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Son recalls father's D-Day exploits in France. Page 2



Lobsterfest goers enjoy dinner at L25. Page 6



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Army life in focus



PHOTOS JULES XAVIER/SHILO STAG



It has been a busy past two weeks on this Base, with a number of events keeping the Stag team in focus with various lens. (Clockwise from top right) Staff with RPOU-W Det Shilo had an opportunity to hone their C7 skills during a day out on the training range. Incoming BComd LCol Jeff Lyttle, while here on his handover visit, experienced the 16th annual BComd's Downhomer Lobsterfest held at L25. It was military appreciation day at Andrews Field in Brandon, when the Wheat City Whiskey Jacks defeated the visiting Spearfish Sasquatch 7-6 in 11 innings. Brett Olsen chips out of a sand trap during the BComd's golf tournament.

D-DAY 75th anniversary

D-Day veteran called Shilo home after Second World War ended

Jules Xavier
Shilo Stag

Shilo brat Glenn Darling had reason to follow the D-Day ceremonies June 6 taking place on the Normandy coast.

It was 75 years ago that his father was part of what would become military history, and a turning point in the Second World War. He was reminded of it annually, but moreso when he saw the front page of the June 6, 2009 Toronto *Globe and Mail* newspaper.

"[That newspaper] contained a most vibrant photographic memory that has managed to follow me around all the days of my life. It is a picture of my father, Walter Daniel Darling, storming the beaches of Normandy on June 6th, 1944, as part of the Stormont, Dundas and Glengarry Highlanders, after which I am named."

Cpl Darling was aboard the Troop Ship LCI 299 on that overcast morning as it approached the Normandy coastline.

"That Canadian troop carrier photo is one of the most viewed pictures in the world when ever mention of the Normandy invasion is made each year on June 6, D-Day," acknowledged Darling. "The reason behind its use is in itself quite the tale. It has to do with the misfortune of a senior officer of the American troops assigned to the beaches farther along the coast of Normandy. In the haste to get the invasion pictures onto the front pages of the newspapers all across the United States, the entire archives of that bloody day were lost, when a boat carrying them back out to a waiting ship was swamped.

"The Americans were forced to use the photographs provided by Canadian photographers. Until a few years ago, virtually all photos and film of D-Day have been exclusively the pictures/film taken by Canadian wartime photographers, showing my father and his comrades carrying their — believe it or not — bicycles onto the beaches of Normandy. In actual fact the LCI 299 troop carrier photos only got to be used as much as they have been because of that misfortune."

Darling was on this Base in the early days of Camp Shilo in the 50s and 60s when his father "Danny" Darling returned



Growing up on this Base, Glenn Darling was thinking about his late father when D-Day was commemorated on the Normandy coast to mark the 75th anniversary. This photo in the *Globe and Mail* featured his father Cpl Walter "Danny" Darling on one of many landing craft that crossed the English channel for France on July 6, 1944.

Photo Supplied

home following the war.

Darling first saw that photograph when he was aged eight, but don't ask him to identify where his dad is among the soldiers.

"The memory of which face is his, I do not recall," he said.

While his soldiering days were over after the Germans surrendered, Darling said his father spent another quarter century in the army. When he retired from the CAF, he spent many years as assistant curator at the Science and Technology Museum in Ottawa, which allowed him to be close to his hometown of Brockville.

His father and mother Connie kept busy after the war, too, working on variety shows which they started producing during a 10-year period while posted to CFB Shilo. The continued doing this while in Ottawa, and took the shows

on the road where they were performed at hospitals, military bases and mental institutions.

Calling British Columbia home now, Darling said his father was fortunate to survive D-Day despite suffering serious wounds.

"My father was badly wounded in battle at Normandy and bore three large holes on his belly all the rest of his life. As a child I used to like to stick my fingers in the holes," he recalled.

"My father never ever would talk about the fighting that he was involved with, but I know the memory of a young German soldier that he killed, haunted him, always. Even more so on June 6, every year, if that were possible."

He added, "June 6 became for me and my brothers, an annual day of tears. Every year on that day, we would come down stairs to find dad sitting at the breakfast table with his head held in his hands, sobbing his heart out. The memory was too much for him to bear.

