

SAVE UP TO \$300 ON SELECT SOFAS



Alabama Reclining Sofa \$599



3635 Victoria Avenue, Brandon  
204-727-4444



1947 - 2017

Shilo Stag

Your source for Army news in Manitoba

CANEX  
A division of CFMWS  
Une division des SBMFC

Rabais de 3¢ OFF EVERY LITRE OF FUEL SUR LE LITRE D'ESSENCE

EVERY WEDNESDAY at CANEX SuperMart Shilo

CHAQUE MERCREDI au Supermart CANEX de Shilo

Restrictions apply. Des restrictions s'appliquent.

Volume 58 Issue 22



Serving Shilo, Sprucewoods & Douglas since 1947

November 14, 2019

INSIDE This Issue



Canadian Army adding more LAVs. Page 4



2PPCLI padre visits Holo-caust Memorials. Page 5



Poppies, flags left at military graves. Page 7



2PPCLI soldiers march on during Moosomin's annual Remembrance Day ceremony held in front of a wreath-laden cenotaph. All involved, including a few hundred residents in this Saskatchewan town, braved frigid conditions to remember those who paid the ultimate sacrifice in past wars. 2PPCLI also paid their respects to Sgt Mullin, VC, who was laid to rest (inset) in a nearby cemetery in 1963.

Photos Jules Xavier/Shilo Stag

2PPCLI brave cold to salute Sgt Mullin

Nov. 11, 1918 at 11 a.m. The 11th hour, of the 11th day, of the 11th month. So came to an end "the war to end all wars." The guns finally fell silent, bringing to a close four long years of unspeakable conflict. Canadian soldiers will suffer gas attacks, infested trenches, misery. Yet through it all the Canadian Expeditionary Force (CEF) will prove to be the fighting force which will earn them the nickname Shock Troops as they achieve important victories at Vimy Ridge, Hill 70, Passchendaele, Amiens and more. And Canada will earn its place as a signatory to the Treaty of Versailles — it is the "Birth of a Nation."

Jules Xavier  
Shilo Stag

MOOSOMIN — It might have been sunny for the annual Remembrance Day ceremony since the guns on the Great War battlefields went silent, but it was a bitter cold morning of -20 C which 2PPCLI soldiers endured while standing at ease in front of a Saskatchewan cenotaph unveiled in the early 1920s.

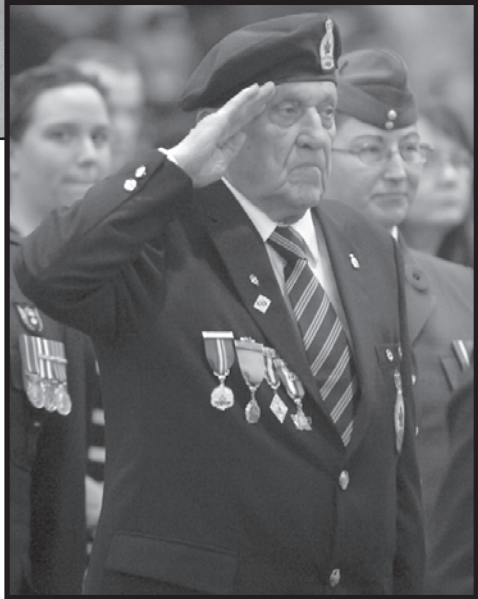
2PPCLI was there as part of Remembrance Day ceremonies in this quaint border community, but also to salute a Patricia who was laid to rest here in 1963. It's an annual tradition for Patricias to stand at the grave of Victoria Cross (VC) recipient Sgt George Mullin Nov. 11 in the village's southside cemetery.

See BRAVERY page 3

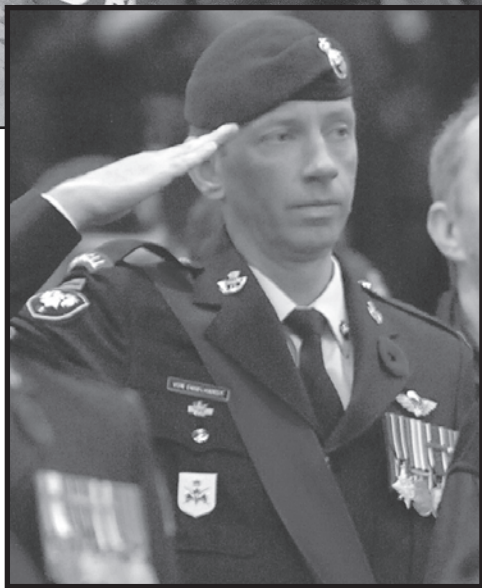


### We will remember them!

CFB Shilo marked the annual Remembrance Day since fighting ended overseas on Nov. 11 with an indoor ceremony held at the MPTF. Young and old saluted those who paid the ultimate sacrifice in Canada's wars, with individual poppies being left at the cenotaph following the playing of *God Save the Queen*.



Photos Céline Garbay/Shilo Stag



## Pet of the Week

### WHISKERS & WALLIE



Sarah Elsie has two cats. Whiskers loves to play fetch and go for walks on her leash. Wallie is the most affectionate, cuddly feline. 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



Photos Jules Xavier/Shilo Stag



Soldiers from 2PPCLI marched from the Moosomin Legion to the town's cenotaph. C Coy Capt Tyler Costello laid a wreath (inset) during the frigid morning ceremony.

# Bravery on battlefield rushing sniper's post helps save lives

## From the front

Thirty-plus members of 2PPCLI led by C Coy 9 Pl Comd Capt Tyler Costello remembered Sgt Mullin, who received his VC medal for heroic actions on the battlefield on Oct. 30, 1917 near Passchendaele in Belgium. He was just 26 on that day when he faced death to preserve the life of his fellow Patricias.

