

**CANEX**  
A division of CFMWS  
Une division des SBMFC

**PRICE MATCH GUARANTEE**

**WE WILL MATCH...**  
ADVERTISED PRICES ON ELECTRONICS, CAMERAS, COMPUTERS & MAJOR APPLIANCES. DETAILS ARE AVAILABLE IN-STORE OR ONLINE AT WWW.CANEX.CA



Your source for Army news in Manitoba



**D  
A  
Y  
G  
B  
Y  
Q**

**Page 10**

**INSIDE**  
This Issue



1RCHA introduce new RSM at CoA ceremony. Page 2



MFRC create muddy memories in mud. Page 6



Promotions highlighted at quarterly parade. Page 8

# Teamwork key to 'unmatched service'



## Salute daughter-style

With everyone around her also saluting at the conclusion of CFB Shilo's CoC ceremony, daughter Elizabeth Lyttle copies her father, incoming BComd LCol Jeff Lyttle, with her own salute. The BComd's CoC was held in the picturesque and historic Canoe River Memorial Park.

*Photo Jules Xavier/Shilo Stag*

## LCol MacIntyre praised Base team under his command

**Jules Xavier**  
Shilo Stag

"There can be no greater compliment to a Base Commander than one of your team finding a way to get the job done. This is how I know that CFB Shilo is Ad Omnia Paratus — Ready for Anything."

Outgoing BComd LCol David MacIntyre summed up his two-year stint on this Base with that observation in his farewell speech during a CoC held at Canoe River Memorial Park.

He made this observation for those in attendance following a handshake with a soldier who works on Base side.

"One of my soldiers came up to me last week to let me know he was disappointed he would not be able to be on parade with the guard [June 18]," he said. "He had a task to perform getting 2PPCLI [Battle Group] equipment ready to deploy on operation, but he wanted to shake my hand before I left."

LCol MacIntyre is posted east, where his family — wife Shannon, and children Gavin and Meaghan — will call a suburb of Ottawa home. This will be his third tour with the Directorate of Land Requirements.

Passing the reigns to incoming BComd LCol Jeff Lyttle, LCol MacIntyre confessed the transition to leaving his two-year post here was more difficult for him than he planned.

"Six months ago I would still quip that I was waiting for my extension paperwork to go through, but I am happy to say that Army succession has chosen very wisely.

"I have complete trust in LCol Jeff Lyttle as he transitions his family back to the community of Shilo and Brandon.

"He is no stranger here, and I can leave breathing a little easier knowing he already understands the dynamic between our great Base, our need for local solutions, and the support and trust of communities."

He added, "Jeff and [your wife] Janet, I can think of no one better to carry on this torch as we transition today. It is a privilege to command the team here in Shilo, and I know you are up for the task."

LCol Lyttle arrives on this Base having already spent time here as 1RCHA A Bty BC. He arrives here this summer from Ottawa, where he was posted to the Canadian Joint Operations Command (CJOC) headquarters as Chief of Joint Targeting and Effects. He just completed his time in the National Capital Region as Deputy of the newly formed Joint Operational Effects Branch.

See CoC page 3

# CWO Christopher Rigby replaces RSM CWO Maurice Campbell

## Empathy for soldiers critical to 1RCHA successes, says CO

**Jules Xavier**  
Shilo Stag

Laughter erupted from the CoA ceremony when CWO Maurice Campbell held on to the pace stick he's carried for the past three years as 1RCHA's RSM.

Gripping it with 1RCHA CO LCol Ryan Stimpson, he eventually relinquished his hold and the pace stick was passed on to incoming RSM CWO Christopher Rigby.

"CWO Campbell, today is your day. Three years of loyalty and dedication to this Regiment come to a noble end," offered LCol Stimpson during the ceremony held on the gun lines at 1RCHA. "You are an extraordinary soldier, warrior and confidant. Your counsel and advice to me over the year we spent together, provided perspective that made me a better CO."

He added, "Your empathy for the soldier and dedication to the Regiment were critical to our success — critical to our readiness. You came to us with valuable experience cultivated over a rich career to include dismounted para battery time in 2RCHA, combat experience during TF 3-06, instructor time at CFLRS and staff experience cultivated during and post ATWO program."



Outgoing RSM CWO Maurice Campbell hands his pace stick to 1RCHA CO LCol Ryan Stimpson, who then passed it on to incoming RSM CWO Christopher Rigby during a CoA ceremony held on the gun lines. Photos Jules Xavier/Shilo Stag

LCol Stimpson acknowledged CWO Campbell's perspective and military background was valuable to 1RCHA.

"I never understood until now, this notion of cross-pollination being important to round out the individual. I understand now it is not about the individual so much, but about the betterment of the unit. It's about an outsider changing perspective — about an outsider pointing out how we could do things more efficiently, how we could do things smarter."

During his three-year stint at 1RCHA's RSM, LCol Stimpson conceded CWO Campbell not only changed the Regiment's perspective, but he also changed it for the better.

"Your impact will be lasting," he said.

