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INSIDE
This Issue



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A sure sign of spring —winter has finally melted away — on the Base are the arrival of robins, dandelions sprouting on the lawn and prairie gophers poking their heads out of their dens following hibernation. This curious gopher checked out her surroundings near the Shilo Country Club, where the golf course opened April 22 much to the delight of golfers who arrived for a round of 18. Our snow-covered PMQ yards and the golf course are starting to show green following our long winter. *Photo Jules Xavier*

Honorary Cpl Juno enjoys successful deployment

Sgt Carin Dodsley
Stag Special

It has been a full year since Honorary Cpl Juno, the Canadian Army's adopted polar bear and live mascot, arrived at the Assiniboine Park Zoo in Winnipeg to participate in Op SOCIALIZATION.

During the course of this operation, HCpl Juno has experienced training opportunities and social interactions required for development from a cub — or private — to a young adult polar bear — now a corporal.



HCpl Juno

At two years and four months of age, HCpl Juno is showing her warrior spirit by remaining brave, strong and resilient during this phase of her development.

In early March 2017, HCpl Juno deployed from her birthplace at

the Toronto Zoo to Winnipeg to socialize with other polar bears in her age group, or in Army-speak, to earn her trade qualifications.

Her quarters at the Assiniboine Park Zoo are located at the Leatherdale International Polar Bear Conservation Centre, a transition and research facility for young polar bears.

HCpl Juno's "rations" consist of a variety of fish, specially developed polar bear "chow," and a meat product specialized for polar bears, which contains proteins and nutrients needed for polar bear growth.

According to Allison Ginsburg, the Assiniboine Park Zoo's Curator of Animal Care — Large Carnivores, HCpl Juno has a very full and active schedule.

"The polar bears are always fed multiple times a day, they have enrichment, they have access to their outdoor habitats as well as their indoor ones, and they have lots of interactions with their animal care staff," she noted. There are currently nine polar bears at the zoo.

Ginsburg reported that HCpl Juno participates in

many different types of environmental enrichment activities to encourage "species-appropriate" behaviour.

"Some of it is interactive. We'll take different types of toys down to the fence line and run back and forth or roll a ball back and forth in front of them for direct interaction with the animal care staff."

HCpl Juno also has enrichment built into her habitat. Objects such as balls and large barrels help to simulate natural polar bear behaviours, such as pouncing to break through the ice to get to seals.

"We do different types of puzzle-feeders where we can hide food and different things and they have to work to get the food out," explained Ginsburg.

In her leisure time, HCpl Juno can be found frolicking in the snow and interacting with guests of the Assiniboine Park Zoo — from a distance, of course.

Shortly after her arrival in Winnipeg in March 2017, HCpl Juno was introduced to two young male polar bears her age, Nanuq and Siku.

On HCpl Juno's first meeting with the bears, she performed a bit of reconnaissance before joining ranks.

"She was very tentative when she first met them, and took several days to go anywhere near them. She kind of watched them from afar to see what they were doing and after a while she would slowly join in and play," said Ginsburg.

Since that first introduction to her troop, HCpl Juno has come a long way. In November 2017, she first met York, a male polar bear just over three years old, with whom she now lives.

She didn't hide this time, but started interacting with York immediately, proving her growing confidence in being around other bears.

HCpl Juno has already competently met many of the standards for polar bear development. Her weight, currently at 208.5 kilograms, is normal for a female polar bear her age.

Ginsburg reported the young polar bear is responding well to training. HCpl Juno is learning many polar bear maintenance behaviours that are necessary for a polar bear living in the zoo, such as how to sit, open her mouth for an exam and stand up all the way so the zoo staff can get a good look at her body — similar to military drill and health inspections.

HCpl Juno's habitat is made up of three different environments, and she has to get used to shifting from one to another. Much of her training is ongoing, said Ginsburg: "We're always working on comfort level, trust and relationship with the handlers."

So, what's next for HCpl Juno?

She will continue to develop her species-specific behaviours — or trade-specific knowledge — on Op SOCIALIZATION, most likely through the summer.

When she has achieved the standard for success as an adult polar bear — or, to put it in military terms, has obtained her qualifications as a trained member of the Army suitable for her role and rank — she is expected to receive her marching orders to return to the Toronto Zoo where she was born.

Once her current training mission is successful, HCpl Juno will be well-trained and well-equipped to handle any challenges she may face when she returns to her home unit in Toronto.

What is the history of HCpl Juno?

The feisty bear was born on Remembrance Day in 2015 and named after Juno Beach, the code name for the Canadian landing area in France on D-Day in June 1944. The Toronto Zoo decided that Juno would be an appropriate name.

The zoo contacted the Army to ask if they would adopt her as an official mascot to help bring awareness of the plight of polar bears in the wild.

The symbolism of the Nov. 11 birthdate coupled with the strong symbol of Canada that is the polar bear brought instant agreement.

She stands as a living example of the bravery, tenacity and strength of the soldiers who were instrumental in the success of D-Day operations on the shores of Normandy in 1944 and is a fine example of the Army motto: Strong, Proud, Ready.



HCpl Juno, the Canadian Army's adopted polar bear (left), interacts with her friend York in the Leatherdale International Polar Bear Conservatory at the Assiniboine Park Zoo in Winnipeg last November.