The citation written in the London Gazette dated Jan. 11, 1918 states how Sgt Mullin earned his medal: "For most conspicuous bravery in attack, when single-handed he captured a commanding 'Pillbox' which had withstood the heavy bombardment and was causing heavy casualties to our forces and holding up the attack. He rushed a sniper's post in front, destroyed the garrison with bombs, and, crawling on to the top of the 'Pillbox,' he shot the two machine-guns with his revolver. Sgt Mullin then rushed to another entrance and compelled the garrison of 10 to surrender. His gallantry and fearlessness were witnessed by many, and, although rapid fire was directed upon him, and his clothes riddled by bullets, he never faltered in his purpose and he not only helped to save the situation, but also indirectly saved many lives."

The Victoria Cross is the highest award

for gallantry in the face of the enemy which can be awarded to British and Commonwealth forces.

Born in Portland, Oregon, on Aug. 15, 1891, Sgt Mullin grew up in Moosomin after his parents left the United States for Saskatchewan. He enlisted in the army in December 1914, with the Princess Patricia's Canadian Light Infantry (PPCLI), and Canadian Expeditionary Force (CEF) during the First World War. He served in the scout and sniper section.

Sgt Mullin had earlier received the Military Medal (MM) for his conduct on the occasion of the successful attack by the Canadian Corps during the Battle of Vimy Ridge in April 1917.

In 1934, he was appointed as Sergeant at Arms of the Saskatchewan legislature. He also served as a captain in the Veterans Guard during the Second World War.

His Victoria Cross is displayed at the Museum of the Regiments in Calgary. He was 71 when he died on April 5, 1963. Following the gravesite ceremony, 2PPCLI attends an indoor Remembrance Day ceremony at the Moosomin Legion, then moves outdoors to the nearby Great War cenotaph where numerous wreaths were laid at the foot of a First World War soldier standing high above as he looks north.

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)



**BRANDON**

**ASK US ABOUT OUR MILITARY RATE!**

**FREE WI-FI**

**EXTENDED STAY KITCHENETTE ROOMS AVAILABLE**

**204.726.4000**



**BANDON SMILES DENTISTRY**

Let Brandon Smiles Dentistry help you with:

- Same Day Implants
- Invisalign Clear Braces
- Wisdom Extraction & Root Canals
- FREE take home whitening for New Patients

**OPEN SATURDAYS**

Corner of 8th Street & Victoria Avenue | 204-728-3338 | [www.brandonsmilesdentistry.com](http://www.brandonsmilesdentistry.com)

To show our appreciation to our Canadian Armed Forces families, Veterans and Reservists for everything they do, we would like to offer 15 per cent off the cost of ALL dental work.

Present a piece of Military ID or Service Number to receive this offer. Services offered are routine oral hygiene exams, root canal, implants, dentures, bridges, Invisalign, teeth whitening, and so much more.

**We direct bill most insurances electronically.**

**Please call us at 204-728-3338 to book your appointment today.**

**Brandon Smiles Dentistry  
Unit 10A 457 Ninth Street  
Brandon, MB  
R7A 4A9**

**Office hours Monday to Friday 9 a.m. to 6 p.m.  
Open Saturday 9 a.m. to 4 p.m. and some evenings  
Walk-ins accepted**

**A shuttle service may be offered in 2020 for appointments.**



Volume 59 • Issue 22

Regular Circulation: 3,000

Printed bi-weekly by  
Struth Publishing, Killarney MB

|                   |                 |          |
|-------------------|-----------------|----------|
| General manager   | Craig Ethelston | ext 3073 |
| Managing editor   | Jules Xavier    | ext 3093 |
| Assistant Editor  | Céline Garbay   | ext 3013 |
| Advertising rep   |                 | ext 3013 |
| Editorial advisor | Lori Truscott   | ext 3813 |

Fax: 204-765-3814 Email: [stag@mymts.net](mailto: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](mailto: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>

LAV is the backbone of the Army's combat fleet, and supports soldiers on a range of operations from domestic disaster relief such as Op LENTUS to overseas peace support missions. Here, 2PPCLI use their LAVs during Ex KAPYONG training on the Base.

Photo Jules Xavier/Shilo Stag

## Canada negotiates new armoured combat support vehicles

# LAV is backbone of Army's combat fleet

**Stag Special**

The Government of Canada is taking another step to provide the Canadian Armed Forces (CAF) with the modern equipment it needs to operate across the spectrum of operations with better protection against a variety of threats, as outlined in Canada's defence policy, Strong, Secure, Engaged.

Minister of National Defence Harjit Sajjan announced that the government will acquire 360 combat support Light Armoured Vehicles (LAV) from General Dynamics Land Systems-Canada (GDLS-C).

"The LAV is the backbone of the Army's combat fleet, and supports our women and men in uniform on a range of operations from domestic disaster relief such as Operation LENTUS to overseas peace support missions," said Sajjan.

"I am pleased to be moving forward with the strengthening of our fleet of armoured combat support vehicles as committed to in our defence policy, Strong, Secure, Engaged, while at the same time supporting Canadian jobs and innovation through our partnership with GDLS-C."

Funds for the purchase are in the approved budget for Canada's defence policy, Strong, Secure, Engaged.

To maximize the economic benefits of this project for Canadians, the supplier will reinvest an amount equal to the value of this contract — dollar-for-dollar — back into the Canadian economy to create jobs and opportunities for innovation.

In addition to the almost 1,650 jobs at the General Dynamics Land Systems (GDLS) plant in London, Ont., there are close to 8,500 jobs across Canada that help to supply necessary parts and equipment for the construction of light armoured vehicles.

The LAV is essential to the Army's combat fleet, and sup-

ports our women and men in uniform on a range of operations including domestic disaster relief during the widespread flooding experienced in New Brunswick, Quebec and Ontario and overseas peace support missions.

