune — himself a former Commandant of the RCAS.

With building H12 sheltering all in attendance from a classically wet CFB Gagetown day, the Change of Command (CoC) parade was on time and on target, with two Batteries of Gunners completing the ceremony with precision and discipline.

The result of days of practice, one could feel the "Gunner Pride" in the air, as spectators had the pleasure of observing an important institutional milestone for the RCAS.

During a stirring speech, LCol Roby gave thanks to all members of the RCAS, the senior leadership of CTC and RCA, and concluded with heartfelt tribute to his family, which had supported him throughout his command.

Col Errington thanked LCol Roby for his commitment to training world-class Gunners, through his continual reinforcement of the tenets of Mission: Ready, the Department of National Defence/Canadian Armed Forces' collection of available resources and support programs to help them achieve life-work balance, personal strength and resilience.

Moreover, he spoke to LCol Roby's vision of a harmonized training schedule, which had led to the creation of Exercises COMMON GUNNER and AUTUMN GUNNER, which enhanced resilience, heightened training realism and enabled resource efficiencies.

The Colonel Commandant extended the gratitude of the RCA to LCol Roby, noting his outstanding performance as the Deputy Director of Artillery, and thanking him for providing the Field Force with soldiers and leaders ready to deploy on expeditionary operations.

As a tribute to LCol Roby's commitment to both the RCAS and the RCA as a whole, Col Lafortune presented the outgoing Commandant with an Instructor-in-Gunnery (IG) hat, a universally recognized symbol of the mastery of the Technical and Tactical Artillery knowledge.

This is only the third time in the history of the RCA where the appointment of IG has been bestowed in an honorary capacity. Both Col Errington and the Colonel Commandant extended a hearty welcome to the Haire family, wishing them all the best in their return to New Brunswick.



LCol Kathy Haire leads the Royal Canadian Regiment of Artillery School in a march-past for the first time as the Commandant, with outgoing commandant LCol Nickolas Roby saluting the soldiers on parade last month during the CoC held at 5 Div's CFB Gagetown in New Brunswick. LCol Haire's husband, LCol Stephen Haire, was a former 1RCHA CO.

Photos Cpl Geneviève Lapointe

In her introductory speech to the RCAS, LCol Haire promised to uphold the high standard set by her predecessors, and assured her Unit that their welfare was her foremost priority.

In stirring praise to those on parade, all of the senior officers extended their gratitude and respect to all members of the RCAS for their outstanding drill, dress and deportment.

A highly experienced instructor, LCol Haire is very excited to return to the RCAS, proudly wearing her IG hat once again.

"It is wonderful to see how things have changed since my last posting to Base Gagetown in 2008," she said.

LCol Haire added, "It truly is an institution that continues to evolve, maintaining its relevancy, and ensuring that the Canadian Army (CA) has the best trained Gunners in the world. My family and I are extremely happy to be back in New Brunswick, and I look forward to maintaining the outstanding legacy of LCol Roby's tenure as the Commandant.

"To the women and men of the RCAS, I am looking forward to working with you all, as we continue to provide and train ready and resilient Gunners for the RCA."

Currently, Gunners at the RCAS are working in "full rate," getting ready for this year's iteration of Ex COMMON GUNNER, which see all of the Artillery functions conduct individual training within a Regimental construct.

Pet of the Week

BELLE

This is Janelle Howatt's dog, Belle. "We looked for a long time to find the last member of our family, but one family member has allergies so we knew we needed to find a hypo-allergenic breed. We were lucky to find this feisty bichon frise/chihuahua/shihtzu-cross for free. Belle turned six in December, but she still has loads of energy. She does many tricks, including playing dead and rolling over, but her absolute favourite thing to do is chase balls. She is excellent at playing fetch with a tennis ball and brings it back after each chase. She is the funniest to watch while playing soccer. She doesn't like to score goals as much as try to keep the ball away from the other



players, so I guess she plays defence. She loves quad rides, too." 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



PEACEFUL VALLEY PET CREMATORIUM

"A treasured memorial for your cherished pet."

www.peacefulvalleypetcrematorium.com

Karen & Rob Gardiner
204-748-3101 • Virden

SHILO COMMUNITY COUNCIL

We are looking for ward representatives, vice-president



Ward 1 - Kingston, Leaside, Royal, Sapper, The Parkway

Ward 2 - Alfriston, Sennybridge

Ward 3 - Kingston, Lundy's

Ward 4 - Esquimalt, Frontenac, Kingston, Larkhill

Ward 5 - Citadel, Petawawa, Kingston, Royal

If interested, visit www.CAFconnection.ca to learn more about the council, or contact 2Lt DiFalco to submit your name for consideration: Jonathan.DiFalco@forces.gc.ca

CANEX, CFMWS celebrate barber's community support

Dean the Barber celebrates three decades cutting hair

Shilo Stag

It has been three decades for Dean the Barber, cutting hair for the military — and their families — after he started at the barbershop now located “inside” CANEX.

Back in the early days when he was giving crew cuts or styling thick hair of a certain era, and when the Germans were training their tank crews on this Base, you accessed the barbershop from a storefront that had a sidewalk out front.

CANEX and CFMWS helped celebrate Dean Grywacheski's 30-year event with a special plaque, and cake.

Dean the Barber was emotional during his own speech, telling those standing out in front of the barbershop that he loves his job serving those who serve.

How many of you have sat in his barber's chair for a military haircut, or just to tame the curls that have gone wild? Did you talk sports with him, or just relaxed while he worked his magic with scissors and comb (or clippers)?

Dean the Barber started his job on this Base by working for his mentor, previous owner Matthew Yarchuk.