Photo Assiniboine Park Zoo



Pet of the Week



PET OF THE WEEK

MANDY

Monica Armstrong's rescue from Manitoba Mutts turned one April 19. Mandy is believed to be a lab-husky cross. Monica says her dog enjoys the outdoors, playing at the dog park, and playing with her rope. She also likes to pretend that she can't get out of bed by herself in the morning, and loves snuggles. She is a high-energy dog which demands attention all the time, but is also a huge baby who is very loved. 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

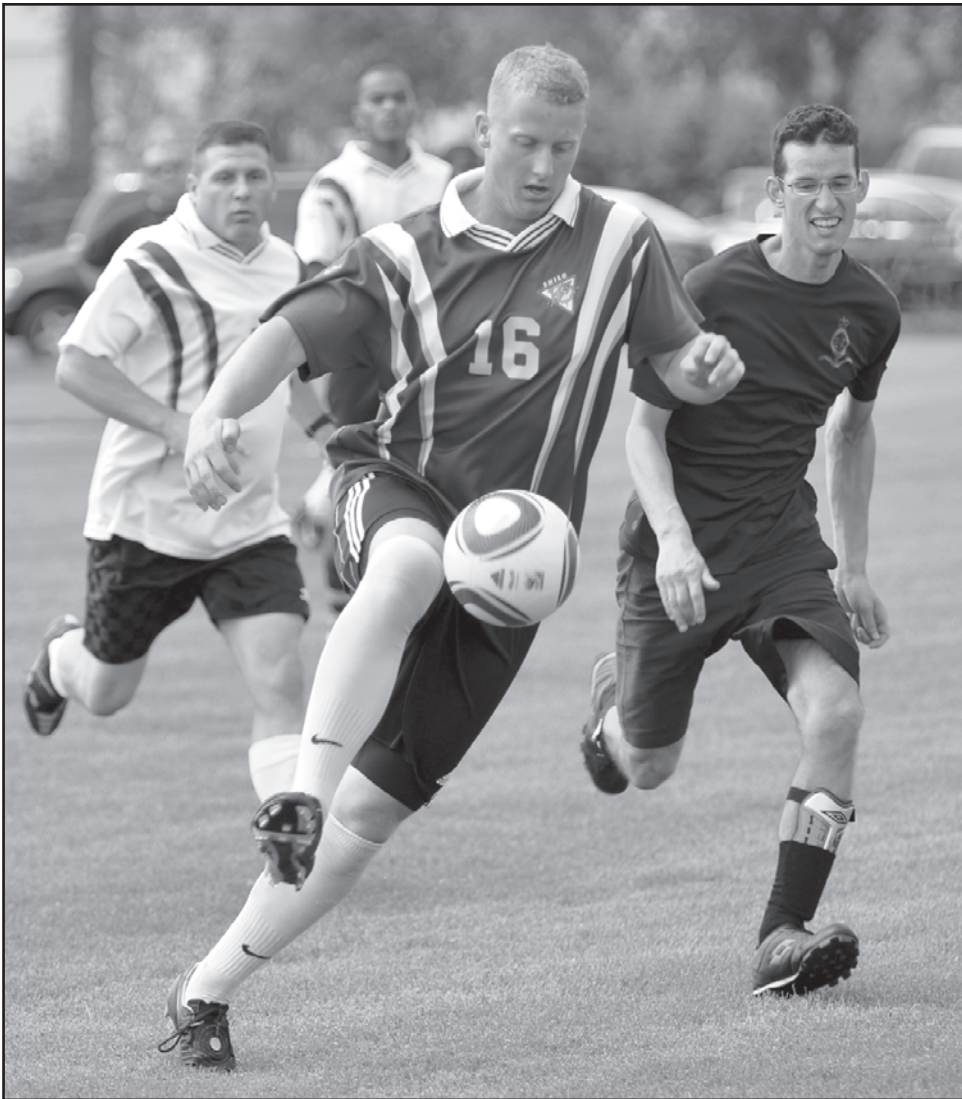


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Stags seek soccer players

Training started May 1 for players interested in playing on the Canada West entry for regionals being hosted by Garrison Edmonton from Aug. 12 to 16. Sessions initially are being held in Gym C at the GSH, with a move to the German soccer pitch when weather permits. Contact 1RCHA's Bdr Demitry Klimenko at 204-720-6755 for information. The team is open to Regular Forces and Class B/C Reservists.

Photo Jules Xavier

Commuting assistance being modified

Bus service ends Aug. 1 with employees entitled to mileage reimbursement

LCol David MacIntyre
Stag Special

As per the National Joint Council commuting assistance directive, section 5.2, and under the authority of section 2.5, this letter serves as notification of a planned modification to the provision of commuting assistance for all public service employees and Canadian Armed Forces (CAF) members working at CFB Shilo.

The current form of approved commuting assistance for employees residing in Brandon has been through the use of Government-owned transportation service to and from CFB Shilo.

Effective Aug. 1, the bus service will cease and employees will be entitled to mileage reimbursement for each day they are required to work and report for work.

Mileage will be provided at the low

rate in accordance with the referenced directive. For those personnel with designated work hours or operational requirements which preclude them from reliably using the bus service remain eligible to claim commuting assistance at the low kilometric rate.

For employees and CAF members: If you have any questions or require clarification, advise CFB Shilo's G1, Maj Stuart Smoley, thru your chain of command or supervisor by May 31. Your specific issues will be reviewed and addressed.

For union reps: If you have any specific issues with the change, or if you are aware of employees who may be adversely affected by the change, notify Maj Smoley by May 31.

A Base Standing Order (BSO) outlining the claims process will be forthcoming.

LCol David MacIntyre is BComd CFB Shilo

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2⁹⁹

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 Proof reader Elaine Rempel ext 3736

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

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

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The Shilo Stag is produced every second Thursday.

Deadline for submissions is the Thursday prior to the week of publication. Submissions can be sent to the Stag via email at stag@mymts.net, dropped off at the Stag office located in CANEX or via Inter-base mail.

Submitting articles and photos for print:

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

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Thrive, not just survive



2PPCLI soldiers hone their infantry skills during a fall exercise in the Base's training area. Photo Jules Xavier

3rd Canadian Division explores wellness culture, mindset change

Capt Bonnie Wilken Stag Special

It's a common narrative in Army circles. Soldiers get injured, "gut through it" out of pride, loyalty, or fear of career implications.