The LAV is a tested and proven platform that meets Canada's Army needs. Having similar combat support vehicles in the CAF fleet will offer a number of operational advantages, including reduced training and sustainment costs, as well as the availability of common spare parts to fix vehicles quickly during critical operations.

Armoured combat support vehicles serve key roles such as command posts, ambulances, and mobile repair. This new fleet will offer the protection and mobility that CAF members need to conduct their work in operational environments.

**Quick Facts**

- The current fleet of armoured support vehicles is comprised of the LAV II Bison and the M113 Tracked LAV.
- The estimated cost range for this project is up to \$3-billion and the repayable loan will be worth up to \$650-million. The cost also includes new infrastructure to house and maintain the vehicles.
- The CAF's Armoured Combat Support Vehicles will be available in eight variants, providing services such as: ambulances, vehicle recovery, engineering, mobile repair, electronic warfare, troop carrying, and command posts.
- Procuring the vehicles now will allow the department to save on costs associated with maintaining and life-extending the current fleet.
- Op LENTUS is the CAF response to natural disasters in Canada. It follows an established plan of action to support communities in crisis. The operation can include ships, vehicles, aircraft, and a variety of equipment.

**Guild** INSURANCE BROKERS

**HMS**

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

PEACE HILLS  
INSURANCE

**Offering Float Therapy & Halotherapy**

**Float for the health of it!**

KORI GORDON  
2940 Victoria Avenue  
South Entrance, Brandon  
204-727-4199  
E-mail [info@floataway.ca](mailto:info@floataway.ca)  
Visit [www.floataway.ca](http://www.floataway.ca)

**Natural ELEMENTS**

15% discount to all military personnel on floats & halotherapy

**Reduce aches & pains plus alleviate PTSD**

**Cliff Cullen**  
MLA-elect for Spruce Woods

204.827.3956  
[ccullenmla@mts.net](mailto:ccullenmla@mts.net)

## PSP tour arranged during deployment to Latvia

# Reflections from 2PPCLI padre on Latvian Holocaust Memorial sites

**Capt Troy Dennis**  
Stag Special

LATVIA — Standing at the edge of a forest park located near Riga, it would have been hard not to notice the polished black stones inscribed in five languages:

*IN 1941-1944 HERE, IN BIKERNIEK FOREST, NAZIS AND THEIR VOLUNTEER ACCOMPLICES MURDERED THOUSANDS OF JEWS FROM LATVIA, GERMANY, AUSTRIA, CZECHIA, AS WELL AS POLITICALLY PERSECUTED PERSONS AND SOVIET PRISONERS OF WAR*

It was an uncomfortable feeling to know that so many died at this place, especially since the forest was peaceful on this Sunday afternoon as 15 of us prepared to enter. We were part of a PSP excursion to see some of the holocaust memorial sites in the area.

The excursion began in my mind before leaving Canada. Since there were so many holocaust sites across Europe, I wondered what had happened in Latvia.

The Nazis built three concentration camps near Riga during their occupation from 1941 to 1944: Jungfernhof, Salispils and Kaiserwald. In addition, there were a number of massacres against Jews, political prisoners, Roma, and others.

Of all these sites and locations, there were significant memorials at Silispils and Bikernieki Forest. With help from PSP, we created an excursion with a local guide.

We started the tour at the Latvian War Museum, where we heard some of the historical context of the holocaust. From there we drove to Bikernieki Forest, which was known for the sheer number of people murdered there.

Our tour guide Gita Stīpiņa explained that estimates ranged between 35,000 and 50,000. It was impossible to know because the Nazis tried to hide their crimes by digging up the graves and burning the bodies before the Red



2PPCLI padre Capt Troy Dennis listens intently to guide Gita Stīpiņa during his tour of Latvian Holocaust Memorial sites.

Army arrived.

This was on our mind as we walked into the forest, not quite sure what to expect. As we crested a short rise, we viewed a memorial area with roughly 5,000 stones planted upright into the ground.

The roughly cut granite resembled shadows and shapes of people.

The effect was immediate and sobering. Our group spoke in hushed tones.

The focal point of the memorial was a large block of black granite with a biblical verse etched in Latvian, German, Russian, and Hebrew: "Earth, don't cover my blood. Let my cry have no place to rest." (Job 16:18) The prophetic call for justice was just as valid that day as when it was first spoken so long ago."

Passing a little further into the forest, stone posts along the path indicated where political prisoners, Jews, or civilians were buried. To the side we spotted the first of the mass grave sites.

In another place, we might have thought they were old raised garden plots with their concrete edges, perhaps an effort from some bygone era to tame a small part of nature. Under the Soviets, 55 mass graves were identified in this way.

Someone whispered that they were the width of person lying down.

The reality sat heavily on our hearts. As many as 50,000 people were marched here, stripped of their clothing, and forced to lay down in these plots for the last time.

The numbers were staggering, and yet there were other massacre sites in Latvia. Rumbula Forest, the site of Latvia's largest massacre, was only a few kilometres from where we stood.

Between November and December 1941, 25,000 Jews were marched from the Riga Ghetto to be shot. Five thousand died in Liepeja, and about 2,750 in the seacoast dunes of Šķēde. Smaller groups were also murdered in Ventspils, Daugavpils, Rēzekne and Varakļāni.

A few minutes away by bus, we arrived at the Salispils Concentration Camp Memorial. Nothing of the original camp remained except for piles of blocks because the Nazis burned it in 1944 before the advance of the Soviets.

See **HOLOCAUST** page 10

## Community Christmas Hamper: Adopt A Family

This holiday season, you can be a part of bringing joy and cheer to families in need. As an individual, family or group you are invited to adopt a family and fill a hamper with non-perishable food items.