"As hard as that day was for my family through the years, I would gladly welcome its reality just one more time, and pay any price to achieve it. But that will never again be, for my dear father winged his flight from this world 12 years ago. There is no doubt in my mind the first thing he would have wanted to do when he arrived in the next world was to seek forgiveness from the soul whose earthly life he had ended with a hand grenade, all those many years ago. He took the dog tags from a 17-year-old boy ... a sniper."

Despite his wounds, Darling's father had several years of recuperation before he was fit to soldier again. His first assignment was a posting to Point Peter, Ont., where the family lived in a belle tent in the woods for a year.

"Dad's only job during that time was to collect the wind-socks used to determine wind directions for the paratroopers when the practiced jumping each week," he said. "This task was actually given to dad so that he could ease back into full service, which took several years following D-Day."

How severe were his war wounds from Normandy? Darling said his father stayed in a military hospital in England for two years.

During his second year, he was allowed conjugal visits. His new war bride, carrying son Glenn, took the Queen Mary from England to Canada.

See **SOLDIERS** page 3

Pet of the Week



ROSEY

Larissa Kells has her pet rabbit named Rosey. She enjoys bananas, apples, lettuce and her rabbit pallets. Rosey loves to go outside, and she listens as though she is a puppy. Larissa states her rabbit is very smart. 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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Soldiers ditched bicycles after surviving beach landing

From page 2

Once he was ready for full duty, Darling said his father was posted to Shilo, where helped establish the new apprentice corp on this Base.

"Over the years in Shilo, dad did many different [jobs]. For many years he was sent to BC in the wintertime to blast out snow clogged passes and to create actual avalanches under controlled circumstances [now called Op PALACI]."

He also managed the Officers' Mess, and golf course, for several years.

"Speaking of golf, dad was the left-handed golf champion of Manitoba twice while stationed in Shilo," he said.

Darling's dad might not have been alive to commemorate the 75th anniversary of D-Day, but he did go back to France for the 50th anniversary.

"There's a story about dad in the June 6 edition of the Canadian version of *Time Magazine* in 1994," he recalled. "I did not even know the article existed until, by chance, I opened a copy of *Time Magazine* on an airplane the week it came out."

Darling shared his late father's thoughts on his D-Day experience. After other Canadian forces secured the beachhead, the Glens' mission was to race 16 kilometres to the Caen airport on fold-up bicycles. The plan bogged down on the shell-pocked roads and Darling caught three bullets in the abdomen on July 8. After the war he was an army master sergeant for 29 years.

His late father relayed the following memories of his D-Day experience:

"I can tell you everybody was sick in the hold of LCI 299, containing three platoons of about 33 men each. Going over, the officers read a message from Ike. Like everybody, I took out family photos of Mum, Dad, my wife and my two-year-old son, who was born in England. I prayed. One of the guys prayed and then joked that this time he really meant it. I don't think I was ever afraid. You were betting on coming back.

"Yet, I certainly didn't look forward to it. The first sight of France from eight or 10 miles out was the smoke, then the fires on the beach. There was so much happening; shells whistling in, buildings burning, aircraft over head, Jerry letting go with 88-mm guns from pockets just inland. I felt the landing craft ground on the beach. A navy-type jumped into the water with a rope to guide us in. We all grabbed our bicycles from a stack and I remember the water under my chin. I had 78 pounds of gear, not counting the bike and steel helmet.

"A lot of guys were hollering, screeching, shouting. The sound of explosions was so overwhelming you had to shout. There were bodies in the water and bodies lined up under blankets on the shore. First-aid people were working on the wounded by the breakwater. Everything was happening in eight hours that day. You



CPL DARLING

lived a lifetime.

"On the beach there was no standing around. We tried using the fold-up bikes we'd trained on for two years all over the south of England. But the rubble on the roads made the whole thing entirely impractical. After about three miles in, we were ordered to stack them up in a heap. The local kids must have had quite a find.