In April 2007, the reins to the barbershop were handed to Dean the Barber, who is easily recognizable walking down the CANEX hallway when he's not positioned behind his barber's chair.

More than 90 individuals acknowledged Dean the Barber's 30-year mark on the *Stag's Facebook* page with the following kudos, and thoughts on their own experiences. Here's a small sampling from our social media platform.

- Blake Budd “Congrats Dean on your 30 years of loyal and dedicated service to the military and their family's and the surrounding community.”

- Stephen Damery “Congratulations and very well deserved! Dean the Barber is certainly a fine and incredible man and the best barber in the west. I certainly miss going to his shop. Him and his great staff helps keep Shilo going!”

- Roger Carrasqueira Congrats Dean Buddy , thanks for cutting my hair for 20 of those 30 years and being a great friend .

- Eugen E Kli “Congrats Dean. I was one of the Germans. You did always a great job! Well done!”

- Derek Millard “Congratulations Dean! Thanks for all the flat-tops back in the day! Appreciate your service to the troops!”



- Patsy Murphy Marion “Congratulations, Dean! Oh, the stories those walls, and you, could tell!”

- Troy Hicks “Well done Dean. Great barber and even a better person. Miss you buddy!”

- Lonnie Goodfellow “Awesome Dean. Keep them clippers clippin!”

- Marion Van Gemert Sembalerus “Congratulations Dean. We were in Shilo right when you started in the barbershop. Thank-you for making Dan and Kevin Sembalerus looking great with their military cut.”

- Phil Fader “Congrats Dean. Still can't find another barber I trust to this day.”

- Valerie Schut “Congratulations Dean. Getting you to cut my hair is still on my bucket list!”

- Scott Dewling “Congrats! I got my hair cut there every two weeks for eight years.”

CANEX manager Rick Kehler emceed the Shilo and Beauty and Barber Shop birthday party for Dean the Barber, as he's known, during an informal ceremony outside the premises. An emotional Dean pointed out he takes pride in his job serving those who serve. Traffic on the *Stag's* social media platform was busy once photos from the event were uploaded.

Photo Jules Xavier/Shilo Stag



Volume 58 • Issue 14

Regular Circulation: 3,000

Printed bi-weekly by
Struth Publishing, Killarney MB



General manager Jim McKenzie ext 3073
 Managing editor Jules Xavier ext 3093
 Base photographer ext 6008
 Reporter/photographer ext 3013
 Advertising rep
 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

This newspaper is issued by authority of LCol Jeff Lyttle, Base Commander, CFB Shilo. The views expressed herein are not necessarily those of the Department of National Defence or of the editorial staff. The editorial staff reserves the right to edit, to abridge, to reject copy or advertising to adhere to the policy, as outlined in CFAO 57-5, and for clarity and/or content.

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>



These three vehicles and one trailer will be towed away July 15.

Photos Sgt Scott Aikens



Do you have a derelict vehicle parked here?

Shilo Stag

The Base Auto Club is attempting to clean up the area surrounding their building at M127.

Around the building are several vehicles/projects which the club's executive cannot determine the owners.

Anyone with a project/vehicle in the M127 Auto Club compound must identify and register their vehicle at the Auto Club during operational hours.

Any vehicle or project not claimed by July 15 will be reported to the Military Police and towed away.

Sgt Scott Aikens, the Shilo Car Club's secretary / treasurer reported to the Stag that there are three vehicles and a trailer that will be removed July 15, and provided the photographs.

Once reported to the MPs, they will be towed away.

The Base's Auto Club hours of operation are Monday to Thursday from 6 to 9 p.m. Drop by during this time to address your vehicle before it's removed.



10 years!

PSP staffers (l-r) from the GSH Melissa Green, Brandi Sheppard and Brette Olsen were honoured by Sr VP PSP Bruce Ploughman at the Junior Ranks for 10 years of service.



SHILO • CARBERRY • WAWAWESA
VIRDEN • 2830 VICTORIA AVENUE
• SHOPPERS MALL BRANDON
www.guildhmsinsurance.ca

HOME FARM BUSINESS TRAVEL LIFE autopac

ASK US ABOUT OUR
DND MILITARY INSURANCE PROGRAM



Shilo Theatre
(Located in General Strange Hall)

July 12 Shazam! Rated PG
July 19 Dumbo Rated PG

July 26 The Curse of La Llorona Rated 14A
Children aged 10 and younger require adult supervision at all times.
All movies start at 6:30 p.m. Doors open at 6:15 p.m.
FREE GSH popcorn — h2o from CANEX

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



GSH Bowling Alley

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

CLOSED FOR SUMMER

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

Prices subject to tax
Ask about Glow bowling birthday parties!



Certificate of merit for Jim MacKenzie

During his first visit to CFB Shilo since assuming his new role as Sr VP PSP, Bruce Ploughman presented acting senior PSP manager Jim MacKenzie with a CFMWS certificate of merit for all of the extra work he does outside of his regular work out of the GSH. MacKenzie is involved with military sports, looking after the western division, while also spending time at nationals at various sports held at CFB Borden.

Photo Jules Xavier/Shilo Stag

NOW OPEN



GOLD
Best Golf Course - Westman

2019 Membership Rates:

- Regular Adult — \$649
- Student (18-25) — \$399
- Junior (under 18) — \$149
- Regular Family — \$1,299
- Golf and ride — \$399

Customized tournament and corporate outing rates available upon request.

CPGA Head Professional Dave Scinocca available for lessons.

Whilst golfing enjoy the CFB Shilo Memorial Tribute to Canadian Military History where each hole has a memorial dedicated to a significant historical Canadian Armed Forces achievement.