### How to adopt a family:

- \* Register by contacting Carolyn Senchuk-Lavergne (FLO) at [carolyn.senchuk-lavergne@forces.gc.ca](mailto:carolyn.senchuk-lavergne@forces.gc.ca)
- \* or Capt Shanahan (Chaplain) at [eliza.shanahan@forces.gc.ca](mailto:eliza.shanahan@forces.gc.ca)
- \* You will be asked to indicate the size of family you wish to adopt (families will only be identified by size: small, medium, large, x-large).
- \* A list of food items to be included in the hamper will be provided to you, along with any additional instructions.
- \* Fill a box or some bags with the items on your list.
- \* Deliver filled Hampers to the Faith Centre (T119) Dec. 5 between 9 a.m. and noon

### Registration Starts Nov. 14

Other ways to participate include making a monetary donation to the Chaplain Services Fund.

### Nominations to receive a Hamper:

- \* All nominations to receive a Christmas Hamper will be made through the Chaplains (3091), Health Services (3177) or MFRC family counsellors (3352).
- To request a Christmas Hamper, please contact one of the above mentioned services for a consultation.





**FINANCIÈRE  
SISIP  
FINANCIAL**  
**50  
YEARS  
ANS**

**GUARANTEED ACCEPTANCE**  
*Critical Illness Insurance*  
*Assurance maladie grave*  
**À APPROBATION GARANTIE**

**PROTECTION FOR THE ENTIRE FAMILY**  
**UNE PROTECTION POUR TOUTE LA FAMILLE**



**LIMITED TIME OFFER ENDS  
NOVEMBER 30<sup>TH</sup>, 2019**  
**CETTE OFFRE D'UNE DURÉE  
LIMITÉE SE TERMINE LE  
30 NOVEMBRE 2019**

 Exclusively for the Canadian Armed Forces

 No medical questions, no examinations

Financial protection for 25 common critical illnesses (up to \$50,000 of coverage)

 Assurance offerte exclusivement aux Forces armées canadiennes

 Aucune question d'ordre médical ni examen

Une protection financière pour 25 maladies graves courantes (jusqu'à 50 000 \$ de couverture)

Contact your local SISIP Financial Advisor or visit [sisipci.ca/promo](http://sisipci.ca/promo)  
Communiquez avec votre conseiller financier local de la Financière SISIP ou visitez [sisipci.ca/cipromo](http://sisipci.ca/cipromo)

**NOTE:** If you already have \$50,000 of Guaranteed Acceptance Critical Illness Insurance under this plan, you may not apply for more under this offer. If you have \$25,000 you may only apply for an additional \$25,000. If you have previously received a Covered Condition Benefit payment under this group policy, you may apply but the covered condition for which you received payment, as well as any related Multiple Event Covered Conditions, will be excluded from your coverage. **REMARQUE :** Si vous avez déjà souscrit à 50 000 \$ de couverture à approbation garantie d'assurance sous ce régime, vous n'êtes pas éligible pour cette offre. Si vous avez présentement un montant de 25 000 \$ d'assurance maladie grave à approbation garantie aux termes du présent régime, vous pouvez soumettre une demande de couverture additionnelle de 25 000 \$. Si vous avez déjà reçu une prestation d'assurance maladie grave aux termes du présent régime, vous pouvez soumettre une demande mais la maladie ou affection couverte pour laquelle vous avez reçu une prestation, ainsi que toute maladie ou affection couverte aux termes de la garantie protection MultiPrestations reliée, sera exclue de votre couverture.



Morale & Welfare Services / Bien-être et moralité



IAFI / Groupe financier Financial Group

IA Financial Group is a business name and trademark of Industrial Alliance Insurance and Financial Services Inc.  
IA Groupe financier est une marque de commerce et un autre nom sous lequel l'Industrielle Alliance, Assurance et services financiers inc. exerce ses activités.



# Halloween treats

On a brisk, windy night the Base saw families out seeking Halloween sweets while navigating the array of decorated Q patch yards. From a tree featuring hanging dolls (left) to a haunted witch's graveyard (above), lots of imagination went into decorating. The winning yards were 1st 43 Kingston – Bdr Kyle Cormier; 2nd 121 Kingston – MCpl Josh Maxwell; 3rd 31 Alfriston – MCpl Ray Many Chief.

Photos Jules Xavier/Shilo Stag





**Government of Canada / Gouvernement du Canada**

**VETERAN FAMILY PROGRAM**  
For Medically Releasing CAF Members, Medically Released Veterans and their Families





**LE PROGRAMME POUR LES FAMILLES DES VÉTÉRANS**

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

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

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






It was a hive of activity in the military section of the Brandon Cemetery as more than 1,000 students fanned out to place poppies and flags at the graves of veterans as part of the sixth annual No Graves Left Alone event.

Photos Jules Xavier/Shilo Stag



## NO STONE LEFT ALONE

# Hercules flies overhead as students leave flags, poppies at veterans' graves

### Shilo Stag

The roar of the Hercules overhead quickly had heads turning skyward while students from four local schools stood around the cenotaph in the military section of the Brandon Cemetery.

Arriving from 17 Wing Winnipeg's 435 Transport squadron, the fly over was part of a No Stone Left Alone ceremony. Compared to two years ago when a foot of snow greeted more than 700 students for the fourth annual No Stone Left Alone ceremony, the sixth annual event held Nov. 4 was precipitation-free, but featured frigid conditions thanks to a persistent wind greeting more than 1,000 students as they fanned out across the cemetery.

Students from Riverheights, St. Augustine and Valleyview Centennial Schools and École Harrison were still bundled up to ward off the nippy temperatures, when they placed poppies at the grave sites of more than 1,200 veterans who are interred in the military section of the municipal cemetery.

This annual event was part of the No Stone Left Alone Memorial Foundation, which is a non-profit organization to help raise funds, awareness, and support for the veterans of Canada and their families. The goal is to ensure that every soldier's headstone in fields of honour throughout the Bran-

don area and across Canada received a poppy.