"We dug slit trenches the first night in a churchyard, where the first of our chaps was killed by a mortar. Jerry was maybe

1,000 yards away. We could see him and he could see us. French civilians were scarce. When we tried to negotiate with a farmer to buy some eggs, he was mystified by the Quebec French and finally asked in English, 'What do you want?' He had been a steward on the French liner Normandie and had lived for years in New York. He gave us 15 eggs and green onions; so we made an omelet.

"Once we got inland, Jerry turned out to be mostly a lot of fanatical Hitler Youth and conscripts from Italy, Poland and Austria. The one who shot me was so young he'd never needed to shave. You couldn't stop to think about getting killed. Either you got them, or they got you."

Lest we forget!

June is recreation month Make healthy living fun, easy being active

Stag Special

Every Saturday morning the Dow family strap on their helmets and go for a bike ride.

For five-year-old Kaylee and six-year-old Nathan the fun is all in the race against Dad to the next corner, but for Mom Kerry-Ann it's part of their commitment to being physically active as a family.

"Being fit is important, not only to my husband's career but to us as well," says Kerry-Ann Dow.

"We want to teach the kids to move more and we want to offer healthier options for playtimes. Recreational activities like biking and martial arts keep the heart pumping and our kids moving."

The Personnel Support Programs (PSP) recreation program plays a key role in developing military communities which are active and families that are supportive of CAF members' fitness.

Under the leadership of recreation co-ordinator Kristen Lucyshyn, PSP recreation offers military families a variety of opportunities to be physically active and to participate in programs that meet their needs and interests.

"By reinforcing a more complete integration of families through recreational programming, there is a profound impact on the CAF's operational capability," said Dr. Michael Spivock.

"A family that is committed to physical activity will have a stronger influence on the individual CAF member's lifestyle, choices and commitment to fitness training."

The Canadian Physical Activity Guidelines recommends at least 60 minutes of daily physical activity for children, and at least 150 minutes per week for adults.

While that may not sound like much, only about 11 per cent of children and 15 per cent of adults currently meet that standard.

PSP recreation celebrates recreation month every June by drawing attention to the many benefits of participating in recreational activities.

The 2019 theme, "PLAY, your way," highlights how PSP accessible recreational activities and facilities allow you to find what you need, when you need it.

"We love how many options there are" says Kerry-Ann Dow. "From participating in classes, to using the facilities, to renting a canoe so we can be active over the weekend. PSP is a great resource to have on Base."

Visit www.cafconnection.ca/JRM to learn more about how you can participate in June is recreation month celebrations. Find local events and be sure to enter the national contest for a chance to win a grand prize outdoor adventure package valued at \$2,500.

Contact Lucyshyn at ext 3317 or drop by the GSH and ask for her at the front desk.



Camp Shilo training

Bruce Goff shared this photo of his father (top right) when he was training at Camp Shilo circa 1941. His father entered Normandy with 18 Bty 2 AT on July 11, 1944 with 17 PDR. He finished the Second World War in mainland Europe at Oldenburg, Germany as gunner on one of the borrowed British Archers.

Photo Supplied

SHILO COMMUNITY COUNCIL

We are looking for ward representatives, vice-president



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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



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 week of publication. Submissions can be sent to the Stag
 via email at stag@mymts.net, dropped off at the Stag of-
 fice located in CANEX or via Inter-base mail.

Submitting articles and photos for print:

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

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Facebook by visiting:<http://www.facebook.com/ShiloSTAG>

Juno salute

The Canadian Army's mascot, Juno, was a big hit during the Wheat City Whiskey Jacks baseball game held at Andrews Field in Brandon. Juno teamed up with the ball team's mascot, Jack, in the stands.

Photo Jules Xavier/Shilo Stag



Military children need to say more good-byes than anyone else

Shannon Morrow Stag Special

The life of a soldier comes with pride, honour and many sacrifices — sacrifices that their families make, too.

Children of military members move from place to place, leaving behind schools, friends and commitments every few years. These children, celebrated for their strength and resilience, are the pride and joy of their families and are a huge part of what makes coming home so wonderful.

WO Samuel Roy of 4th Artillery Regiment (General Support) Royal Canadian Artillery is currently deployed on Op UNIFIER in Ukraine.