Their neglected injuries get worse, and ultimately cost those soldiers deployment opportunities, their careers, and even their long-term health.

This is the reality faced by some of our members despite a multitude of health-oriented programs that can seem overwhelming and confusing.

That way of thinking is being challenged by 3rd Canadian Division (3 Cdn Div)'s wellness working group, conducted in Edmonton earlier this year.

Uniformed and civilian members were brought together to consider the tools our soldiers need to become elite warriors who not only survive but thrive in operations.

One of the concepts that was examined was how to modify the familiar Army concept of "service before self," into an understanding of how putting individual self-care first leads to better, more effective military service. A "well" soldier is a stable, balanced fighter who will be more effective in all aspects of his or her life.

The broad base of knowledge brought by participating health care professionals, academics, military leaders, Canadian Rangers, and civilian representatives was generated to best reflect and capture the full

spectrum of wellness — physical, psychological, emotional, social, familial, spiritual and intellectual.

"To use a hockey analogy, this is about looking after our bench by bringing in some enforcers," said 3 Cdn Div CO BGen Trevor Cadieu.

"If we expect our troops to fight for this country while their families make sacrifices on the home front, we are going to mobilize all available resources to better look after them."

The team that shares this hockey bench are the Regular Force, Reserve Force, Canadian Rangers, and civilian staff — the 3 Cdn Div One Team.

Previous wellness initiatives have not always addressed the different levels of access to resources that challenge members working outside a base construct.

The 3 Cdn Div wellness working group is looking to link-in all members of the One Team to bridge gaps and increase overall awareness and effectiveness of Canadian Armed Forces (CAF) wellness initiatives.

After refining the concepts considered by the working group, soldiers and leaders from all 3 Cdn Div units gathered in Edmonton for wellness training in mid-March.

This forum was used to stress-test a draft Division wellness campaign, to inspire leaders with the help of a broad array of experts, provide them with practical tools that can be used to enhance the fitness and wellness of our members and introduce emerging concepts such as post traumatic growth.

Capt Bonnie Wilken 3 Div PAO

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Shilo Medsafe Pharmacy manager Dhawi Salih stocks his shelves with products after opening at CANEX. Photo Jules Xavier

Customer service important for pharmacy users

Sarah Francis
Shilo Stag

Switching your prescriptions over to CFB Shilo's new pharmacy is quick and easy.

The newly opened Medsafe Pharmacy in CANEX is looking forward to serving the military community and its hinterland.

A pharmacist since 2013, manager Dhawi Salih said getting to know clients is an important part of the job for him.

"I enjoy serving my clients and being open, especially to develop a relationship, more than just being a pharmacist dispensing medication," he told the Stag. "Trying to know people more closely, that's what I enjoy more."

Salih chose to follow in his brother's footsteps and join the medical world.

"In university I started first with engineering, but didn't finish it," he recalled. "I switched to pharmacy half way through. I had been influenced by my family. My brother is a pharmacist and cousins, so I switched careers."

His brother works at the Brandon Medsafe location.

After hearing from a friend CFB Shilo did not have a pharmacy, but previously did, he was glad to step in to be able to offer this service.

All you have to do to switch your prescriptions is speak to Salih and he will begin the process of contacting your current location to have them moved.

"We do internal transferring prescriptions," he explained. "We get the patient's information — the patient has to authorize us to give [their] full name, date of birth, and what pharmacy [they] deal with — a phone number or name of the pharmacy. We contact the pharmacy [and] the pharmacy will transfer the prescription or file to us. We contact the patient to see what medication they are interested to transfer or be filled."

Shilo's Medsafe Pharmacy also offer a number of services for clients, including free delivery.

"In both branches, we are authorized to give injections and vaccines. I have the certificate [to do] that. Especially in flu season and that, we encourage people to get vaccines. We have the vaccines provided to us by Manitoba Health."

Salih added, "I do also have authorization to give prescriptions for minor ailments."

He said those can include prescriptions for acne and

allergies.

The local pharmacy carries a wide variety of medication, but the ones they stock are generally generic — brand names are available.

"We don't stock brands because they're expensive. And mostly the government has pushed everything to generic. People prefer generic because they are cheap. If someone prefers a certain brand then we might ask to order it for the next day."

Getting in touch with Salih is easy if you do not stop by his venue at CANEX, around the corner from Health Promotion. Besides a phone call or an e-mail, Medsafe Pharmacy uses the social media platform, Facebook. Visit www.facebook.com/medsafeshilo/

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CANADIAN RANGERS USE IHUMA TO HELP TRAIN ARCTIC OPERATIONS ADVISORS

Lynn Capuano
Stag Special

Military operations and exercises in any environment have an inherent element of danger, but when the most northern areas of Canada are the staging grounds, the risks are compounded by polar weather and a vast and bleak terrain.

Fortunately for the Canadian Armed Forces (CAF), the Canadian Rangers are part of the team that trains Arctic Operations Advisors (AOA) in Yellowknife, Northwest Territories and Resolute Bay, Nunavut each season. The 2018 course concluded in late March, with the *Stag's* Sarah Francis there to observe during Op NUNALIVUT.

The Canadian Rangers belong to the Army Reserve (ARes), and they live and work in remote and northern regions of the country. They provide lightly-equipped, self-sufficient mobile forces to support national security and public safety operations within Canada.

As emphasized in the Strengthening the Army Reserve (StAR) directive, the AOA course trains Reserve and Regular Force members together as much as possible to ensure they can be combined into one team when the need arises.

The graduates who are ARes members will serve in their Divisions' Arctic Response Company Groups, which are ARes-only organizations, while the Regular Force members will use their knowledge within their units.

True partners with the CAF in the North, the Canadian Rangers carry out more than 110 exercises and operations a year, including local sovereignty and training patrols, support to CAF operations and exercises, and support to federal and territorial partners or other stakeholders.