LCol Stimpson highlighted some of CWO Campbell's accomplishments:

- "You mentored and guided the Battery Sergeant Majors. A critical role of the senior soldier of the Regiment. So much of this is just setting the standard for them and following it yourself."
- "I witnessed the strength and leadership of our BSMs on Ex FROZEN GUNNER and in Wainwright."
- "Your influence and empowerment of the BSMs ensured our soldiers would be looked after all the way through down to the most junior rank. The experience and wisdom you related in your tenure will make an already strong cadre of Senior NCOs and Junior Officers stronger leaders."
- "You looked out for the welfare of our Regimental soldiers. You persevered alongside the soldiers at our Regimental gun position during Ex FROZEN GUNNER, the coldest exercise in Regimental memory."
- "Training injuries are a reality but I assure you



Review officer 1CMBG Commander Col Bob Ritchie inspected 1RCHA's four batteries during the CoA morning ceremony.

there would have been many more and more severe if not for your diligence and proactiveness."

• "You showed your genuine concern for the welfare and well-being of the soldiers and families of this Regiment."

• "We had a number of soldiers in the hospital early in my tenure. It was stressful time. You encouraged me to visit and accompanied me without reservation regardless of where we needed to go. I could always count on you being responsive to a soldier in need, no matter the hour."

LCol Stimpson considered his RSM a trusted confidant, and could count on his loyalty and honesty.

"You reminded me often that you were not here to make friends," he said. "Your opinions and assessments were without bias, without preference. You delivered a frank sounding board for my ideas. And you understood this role well."

"You spoke truth to power and provided that advice on more than one occasion I

know. That unvarnished and frank counsel ensures a comprehensive richness in command decision-making that considers all angles, makes us better, makes us stronger."

CWO Campbell's wife Joanne was also praised for her support.

"I will never understand the hardships and sacrifices that are made by the spouses of military members. They are enormous I know. Spouses drastically change their life courses to allow soldiers to do what they need to do."

"You [Joanne] are as important to CWO Campbell's success as he is, and integral to the unit ability to be ready. The Regiment thanks you. I thank you."

While he was saying good-bye to CWO Campbell, LCol Stimpson welcomed CWO Rigby into the 1RCHA fold.

See **NEW RSM** page 5

## Pet of the Week

### TEXAS

Tasha Favron says Texas is her husband's baby. She says the seven-year-old canine companion does so well with everything. She is good with everyone who meets her for the first time. Do you have a photo of your pet — cat, dog, bird, snake, hamster — you'd like to share with our Stag readers? If so, e-mail it to us via [stag@mymts.net](mailto:stag@mymts.net)



### PEACEFUL VALLEY PET CREMATORIUM

"A treasured memorial for your cherished pet."

[www.peacefulvalleypetcrematorium.com](http://www.peacefulvalleypetcrematorium.com)

Karen & Rob Gardiner  
204-748-3101 • Virden



Outgoing BComd LCol David MacIntyre signs his CoC paperwork (left) after taking in the ceremony sitting with his family, including wife Shannon (above).

# CoC ceremony in park fitting end to BComd's Shilo post

## From the front

In writing his farewell speech, LCol MacIntyre searched for the right cliché to share with his attentive audience, which included review officer Col Scott McKenzie, 3CDSCG Commander out of Garrison Edmonton.

"I searched through the ready list of well-known clichés to use, but somehow 'drag em in, drag em out' does not fit. [With] my experience, I believe the more fitting analogy is 'start where you are, do what you can, leave it better than before.'"

He added, "I first heard this as part of our soldier total health and wellness initiatives known colloquially as 'Readiness, Resiliency and Growth,' but I also think it apt for CFB Shilo as whole."

Looking back on his two years working here on the prairies, LCol MacIntyre believes the Defence team, Regular and Reserve soldiers, public servants, NPF staff, and contractors all deliver "unmatched service" to the lodger units, communities, operations, training and military families.

"This is what it means to be part of the Base, and our success only comes through their daily efforts," he offered. "Jeff, my friend, you won't always have the answers, but I believe that you take of this team, when you realize that through initiative, understanding and teamwork, small changes can eliminate mountains. I ask that you leave it better than you found it."

LCol MacIntyre acknowledged the efforts of the guard on parade for the CoC during his speech.

"I also owe a personal debt of gratitude to the team represented by the guard on parade," he said. "The diverse Base Defence team is over 350 strong, and I don't believe there was even one time where I managed to get out and see them all — either as a group or individually."

"They work in locations all over the Base, humbly providing the services that keep this community and Base strong. They are counted on to complete their tasks, often with little recognition, but this is the nature of the work."

"We are always open and capable of adjusting to the needs of our clients — this is what it means to serve on a Base."

LCol MacIntyre thanked his BRSM, CWO James Doppler, for indulging him one last time by allowing him to hold his CoC in a fantastic location just off Royal Avenue versus indoors at the MPTF, as he experienced when he arrived to replace LCol John Cochrane in 2017.

"I am incredibly proud of this Base, and find it especially fitting to hold this ceremony here Canoe River Memorial Park. Displayed in this park are memorials and testimonials of the efforts of CFB Shilo soldiers in conflicts of the past 100 years, never to be forgotten."

He added, "I am especially proud of our efforts to commemorate the LAV III and memorial cairn for those who fought and died in Afghanistan. I have a personal link with that conflict together with the 2PPCLI Battle Group and deployed teams of 1RCHA."