And unlike the previous four occasions, students did not cover the entire cemetery, but instead focused on the veterans section. Another change — they did not follow what the Dressing of the Graves contingent has done at the graveyard in past years, when a Canadian flag was placed at all grave sites where military are buried. The flags were instead placed by the older students.

But white crosses, emblazoned with a red poppy, designed previously by Riverheights School industrial arts program students, were not placed by the junior high-aged students this time once the younger children had laid their poppies provided by teachers.

Maureen Bianchini-Purvis launched this initiative in 2011 in recognition of the sacrifices of Canadian military members who have lost their lives in the service of peace, at home and abroad.

Locally, by incorporating the services of École Harrison in 2014, and adding St. Augustine's and Valleyview Centennial schools in 2015, and Riverheights School this year, along with a few soldiers from CFB Shilo and 26 Field, and the Royal Canadian Legion, the participants work to ensure the sacrifices made by these soldiers will be recognized by upcoming generations.

In 2014, the staff and students from École Harrison in

Brandon were approached by parent Ryan Lawson after he heard of the foundation and the education it provided to the students.

He recalled as a child growing up and attending school assemblies for Remembrance Day that the message of sacrifice does not resonate as much as kneeling in front of a grave marker with the name of a veteran engraved on the polished granite surface.

There's a real experience, he said, of reading the name and perhaps other military information which a soldier asked to have engraved on the tombstone above their grave. Each of the students kneeling in front of a grave marker were asked to take time to think about the person buried beneath the ground where they were in the cemetery.

While Brandon was the first city to hold a No Stone Left Alone ceremony in Manitoba, there were four other communities this year on board with similar events, including two in Winnipeg, and ceremonies in Souris and Portage La Prairie. The ceremony is now held in every province, plus Poland. Last year, 9,236 students were in 105 cemeteries, with 58,941 CAF members honoured.

Students are profoundly affected by this simple gesture of remembrance during their participation as observed by the *Shilo Stag* team covering the event. For more on No Stone Left Alone visit [www.nostoneleftalone.ca](http://www.nostoneleftalone.ca)

# Brandon University dining hall in November Harvest Hall offers military, veteran discount

## Stag Special

Brandon University's dining hall is offering a 25 per cent discount to serving members of the military and veterans throughout November.

"We are always open to all members of the public, but we are making a special effort to welcome veterans and members of the military this month, so that we can help recognize and honour their service," said BU's manager of food services Nicholas Namespetra.

Harvest Hall offers a rotating menu of full dining options for breakfast, lunch and supper, including vegetarian options, a carvery station, and build-your-own plates. There are also convenient grab-and-go offerings through the new

BU fresh line, and outstanding new coffee options.

"Lunch today is a beef tagine with Israeli couscous, or a carrot osso bucco," said Namespetra. "Tonight, we're offering a seafood paella, veggie bánh mì, or a carved beef station with baked potato, honey glazed carrots and gravy. It's all mouthwatering, it's as local as we can get, and it's all extremely affordable for everyone."

Harvest Hall is open 7 a.m. until 8 p.m., on weekdays, with a short-order grill open until 11 p.m. Hours are slightly reduced on weekends and statutory holidays.

There is convenient nearby street parking on Lorne Avenue, or free parking in BU lots after 4:30 p.m.

Veterans and members of the military only have to show ID to access the 25 per cent discount.



## Drum Line part of outdoor hockey game

Members of the newly formed 2PPCLI Drum Line were able to reaffirm the long-standing relationship between the PPCLI and the Regina Pats WHL hockey club during the recent Prairie Classic held outdoors at the home stadium of the CFL's Saskatchewan Roughriders. Prior to the NHL contest between the Winnipeg Jets and Calgary Flames, the WHL's Regina Pats hosted the Calgary Hitmen. According to Battalion Drum Major WO Nathan Verhoog, the Drum Line was featured during several activities as part of the WHL game, including escorting the Pats onto the ice, followed by a second intermission show. The event was a great success for the Drum Line, said WO Verhoog, with the soldiers receiving a warm welcome from the team and adulation from the record-setting crowd.

*Photo submitted*



The Shilo Stag  
is online!



@ShiloStag

www.facebook.com/ShiloSTAG

Follow us!

**WHEAT Kings**

Nov. 22 vs Hitmen  
7:30 p.m.

Nov. 23 vs Pats  
7:30 p.m.

Nov. 29 vs Ice  
7:30 p.m.

WHL



**United Way**

CFB Shilo 2019 campaign

## WRAP-UP LUNCH

50/50 Draw

\$2 each or \$5 for 3

**\$5 gets you**

**Nov. 15**

**Noon to 1 p.m.**

**At L25**

1 x hotdog;  
1 x burger; and  
juice or water

# SHILO COMMUNITY COUNCIL

We are looking for ward representatives, vice-president



**Ward 1 - Kingston, Leaside, Royal, Sapper, The Packway**

**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)



# 3 Div Command Team commendation presented to Stag editor

**Céline Garbay**  
Shilo Stag

The Stag's own managing editor Jules Xavier thought he was being punk'd.

He was at Base HQ, and had just finished taking pictures of OCdt Shaun Magill as he was presented a 3Div Command Team commendation for his outreach work with CJOC in the Baltics from 3Div Comd BGen Stephen Lacroix and his DSM, CWO René Kiens.

Suddenly, Xavier heard his own name being read out, then BRSM CWO James Doppler grabbed his Nikon camera out of his hand and ushered him to the front of the HQ boardroom.

Visibly moved and admittedly stunned, Xavier stepped up to receive his own commendation for his "dedication and commitment to community news" at CFB Shilo and "bringing great credit to 3rd Canadian Division."

"Once I had collected myself from being surprised, it finally sunk in that I was not being punk'd because I saw my name on the Command Team commendation," said Xavier.