Capt Wayne LeBlanc works closely with the Canadian Rangers to deliver a broad range of northern knowledge and skills. He has been the course commander of the AOA course for more than three years.

"We have one Ranger supporting in the Low Arctic Phase but we employ the bulk of the Rangers' knowledge in the High Arctic," he said.

The 45-day AOA course, which sees candidates split their time between Yellowknife and Resolute Bay, provides Canadian Army personnel with the tools they need to advise their commanders on how to more safely conduct military operations and exercises in Canada's north, an environment that can be deadly if not understood and treated with respect.

"I think this year's candidates in particular have been one of the best crops we've had. They have been very enthusiastic," said Capt LeBlanc.

"One of the things we preach from day one is that you have to be enthusiastic about this. It is a once-in-a-lifetime opportunity. It's a part of the world that very few people ever get to see."

Originally from Nova Scotia, Capt LeBlanc has been a Regular Force Army member for 10 years. Now posted to the Canadian Army Advanced Warfare Centre, which is part of the Canadian Army Doctrine and Training Centre in Trenton, Ont., he alternates between Resolute Bay in the winter and Trenton during the warmer months, when he runs the Mountain Operations Platoon.

"I spend my summers teaching mountain knowledge," he said.

As for Arctic knowledge, he discussed some of the biggest challenges for those new to the far north,



The *Stag's* Sarah Francis spent a few days in the Far North as part of Op NUNALIVUT. She visited Cambridge Bay (above), where a Canadian Ranger fills his snowmobile gas tank before venturing out on the Arctic tundra with a 2PPCLI patrol.

Photo Sarah Francis

solutions that he learned, in part, from the Rangers.

"Well, the obvious one is the cold. Not very many people get to experience that type of cold. It can go down to minus 75 degrees [Celsius]. I often find that it's the first thing that takes the candidates back a step," he said. "It is the overarching challenge, just being able to function in the extreme cold. You have to learn to exist in it."

Bundling up is not always the answer to keeping toasty, according to Capt LeBlanc.

"We teach them how to dress for the cold, depending on what they will be doing. Avoiding sweating is one of the key things that we teach.

"So if you are going to be working, for example, cutting snow blocks to build an igloo, you will take off layers — we call it kitting down — because you don't want that sweat building up in your parka because it will get wet and then it will freeze and you will be that much colder.

"So you leave your parka open on your snow machine so that moisture can evaporate and freeze. And then you just bash it off your parka before you put it back on."

If Rangers think the weather is bad, heed their Ihuma

"As for the High Arctic Rangers, I can't really sing their praises enough," he said. "They bring a lot of cultural wisdom and good decision-making processes that we're looking for."

Ihuma is an Inuktitut word that has many meanings, but the most basic definition is reason, wisdom and knowledge, according to training materials used for the AOA course.

A person with Ihuma is considered to have adult competence, and has what is needed not only for personal survival, but to have the ability to lead others in the harsh North.

Known as Isuma in some dialects, the concepts are important to Inuit across the Canadian Arctic.

Someone who has Ihuma is calm, cheerful and patient, particularly in the face of difficulty and frustration, has a realistic and flexible approach to the environment and a strong respect for others' independence.

Capt LeBlanc described how, during the final phase of the course, participants must take advantage of the Rangers' knowledge.

"Participants plan their own final exercise on this course, which involves a sovereignty patrol. They are assigned a community and then they're given Rangers from that community to help them plan what they're going to do during their sovereignty patrol in

that community.

"A lot of that preparation is learning traditional Ranger skills: how to live on the land, how to fish and so on. Their advice is outstanding and their knowledge is such that we listen to them.

"This year has been one of the worst for weather that I've seen on this course. There were a lot of high winds and white-outs in Resolute Bay."

Flexibility is a Ranger lesson to be taken to heart.

"As much as humanly possible, when a Ranger looks out the window and says, 'oh I wouldn't go out today,' then we don't go out that day."

Heeding the Rangers' advice is hard for goal-driven soldiers.

He noted that this advice sometimes goes against the grain of the typical goal-oriented soldier.

"We like our timelines and we like meeting our objectives.

So what we teach is that when we are acting as advisors, before we go to our commander and give advice, we should first go to the Rangers and ask them what they would do. You know the saying, 'you can lead a horse to water but you can't make him drink?' Well, it's like that, but I think we're getting better at it," he said.

"After all, you can't tell candidates who are there to advise people to make good decisions and then make poor decisions just to get the course finished. And so we always have to err on the side of caution. The weather has the final say."

Course evolution addresses psychological aspects. The course evolves each time it is given.

"We think the program's going in the right direction," said Capt LeBlanc. "Lessons are being learned — and that is exactly why we are up here."

For the past two years, a new aspect of the training, called the Sub-Arctic Survival phase, has been delivered.

Candidates spend three or four days out on the land without food or rifles. They may only use snares to catch small game and a ferro — short for ferrocium — rod and metal striker to start fires.

It emits a high-temperature spark when struck with a metal striker and is effective under cold, wet or windy conditions that would defeat matches or lighters.

"We have a priority of survival, and that is shelter, water, fire and food. Food is very low on the priority scale because of the 'Rule of Threes,' which is in the order of what's going to kill you fastest," he explained.

"So three minutes without air, 30 minutes exposed to the elements, depending on the conditions; three days without water; and three weeks without food."

An aspect of Ihuma that becomes important is keeping a positive attitude in the face of difficulty.

"Being out there without food contributes to what we are trying to teach," said Capt LeBlanc.

"We're trying to create a psychological mindset. Things are going to start going bad if you don't maintain a certain level of positivity and keep your mind working.

"You have to keep the human mind busy in a situation like that. The moment you stop being busy and trying to improve your situation, the depression and the self-doubt and the self-pity comes into play and those will impact your ability to survive, and so we want to put them in that state in as realistic a situation as possible while still maintaining safety."