"Their sacrifices are remembered here, surrounded by the very services who make their participation in training and readiness possible ... services like General Strange Hall, MFRC, CANEX systems of support, community centre, official languages school, Real Property operations and, in the background, the Base headquarters building."

Essential to the mission, LCol MacIntyre offered thanks and congratulations for the teams' continued efforts at CFB Shilo.

Looking towards Col McKenzie on his left sitting in the shadow of retired artillery pieces from 1RCHA, LCol MacIntyre offered thanks to the 3CDSCG commander for his patience, support and effort from his formation.

"We could not have been successful without your advice and effort to bring the formation together. Though we stand 1,200 kilometres apart, in many ways we have worked on our relationship linking out teams together."

"I believe it started with a Ceviche and a glass of port in the Mediterranean before either of us assumed Command, but I believe we have transitioned into a strong team."

LCol MacIntyre's final thanks was to his own family who "took a gamble and moved with me to Shilo, Manitoba," where the Base's location had to be described on a map for them.

"No stranger to the Army of the West, Shannon, Gavin and Meaghan agreed to two years in Manitoba. I cannot thank them enough for this opportunity."

"I believe we were able to flourish with the richness of services provided to military families in Shilo."

Joining the Canadian Armed Forces (CAF) in 1994, LCol MacIntyre was commissioned as an Armour officer with Lord Strathcona's Horse (Royal Canadians) four years later after completing his Bachelor's degree through the Regular Officer Training (ROT) program.

Besides his posts in Canada, he has several operational tours including the NATO stabilization force in Zgon, Bosnia in 2000; Joint Task Force Afghanistan in Kandahar, in 2006 and 2008; and a domestic deployment to Op PODIUM for the Winter Olympics held in BC in 2010.

A graduate of the Land Forces Technical staff program and advanced command and staff course while on course in Shrivenham, UK, he received his Master's degree in strategic studies from King's College, London.

LCol Lyttle also joined the CAF in '94, graduating with a Bachelor of Engineering four years later. He was commissioned as a 2Lt in field artillery, initially serving with 2RCHA at Garrison Edmonton. He was also 2IC with 2RCHA.

His operational experience includes humanitarian relief in Turkey in 1999; stabilization operations in Bosnia in 2001; counter-insurgency operations in Afghanistan in 2008; and twice domestically in response to flooding in Manitoba in 2011.

More recently, from July 2016 to April 2017, LCol Lyttle was the Chief of Lethal Targets for Combined Joint Task Force Op INHERENT RESOLVE supporting the military defeat Da'esh in Iraq and Syria.

LCol Lyttle is the father of four daughters, Hailey, Emma, Ava and Mackenzie.

## 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](http://www.CAFconnection.ca) to learn more about the council, or contact 2Lt DiFalco to submit your name for consideration: [Jonathan.DiFalco@forces.gc.ca](mailto:Jonathan.DiFalco@forces.gc.ca)**



Volume 58 • Issue 13

Regular Circulation: 3,000

Printed bi-weekly by  
Struth Publishing, Killarney MB



General manager Mike McEwan ext 3073  
 Managing editor Jules Xavier ext 3093  
 Base photographer ext 6008  
 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>

**Cliff CULLEN**  
MLA for Spruce Woods



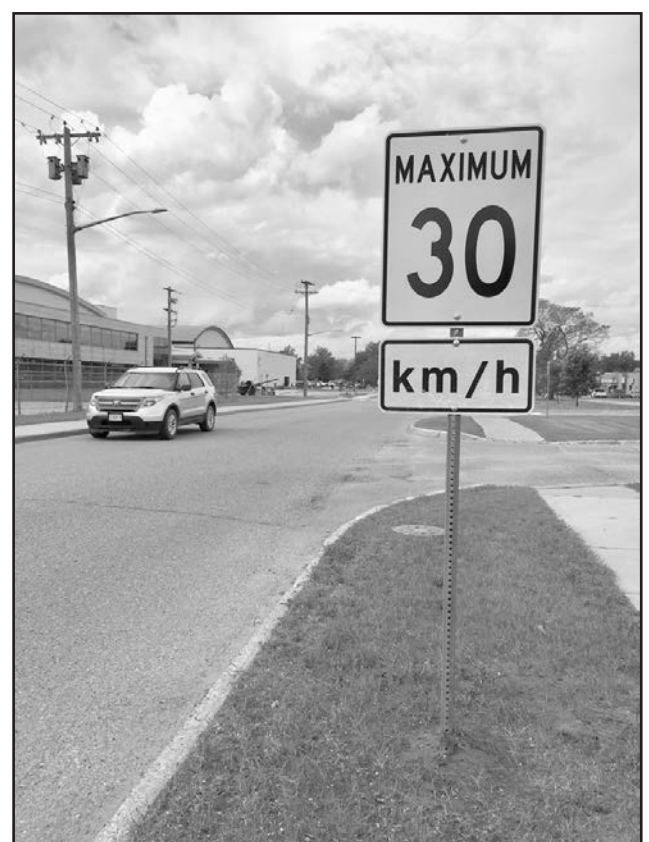
Constituency Office  
Box 129, 101 Broadway Street  
Glenboro, MB R0K 0X0  
t. 204.827.3956  
ccullenmla@mtns.net



## Do you have a vehicle parked here?

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. The Base's Auto Club hours of operation are Monday to Thursday from 6 to 9 p.m.

