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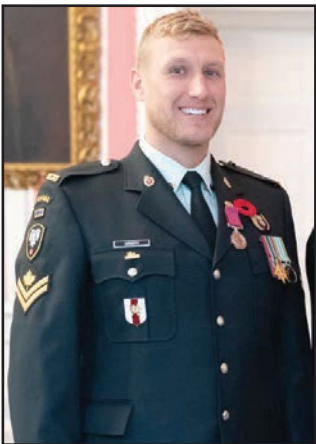
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Father, son receive bravery medals in Ottawa. Page 3

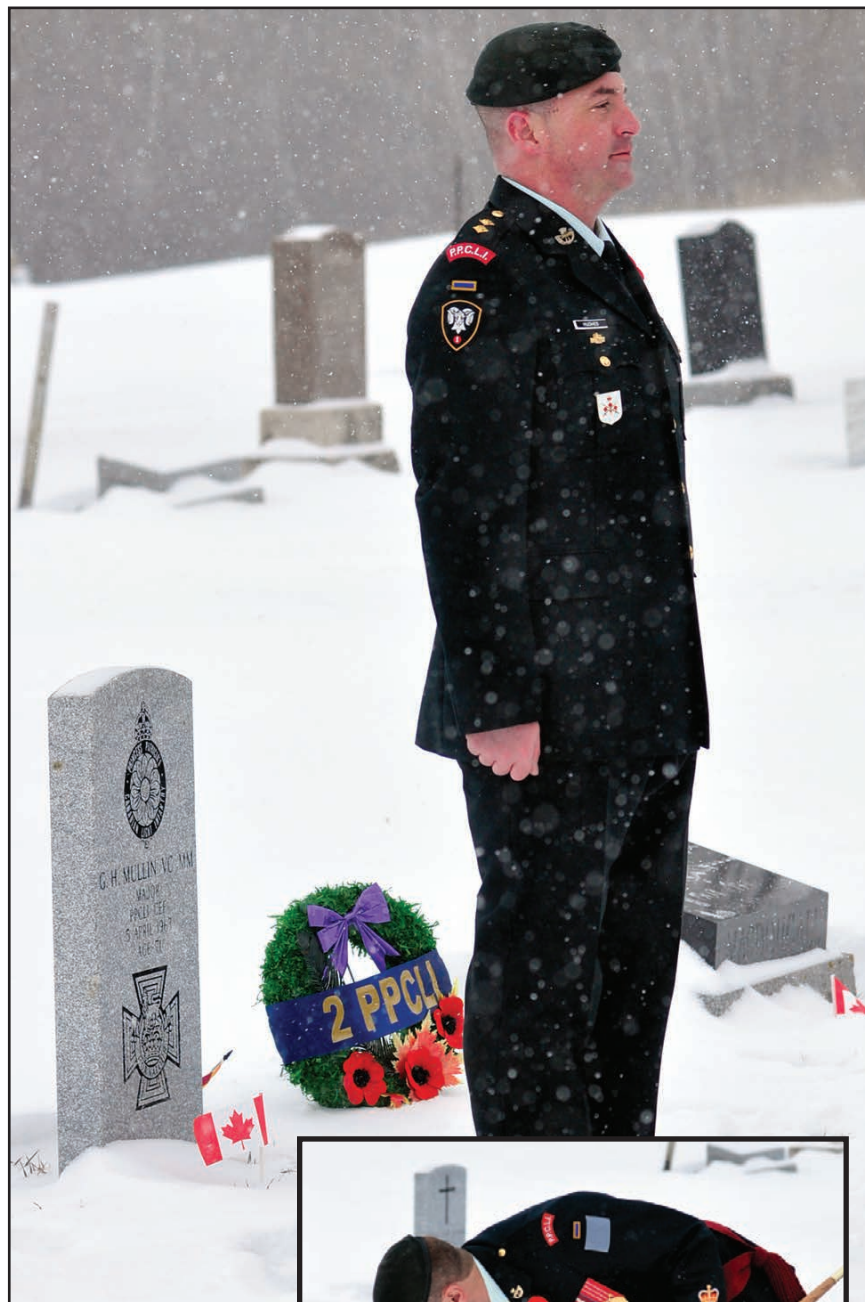


POW wrote about his Hong Kong experience . Page 6



Great-uncles fought in Great War. Page 8

# 2PPCLI honour Sgt Mullin at gravesite



Prior to the Remembrance Day ceremony at the grave of Sgt George Mullin (inset) WO Ben Lagonia placed 2PPCLI flags in the fresh snow. Lt Parker Hughes stands at attention during a moment of silence after placing the wreath.