Lynn Capuano Army Public Affair

'Respect the Arctic environment'



During MGen Simon Hetherington's visit to the Arctic, a local family of polar bears was sighted in Resolute Bay, Nunavut.

Photo MCpl Jennifer Kusche Combat Camera

MGen Simon Hetherington observes Arctic training

Lynn Capuano
Stag Special

MGen Simon Hetherington, Commander of the Canadian Army Doctrine and Training Centre (CADTC), based in Kingston, Ont., intended to spend a whirlwind weekend in Resolute Bay in late February to observe Arctic training going on there — but the “whirlwind” was almost replaced by a blizzard that would have prolonged his stay.

“It was a short visit. We were on the ground for about 48 hours,” he said. “The weather was beautiful on the Saturday morning, but as we were flying out, the weather closed in. Having been in a northern blizzard before, I can tell you it makes you feel very small. One of the great lessons that has been pushed home by our Arctic Operations Advisor (AOA) course is about respecting the land, the environment and the extreme weather, as it can be potentially fatal.”

He was accompanied by about 35 people, including Natural Resources Canada (NRCAN) personnel, as the Canadian Armed Forces (CAF) runs the Arctic Training Centre in conjunction with NRCAN. Also along for the rare Northern exposure was Canadian Army HCol Paul Hindo, foreign exchange officers from such Allied nations as Brazil, the United Kingdom and the United States, and members of organizations that employ CAF Primary Reserve members, including members of the Canadian Army (CA) Reserve.

“The north is a wonderful place that 99 per cent of Canadians don't ever get to visit. By including some foreign military personnel and some of our employer stakeholders on the trip, we were able to expose them to our soldiers operating in the Arctic environment,” said MGen Hetherington.

He believes this visit will help Hindo and the employer stakeholders more fully understand what part-time Reservists, who often are also have full-time civilian jobs, actually to do in terms of military service.

“We spent a full day out on the land just off the Base watching the Arctic Ops Advisor course in action,” said MGen Hetherington. “We got into a Twin Otter plane and flew around the area to see the hamlet of Resolute and get a feel for the terrain. We saw a herd of musk oxen from the air. We also were able to visit with some of the NRCAN labs, and get good briefings



MGEN SIMON HETHERINGTON

from everybody who is working up there.” From a safe distance, they observed several polar bears in the area as well.

“So it was great exposure, and people got a chance to get really cold, too,” he chuckled. “The partnership NRCAN is invaluable to us and I wanted to better understand how we could expand it further and improve the use of the centre. In the wintertime, we are the primary users of the facility, and in the summertime it's the scientists from NRCAN.”

NRCAN's main use of the centre is the Polar Continental Shelf Project. He noted that lessons being learned benefit both the military and the polar research

sides of the partnership.

“As we see the effects of climate change, and with technology making the Arctic more accessible, we have a role in ensuring that our land, resources, and most importantly, Canadians remain secure.”

He noted that cruise ships have begun visiting Resolute Bay and the hamlet of Resolute. Having scientists in the Arctic is a way of exercising sovereignty, which supports Strong, Secure Engaged: Canada's Defence Policy.

“If you've got scientists present in the north, it's a Canadian footprint on the ground. They might not have rifles or wear military uniforms, but by being there, they are exercising our sovereignty.”

From a military perspective, he said, “By training our men and women in uniform to be able to operate in the Northern climate, ready to deploy on a search-and-rescue mission in the north, this equates to sovereignty.”

A main reason for MGen Hetherington's visit was to observe training that was being conducted around Resolute Bay. “One of our uniquely Canadian individual training courses, the Arctic Operations Advisor course, was occurring, so as the lead trainer of the Canadian Army, I wanted to go see how it was going.”

The AOA course trains officers to advise unit com-

manders who may not have had direct experience with the High Arctic and its unique challenges, including survival and navigation. They will put their hard-learned knowledge to great use helping the commanders plan future exercises or operations.

As outlined in the Strengthening the Army Reserve (StAR) directive, the AOA course ensures that Reserve and Regular forces train together as much as possible to ensure they can be effectively combined into one team. Accordingly, the course MGen Hetherington observed had 32 students that were a mix of Regular and Reserve men and women.

“It was great to see the diversity of the group,” he said. “This is our Force Employment concept for the North using our Arctic Response Company Groups which are 100 per cent Reserve organizations.”

The graduates are expected to go back and serve in the Arctic Response Company Groups in their divisions.

“It's not just about how to put up a tent and how to light a stove,” he said.

In one phase of the course, they go into the Indigenous communities and communicate that there's going to be a large Northern exercise coming up and there are going to be soldiers and equipment there, and the Arctic Operations Advisors' task is to help them understand the reasons behind it. The Canadian Rangers are highly respected members the AOA course team. Part of the Canadian Army Reserve, the Rangers live and work in remote and Northern regions of the country, providing lightly-equipped, self-sufficient mobile forces to support national security and public safety operations within Canada. “The Rangers never cease to amaze me,” said MGen Hetherington. “Many of them have spent their entire lives north of 60 ... how to live, how to survive in the north is something to be learned from them. Always, my final takeaway from the North is how small we are as people. The North can be beautiful but it can be inhospitable. We need to respect the environment;

we need to respect the local people who are there advising us.”



A member of 1st Canadian Ranger Patrol Group pauses before departing for weapons practice during Op NUNALIVUT in Cambridge Bay, Nunavut in March when 2PPCLI travelled to the Arctic for winter training.

Photo Cpl Myki Poirier-Joyal

Parliament Hill

Want to be part of Changing of the Guard?

Krysthle Poitras
Stag Special

If you have ever visited Parliament Hill in downtown Ottawa on a summer day, you may have seen the men and women of the Ceremonial Guard (CG) in scarlet uniforms with towering bearskin hats as they marched with precision to the sound of an accompanying military band.