Photos Jules Xavier/Shilo Stag



Stag staff checked out the signage changes motorists can expect on Aldershot Road.

## Crosswalk, speed limit signs moved Be aware of signage changes on Aldershot Road

### Shilo Stag

Motorists in the vicinity of the GSH and CANEX might want to be cognizant of road sign changes, according to the Base General Safety Officer (BGSO).

Work has been done or will be completed related to the following speed limit and traffic marker changes: In the high traffic area of CANEX and GSH on Aldershot Road, the following changes have been made to facilitate safe passage of both vehicle and pedestrian traffic.

- The 30 km/h zone on Aldershot Road has been expanded east by approximately 60 metres to ensure vehicle traffic is slowed appropriately prior to entering the pedestrian and vehicle traffic area between CANEX and GSH on Aldershot Road; and

- In the coming weeks, all six pedestrian crosswalk signs on Aldershot Road in the vicinity of CANEX and the GSH will have red flags placed on them so they better stand out to drivers.

Meanwhile, when turning onto Aldershot Road from Boulogne Road, the following change has been made to improve traffic safety and visibility of oncoming traffic: The stop sign and stop line at the junction of Boulogne Road and Aldershot Road when driving north on Boulogne Road have been moved forward towards Aldershot Road to permit better vision when looking west down Aldershot Road — around corner of the hobby club fence — prior to turning onto Aldershot Road from Boulogne Road.

For questions or clarification contact CFB Shilo's BGSO at 204-765-3000 ext 3826.

Many local businesses offer discounts to military members. Check out our website for a list of offers

OR

look for our logo at a local business and ask about their military discount.



Good Neighbours Proud Partners  
**Brandon Salutes**

[www.brandonsalutes.ca](http://www.brandonsalutes.ca)



SHILO • CARBERRY • WAWAWESA  
VIRDEN • 2830 VICTORIA AVENUE  
• SHOPPERS MALL BRANDON  
[www.guildhmsinsurance.ca](http://www.guildhmsinsurance.ca)

HOME FARM BUSINESS TRAVEL LIFE autopac

ASK US ABOUT OUR  
DND MILITARY INSURANCE PROGRAM





CWOs Christopher Rigby and Maurice Campbell salute 1RCHA CO LCol Ryan Stimpson (below) following the exchange of pace stick ceremony. CWO Campbell stands at attention (left) under an M777 during the CoA morning ceremony held on the gun lines. 1CMBG Commander Col Bob Ritchie (right) queries A Bty cook Cpl Yannick Gagnon during his inspection of 1RCHA's four batteries.

Photos Jules Xavier/Shilo Stag

# New RSM offers 1RCHA rich operational experience

From page 2

"I know it can seem daunting coming to a new unit for which you are unfamiliar. Your experience and background is equally impressive to that of CWO Campbell's," he said, noting his new RSM has experience with 2RCHA out of Garrison Petawawa, where he was a member of Para Battery.

"You have rich operational experience, time spent with CSOR and various other deployments. I look forward to your counsel, to your perspective. My advice to you, is be frank. We need the perspective of an outsider, someone to tell us there is an alternative, perhaps smarter way to do things. I challenge you to make us better."

Born and raised in St. Stephen, NB, CWO Rigby joined the Canadian Armed Forces (CAF) in February 1988. Following basic training at the now defunct Cornwallis, NS, location, he attended battle school at CFB Shilo. His first posting was to 2RCHA's E Bty Para.

Freefall qualified following training at Garrison Edmonton, in 1991 CWO Rigby was offered a tryout with the Canadian Forces parachute team, Sky Hawks. Successful, he then travelled across North America promoting the CAF while jumping as a Sky Hawk.

With three deployments to Afghanistan on his military resume, CWO Rigby worked at the Gunner career shop in Kanata, Ont. prior to his promotion from MWO to CWO, and subsequent appointment to 1RCHA as its newest RSM.

His operational experience includes a 1993 deployment to Cyprus as a section patrol member for his first tour overseas, and the last rotation of Op SNOWGOOSE.

In 1998, he was deployed to Bosnia as a mortar detachment commander for six months, then to Honduras as part of the OC's security party with the first DART mission. He's also been deployed to Kosovo, with his first Afghanistan mission occurring on Roto 0 in 2003. On another Afghan mission he instructed Afghan National Army soldiers company level attacks.

Away from work, CWO Rigby enjoying fishing, taking his motorcycle out for a spin, and all types of physical training.

CWO Campbell is posted to CFB Kingston, where he will begin is French studies this summer.



## Public Notice

### You're Invited

to share your views about the proposed rate increases from Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has applied to the Public Utilities Board (Board) for a 0.1 per cent increase to Basic Autopac vehicle insurance rates and premiums, effective on March 1, 2020 through March 31, 2021. This 13-month rating period is required to align with a revised fiscal year-end.

For further details, please contact MPI at [inquiries@mpi.mb.ca](mailto:inquiries@mpi.mb.ca) or visit the Board's website at [www.pubmanitoba.ca](http://www.pubmanitoba.ca).