To book tee-times call 204-765-3623 or online at SHILOCOUNTRYCLUB.COM   

Your copy of the summer edition of the Base's quarterly magazine **AT A GLANCE** is available on the Base, including CANEX

At Shilo Golf & Country Club

Shilo & Region Service Club

Second Annual Charity Open

SEPTEMBER 7

Proceeds donated to
Brandon Regional Health
Centre Foundation
Pediatrics Unit

Teams of four players only

Cost \$240/team (includes golf, hot breakfast and barbecue supper)

Four-person scramble

Cart rentals available

Mulligans for sale

Register by calling the SCC's Pro Shop
204-765-3623

Check-in & breakfast opens at 9 a.m. held
At Community Centre Annex (L25)

Briefing at SCC golf course at 10:30 a.m.
Tee-off at 11 a.m.






Great Prizes to be won!

At A Glance


CFB SHILO



Visit RCA Museum's gun park

www.CAFconnection.ca

SUMMER 2019



CANEX
A Division of CANEX
The Division of CANEX

PRICE MATCH GUARANTEE

WE WILL MATCH...
ANY OTHER PRICE OFFERED BY A COMPETITOR
FOR IDENTICAL PRODUCTS AND SERVICES. SEE US FOR
DETAILS AND TERMS. AVAILABLE ON STORE OR ONLINE AT WWW.CANEX.CA

1947 - 2017
Shilo Stag
70 YEARS

Your source for Army news in Manitoba

SAVE THE TAX
ON ALL FURNITURE & MATTRESSES

55% OFF... SAVE TAX

Volume 57 Issue 14 Serving Shilo, Sprucewoods & Douglas since 1947 July 12, 2018

INSIDE This Issue

New Base COS arrives from 1RCHA. Page 2

Capt Don Askeland leaving BRSM position. Page 5

Patricias hone mortar skills in field. Page 10

RCA REUNION '18

Paul Casoli cuts the reunion cake (left), while a golfer (right) clears the sand trap during the Friday golf tournament. Airborne Gunners (above left) socialize in Brandon. During the Sunday morning memorial service, a retired Airborne Gunner salutes during 'Save the Queen'. For more on the RCA reunion, see pages 3, 7 and 9.

Photos Jules Xavier

JULY 25, 2018

MFRC'S MUD DAY

There were plenty of muddy moments when Shilo's MFRC held its annual mud day. Ideal conditions prevailed as kids and parents alike basked in the muddy ooze before enjoying an ice cream or shower courtesy of a garden hose afterwards.

Muddy photos Jules Xavier

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

The recent warmer winter temperatures has seen an influx of birds enjoying the outside provided in hanging feeders in PMAG backyards. Spring does not arrive until March 20, but don't let these birds enjoy 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

Leons

Offer ends Feb. 7

POWER

SAVE \$300 ON TAX

\$2699 FREE Shipping to CFB Shilo 3635 Victoria Ave 204-727-4444

1947 - 2017
Shilo Stag
70 YEARS

Your source for Army news in Manitoba

CANEX
A Division of CANEX
The Division of CANEX

PRICE MATCH GUARANTEE

WE WILL MATCH...
ANY OTHER PRICE OFFERED BY A COMPETITOR
FOR IDENTICAL PRODUCTS AND SERVICES. SEE US FOR
DETAILS AND TERMS. AVAILABLE ON STORE OR ONLINE AT WWW.CANEX.CA

Volume 57 Issue 2 Serving Shilo, Sprucewoods & Douglas since 1947 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 outside provided in hanging feeders in PMAG backyards. Spring does not arrive until March 20, but don't let these birds enjoy 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

BUSINESS OPPORTUNITY
NORTH AMERICAN LUMBER - CARBERRY, MB

- BUILDING MATERIALS & HARDWARE STORE
- TURN KEY OPERATION
- EXPERIENCED STAFF
- SUPPORTING THE LOCAL COMMUNITY

FOR CONFIDENTIAL INQUIRIES
MARTHA KONIATY
CALL 204-942-8121 EXT. 228
MKONANTY@NORTHAMERICANLUMBER.CA

Judging two editions from 2018, the *Shilo Stag* garnered third-place honours among 16 Canadian Armed Forces (CAF) newspapers during the annual national community newspaper competition. The annual MFRC Mud Day photo essay (middle) was judged second best in the CCNA photo essay category.

Stag garners third-place among military newspapers

Shilo Stag

Results are in from the Canadian Community Newspaper Awards (CCNA) competition for 2018 publications.

Your *Shilo Stag* — published since 1947 — again finished third overall among the 16 Canadian Armed Forces (CAF) newspapers, with CFB Halifax and CFB Esquimalt publications going one-two, with editor Virginia Beaton's *Trident* taking bragging rights this time for the 2019 awards over editor Melissa Atkinson's *Lookout*.

The Navy newspapers are top-two per usual with their markets and much larger publications and advertising access in major urban centres on the east and west coasts. The *Stag* might be third, but finished No. 1 among Army and RCAF community newspapers.

"It's awesome to have the CAF newspapers to be judged by your peers from main stream media, however, small circulation newspapers are judged among the large circulation newspapers in the CAF category," said *Stag* editor Jules Xavier.

"Whereas, among community newspapers, judging is

based on your circulation so you don't see a paper with a 50,000 circulation in a major city facing a newspaper with less 3,000 newspapers circulated in a small town."

"You do your best to provide an excellent product for your own market, and hope the CCNA judge knows that Bases, Wings come in different sizes and from different geographies from across Canada when judging."