Have you ever wondered who these people are? And did you know you could have this awesome job?

Some people may assume the ceremony is performed by actors, much like those who staff tourist attractions such as Old Fort Henry in Kingston, Ont., but this is not so.

All members of the CG are serving members of the Canadian Armed Forces (CAF), many of whom have deployed on domestic and international operations.

These seasoned members perform public duties, including providing support to official functions held at Rideau Hall, foreign embassies and other locations around the National Capital Region with music and marching prowess. Part of a proud British tradition, these ceremonial duties have been performed for almost 60 years for the Canadian public.

The crowning glory of the summer is Fortissimo, a military and musical spectacular created for the lawns of Parliament Hill, featuring massed military bands, pipes and drums, guest performers from Canada and abroad, and, of course, the members of the CG.

It is a signature event in the Nation's Capital that has drawn thousands of spectators since 1997.

Maj Patrice Villeneuve, the Commanding Officer (CO) of the Ceremonial Guard, recounts that the highlights of his time as CO have included, "commanding the Guard of Honour for His Excellency the Governor General and His Royal Highness, the Prince of Wales, on Canada Day during the 150th anniversary of Canada. Another highlight was commanding the Guard during Fortissimo 2017 with over 10,000 spectators on Parliament Hill."

Why are public duties important?

LCol Chris Lynam, Commander of the Governor General's Foot Guards (GGFG), describes why public duties are important: "It is important that the Canadian Armed Forces help to properly welcome foreign dignitaries to Canada and help to play a role in honouring Canadians who are recognized for their military service to their country.

"The Governor General's Foot Guards and the Ceremonial Guard are proud to have this role in support of the Governor General of Canada when she recognizes deserving Canadians for their efforts to help their fellow citizens and to make Canada a better country."

He added, "Public duties are also important as they help connect members of the Canadian Armed Forces to Canadians. Through public duties, and in particular, the conduct of the Changing of the Guard on Parliament Hill and posting of sentries at Rideau



Practice makes perfect: both male and female members of the Ceremonial Guard perform drills at the Carleton University grounds in Ottawa. They support public duties such as the Changing of the Guard on Parliament Hill and the posting of sentries at Rideau Hall and at the National War Memorial during the summer months.

Photo DND

Hall and at the National War Memorial, we are able to remind Canadians that we serve them and even though we are wearing uniforms that are historical in nature, we want to demonstrate that we continue to stand on guard to protect their freedoms and are ready to answer the call to duty when required."

Is the Ceremonial Guard hiring?

The two main units tasked with supporting the CG, which are the GGFG of Ottawa and the Canadian Grenadier Guards (CGG) of Montreal, are hiring.

Under the Strengthening the Army Reserve (StAR) strategy, public duties are a priority in supporting the Commander of the Canadian Army's intent to reinvigorate the Canadian Army Reserve.

A member of the CG could be employed as a guardsman, musician or as support staff during the public duties season. Newly enrolled personnel will complete basic military training.

How can I join the Ceremonial Guard?

There is still time to join for the 2018 season as a guardsman or a member of the support staff.

For prospective musicians, there is an audition process which is now closed for the 2018 public duties season. A call for auditions will be posted on the CG website this September for musicians wishing to enrol in time for the 2019 season.

If you are interested in working for the CG, Maj Villeneuve said "you have to join a Canadian Army Reserve unit and successfully complete the Basic Military Qualification (BMQ). Once done, you will have to ask your chain of command to be nominated for a summer employment with the Ceremonial Guard."

The best way to guarantee employment with the CG, he advised, is to join the GGFG or the CGG, as they are the two primary Canadian Army Reserve units that contribute members.

Are there full-time summer employment opportunities in the Ceremonial Guard?

"The Ceremonial Guard aligns very well with the new full-time summer employment initiative of the Canadian Army Reserve," said LCol Lynam. "It is perfect for post-secondary students who enrol in the Governor General's Foot Guards who are looking for

guaranteed employment from May 1 to Aug. 31. Individuals have the ability to conduct their Basic Military Qualification training and then transition to learning how to conduct Public Duties for the remainder of the summer.

"Where else but in the Army Reserve can you join, become trained and find yourself parading on Parliament Hill wearing a scarlet tunic and bearskin in front of 10,000 of your closest friends and admirers, all in one summer?"

Pte(R) Mackenzie Burke, a new military member recently appointed to the GGFG and who hopes to join the CG, described her experience in joining the Army Reserve and undergoing training.

"The training that I have completed so far has been exceptional," she said.

One of the things she is looking forward to is when her Basic Military

Qualification (BMQ) course does their weapons training at the range on the weekend.

"Ever since I was a little girl, I was always interested in being in the military. I have always had the drive to help and protect my country. Some of the benefits for me being in the Army Reserve is that my BMQ course takes place on the weekends," she said, which makes it easier for her because she is taking a full-time Police Foundations program at Algonquin College in Ottawa during the week.

Another benefit that she highlights is that her tuition gets covered to a certain extent through her service.

"There are so many great benefits that come with being in the Army Reserve," she said.

MCpl Christopher Hutchinson, who has worked in both administration for the CG and as a Section Commander for the GGFG Regimental Band, said the most rewarding thing about being in the CG, even more than playing his instrument for thousands of people each week, was working with colleagues who have become lifelong friends.

In addition to performing in the daily Changing of the Guard Ceremony and in local ceremonial musical support, MCpl Hutchinson said being part of the administration team that helped to keep the human resources side of the band flowing smoothly was a point of personal pride in a job well done.

"I helped address everything from leave, to pay, to transfers and everything in between. Being in the CG definitely requires dedication, perseverance and the ability to dedicate summers to get the training required to advance in one's career," he noted. "That being said, the Army Reserve has proven to be a diverse and practically limitless source of career opportunities for myself in a variety of career paths."