If you are interested in learning about these rate increases, you are encouraged to attend the hearing, observe the hearing via live streaming, or provide your perspectives through the Board's on-line comment tool.

If you wish to speak at the hearing or make a written submission, please contact the Board secretary at 204-945-2638 or toll free 1-866-854-3698, no later than **September 1, 2019**.

For more information, visit [www.pubmanitoba.ca](http://www.pubmanitoba.ca).

A public hearing on the proposed increases will be held on:  
**Monday, October 7, 2019** at 9:00 a.m.  
Public Utilities Board Hearing Room  
4th Floor, 330 Portage Avenue,  
Winnipeg, MB R3C 0C4

**Manitoba Public Utilities Board**  
400-330 Portage Avenue,  
Winnipeg, Manitoba R3C 0C4  
Phone: 204-945-2638  
Email: [publicutilities@gov.mb.ca](mailto:publicutilities@gov.mb.ca)

## CFB Shilo's CANADA DAY

Community Centre Annex, Building L-25  
July 1st

- Family Activities 4-8pm
- Face Painting
- Henna Tattoos
- Inflatables
- Laser Tag
- And More!

### Local Band 4-8pm



### Beer Gardens & Food Alley 4-11pm

### Kids Movie @ the GSH 8:30-10pm

Wonderpark, rated G

### CWE Wrestling Show 8:30-10:30pm

Featuring "The Genius" Lanny Poffo!



### Fireworks Show 10:45pm

[www.cafconnection.ca](http://www.cafconnection.ca)





M  
U  
D  
D  
Y

M  
E  
M  
O  
R  
I  
E  
S

Parents needed the use of a fire or garden hose to wash off their children, or themselves, following the annual Shilo MFRC Mud Day. Plenty of muddy memories made in the soupy dirt, with ice cream served afterwards.

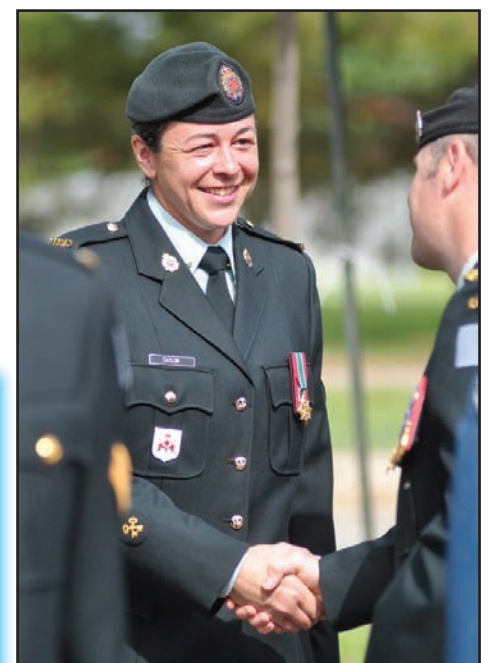
*Muddy photos Jules Xavier/Shilo Stag*



S



# BASE COC



There's a new soldier at the helm of CFB Shilo following a CoC held in Canoe River Memorial Park. Incoming BComd LCol Jeff Lyttle (above) salutes during the national anthem. During an inspection of the guard (top) both LCol Lyttle and outgoing BComd LCol David MacIntyre had an opportunity to converse with military members. LCol Lyttle signed his CoC document observed by review officer 3CDSG Commander Col Scott McKenzie, who also spoke to military members during guard inspection.

*Photos Jules Xavier/Shilo Stag*



Capt Knoll



Capt Oh



Bdr Reimer

Chuck  
RoederBdr  
Stinziano

Cpl Bohm



Cpl Dionne

Cpl  
IdzilowskiCpl  
LeducCpl  
PowerCpl  
Savoie-Poirier

Laura Olsen

LS  
Zaburdajev

Lt Shaw



Maj Durand

MCpl  
Desmarais

MCpl James

MWO  
Gilbertson

Patsy Marion

MWO  
KeatingRosalind  
LebelSgt  
ThompsonSgt  
CaldwellWO  
SpencePte  
PellerinPte  
BuenaventuraWO  
GerowMCpl  
Dutchak

Still recovering a leg injury and now in a boot cast, NPF accounting manager Tammy Power was surprised at the Base CoC when she received a commendation from 3CDSG Commander Col Scott McKenzie for her contributions to the military.



Sgt Landry with his family following his promotion at the MPTF.  
Photos Jules Xavier/Shilo Stag

## Quarterly awards parade

# Mess manager Patsy Marion recognized for her 35 years service

### Shilo Stag

With his Change of Command (CoC) ceremony just around the corner, outgoing BComd LCol David MacIntyre hosted his final quarterly awards parade at the MPTF.

A number of citations, promotions and honours were handed out or presented by BComd LCol MacIntyre and BRSM CWO James Doppler.

A number of Command Team coins were presented to military members and a civilian worker:

- Cpl Savoie-Poirier was instrumental in supporting a fellow soldier through their medical limitations and minimizing the impact felt within Standard Military Pattern section. In addition to sharing knowledge with others in the section, he was relied upon to help his peers after-hours to conduct recoveries, even while not on duty.