Since Xavier arrived in the summer of 2012, the *Stag* has been top-three every year, with 2014 the one time the 12-page tabloid was judged second best among the 16 Base/Wing newspapers.

"Congrats Jules to you and your small but mighty team," said Acting Chief Financial Management, Assistant Deputy Minister (Finance) BGen Rick Goodyear, who was BComd in 2011, 2012. "The community is extremely well served by your efforts and it's fantastic to see the recognition on a national scale."

Said former 2PPCLI CO and current 1CMBG Commander Col Bob Richie, "Congrats on the exceptional showing! You should be really proud of yourself. I am also grateful for your professional coverage of 1RCHA and 2PPCLI."

"Jules, congratulations, that's great news," said former 2PPCLI CO and current Canadian Forces Intelligence Command BGen Mike Wright. "A real testament to the energy and passion that you've put into the *Stag* ever since arriving in Shilo. Pass on my congrats to your entire team!"

As well, a photo essay focused on Shilo's MFRC annual Mud Day garnered a second-place finish in judging in that CCNA photography category.

"The Mud Day is like mining gold when covering this event because so many children, and adults, enjoy getting muddy. That event provides a photographer with plenty of awesome photos for an essay," noted Xavier, who does the *InDesign* layout in the newspaper. "Key to the essay is the layout, with the photos telling the viewer a story about Mud Day by the actions of the muddy participants."

The previous year, the *Stag* also finished third overall behind the *Lookout* and *Trident*, and finished second and third in the photo essay category.

Here's what the CCNA judge had to say about the photo essay: "Great emotion and captured action. Nice layout of just the right amount of photos to play them large."



New PSP boss announced

Craig Ethelston starts job in early September

Shilo Stag

Now retired senior PSP manager Mike McEwan's replacement has been chosen following a CFMWS job search.

"I am happy to announce that Craig Ethelston has been selected," said national manager PSP operations Ed Gagnon in a July 2 announcement from Ottawa.

While Ethelston's commencement date is Sept. 3, he will actually move into his Base HQ office after Sept. 10 because he will be in Ottawa for PSP meetings the first week on the job.

Ethelston is a retired Canadian Armed Forces (CAF) artillery officer, achieving the rank of Major before retiring following his stint as the Base's Chief of Staff (COS). During his time in the military, he was a Battery Commander (BC) with 1RCHA.

During his CAF career, he has also deployed to Afghanistan on two occasions and was responsible for mentoring and training members of the Afghanistan National Army during his most recent tour.

For the past three years, Ethelston has been employed as the Support Services manager for 11 CF Health Services Centre.

He has a Business Management degree from Royal Military College (RMC) in Kingston, Ont., and a Masters of Defence Studies.

When LCol John Cochrane was BComd, Maj (Ret'd) Craig Ethelston was the Base's Chief of Staff (COS). Here, he congratulates military members during a quarterly parade at the MPTF.

Photo Jules Xavier/Shilo Stag



Photos
Avr (T) Jade Lefebvre
Jules Xavier/Shilo Stag



It was a hive of activity on a muggy Monday morning at the Kapyong Barracks, with 2PPCLI soldiers preparing for their deployment on Op REASSURANCE in Latvia for the next six months. *CBC Winnipeg* was on hand to interview 2PPCLI CO LCol Mike Reekie and other soldiers about the six-month mission, while he also brought his kit and battle box for post-deployment inspection. 2PPCLI padre Capt Troy Dennis helped a fellow soldier with their kit, while 2PPCLI postie MCpl Jon Faytone went over the list from the contents of his battle box. Trucks were then packed for the drive to 17 Wing Winnipeg.

Fishing on agenda in Latvia during down time from work

From the front

And retractable fishing rods. No, there's not a second mission overseas for 2PPCLI hockey players. Instead, it's part of the mission, according to 2PPCLI CO LCol Mike Reekie. "It's a mandated part of our mission task to play hockey while we're over there," he explained during media briefings. "Hockey is part of our cultural exchange with Latvia. Playing hockey is something our two countries have in common. "That's why this is a unique mission — Latvia is not dissimilar to Canada. It's not a Third World country. It's a lot like British Columbia or the East coast with beaches on the coastline. We're not roughing it [on this mission]." Compared to his previous deployments to Bosnia, Afghanistan twice, or Iraq, LCol Reekie said there's still work to be done on this mission, but hockey will be part of the

cultural exchange between Canadian and Latvian military members. Plus there's a chance to play against, or with, the Latvian national team. "I'm excited for this opportunity to be part of this mission," he said. "We're able to integrate with other countries [involved]. We're one battle group, but with nine different flags involved." While the 2PPCLI CO did not pack any hockey gear himself, he expects to see some playing time when he's not working. "I'll borrow some gear if I have to in order to play," he said smiling. There will be more than 1,000 NATO troops working together on this mission, with CFB Shilo's soldiers part of the Latvia Mechanized Infantry Brigade. With the Latvia mission spearheaded by Canada, 2PPCLI is one of four multinational battalion-size battle groups deployed as part of the

eastern part of the NATO alliance in Poland, Estonia as well as Latvia. According to the official NATO website, these groups led by Canada, German, United States and the UK are combat-ready forces which have been deployed in a show of strength demonstrating the transatlantic bond. LCol Reekie pointed out this current mission is not a combat operation, nor is it a peacekeeping role as the CAF did for many years in Cyprus. "It's a stability operation ... it's a reinforcing operation," he said. In past years, 1RCHA has also been involved with the deployment to Latvia, where they helped train Latvian soldiers on the M777. Both 1RCHA and 2PPCLI used the recent Ex MAPLE RESOLVE at Garrison Wainwright to prepare for this deployment, which is part of the 3 Div's Road to High Readiness.