WO Roy and his family live near 5th Canadian Division Support Base Gagetown (5 CDSB Gagetown) in New Brunswick. WO Roy's wife Marie-Claude Guillemette is a teacher currently pursuing her Master's Degree.

The couple is raising their three sons, Nathan age 11, Félix age nine, and seven-year-old Mathis, who have never known a different way of life.

On the occasion of the Month of the Military Child, Marie-Claude Guillemette and her children shared their experiences growing up, moving with and living the life of a military family.

Here's what mom had to say about life in the military during a Q&A:

Q: In what ways, both positive and negative, do you think growing up in a military family has affected your children?

"Positive: They develop a resilience; it's a huge quality to have and they will be more autonomous than other kids. On the negative side, they need to say more goodbyes than anybody else."

Q: How do you think kids who grow up in a military family different from those who do not?

"They need to be strong but like I said, it can be positive in the way they are developing resilience. Often, we need to ask them to make sacrifice like adults. But, they become understanding and aware of real life.

"They truly appreciate time spent with each member of the family. We ask them to be away from their family. For us, all the grandparents, uncles, aunts, are in different provinces. In some cases, we moved every few years."

Q: How do you think your kids feel about the frequent moving?

"Not always easy, but a new room and a special thing in the new house can change their mindset! In fact, they need to be reassured that everything will be fine; different, but

fine."

Q: How do they feel when their dad is deployed?

"They very understanding. We are so lucky. On one of the deployments, Félix was only three-weeks-old when Samuel was gone. When he came back, Félix was one-year-old.

"Now, it is easier than before. We can talk with him regularly and we keep him posted about our reality. We write him e-mails, text messages and add a lot of pictures to make sure he keeps track of our routine."

She added, "They are counting sleeps before the big arrival."

Q: Do you think they will be involved in the military when they grow older?

"I would say yes for one of them! Nathan wants to travel and asks constantly for more independence. I will definitely be watching to see what happens. For Félix, we will see. I'll say absolutely not for Mathis. He's a bit of a homebody and really cherishes his time with family. No matter what, we will encourage them to follow what they want to do."

Q: Is there anything else you would like to say about raising kids in a military family?

"It is challenging, but so rewarding."

Siblings Nathan, Félix and Mathis also participated in the Q&A:

Q: What do you think about your father's job?

Nathan: "He is so lucky to travel that much."

Félix: "It's interesting. He's teaching, he's meeting new people, he's travelling the world and he's doing sports during his job time."

Mathis: "He is so courageous."

Q: What do you want to be when you grow up?

Nathan: "I want to be in the military or an architect."

Félix: "I want to be a scientist."

Mathis: "I want to own a doggy daycare."

Q: Is there anything else you would like to say about being a military child?

Nathan: "Sometimes it's really hard when my dad is away, but I'm happy for him. We have good friends."

Félix: "I'm proud to be a military kid."

Mathis: "Me too, I'm proud. I'm feeling good and I'm feeling cool to be different from others."

Q: If you could say anything to him right now, what would you say?

Nathan: "I" took your place on the sofa. I'm the new boss of the house."

Félix: "You are so lucky. I've been waiting for you to see me playing baseball."

Mathis: "I miss you."

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June 14 A Dog's Way Home (outside by bonfire) Rated PG

June 21 Five Feet Apart Rated PG

June 28 NO MOVIE

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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
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Dorothy Irene "Molly" Mulholland (right) accompanied by Winnifred "Pit" Pitkethly and Edna "Millie" Millman, nurses of the RCAF during the battle of Normandy.

Photo Juno Beach Centre

Stag Special

Looking ahead to August on the Base, the annual vacation bible school is back.

Taking place at the Base's Faith Centre (T119), padre Capt Daniel Walton says this summer's camp runs Aug. 12 to 16, with sessions planned from 9 a.m. to noon.

The Christian children's program has a few changes for parents to be aware of — pre-registration is required, with a noon June 21 deadline. Cost is \$5 per day, per camper.

For more information contact the Faith Centre at ext 3091.