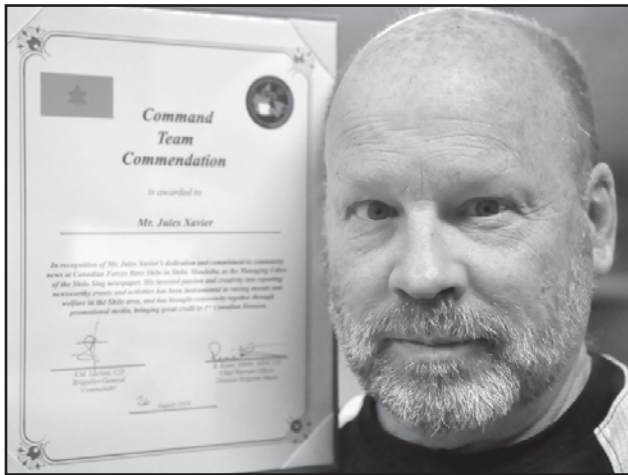
"It's always good when we get to surprise somebody," said BGen Lacroix. "There are no secrets in this Army anymore," he added, "but this one worked."

It was no small feat keeping Xavier in the dark; a man whose journalism career spans decades since he started in 1984. His first job out of journalism school was at the Brampton Guardian, where he distinguished himself as an intrepid cub reporter with an added talent for photography.

Through the years, Xavier covered everything from sports to crime and local politics for newspapers in BC, Alberta, and Ontario, steadily gaining a wealth of experience in storytelling, editing, and design prior to moving to Manitoba for his current journalism job.

His willingness to embrace new media and evolving technology allowed him to survive professionally as newspapers succumbed to the digital era.

The son of an RCAF airman, Xavier grew up on Canadian



**Stag editor Jules Xavier shows off the 3 Div Command Team commendation (above) he was presented at Base HQ by 3 Div Comd BGen Stephen Lacroix (below) and his DSM CWO René Kiens.**

Photos Céline Garbay/Shilo Stag & CWO James Doppler



Forces Bases across Canada — Bagotville, St. Margaret, Co-mox, Kingston, North Bay, and lastly, Trenton.

With his extensive background in community newspapers and knowledge of military life, a position at the Shilo Stag caught his eye in 2012 when he was living on Vancouver Island.

The Base Commander at the time, now BGen Rick Goodyear, presented Xavier with a clear mandate: make the paper better reflect the day-to-day activities of the Base; fewer DND press releases, more local content.

"[Rick] wanted a paper to reflect the Base, and what's happening in all facets of day-to-day activities, from 1RCHA or 2PPCLI soldiers training for deployments to PSP events like the Haunted House to Candy Cane Christmas. The Stag would be there in person to cover those events, and not rely on individuals sending in submissions."

Xavier has invested his passion for the job and creative flare when it comes to putting out the 72-year-old tabloid newspaper out every second Thursday.

"If you pick up a copy of the Stag and read it cover to cover, you should know what's happening on Base," Xavier offered. "I want to improve on each edition that comes out, and to do that you need to be invested in what you are doing, and be passionate about your job."

Under his direction, the Shilo Stag is often recognized by the Canadian Community Newspaper Association (CCNA).

In addition to receiving individual awards for photography and writing, since 2013 the Stag has consistently been a top-three finalist for the annual Best Canadian Forces Newspaper award, No. 1 among the Army newspapers behind the Navy newspapers Trident at CFB Halifax and Lookout at CFB Esquimalt.

"Besides BGen Goodyear, I also have to thank now retired senior PSP manager Mike McEwan for allowing me to draw on my 'subject expertise' when I broached him about ideas or changes to produce a community newspaper which reflected what was happening on the Base for the military community," he said.

## Take a breath during your day

**MCpl David Sadai**  
Stag Special

With the chaos surrounding us in this fast-paced lifestyle, sometimes we need to stop and remember to breathe.

We get caught up in our different life stages between time with family, friends, work, social media, chores, education, and physical activity.

We try to cram as much into a day as possible and we spin ourselves into a whirl of over-thinking and into an anxiety induced state of mind.

Some end up laying in bed not able to sleep without the ability to do anything about it and replaying the "should of done's" from the day. It's extremely unhealthy and it's making mental health an ever-growing problem.

We lose sleep and zombie walk our way through the remainder of the day and in that state can make unhealthy food choices, unhealthy inner dialogue and thoughts.

This can infect movement as after sleeping poorly and eating poorly will denounce the idea of moving well.

It's hard to push yourself in the gym when you're running on fumes of non-nutritious food and lack of sleep — not to mention beating yourself up with your thoughts.

The true break to this process is to do the absolute most natural thing humans do that we take advantage of —

breathing.

We always work from the half to top of the breathe and avoid good deep breathing.

Taking that pause and 10 minutes at whatever time is best for you.

Combat life's chaos for just a bit and connect back with yourself. Close your eyes if that helps and take long deep breaths in and allow all thoughts and worries to drift with each exhale.

Let go of things outside of your control and focus on the next step you can take to tackling any problems that pop up in your life.

Take charge of your mind and body, connect to them through breath.

Ditch the phone for 10 minutes, wipe all the thoughts out of your head and focus on the present moment.

You might find this will be the best way to allow logical thoughts — to overcome your obstacles — to come to you as you approach your problems without emotion and with clairvoyance.

Allow yourself to breathe and you will reap the benefits of allowing things to become under control through your presence.

For more information send him an e-mail davidleesadai@gmail.com or visit www.nectrathletics.com

## Where's Willie?

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

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



### Entry Form

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Page #, ad: \_\_\_\_\_

Answer skill-testing question:  
Who won a Victoria Cross medal with the PPCLI during the Great War in France?