Initially, full-time summer employment as an undergraduate music student attracted him to the Army Reserve.

"After graduating, I have since remained and taken advantage of the long-term full-time contracts that exist," said MCpl Hutchinson.



Releasing from CAF?

Transitioning to civilian life helped by VFP using MFRC programs

Stag Special

Releasing from the Canadian Armed Forces (CAF) can be challenging, but it becomes even more so when it is as a result of a medical condition and a medical release is concerned.

When a serving member leaves the CAF, their family does as well. The entire family begins to step away from their extended family and support structure — the CAF — one service at a time.

The serving member and their family may have to transition to civilian services in the areas of health care, employment and education and navigate in areas unfamiliar to them.

That is why the Veteran Family Program (VFP), funded by Veterans Affairs Canada (VAC), is now available at 32 MFRCs across Canada, to support medically releasing — as of April 1 — CAF members, medically released veterans and their families.

Through local MFRCs, VFP co-ordinators provide a suite of VFP transition programs to meet the unique needs of families. Programs address caregiving, communication and skill building, in areas like finance, mental health and coping.

The VFP is available through three access points: MFRCs, Family Information Line (FIL) and www.CAFconnection.ca, with no specific end date to eligibility period, to support the transition to post-service life and civilian services and programs.

- MFRC — VFP is accessible in person at 32 MFRCs across Canada. VFP co-ordinators are located at each MFRC to provide services, resources and assistance with referrals to local and national programs and services as required.

- Family Information Line: 1-800-866-4546 or online fil@CAFconnection.ca — The program can be accessed by phone, e-mail or video session by contacting the FIL. The FIL offers 24/7 bilingual, confidential services that provide supportive counselling, information and referral to services, and immediate crisis management and support.

- www.CAFconnection.ca — this website is another way to access the VFP, discover available online resources and connect with services that support medically released CAF members, medically released veterans and their families as they transition to post-service life.

The VFP began as a pilot program in November 2015 at seven MFRC sites. Since then, VAC, Military Family Services (MFS) and MFRC teams have been working closely together to put the VFP in place to ensure a seamless transition for all.

Since the VAC budget announcement in March 2017, each MFRC has hired a VFP co-ordinator and has participated in joint training sessions, including new co-ordinators and VAC service centre managers, to ensure an alignment of information and service offerings for families across Canada.

For more information e-mail info@CAFconnection.ca

The Veteran Family Program (VFP), funded by Veterans Affairs Canada (VAC), is now available at 32 MFRCs across the country.

Photo supplied

Cliff CULLEN
MLA for Spruce Woods

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

CFB Shilo
15th Annual BASE COMMANDER'S Downhomer
LOBSTERFEST
Community Centre Annex (Bldg L25)
Saturday June 9

Tickets are on sale to the general public at Shilo CANEX, Shilo Messes, Douglas General Store and Garberry Signs.

\$40/ea Price of the ticket also gets you entry into the draw for a one week all inclusive meal two to Mexico!
Meal includes lobster, steak, potatoes, vegetables, bread, butter, coffee, and dessert. Ticket does not have to be present to win. Winner will be selected at the event.

Doors open at 5:30 pm
Meal from 7 - 9 pm
Band starts at 9 pm

FREE Knight-Line Transportation!

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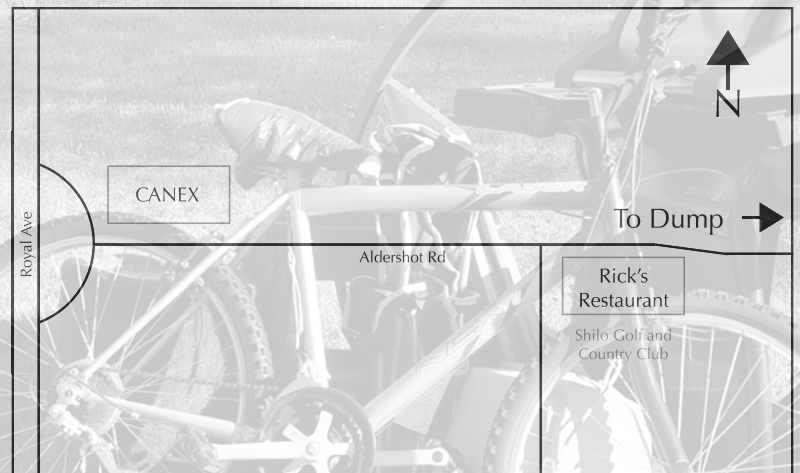
Buses depart from the CFB Shilo bus stops near McDonalds (Richmond) at 5 & 7 pm and downtown (8th & Rosser) at 5:45 & 7:45 pm * Return trips at 10 pm and 11 pm. Knight-Line taxis also available to reserve/book at 204-717-6570

For group reservations (12 and over) or more information call 204-765-3000 ext 3073. Limited reservations accepted until 11 May. Plenty of rush seating available.

ONLY 800 TICKETS AVAILABLE!

Got Bulk Garbage?

Bulk items, yard waste, tires, and electronics may be disposed of Monday to Friday from 8 a.m. to 4 p.m. at the Shilo dump located two kilometres east of Rick's Restaurant on Aldershot Road



Items may be placed for curb-side pick-up the following date ONLY for spring clean-up:

May 22

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

Volunteer Appreciation

Let's celebrate with our volunteers
at the Prairie Firehouse in Brandon

May 5 11 a.m. to 1 p.m.

Fore!

Golf playdowns for military golfers interested in making the Canada West team representing CFB Shilo run June 1, 4 and 5 at the Shilo Country Club. Tee time is 8 a.m. Register with sports and recreation coordinator Brette Olsen at ext 3894. Deadline for registering May 25. Top five males and two females will leave for Garrison Edmonton for the regional golf championship July 7 to 12.