Nijmegen journey in Netherlands memorable

Cpl Bryce Cooper Stag Special

The journey from CFB Shilo to the four days of marches at Nijmegen, and the stops in between, have been a challenging and rewarding experience.

After spending seemingly endless hours on the plane we landed in Lille, France just in time to buy some expensive hotel beer and go to bed. Waking up early was easy the first morning.

With a seven-hour time difference, getting out of bed at 5:30 a.m. felt strangely right. Ridiculously strong European coffee made up the difference. By the time I finished breakfast I was ready to start walking immediately.

A few stops were made before the walking started. The first of these was the Vimy Memorial. Just driving through the area of Vimy Ridge was impressive. There were huge trees, all clearly the same age, and craters of all sizes with sheep grazing casually amongst signs warning of mines and unexploded ordinance.

A small section of trenches are still preserved as well as a network of tunnels, which were expanded for public access as the original tunnels were only one-metre deep and two-metres wide. A nearby museum and gift shop provided some wartime photographs that made the events of 1917 easier to appreciate.

After experiencing the battlegrounds, we took a quick trip to the newly restored Vimy Memorial, an awe-inspiring monument. After Vimy, we bussed to Ypres, Belgium where we paraded under the Menin Gate.

The audience for the parade was so large it gave the impression that the whole town had shown up to watch us march.

Someone clearly yelled "Thank-you Canada!" which provided us with an appreciation for the importance of Canadian soldiers' sacrifices during the First World War to Belgian people.

While in Belgium, we also stopped to visit the Essex Farm and Langmark cemeteries before moving on to the Netherlands and Camp Heumensoord — the start point for soldiers participating in the Nijmegen marches.

Camp Heumensoord is a temporary camp which is constructed every year to accommodate 6,000 military personnel representing more than 30 nations.

We arrived two days before Germany would win the World Cup for the first time in 24 years.

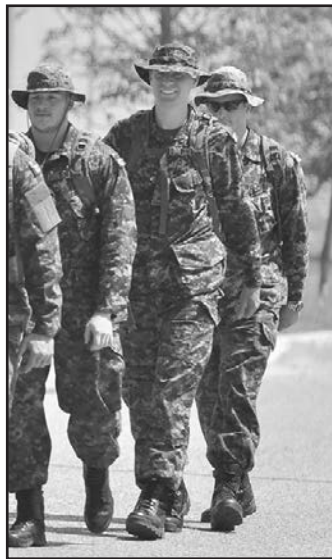
The German contingent was in the tent next to ours and needless to say, for the next three days, we were living in an atmosphere of non-stop celebration.

In addition to the soccer celebrations by our camp neighbours, we found that within the Town of Nijmegen, there is an annual seven-day festival during the marches, where the streets are closed for live music and crowds of revellers. It was an experience well worth the overcrowded shuttle bus from Camp Heumensoord.

In the dim morning of the first day of the marches — this event started in 1909 — we took our first steps through the streets of Nijmegen as a team. Some revellers from the night before were cheering us on.

For me, memories of marching are a blur. It seemed as if I was walking forever. Four days of my life were a 40-kilometre march seemingly lacking a beginning or an end.

Sometimes, it was a narrow road winding its way through a timeless Dutch hamlet, with spectators crowding around, and overflowing restaurants, cafés and pubs. Sometimes there were bandstands or speakers blasting anything from polkas to techno.



Cpl Bryce Cooper (above) and his fellow 2PPCLI soldiers took part in Nijmegen marches in 2014, while the Base team (below) were in the Netherlands in 2012.

Photos Jules Xavier/Shilo Stag



People beside the road often offered cucumbers, candies, liverwurst, and sometimes even hugs. Children lined the way waiting eagerly for high-fives and stickers.

The road would widen again and we would walk through scenic countryside, along dykes, over bridges, and across shipping locks.

Other formations of military marchers would appear and disappear either passing or being passed. Military marchers would sing and cheer as they passed each other and the crowd would join in.

Every day there was a salute. As we walked through different towns marching bands would play and we would fall into step and pay our respects to a reviewing dignitary.

On the third day, we attended a memorial service at Groesbeek, where many Canadian soldiers who died in the Second World War are buried providing a renewed perspective for what the event is all about.

It was amazing to see the encouragement one gets from walking in a flowing river of people. While marching, I felt as though walking 40-kilometres a day for four days by myself would have been nearly impossible, but in a team amongst a perpetually flowing crowd of people I was powerless to do anything but continue to put one foot in front of the other.

At the end of the fourth and final day of the march, we were awarded Vierdaagse medals. We marched the final kilometres of the march through Saint Anna Street, which is renamed for the event Via Gladiola, referring to the Gladiola flowers that victorious gladiators were showered with in Roman times.

Hundreds of the Gladiolas are presented to marchers by perhaps the largest and most enthusiastic crowd I have ever seen.

Taking the last few steps at Nijmegen truly felt like an accomplishment, and the opportunity to participate was a true honour.

...

Former infantry soldier Cpl Bryce Cooper was part of 2PPCLI's 2014 Nijmegen marches. Above are his memories of that four-day event. Two years earlier, CFB Shilo sent a team to the Netherlands.

This year, the international Four Days Marches start July 16, with nearby 17 Wing Winnipeg sending a team which imaging tech Cpl Cooper was looking to join, and take part in his second Nijmegen march. However, of the 14 finalists, he was cut to bring the team down to its contingent of 11.