Photos Jules Xavier/  
Shilo Stag



**Jules Xavier**  
Shilo Stag

Standing in ankle-deep snow while winds whipped up falling fresh snowfall, Pte Fehr and Lt Parker Hughes laid a wreath at the grave of a Victoria Cross recipient from the Great War.

On the 100th anniversary of the signing of the Armistice in France on Nov. 11, 1918, in a Saskatchewan cemetery 30-plus members of 2PPCLI and its drum line remembered Sgt George Mullin, who received his VC for heroic actions on the battlefield on Oct. 30, 1917 near Passchendaele in Belgium. He was 26.

The citation written in the *London Gazette* on Jan. 11, 1918 was read by a Patricia next to Sgt Mullin's grave located in Moosomin's southside cemetery:

*"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-gunners 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 USA for Saskatchewan. He enlisted in the army in December 1914. With the Princess Patricia's Canadian Light Infantry (PPCLI), 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 attended an indoor Remembrance Day ceremony at the Moosomin Legion, then moved 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 looked north.

2PPCLI annually sends soldiers for a gravesite ceremony Nov. 11 for Sgt Mullin.



**Sgt George Mullin**



# Indigenous war stories 'must be told' says Quebec historian

**Steven Fouchard**  
Stag Special

A Quebec-based amateur historian has set himself the ambitious goal of documenting every North American Indigenous soldier who has served since Europeans first discovered the continent in 1492.

In his role as president of Association de recherche des anciens combattants amérindiens, Yann Castelnot of Rivière-du-loup has already compiled the names and histories of some 150,000 Indigenous Veterans of Canada and the United States into an online database.

He began the work in 1998, inspired by an article on Indigenous soldiers of the First World War.

"At the time, the Internet was not as developed as today and the subject of Native American Veterans was not addressed anywhere," he recalled.

Castelnot, who has lived in Canada for more than a decade, grew up in the Vimy region of France and close to many other significant Second World War sites, including the Somme in France and the Ypres region of Belgium, which fired his imagination.

"It is difficult to explain what this means without seeing it with your own eyes," he said. "But every community in the area contains a monument or military cemetery. They are deeply rooted in our culture and pride."

Castelnot noted that Indigenous North American soldiers served proudly and voluntarily.

"A majority of them did not have an easy life when they returned from the First World War, yet they reengaged voluntarily in large numbers during the Second World War. The story of the soldiers who fought on



**Sgt Tommy Prince**

the other side of the world for the freedom of another people must be told."

Castelnot started with names from the World Wars, but soon expanded the project to all who had served after December 29, 1890 — the date of the Wounded Knee massacre, when United States government troops killed Sioux tribe members in South Dakota. The number of fatalities is disputed but some sources cite as many as 300, many of them women and children. He has received a number of honours for the work, including the Queen's Diamond Jubilee Medal presented by the Governor General in 2013, which he said provided the inspiration to start digging all the way back to 1492.

"Those who served in the Boer War or the War of 1812 also have the right to be honoured. So, I am now looking at more than 500,000 soldiers to be counted. If I could, I would do the same research and memory work for all soldiers, but that is impossible for an amateur like me."

Many Canadians are familiar with CSM Francis Pegahmagabow and Sgt Tommy Prince. CSM Pegahmagabow was one of only 38 Canadians to receive the Military Medal with two bars for service in the First World War. Sgt Prince was awarded 11 medals for his service in the Second World War and the Korean War.