- Cpl Dionne created a Standard Military Pattern sections specific walk-through manual for maintaining the new Tactical Armoured Patrol Vehicle (TAPV). This manual documents the best procedures, which other technicians can then use to repair the vehicle even in the absence of an experienced technician.

- Cpl Purcell eagerly volunteered to be the OPI for the spring car care clinic and provided outstanding leadership to the entire team. He ensured the event was adequately staffed and help raise more than \$2,000 for the Base Padre fund.

- Chuck Roeder has consistently gone above the requirements of his position to ensure that CFB Shilo provides a first-rate Range and Training Area (RTA). He has accomplished those efforts by using UAV assets to define trouble areas and enhance Force Protection and Security requirements, which meant a serious degree of commitment on his part to ensure that he operated in line with new policies.

Further, he went above and beyond in ensuring that resources were in place and that key inspections were conducted so that the RTA could remain operational, which was done to such a high standard that accolades regarding his

work have been sent by CADTC and the formation Range and Training Area Management Officer (R TAM O).

- In recognition of Cpl Oskar Idzikowski, and Bdr Nicholas Stinziano and Bdr Kyle Reimer's actions May 13, this trio were recognized by the Command Team.

While conducting their duties in the Range Control maintenance shed, a co-worker was sprayed in the face with hot coolant when a hose came loose. These three members reacted immediately by removing the fluid from his face, leading the member to the eye wash station, and flushing the eyes. The quick responses of these three members preserved the casualty's eyes.

- MCpl Desmarais suffered a severe injury during a unit sports day in October 2017. While recovering, she requested to be accommodated allowing her to continue working for the Base Comptroller branch via remote arrangements.

Despite setbacks, her dedication to a full recovery, while seeking avenues to support the Base and her future career are to be commended. MCpl Desmarais' successfully completed the residency portion of her Primary Leadership Qualification (PLQ) immediately on her return to work which continues to speak of her personal dedication and leadership to the Canadian Armed Forces (CAF).

These presentations were followed by presenting Command Team commendations:

- In recognition of Sgt Tracy Caldwell's selfless dedication to the continued success of the CFB Shilo MPSS section during severe manning shortfalls, she received a commendation from LCol MacIntyre.

During this year's APS, Sgt Caldwell voluntarily worked countless hours during evenings, weekends and while on leave to ensure that all members of CFB Shilo, and Base lodger units, were administratively supported.

In addition to normal MPSS functions, Sgt Caldwell was also required to support the creation of a new unit pay office, including MPAI training to the incumbent pay office staff, as well as stand up an Ops URS to support an operational deployment.

All tasks were accomplished, with only 43 per cent of her normal staff, and in a manner which brought credit to herself as a leader as well as reflecting the professionalism and flexibility of CFB Shilo.

- In recognition of MWO John Gilbertson's outstanding support, professionalism and dedication to CFB Shilo, he received a commendation from LCol MacIntyre.

MWO Gilbertson has worked tirelessly to ensure the manning and organization of the Base structure has been corrected in the data bases after many years of constant change. His forward thinking and planning abilities has been excellent while managing personnel manning challenges in the G1 Branch.

He is a consummate professional and offers sound advice and mentorship with tact. MWO Gilbertson has brought great credit to himself and CFB Shilo.

- Capt Thomas Oh was acknowledged in front of his peers for his tireless actions taken during a vehicle fire that took place in the RTA on July 6, 2018. His efforts ensured a quick and safe remediation of the area, minimizing the environmental impact of the incident. This summer, Capt Oh has been posted to CFB Borden.

There were three medal presentations: WO Spence received his CD second clasp in recognition of 32 years service; Sgt Caldwell received her CD first clasp in recognition of 22 years service; and Capt Knoll received his CD first clasp in recognition of 22 years service.

LCol MacIntyre and CWO Doppler also recognized 14 CAF members with promotions: Maj Durand, Lt Shaw, MWO Keating, WO Gerow, Sgt Thompson, Sgt Landry, MCpl James, MCpl Dutchak, LS Zaburdajev, Cpl Power, Cpl Leduc, Cpl Bohm, Pte Pellerin and Pte Buenaventura.

PSP long service awards were presented to Laura Olsen (five years), Rosalind Lebel (10 years) and mess manager Patsy Marion (35 years).

During the CoC, NPF accounting manager Tammy Power received a 3CDSG commendation from 3CDSG Commander Col Scott McKenzie.



# Everything happens for a reason Imagine placing yourself in empowering state of mind when it suits you best

**MCpl David Sadai**  
Stag Special

This article is new to the *Shilo Stag* and I wanted to give you an introduction to the vision with this space and what I hope to accomplish with it.

NECTR is a brand which is devoted to introducing tactics and strategies that may help you strive toward self and community growth. It's important to enrich the environment around you, to expand and add or give something to it.

Even more, putting that same effort in yourself toward your own goals and dreams.

Reaching a full potential to you and those around you. Dropping the conditions or patterns that have been placed on you.

These may have only ever robbed you from being your true self. They cast a dark cloud over your shine. For instance, would it shock you to know you can change an emotion as fast as you can snap your fingers?

Imagine placing yourself in an empowering state of mind whenever it suits you best. Giving yourself a rebirth to the day and continuing on a completely different trajectory. It's changing your mind from a self-talk disempowering state and having the courage to step out and become empowering to yourself by breaking the pattern and speaking a different language to yourself.