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

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

Nov. 15 Queen's Corgi Rated G  
Nov. 22 Dora and the Lost City of Gold Rated PG  
Nov. 29 Blinded by the Light 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



**GSH Bowling Alley**

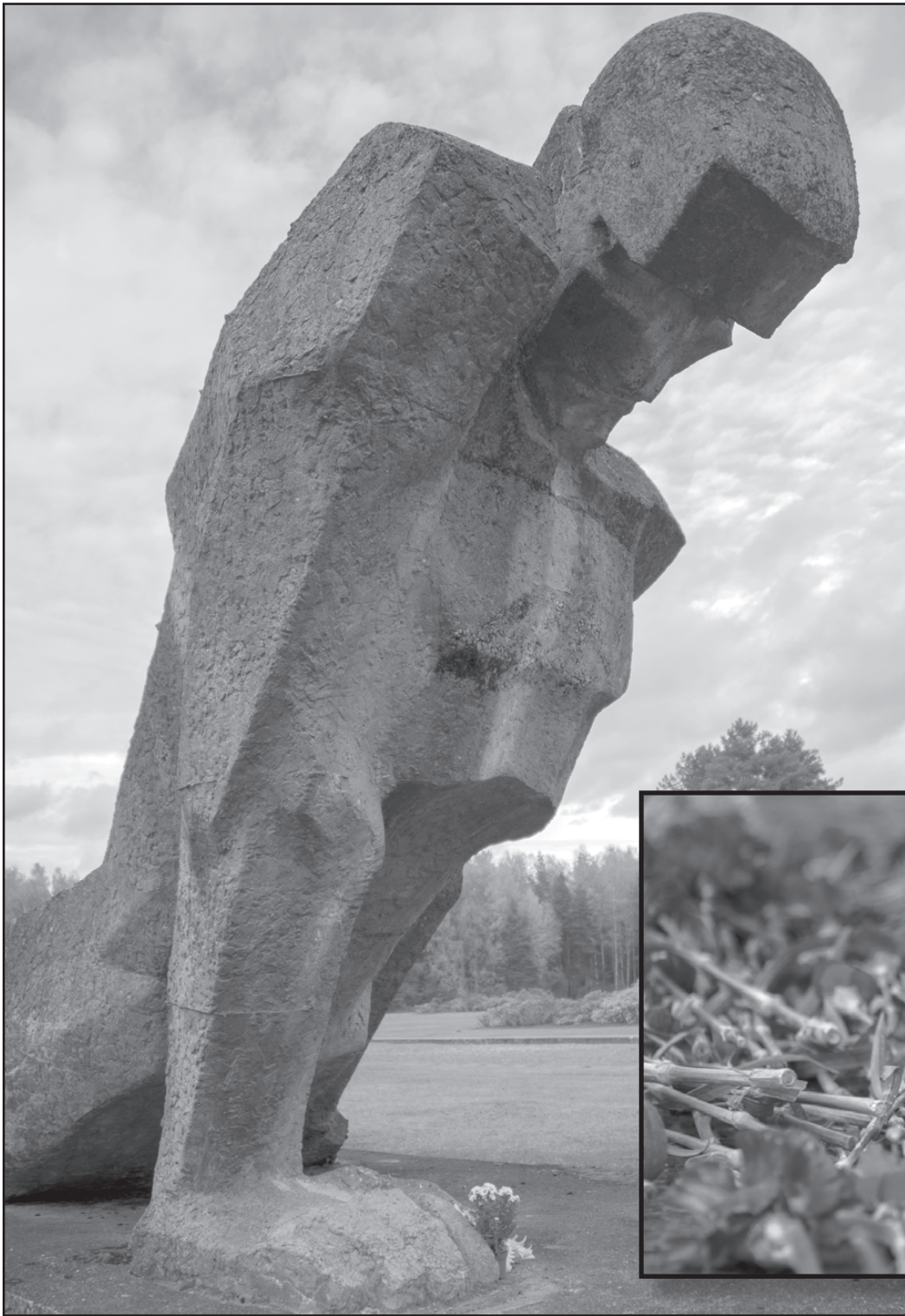
Open bowling for all ages  
Saturday 2 to 4 p.m.  
Sunday 2 to 4 p.m.

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**



During the PSP tour of Holocaust Memorial sites in Latvia, PAO Capt Ken Jacobson captured a few poignant moments for those in attendance with his camera.



# Holocaust statues express pain, strength of human spirit

From page 5

The camp started as a detention camp in 1941 and was initially built by Jews and Soviet Prisoners of War (POWs). Plans were to enlarge it so that up to 15,000 prisoners could be housed, but it was never fully completed.

In total, about 12,000 people went through the camp. Cramped conditions, poor sanitation, lack of adequate food, and severe weather killed many; about 2,000 died there.

In 1967, the Soviets built an impressive concrete memorial and some large statues there. For those of us who grew up in the Cold War era, we imagined the Soviets to be heartless, but there were aspects of the memorial which were very moving.

The statues expressed both pain and the strength of the human spirit. One pictured a figure, perhaps a mother, pushing up from the ground. Another held a fist to the sky in an act of defiance. Both were fitting.

The main memorial was a massive grey building with Russian lettering: "The earth moans beyond this gate."

The design of the structure seemed strangely appropriate to represent the moral upheaval which happened there. It was not level, in fact it looked like an earthquake had up-ended it.

Long and narrow, we could see the imprint of the pine boards used to form the heavy concrete. It was not hard to imagine ourselves in the camp barracks, wooden planks for walls. Outside, tick marks carved in granite counted the days until liberation.

There was a bit of irony in this. The Soviet view was that the Red Army liberated the camp, but the Nazis evacuated the camp and burned it before they arrived. And, as our tour guide reminded us, the arrival of the Soviets was no liberation for the Latvians.

Inside, we learned that the Salispils concentration camp was notable for the loss of children. In one burial site near the camp, 632 bodies of children aged five to nine were located.

The loss of so many children through planned negligence was especially touching. As we walked the grounds, we saw many small stuffed toys placed as makeshift memorials.

We stopped in front of a monument wall. While there were already lots of flowers and toys present from previous commemorations, most notable was what locals called the metronome.