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D-Day

75th anniversary of a pivotal episode in Canada's history

BGen Jennie Carignan
Stag Special

The Normandy landing on June 6, 1944 during the Second World War was, without a doubt, one of the major military operations of the 20th century. It marked the international community, Canada and its Armed Forces.

We have a moral duty to remember and commemorate it and to honour our soldiers and our veterans who distinguished themselves during that operation. In all, some 45,000 Canadians lost their lives in the Second World War.

In Op OVERLORD, more than 150,000 Allied soldiers stormed the beaches of Normandy. About 14,000 of them were Canadian.

During the night of June 5 to 6, more than 450 members of the 1st Canadian Parachute Battalion were dropped inland a few hours before the landing.

They were soldiers of unsurpassed courage, like Jan de Vries: wounded by a sniper in July 1944, he returned to combat in September of that year.

Later in his life, Jan became a founding member of the Juno Beach Centre, the Canadian museum located on the Normandy beach where the landing took place, created by veterans and their families.

On D-Day, the Canadians were responsible for taking Juno Beach, an eight-kilometre stretch of coastline fronting the villages of Graye-sur-Mer, Courseulles-sur-Mer, Bernières-sur-Mer and Saint-Aubin-sur-Mer, located between Gold Beach and Sword Beach. The Canadians came ashore under perilous conditions, facing agitated seas, enemy fire, and mines covered by the rising tide.

Amongst our veterans who proudly participated in the landing is Adrien Boivin, whose French ancestors came from Normandy. He joined the Régiment de la Chaudière, which celebrates its 150th anniversary this year.

In October 1944, he was captured by the Germans. Back in Canada after the war, he rose through the ranks from Private to Lieutenant-Colonel. From 1962 to 1967, he commanded the Régiment du Saguenay, before

becoming that unit's Honorary Colonel.

Another was Louis-Philippe Leblanc, who also landed with the Régiment de la Chaudière, then fought at Carpiquet and Caen before being seriously injured by shrapnel on July 18, 1944.

During the landing on June 6, 1944, 359 Canadian soldiers lost their lives, and more than 5,500 died during the following two and a half months of fighting in Normandy.

Today, the majority of those soldiers who made the ultimate sacrifice are resting in peace in the Canadian war cemeteries in Bretteville-sur-Laize and Béný-sur-Mer. More than 13,000 of our soldiers were wounded in Normandy, sustaining physical and psychological injuries.

It is important to remember the participation of Indigenous Peoples in the Second World War: 3,000 Indigenous soldiers served, and 17 of them were decorated for acts of bravery.

Also noteworthy is women's participation: almost 4,500 nurses served with the Canadian military, more than two-thirds of them overseas. In June 1944, Dorothy Irene Mulholland and Winnifred "Pit" Pitkethly were among the first women to join the Allied offensive in Normandy, where they set up a field hospital to tend to the injured.

The courage, determination and selflessness of our Canadian soldiers during the Normandy landing are a continuing source of inspiration and pride for all of us. We pay homage to all Canadian soldiers who participated in that momentous operation which played a role in shaping our history.

D-Day and the Battle of Normandy are part of a series of battles from the two World Wars — Ypres, the Somme, Cambrai, Vimy, Dieppe and Sicily, to name but a few — in which the courage, heroism and altruism of our soldiers contributed to forging the Canadian identity and our military culture of excellence.

This precious legacy left to us by our veterans — often at the cost of their lives or their health — is the foundation upon which we continue to nobly defend the values of liberty and democracy in Canada and abroad.

Lest we forget.

BGen Jennie Carignan, Cmdt 2Div/ Joint Task Force-E



JUNE 22
10AM-4PM

JUNE 23
10AM-3PM

OPEN HOUSE & RANGE EVENT

FAMILY FRIENDLY

This is a family friendly event. **EVERYONE IS WELCOME, ALL AGES, ALL EXPERIENCE LEVELS.** Range staff will work one on one with each individual to provide proper instruction for safe operation of each firearm. **You are not required to have a firearms license to participate.**

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PATCH PROMO FOR CHARITY

Every year we run a promotion where the purchase of a unique Morale Patch enters customers into a draw for some **AWESOME prizes and ALL PROCEEDS go to a chosen charitable organization.** This year, we will be splitting our donation between the **Canadian Coalition for Firearm Rights (CCFR)** and **Ronald McDonald House Charities (RMHC).**

For more information, visit wolverinesupplies.com/patch-promo

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L25 was a hive of activity for the 16th annual BComd's Downhomer Lobsterfest, with outgoing BComd LCol David MacIntyre welcoming the more than 800 in attendance. An army of Shilo Service Club members worked their magic, from cooking the steak and lobsters, to serving and cleaning up, before Lobsterfest goers turned their attention to dancing to the entertainment provided by Electric Angel.