Photo Jules Xavier



Get involved with your Home Station Regiment



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

Effective long-term planning Defence strategy for Canada addresses needs at home, abroad

Harjit Sajjan
Stag Special

On behalf of the Government of Canada, I am proud to present Canada's new Defence policy — Strong, Secure, Engaged.

In my mandate from the Prime Minister, I was directed to conduct an open and transparent review to create a new defence strategy for Canada.

What followed was an unprecedented year-long consultation process with Canadians, Parliamentarians, defence experts, and allies and partners.

The result of this review is a defence policy that addresses what we heard and presents a new vision for the National Defence — Strong at home. Secure in North America. Engaged in the world.

It identifies what matters most to Canada and how Defence will contribute to the promotion and protection of Canadian interests and values in a fluid and volatile global security environment.

It puts our people at the core, and allows for effective long-term planning and the mitigation of the unique challenges and long lead times associated with developing credible defence capability.

Through Strong, Secure, Engaged, Canada's new Defence Policy, the recruitment, retention, and training of personnel will be significantly improved to capitalize on the unique talents and skill sets of Canada's diverse population.

We will implement a comprehensive Diversity Strategy and Action Plan; develop the Total Health and Wellness Strategy; and launch a joint Suicide Prevention Strategy with Veterans Affairs, in support of our members and their families.

Furthermore, all CAF members deployed on all international operations designated as such by the Chief of the Defence Staff (CDS) will no longer pay federal income tax on their CAF salary up to the level of Lieutenant-Colonel.

The Government of Canada has also committed to significant investment and growth in the Canadian Armed Forces (CAF) during the next 20 years.

Defence spending will increase during the next decade, from \$18.9-billion in 2016-17 to \$32.7-billion in 2026-27. The policy includes \$62-billion in new funding during a 20-year period.

The CAF will grow by 3,500 Regular Force members and 1,500 Reserve Force members, as well as an increase in the civilian workforce by 1,150.

There will be significant reforms to the procurement process including an increase to Defence contracting authority up to \$5-million and a reduction in approval times to accelerate the delivery of low complexity projects.

The Government will invest \$108-billion in purchasing, maintaining, and upgrading CAF equipment, including the full complement of 15 Canadian Surface Combatants; 88 advanced fighter jets; land capabilities including ground based air defence, combat support vehicles, and training simulators; and airborne intelligence, surveillance, and reconnaissance platforms.

This will ensure the Canadian Forces is equipped to deal with challenges whenever and wherever they arise.

I would like to thank all members of the Defence Team who contributed their insights, expertise and experience in the development of the new Defence Policy.

I am proud to present it to all Canadians and to share with you, the members of the Defence Team.

Harjit Sajjan Minister of National Defence



WARNING SHILO RANGES

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

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

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

STRAY AMMUNITION AND EXPLOSIVE OBJECTS

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

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

BY ORDER
Deputy Minister
Department of National Defense

OTTAWA, CANADA
17630-77



AVERTISSEMENT POLYGONES DE TIR DE SHILO

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

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

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

MUNITIONS ET EXPLOSIFS PERDUS

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

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

Par ordre du
Sous-ministre
Ministère de la Défense nationale

Ottawa, Canada
17630-77

Canada

www.rcamuseum.com
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Shilo Theatre
 (Located in the General Strange Hall)

Visit www.CAFconnection.ca to find out what movies we have playing this month. Or check the Stag's Facebook page www.facebook.com/ShiloSTAG/

Doors open at 6:15 p.m. Movie starts at 6:30 p.m.
 For more info, call 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.
 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**

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



Scoring with ball hockey Stags

Want to wear the CFB Shilo Stags' ball hockey jersey at the Canada West regionals this summer at CFB Wainwright? The tournament runs from Jun 10 to 16. Prior to departing for Alberta, however, coach MWO Brad LaRocque from 1RCHA will be holding practices at Gunner Arena. An initial start-up meeting was held May 1. If you want to play for MWO LaRocque and possibly earn a trip to nationals at CFB Borden which goes July 26 to Aug. 2 give him a call at 204-765-3000 ext 3293 or drop him an e-mail at bradley.larocque@forces.gc.ca and he'll provide you with a practice schedule. His team will be selected no later than May 28.

Photo Jules Xavier

CLASSIFIED ADS

Email: stag@mymts.net • Phone 204-765-3000, ext 3013 • Fax 204-765-3814

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

May 10 at noon

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

Services



St. Barbara's Protestant Chapel

Sunday at 10:30 a.m. with Sunday school & nursery
 Padre Johnston - ext 3381
 Padre Dennis - ext 3088
 Padre Neil - ext 6836

Our Lady of Shilo Roman Catholic Chapel

Sunday at 10:30 a.m.
 Confessions by appointment
 Padre Ihuoma - ext 3089
 Padre Shanahan - ext 3698

Services

Greg Steele Canadian 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

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

Services

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

Dow Construction offers home renovations, new projects. Call 204-901-0350

House for Sale

148 Madison Crescent, Brandon. 1,280 square-foot bungalow, 3 & 2 bedroom. Two blocks to school. 60-foot lot newly renovated. Call 204-727-0233.

Employment

CANEX needs you: Clerk/cashier part-time position with 13 to 32 hr /week required. Must be available days/evenings, and weekends. Starting salary is \$11.90 per hour. After two-month probation salary increases to \$12.15. Under the direction of the department supervisor, a clerk/cashier scans customer purchases, processes transactions, and accepts payment. He/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.

SCAN

**The BPSS is hosting a
Second Career Assistance Network (SCAN)
General (Day 1 - 2)
Medical (Day 3)**

**May 16 - 18, 2018
0800 - 1600 hrs**

1 RCHA Theatre, CFB Shilo

**Registration form available at
the following website
or call 204-765-3000x3086**

<http://acims.mil.ca/org/Shilo/default.aspx>

Dress: Appropriate civilian attire.