Castelnot has offered the following names when asked for other notable Canadian Indigenous veterans that Canadians ought to know just as well.

Sgt Frank Narcisse Jérôme — A Mi'kmaq member of the Gesgapegiag First Nation, Sgt Jérôme was one of the few Canadians to receive the Military Medal three times for service in the First World War.

In November 1917, near Avion, France, he held his

position under artillery fire and helped fend off a number of enemy attacks at the same time. His Military Medal citation states: "His coolness under fire was a brilliant incentive to all ranks."

Capt Alexander Smith Jr — Son of Six Nations Cayuga chief Alexander George Smith, Capt Smith earned the Military Cross in September 1916 during the second Allied assault on the Somme. The citation notes that "he proceeded with a party of bombers and captured an enemy trench and 50 prisoners, displaying the greatest courage throughout. He was twice buried by shells but stuck to his post."

He was additionally named an Officer of the Order of the Black Star, a Polish order, for his distinguished service at a training camp at Niagara-on-the-Lake, Ont., where many Polish soldiers trained. Capt Smith later became chief of the Six Nations Grand River Reserve, near Brantford, Ont.

MCpl Kristal Lee-Anne Giesebrecht — a medic with 1 Canadian Field Hospital, she was killed in action in June 2010 during her second tour in Afghanistan. A member of the Mohawks from the Bay of Quinte, Ont., she received a posthumous Sacrifice Medal as well as the South-West Asia Service Medal with Afghanistan Bar.

Sergeant (Ret'd) Daniel Lafontaine — he is a Métis veteran of peacekeeping operations in Cyprus and the former Yugoslavia. He dealt with Post-Traumatic Stress Disorder (PTSD) after retiring from the Canadian Armed Forces (CAF) in 2003 and has continued to advocate for other ill and injured veterans.

He has been recognized for this work with a Minister of Veterans Affairs commendation and received several military honours, including a Chief of the Defence Staff (CDS) commendation, a Command commendation, a Canadian Armed Forces decoration, and the Canadian Peacekeeping Service Medal.

LGen Jean-Marc Lanthier, Commander of the Canadian Army, issued the following statement Nov. 8 to mark Aboriginal Veterans Day:

## Message from Canadian Army commander

from Muskeg Lake Cree Nation in Saskatchewan, was the first Indigenous woman to enlist in

"Today, as the Defence Team Champion for Indigenous Peoples, I am honoured to acknowledge and salute the many remarkable contributions of First Nations, Inuit and Métis people — past and present — who have served in Canada's military.

"Whenever our country has been in need, Canada's Indigenous communities have made tremendous sacrifices. The World Wars and the Korean conflict saw more than 12,000 First Nations, Inuit and Métis people serve in Canada and overseas. One in three able-bodied Indigenous men enlisted to fight in the First World War. In some communities, every man between the ages of 20 and 35 signed up to serve. At least 50 decorations were awarded to Indigenous members for their bravery and feats of valour.

"Indigenous women and men also participated in every major Canadian battle and campaign of the Second World War, from the Dieppe landings to the Normandy invasion. Mary Greyeyes,

the Canadian Army in 1942. She served in the Canadian Women's Army Corps in Canada and Britain. More than 200 Indigenous members died during the Second World War, and some 18 decorations were awarded for bravery in action. Some took on the roles of snipers and scouts and some were involved in clandestine missions. The little known 'Code Talkers,' like Charles 'Checker' Tomkins, a Métis from Alberta, transmitted secret messages in Cree. Their covert role has only in recent years begun to receive long overdue recognition.

"In Afghanistan in 2006, Cpl Jason Funnell, a member of the Haida Nation of British Columbia, braved intense enemy fire to rescue comrades trapped in a disabled vehicle, his actions earning him the Military Medal of Valour from the Governor General of Canada.

"This proud tradition and these heroic actions, of which I have named but a few of the multitude of examples from the past two hundred years, demonstrate how Indigenous Peoples, time and again, have sacrificed and prevailed through their service."