Photos Jules Xavier/Shilo Stag



Photos Jules Xavier/Shilo Stag

CAF appreciation with Wheat City Whiskey Jacks

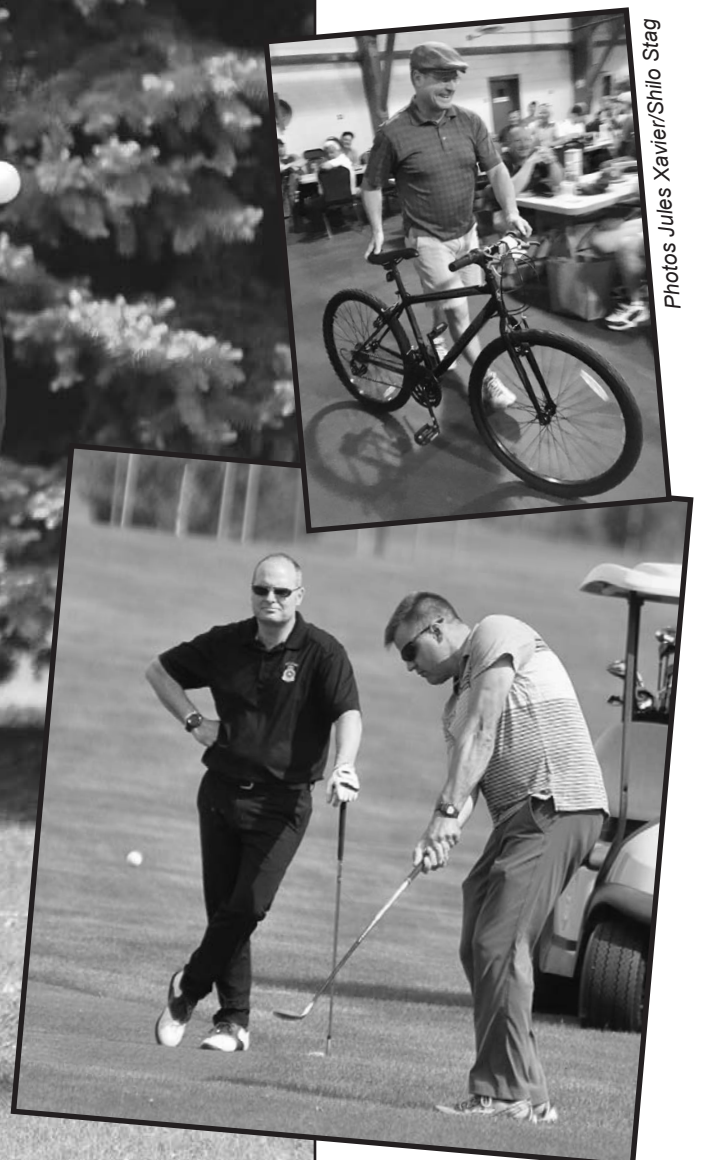


CFB Shilo BComd LCol David MacIntyre had an opportunity to toss out the first pitch during a military appreciation game featuring the host Wheat City Whiskey Jacks versus the Spearfish Sasquatch. Canadian Army mascot, Juno, was able to greet ball fans along with the Whiskey Jacks' mascot, Jack. Down early in the Expedition League contest, the Whiskey Jacks needed 11 innings to prevail 7-6 to improve the team's win-loss record to 3-4.





The foursome garnering winners' bragging rights during the annual BComd's golf tournament at the Shilo Country Club featured Max Bratzke, Rick Kehler, Mario Lajoie and Chuck Roeder (above). There were more than 30 teams involved on a windy day, with BComd LCol David MacIntyre playing alongside incoming BComd LCol Jeff Lyttle. Former BRSM Capt Don Askeland won a mountain bike.