It was a rhythmic beating, disturbingly like a heartbeat, which we could hear as we approached. The effect was slightly disturbing and eerie, as if proceeding from inside a tomb.

That's where we held our short memorial service. We simply could not leave without honouring so many who never left the forests and camps.

What could we say in the face of so much suffering and loss? What could we do when confronted with such blatant hatred? Where were the bright spots? What could we take from this?

I reflected on the value of human life, all human life, regardless of where we come from, where we live, our ethnic

background, the colour of our skin, our gender, our religion, or any other difference which may be perceived between us.

Perhaps we could pledge to look for the humanity in each person. It is a personal issue. It begins with each of us, that from the moment we wake, we start from the perspective that everyone has value.

Everyone. Without exception. Even if they are different from us, even if we do not understand them, even if we don't like each other. Let us begin with this in mind.

I reflected on the nature of fear and courage. How afraid people must have been, that few stood up, few opposed the blatant actions of the Nazis? Who are we to think we might have done differently?

And yet, there were some. One man named Žanis Lipke secretly transported Jews from Latvia. A dock worker who retrained in order to become a contractor for the Luftwaffe, he used his position to smuggle between 40 and 60 Jewish to safety.

Perhaps we can use his example and hold each other accountable to be courageous. Where we see human life being devalued and worthless, may we put ourselves on the line. Let us be inspired by Žanis Lipkes to act despite our fear.

And then, finally, there was the matter of the heartbeat metronome pulsing in the air around the monument. We are reminded that where there is a heartbeat, there is hope. Each one of us can influence the future, and in this way we are not doomed to repeat the past.

2PPCLI's padre Capt Troy Dennis is deployed to Latvia/Photos by PAO Capt Ken Jacobson

Call 204-765-3000 extension 3570  
CFB SHILO

EXPERIENCE HISTORY WITH A BANG!

## THE RCA MUSEUM

CANADA'S NATIONAL ARTILLERY MUSEUM



Your source for Army news in Manitoba

### Sales consultant required

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.

# Do you want to be a junior reporter?

## Stag Special

Canadian Forces Newspapers (CFN) — the Canadian military's trusted news source like your award-winning *Shilo Stag* — is looking for youth from military families aged 13 to 18 who want to report on a story or issue which is important to their life or the community around them.

The story must be original and about an issue or a personal experience or insight which has not been widely reported about before and/or reflects the life of the contributor or their friends and/or family.

You should state why you think you reporting this story or issue will bring a unique perspective to it, but also how

you would widen your report to look at the issues around the subject.

Then CFN editors will meet in January 2020 to choose the most unique and powerful stories, which will be published with the winning entrants.

Our readers will then have an opportunity to vote for their favourite story and that reporter will win a grand prize package plus a scholarship.

To enter this competition send us your application and story idea which you would like to write about between Oct. 6 and Dec. 31.

For more on this competition visit [www.CAFconnection.ca/youthreporter/](http://www.CAFconnection.ca/youthreporter/)

## MFRC receive \$2,000 from Legion's Poppy Fund

### MFRC Stag Special

CFB Shilo's MFRC will benefit from the Royal Canadian Legion's Poppy Fund.

During a recent cheque presentation, Legion Branch No. 3 from Brandon presented \$2,000 to the MFRC, with the money coming from the Legion's Poppy Fund.

According to MFRC executive director Willemien van Lankvelt, who received the cheque alongside MFRC board chair Jim Doppler and vice-chair Shawn Wood, the \$2,000

will be used to offset expenses for events like the recent Community Mixer held at the Brandon Armoury in partnership with 26 Field Regiment RCA.

The cheque was presented to Doppler, Wood and van Lankvelt by branch president Cindy Stumme. The Brandon Legion also made presentations to Brandon Fire and Emergency Services, Meals on Wheels - Prairie Oasis, Prairie Mountain Health - Acute Care and St. John Ambulance.

When you buy a poppy in November, remember with your donations, community organizations like Shilo's MFRC benefit from the generosity of those wearing a poppy leading up to Remembrance Day Nov. 11.

## Lions' walk for dog guides raises \$1,000

### Sharon Brooks Stag Special

Following a lengthy summer break, the Sprucewoods and Area Lions Branch Club are back in business. The local club wants to thank those who donated to the walk for dog guides, with \$1,000 raised.

Currently, the club is sponsoring a "chase the ace" event every Friday at 6:30 p.m. in the lounge of the Shilo Inn. There's also a meat draw every third Friday, so join the Lions every Friday. To raise funds for the kids playground in Sprucewoods, the club is selling 50/50 tickets.

Once again, the club will assist with the annual seniors' Christmas dinner.

*Sharon Brooks is club's Guiding Lion*

# 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: November 21 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 Fire-arms safety course instructor/examiner** offering Red Cross first aid training. Manitoba hunter safety instructor. CFSC, CRFFC safety courses offered at least monthly and on demand. Firearm/hunter safety courses planned seasonally. Restricted and non-restricted. 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](http://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 \$12.53 per hour, progressing to \$14.77 per designated pay band. 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.

### 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)



## Youth Reporter Competition

New Program for Youth of Military Families

Presented by:

The Canadian Forces Newspapers:  
The Canadian Military's Trusted News Source

The winner will win a grand prize package and a scholarship!  
Deadline: December 31, 2019

[CAFconnection.ca/YouthReporter](http://CAFconnection.ca/YouthReporter)





# Meet Your Ombudsman

# Rencontrez Votre Ombudsman

We're coming to

## CFB Shilo

19 - 21 November 2019

Nous serons à la

## BFC Shilo

du 19 au 21 novembre 2019



WE ARE READY TO HELP.  
NOUS SOMMES PRÊTS  
À VOUS AIDER.

1-888-828-3626  
OMBUDSMAN.FORCES.GC.CA  
f t i