The 103rd annual Nijmegen international Four Days Marches will see a contingent of 14 Canadian Armed Forces (CAF) teams from across the country, march the countryside and towns of the

Netherlands around the City of Nijmegen.

Each military participant is required to march 40 kilometres per day, while carrying a minimum 10 kilograms of dry weight in all weather conditions.

During four consecutive days, the marchers follow a different route through the Dutch countryside and villages surrounding Nijmegen.

According to the Veterans Affairs Canada website, this event was originally a means by which the Dutch infantry aimed to increase their long-distance marching and weight-carrying ability, the Nijmegen marches have evolved into an international four-day event that draws more than 51,000 military and civilians participants from more than 50 countries to challenge their physical and mental endurance.

This summer marks the 67th year of CAF participation in the Nijmegen Four Days Marches, which began in 1952.

Distractions can cripple your goals, dreams

MCpl David Sadai Stag Special

It still to this day shocks me when I think about the amount of time of my life that I wasted.

I have a PhD in TV watching and phone scrolling. My fingers were so accustomed to the repetitive motion of searching for something to give me a desired feeling. All along, I could have put the remote, controller or phone down and took more charge of my self growth.

I am talking about the dream and goal crippler — distractions. It is the easiest way to avoid dealing with issues or to numb the mind after a long day of being talked to or at.

It was the time of the day when all worries can be put on the back burner.

The problem with this way of living is it's just existing, there is limited growth. I was vicariously living my life through people on screens and ads because I was too scared to get out of my shell to take action and do the things I wanted to do with life.

Every time I was overwhelmed, I would run to my comfort of my phone or TV. I was not dealing with my emotions

and problems and that reflected in my behaviour throughout the day.

It's a guarantee that if you suppress your feelings and numb them with distractions, eventually it will come back to bite you. It's an awful pattern to get stuck into because if you can't figure out a way to navigate out of it, you'll succumb to it.

The phone, video game and TV will eventually own you because they guide your decisions, reactions, normalities and therefore your life. They tell you what is cool to wear, what you should buy right now, how you should react to circumstances because they provide the reference for "normal."

People become a product of their environment, naturally. So, this is where setting a good example comes in. If a child is living with curiosity, wonder and imagination with the world we live in, cultivate it! If you come home from work and put off family and quality time on self growth for the phone, TV, video games or whatever the vice, understand that the child sees the patterns and begins to replicate.

Over time you provide the example of what life looks like. Adults should keep the curiosity, wonder and imagination in their lives, because if they do, they might put down

the time wasters in their life and strive for something more meaningful through themselves or their circle of people.

The point is, the likes you get, the posts you make, the high score you get, the amount of shows you watch is great. However, do not let those things get in the way of why you were put on this earth. You are not here to pay bills, scroll your phone, watch a show, "continue watching" and die.

Go get creative and put some energy into you or your community, make this world a better place and do one small act to make some else's day. I am here to tell you that you do not have to live the life that everyone around you is.

You can live it on your terms, whatever that means. I am merely trying to open your eyes to the fact that a little more time on yourself and a little less time on distractions may lead to fulfillment.

You might surprise yourself on what you can accomplish with some time invested in yourself.

For more information and a free 30-minute consultation for one-on-one sessions, e-mail davidleesadai@gmail.com

MCpl David Sadai is a Core 100 graduate from the Robbins-Madanes training program. He specializes in strategic intervention and would like to help you reach your potential or help you understand and find the nectar out of your life.

Soldiers hone 'High Readiness' skills during Ex MAPLE RESOLVE

Tim Bryant
Stag Special

The Canadian Armed Forces' (CAF) largest training exercise — Ex MAPLE RESOLVE — marked the end of the Road to High Readiness.

Taking over the training area at Garrison Wainwright for much of May, the exercise brought together more than 5,000 personnel from across 3 Div to determine the division's readiness to be deployed on exercise around the world.

Ex MAPLE RESOLVE serves many purposes for the CAF, but the primary objective is to prepare soldiers to operate in an ever-changing military world.

To that end, Canadian Manoeuvre Training Centre (CMTC) Deputy Commander LCol Joseph Pospolita — the entity that runs Ex MAPLE RESOLVE and other training exercises across Canada — explained he and his team try to give soldiers "the most realistic and most challenging training possible."

The training can be so tough and so demanding that soldiers have often doubted actual combat situation can be as difficult and challenging as what CMTC provides in training.

"There's no way that's going to happen," LCol Pospolita recounted soldiers having told him.

When they return from their deployments, their minds have been changed.

"However, they go into theatre and come back and say, 'Thank you for preparing me for that day; we didn't realize it was going to happen,'" he said.

The shift to a more complex and challenging training experience is a relatively recent one, brought about by the Sept. 11, 2001, terrorist attacks in New York City, explained former 3 Div Commander BGen Trevor Cadieu, now MGen and working out of Ottawa following his promotion.

"It fundamentally changed the way we had to look at how we trained our troops," he said.

Prior to Sept. 11, the CAF trained in a "risk averse" manner, without a professional opposing force to force soldiers to think and react to changing situations.

That meant that when BGen Cadieu was sent to Afghanistan in 2002, he didn't feel he was prepared for an actual combat environment, where he would be faced with enemy forces trying to kill him, whom he was also trying to kill, nor for the shifts in focus on a daily basis.

"I certainly was not equipped to go from a combat situation in one moment, to dealing with the local Afghan populace in another — distributing humanitarian assistance — to going back to a combat scenario immediately following it," he explained.

All those lessons led to the present-day Ex MAPLE RESOLVE.