## Pet of the Week



**AMBER & LUCY**

This is Amber, the flame point Siamese kitten, and Lucy, the pit bull. They bonded immediately and have become best friends. So much so, says owner Vikee Holland, that Lucy is under the impression she is not a dog, but actually a cat. Amber enjoys nibbling ears and sitting beside the tub while you bathe and has no idea that cats dislike water. 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)



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## 2PPCLI soldier, father receive Medal of Bravery from Governor General

**Jenna Dulewich**  
Shilo Stag

It's not every day you save a life during your honeymoon.

But that is exactly what 2PPCLI's MCpl Ryan Kristy did when he rescued an Ontario man from drowning in the ocean in Santa Maria, Cuba in January 2016, which led him to being awarded the Medal of Bravery from the Canadian Government earlier this month.

"It feels pretty good," MCpl Kristy said with a humble smile.

"There have been other things in the past where I've been told I would get recognition for something and it doesn't happen, so when I got the call for this I was totally surprised — it's overwhelming."

Retelling the *Stag* what happened that day, MCpl Kristy prefaced the heroic story with a funny anecdote about how his parents had joined the newlywed couple on their honeymoon.

"My wife had mentioned to my parents that it was too bad they couldn't come, and next thing you know they booked tickets and totally joined us," MCpl Kristy said with a laugh.

Through that odd stroke of fate, it was lucky they did as it was the master corporal's father who first tried to save the drowning man that day.

"There was a big storm that morning and we saw the huge waves and went to walk on the beach to take a look — that's when we ran into my mom who said, 'Your dad is in the water'," MCpl Kristy recalled.

Not knowing the full situation or what was happening, the master corporal said he didn't take two seconds to think about it after seeing someone out far in the ocean.

"I just ripped off my shirt and jumped in and started swimming," he said.

With waves more than 10-feet high and his dad at approximately 150 metres out, MCpl Kristy said he started swimming on an angle so he wouldn't get caught in the rip current.

It wasn't until he reached his dad, when MCpl Kristy realized there was another person, a man who was passed out, that his dad was trying to swim to shore.

Capt (Ret'd) Michael Kristy explained over the phone, he was also out with his wife that morning when he saw two swimmers "farther out than they should've been."

"I noticed the one guy swam back and I thought, 'that's good,' but the other guy didn't and he was just bobbing around, so I made the decision to swim out," said Capt (Ret'd) Kristy, who is also a former international triathlete.

"When I got to the guy, I was looking at him to make sure he wouldn't try pull me under, when a wave came over him and his mouth was open. That's when I knew he needed help."

Kristy senior said he was trying to pull the man back when he started getting tired and disoriented, not being able to locate where the shore was.

"I started thinking that I need to save myself, and I was just about ready to give up when Ryan showed up," Capt (Ret'd) Kristy said.

"My dad was struggling — he had been caught up for several minutes trying to pull this guy back — and he told me he couldn't bring him in himself. So, I grabbed the guy and started pulling him in, and my dad basically swam behind us," MCpl Kristy said.

Once they were back on shore, the master corporal started chest compressions right away.

"I was trying to get the water out," MCpl Kristy explained. "He was passed out when we got to him, and was taking in a lot of water, basically drowning."

Continuing the life-saving treatment until local medics arrived, MCpl Kristy said he never thought twice about what he did.

"I saw the guy a couple days later at the resort — he asked where we were from, got our information and promised me that he'd stay out of the water," MCpl Kristy said with a laugh. "Then a couple of years passed by and I get told I'm getting a medal for it."

Kristy senior said he knew the Ontario man was gathering the information to pass it along, but thought the most recognition the duo would receive would be a commendation.

"Time had passed and I didn't think we'd hear anything," the retired captain said.

Then both were called to Ottawa to be awarded the Medal of Bravery.

Being three generations in the military — MCpl Kristy's grandfather also served in the Second World War — the moment was a special one as three generations of Kristy's were at the ceremony; Capt (Ret'd) Michael, MCpl Ryan and Ryan's oldest son.

"That was very special," Kristy senior said, noting it was a moment that topped everything.