It takes practice to break these habits and a lot of emotional hard work, but it is completely possible. The pain you may be feeling can be understood when you look at the needs your satisfying and the other perspective and see the higher intention behind it.

Understanding that everything happens for a reason and sometimes you can't help the way things go when they are out of your control. The source for solving all the problems has to be completed like a combination lock.

There's the numbers you need to use and the order you

need to use them in. The idea is that some people have the right numbers to unlock the right combination, they just use them in a wrong order.

You can look deep down inside and see that trying the same thing over and over again which may lead you to the definition of insanity. But, regrouping and trying those numbers in a different order may unlock the right combination to understanding something about yourself and your problem.

There isn't a potential each of us cannot reach. At the end of the day we are all human, there are similarities between me, you, Bill Gates and Oprah Winfrey.

We all have the ability to learn, we all have the ability to feel, but the difference is they saw a vision with their potential, saw a dream and made it a reality. They thought big and live big. I'm not saying this monetarily, rather aspiring and reaching maximum human potential.

The key is accepting failure as a learning experience and to come back trying a different combination to solve the problem and live life on your terms. The potential is only ever as vast as the imagination.

If you think small, you'll live small. Each day that slips by is a day to work towards it. If you don't, you'll spend your entire life working for someone else.

If you work 40 hours a week for your boss and zero for yourself, you'll never reach the limits of potential. It all starts with a belief. If you believe in yourself, the possibilities are endless.

What is NECTR? N - Nurture self; E - Enrich your community; C - Connection through body and mind; T - Training with purpose; and R - Regimented, making every single day count.

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.

**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](http://SHILOCOUNTRYCLUB.COM)

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

## 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.

At Shilo Golf & Country Club



**Great Prizes to be won!**

# At A Glance

## CFB SHILO



Visit RCA Museum's gun park

[www.CAFconnection.ca](http://www.CAFconnection.ca)  
SUMMER 2019





**GSH Bowling Alley**

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

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

Prices subject to tax

Ask about Glow bowling birthday parties!

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

## Canine agility

Shilo MFRC's annual doggy day barbecue saw Base dog owners navigate an obstacle course as part of the evening festivities. *Photos Jules Xavier/Shilo Stag*



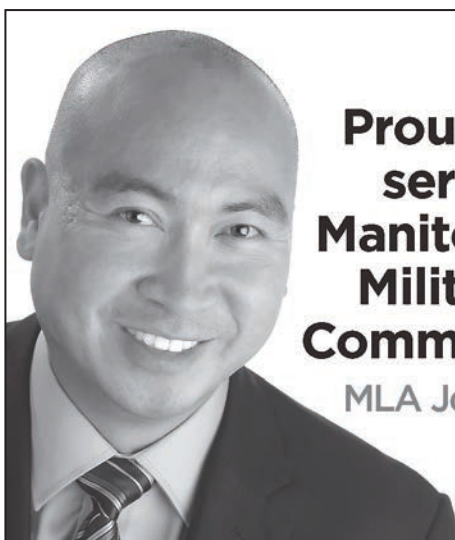
**Shilo Theatre**  
 (Located in General Strange Hall)

June 28 NO MOVIE

July 1 Wonder Park (8:30 p.m.) Rated G  
 July 5 Captain Marvel Rated PG

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



**Proud to serve Manitoba's Military Community.**

MLA Jon Reyes

Special Envoy for Military Affairs  
[military.envoy@leg.gov.mb.ca](mailto:military.envoy@leg.gov.mb.ca)  
 204.945.7900



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](http://getbettertogether.ca) or 204-632-3927