This year, the primary training audience, 1CMBG, is faced with "a living, breathing, thinking, well-equipped enemy," explained BGen Cadieu.

Soldiers are placed in as realistic an environment as possible. They're out in the Garrison Wainwright training area for two weeks, in austere conditions, to simulate being on deployment. They will need to eat, sleep and remain alert in the field.

Because the leaders, or any other soldiers, will not be able to stay awake and alert for the whole exercise, they'll need to plan out their sleep and activity cycles in greater detail.

"They are going straight for the next two weeks," said BGen Cadieu. "They can't fake their way through that."

It's a stark departure from the 1990s when BGen Cadieu enlisted with the Canadian Army (CA).

"Today we are deliberately taking them to the point of failure," he said.

Working in the Garrison Wainwright training area is not easy, offered LCol Pospolita. It features changing terrain with deceiving undulating hills; a river runs through it; and there is a major hill feature to contend with. Troops can easily get lost or stuck in the training area, especially when they're on day five or six with minimal sleep.

Add in an opposing force and insurgents hidden amongst the locals in the exercise scenario, and it's an environment which aims to test every bit of a soldier's training.

Ex MAPLE RESOLVE aims to be as realistic as possible, and that includes incorporating a social media component accessible to both 1CMBG and the enemy forces.

"Knowing the way things are, you cannot ignore social media," LCol Pospolita noted. "We have a closed social media network, which we bring in for Ex MAPLE RESOLVE. In each of the various towns [in the training area], there are capabilities to have Internet cafes, we have our own 'Fakebook' where people can go."

The 'Fakebook' allows the enemy forces to keep tabs on what 1CMBG is doing, while 1CMBG can use it to find out what is happening around the area. But since it's a social media network and anyone can use it, it's also a tool to spread information and misinformation from and about both sides.

In other words, it can be used as part of an "information operations" campaign, said CMTC COS LCol Ross Bonnell. "We're challenging the Brigade to see how they respond to this, how they're going to respond, how they're going to try and influence how they're going to try and portray their message to influence the locals."

Beyond the Canadian training element of Ex MAPLE RESOLVE, there is also a large international presence during the exercise.

There are approximately 1,000 foreign allies in attendance, including more than 500 members of the US military, a platoon of French soldiers, Britons as well as Australians.

LCol Pospolita pointed out the influx of allies is a result of how successful Ex MAPLE RESOLVE has been over the years.

"As everyone starts seeing the success of it, other nations want to participate," he said. "And much the same way, we send personnel to their exercises as well, because there's always something we can learn on how to do something better."

LCol Bonnell added having allied members in attendance and participating in Ex MAPLE RESOLVE in various capacities, from acting as enemy forces to observing and helping run the exercise, benefits the relationships Canada has with its partners and

increases interoperability.

"It's a good problem for the brigade to navigate, because we know that wherever the Army or 1CMBG deploys, it's going to be in a multinational context," he said.

A training exercise is the best time to come to a mutual understanding when it comes to language and terminology differences, added LCol Bonnell.

At the end of Ex MAPLE RESOLVE, when 1CMBG has been validated as ready for deployment, LCol Bonnell said there's one outcome and piece of feedback he was especially looking for.

"What we want to hear from soldiers is that it was a real challenge," he said.

Symptoms Took Over My Life... Now I'm Taking it Back.

Are you sick and tired of feeling sick and tired? Join hundreds of Manitobans who've decided to start living better with their health issues through online or group Get Better Together workshops.

Fully funded workshops are held across Manitoba. Get details at getbettertogether.ca or 204-653-2927.

GET BETTER TOGETHER

GBT is based on a program model developed by the Patient Education Research Centre at Stanford University. By the end of the program participants will have tools to help them better manage their ongoing health condition(s). You are welcome to bring a friend, family member or other support person with you.

There is no cost

Sessions provided in Shilo are intended for members of the Military and Veteran communities and aim to provide a peer based network. Sessions are led by DND staff trained in the program.

Dates: Thursday afternoon Sept 12–Oct 17
Location: 1-106 Shilo, Mb
Time: 1300hrs
To register: Brandi.Sheppard@forces.gc.ca



Members of 3 Div's Canadian Army conduct a combined arms attack at Garrison Wainwright held in May during Ex MAPLE RESOLVE.

Photo Cpl Djalma Vuong-De Ramos

CANNABIS by the numbers

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

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

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



PHOTOS JULES XAVIER/SHILO STAG



Oh
CANADA
152 years
young!



Call 204-765-3000 extension 3570

CFB SHILO

EXPERIENCE HISTORY WITH A BANG!

THE RCA MUSEUM

CANADA'S NATIONAL ARTILLERY MUSEUM



NEW SITE,
NEW CONNECTION.



Financial Services Fitness Morale Military Family Resource Centres
Sports Health Promotion DFIT.ca Messes Training Recreation
Veterans Family Support Housing Mental Health CAF Members
Personnel Support Programs Volunteers Facilities Military Families
Education Daycamps Family Information Line Employment