Photos Jules Xavier/Shilo Stag

UTPNCM program provides tremendous opportunity for university degrees

OCdt JP Reil
Stag Special

Are you interested in a full-time education program while staying in the military?

If you are a Cpl / LS or above, the University Training Program for Non-Commissioned Member (UTPNCM) plan may be an option for you.

The program allows you to go to university full-time while maintaining your current pay. Tuition and books are free – members will pay for those costs upfront and then get reimbursed.

From September to April, you remain at the university – you have your own class schedule and don't have to go back to Base, unless directed.

DAOD 5002-9 provides information about the program and it can be accessed at home on the National Defence website.

If selected for the program, applicants must be willing to complete obligatory service and convert to an Intermediate Engagement (IE) of 25 years. If you are on a different Terms of Service (TOS) – the BPSO will be able to determine exactly what is required.

A CANFORGEN is issued in the summer – usually July or early August – announcing the competition plan.

“The most common questions I get from troops applying are ‘what trades are open or trades that are not aligned with my current one?’” said Capt Bradley Knoll, Shilo’s BPSO. “There’s a wide variety of officer trades you can apply for.”

He added, “What school do I go to?” is another one.”

Applicants must have completed 12-credit hours of university courses – this shows that you are serious about the

program and can complete university courses. Some college courses or diplomas may count for equivalency, check with the BPSO.

“Any university courses are acceptable,” Capt Knoll said. “If you’re planning to go to a certain university, then get courses from that university. If you want to go to RMC, then take courses from RMC.”

“Make sure credits are transferable as per the entry standard,” Capt Knoll explained. “For example, if you want to be an infantry or artillery officer with a history degree, then take history courses as they’ll increase your competitiveness.”

I took distance courses from Athabasca University. Those courses were not tied to a semester schedule and I had six months to complete them. Distance courses are great as Exercises, courses or Op LENTUS can get in the way of education opportunities.

The BPSO can help with exploring options for different academic institutions.

Once you obtain your degree, you will be commissioned as a 2Lt or Lt – depending on the occupation and previous rank.

“My advice for applicants is to engage the Chain of Command,” Capt Knoll said. “Let them know you want to apply to this program so they can support you, both academically and with professional development. They can provide you with leadership opportunities which also increases the competitiveness of your file.”

For more information on this program or other education options, contact the BPSO office located at Base HQ – ext 3806. They’ll be happy to assist you with any inquiries you may have.

“Make sure credits are transferable as per the entry standard. For example, if you want to be an infantry or artillery officer with a history degree, then take history courses as they’ll increase your competitiveness.”
— Capt Bradley Knoll

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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 Shilo Golf & Country Club