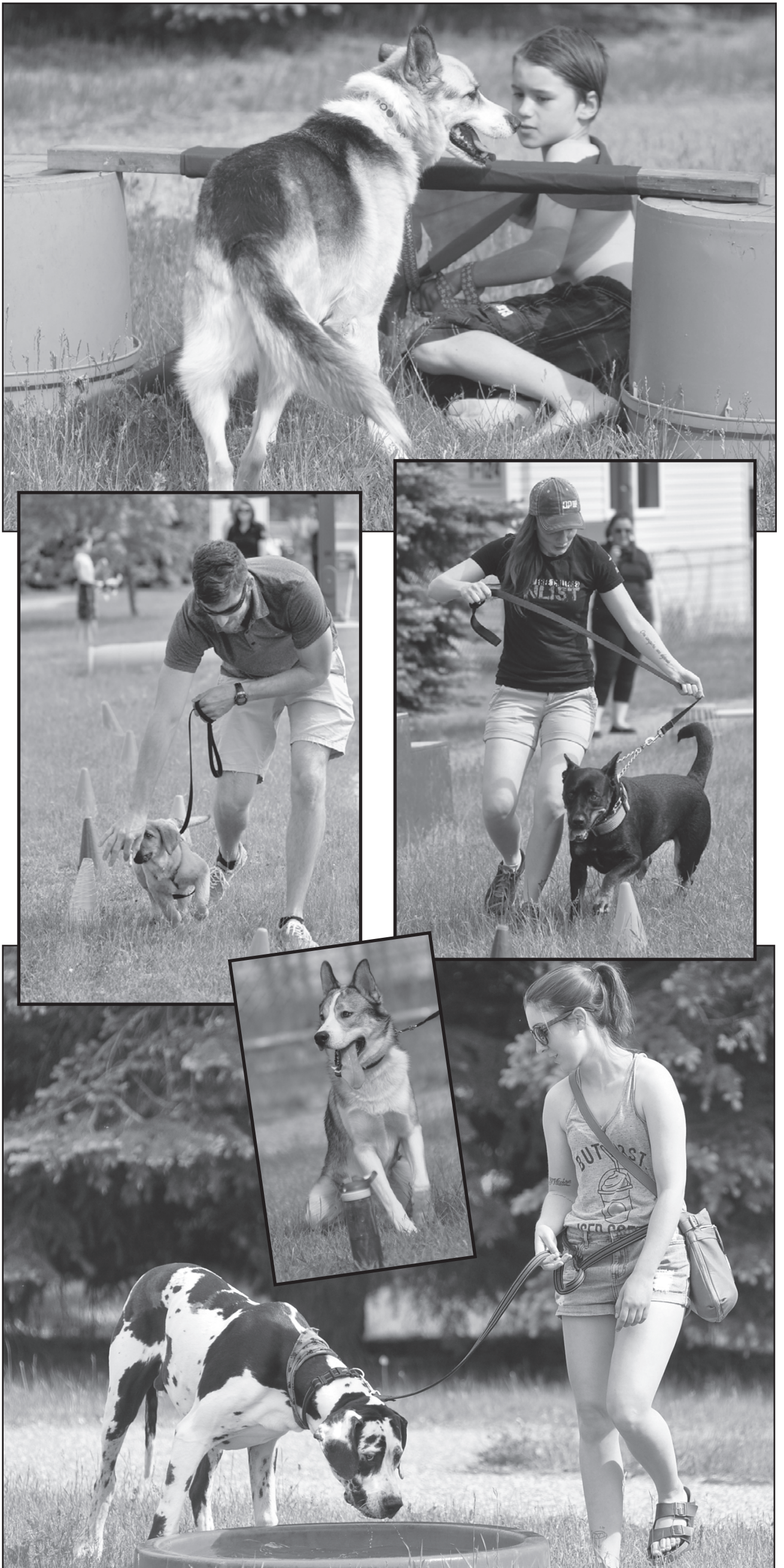
**GET BETTER TOGETHER**

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: 1-106 Shilo, Mb  
 Time: 1300hrs  
 To register: Brandi.Sheppard@forces.gc.ca



**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

**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.



Capt Steven Sloat presented the Cadet Salute document to Shilo cadet MWO Blakely and 2502 RCACC Shilo CO Capt Connie Wilson. *Photo submitted*

# Base cadets honoured by Brandon Salutes

## Shilo Stag

Cadets of the 2502 Royal Canadian Army Cadet Corps 1RCHA based here have earned the Brandon Salutes' 2019 Cadet Salute.

The Shilo Army Cadets accomplished an incredible amount of community work in the last year. From clean-up work after events on Base to making gift trays for military units to helping with events in neighbouring Carberry as well as Brandon.

"They all do a tremendous job. Everyone involved in the cadet movement in this community deserves this award,"

said Brandon Salutes chairman Matt Bolley.

Each year, Brandon Salutes honours a Brandon cadet organization with a Cadet Salute to the corps which best exemplifies the Brandon Salutes mission to foster the relationship between the civilian and military communities in Brandon.

This is accomplished by the community work, weekly activities, and overall esprit-de-corps which cadets conduct. They may not be a direct part of the military community, but they do take pride in the uniform, strive to be good citizens and cadets, and continue their education, all of which are part of the military ethos.

# CLASSIFIED ADS

Email: [stag@mymts.net](mailto:stag@mymts.net) • Phone 204-765-3000, ext 3013 • Fax 204-765-3814

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

**July 4 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/](http://www.facebook.com/gregsteelehunterfirearmsafetymanitoba/) Dial 204-729-5024 E-mail [gsteel4570@gmail.com](mailto:gsteel4570@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.**

Many local businesses offer discounts to military members. Check out our website for a list of offers **OR** look for our logo at a local business and ask about their military discount.


**www.brandonsalutes.ca**

### 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](mailto:npfhrshilo@cfmws.com) OR for more detailed information on the jobs offered at CFB Shilo visit: [www.cfmws.com](http://www.cfmws.com)



## PENSION FOR LIFE FOR VETERANS WITH SERVICE-RELATED INJURY OR ILLNESS

The new Pension for Life helps you transition to life after service with the recognition and income support you need.

Learn more: [veterans.gc.ca/pensionforlife](https://veterans.gc.ca/pensionforlife)  
1-866-522-2122

## PENSION À VIE POUR LES VÉTÉRANS ATTEINTS D'UNE BLESSURE OU D'UNE MALADIE LIÉE AU SERVICE

La nouvelle pension à vie vous aide à faire la transition à la vie après le service grâce à la reconnaissance et au soutien du revenu dont vous avez besoin.

Apprenez-en plus : [veterans.gc.ca/pensionavie](https://veterans.gc.ca/pensionavie)  
1-866-522-2022