CAFconnection.ca

#GetConnected

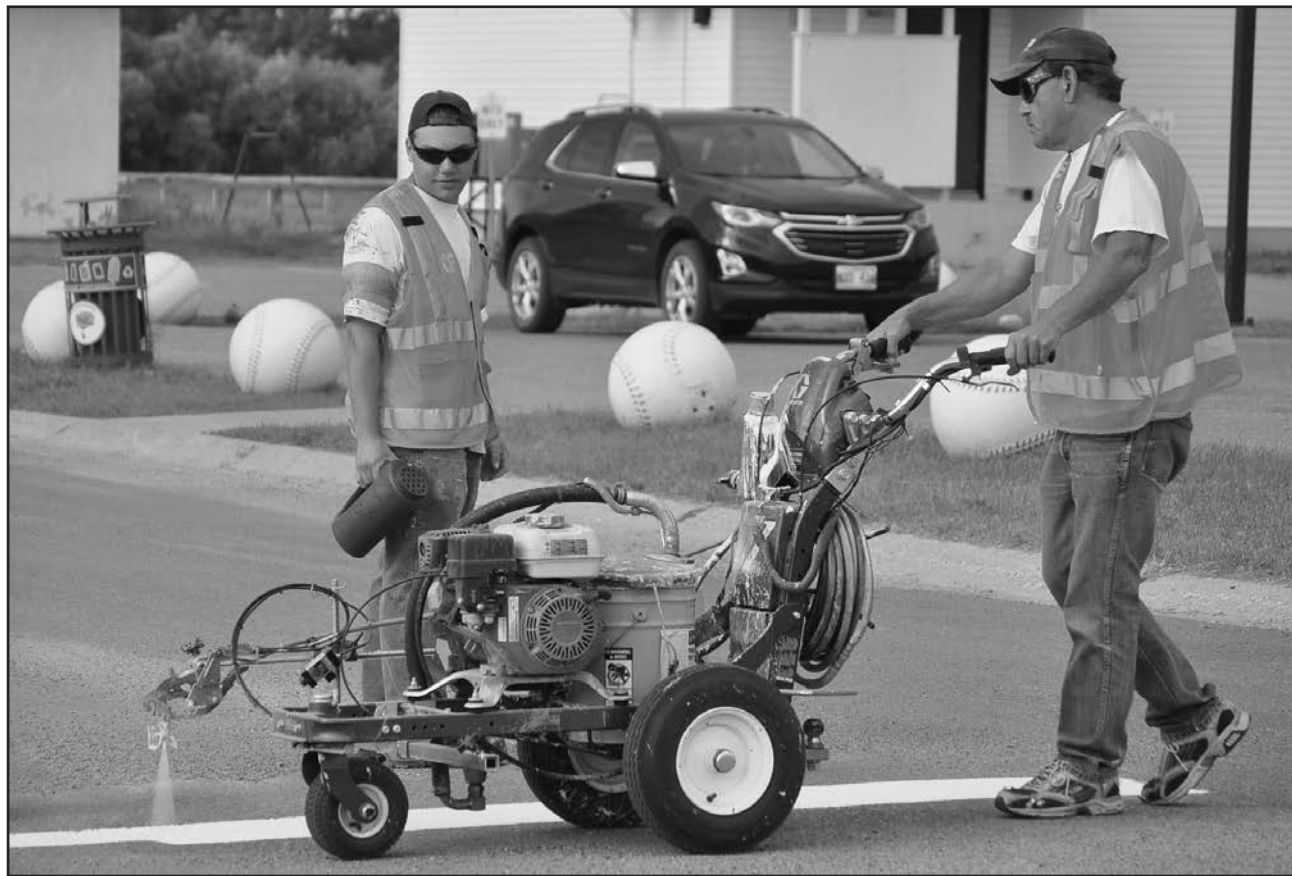
Shilo Stag Home Station Regiment Senate needs you

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



Art of road painting

RPO-U (W) Det Shilo staff have been out the past few weeks repainting road lines, using various tools to work on parking lots or on Base streets, including out in front of the GSH and CANEX.

Photo Jules Xavier/Shilo Stag

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: July 18 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 Lazerte - ext 3381
Padre Dennis - ext 6836
Padre Walton - ext 3088
Padre Smallwood - ext 3089

Our Lady of Shilo

Roman Catholic Chapel

Sunday at 10:30 a.m.
Confessions by appointment
Padre Nnanna - ext 3090
Padre Shanahan - ext 3698

Services

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

Services

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

CHILDCARE

Strong Roots Childcare a licensed home in Sprucewoods. Music, crafts, outdoor play offered. Wait list on Manitoba online registry. Call Jennifer Gregg at 204-730-0338.

Employment

CANEX needs you: Sales associate part-time position with 13 to 32 hr /week required. Must be available days/evenings, and weekends. Starting salary is \$11.98 per hour, progressing to \$14.13 per designated pay band. Under the direction of the department supervisor, a clerk/cashier scans customer purchases, processes transactions, and accepts payment. sHe/she prices, stocks shelves, counters and display areas with merchandise and keeps stock in order. He/she performs cleaning duties as required. Apply in person at CANEX admin office, or NPF Human Resources office at base HQ.

Employment

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



1947 - 2017

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 about the job. Or call 204-765-3000 ext 3013/3093. Be part of the award-winning Shilo Stag team.



**Adventure Skydiving is
coming to Brandon
July 19 - 22
Book now at 339Jump.com
or call
888-339-Jump
15% off discount
for military**



Government
of Canada

Gouvernement
du Canada

VETERAN FAMILY PROGRAM

For Medically Releasing CAF Members, Medically Released Veterans and their Families



LE PROGRAMME POUR LES FAMILLES DES VÉTÉRANS

Pour les membres des FAC en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille

The Veteran Family Program supports medically releasing Canadian Armed Forces members, medically released Veterans and families. If you are transitioning visit your local Military Family Resource Centre, CAFconnection.ca, or call the Family Information Line at 1-800-866-4546.

Ce programme appuie les militaires en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille. Si vous êtes en transition, visitez ConnexionFAC.ca ou votre centre de ressources pour les familles des militaires, ou appelez la Ligne d'information pour les familles au 1-800-866-4546