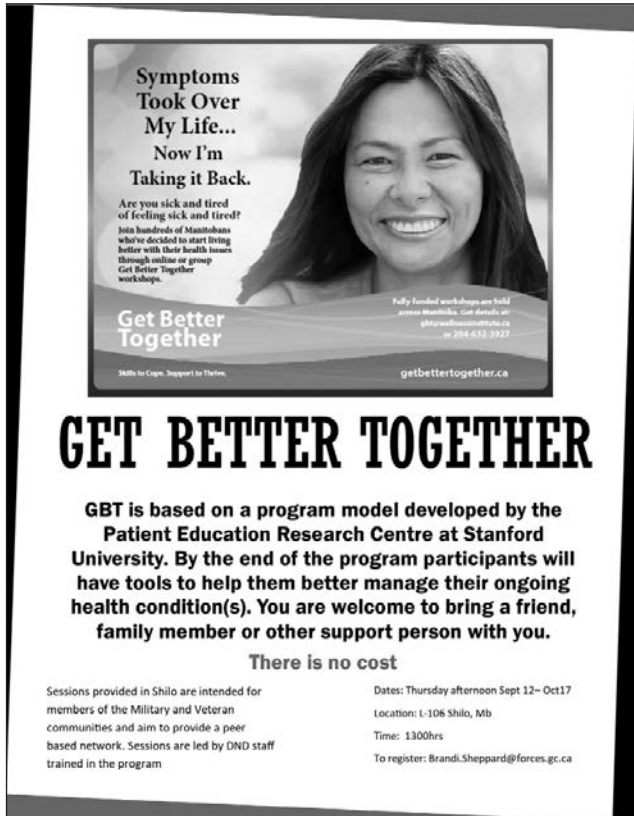
CANNABIS

by the numbers

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

Period of Prohibition	Duty
8HRS	<ul style="list-style-type: none"> • any duty (defined as any duty, training, exercise, parade or service that is military in nature.)
24HRS	<ul style="list-style-type: none"> • 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.
28DAYS	<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"> • enduring and total prohibition on cannabis consumption during the entire period of ... • 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



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.

Get Better Together

Fully funded workshops are held across Manitoba. Get details at getbettertogether.ca or 204-652-3927

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: L-106 Shilo, Mb
Time: 1300hrs
To register: Brandi.Sheppard@forces.gc.ca



The Base fire hall and Junior Ranks (below) were two of the eight venues used for the MFRC's annual Amazing Race event, where teams of four tested their mettle with a number of tasks. *Photos Jules Xavier/Shilo Stag*



ADVENTURE DAY CAMP

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CFB Shilo Faith Centre
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sophie.egloff@forces.gc.ca

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Pre-registration required!
Registration closes June 21 @ noon
www.adventuredaycampmb.org

Amazing Race bragging rights won by PSP team

Shilo Stag

Moving quickly between pit-stops, a PSP foursome garnered Amazing Race bragging rights when they arrived at the MFRC with their eight stones.

With a clocking of one hour, 43 minutes, 22 seconds, PSP's Brandi Sheppard, Brett Olsen, Sarah Fowler and Melissa Green were crowned Amazing Race '19 winners. Three minutes back, the runner-up team was the foursome of Linda Beauchemin, Alexa Kullberg, Jenna Gray and Jodi Billard, or better known as the MFRC Cowgirls.

Third-place finishers were Base Dental, crossing the finish line in 2:01.48. This foursome featured Maj Mackle, Sgt Steele, Cpl Jessop and Cpl Gauthier.

This year's edition of the MFRC's Amazing Race organized by Ryan Blackman, featured eight different pit-stops that tested one's mettle, from physical to memory. There were puzzle analysis, wheel-chair racing, tire changing, drink mixing and hose pull-

ing to name just a few of the activities competitors on the eight teams found themselves exposed as they moved by foot around the Base.

Competitors needed to explore the RCA Museum's gun park for clues, while at the fire hall, the Base firefighters had the teams dress up in firefighting gear, then they pulled hose or transported a "patient" by hauling them to a wheeled stretcher.

Stopping at Shilo Automotive, there were two cars that needed tire changing. Four different non-alcoholic drinks had to be made at the Junior Ranks, with Patsy and Rosie acting as judges, sampling each drink besides looking at the content of the glass.

Other pit-stops included the Transition Centre, environment office at Base HQ, Health Services and the Korean parade square.



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

Call 204-765-3000 extension 3570
CFB SHILO

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Lobsterfest close-up

Recently graduated from the CAF's PAO school in Quebec, 2Lt Ryan Bartlette finally experienced his first BComd's Downhomer Lobsterfest after being on this Base for 16 years. Using a new iPhone with cool video apps, he focused on the lobster waiting to be placed in cauldrons of boiling water.

Photo Jules Xavier/Shilo Stag

CLASSIFIED ADS

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

June 20 at noon

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

Services



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

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

Services

**Greg Steele Canadian Fire-
arms safety course instructor/
examiner offering Red Cross
first aid training. Manitoba
hunter safety instructor. CFSC,
CRFFC safety courses offered
at least monthly and on de-
mand. Firearm/hunter safety
courses planned seasonally.
Restricted and non-restricted.
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keeps stock in order. He/she
performs cleaning duties as
required. Apply in person at
CANEX admin office, or NPF
Human Resources office at
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Employment

Looking for a job on the Base? Submit resumes to NPF HR office
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