During the decorations, the father and son duo were called on stage together, before being called forward individually to receive the Medal of Bravery from Governor General Julie Payette.

"I've been getting a lot of congratulations from everyone, old co-workers calling up to say, 'It's been an honour to serve with you'," MCpl Kristy said. "It's been overwhelming."

2PPCLI's MCpl Ryan Kristy and father Capt (Ret'd) Michael Kristy from Collingwood, Ont., received their Medal of Bravery from Governor General Julie Payette during a recent ceremony held in Ottawa.

Photo Sgt Johanie Maheu

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Nov. 23 Mission Impossible - Fallout Rated PG  
Nov. 30 Ant-Man and The Wasp Rated PG

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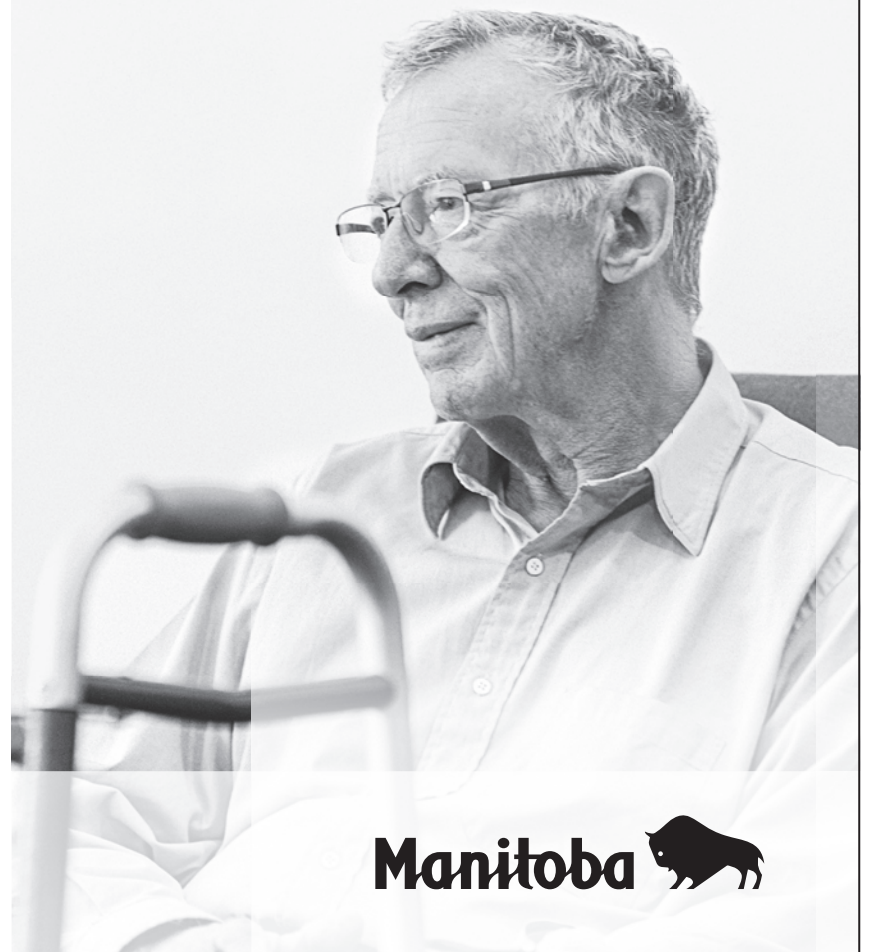
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The *Shilo Stag* is produced every second Thursday.

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](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.

...

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

1 MP Reg Shilo PI WO PO1 Ernest Bezaire spoke during the Op RED NOSE kickoff at the Junior Ranks.

Photo Jules Xavier/Shilo Stag

Volunteers provide safe transportation during holiday season

# Op RED NOSE starts Nov. 30

**Jenna Dulewich**  
Shilo Stag

If all you want for Christmas is to not get a DUI — there is a program for that.

Op RED NOSE is returning to CFB Shilo for its sixth year and putting the call out for volunteers now.

"We need a minimum of 60 volunteers to run smoothly," Julie Mazsa, volunteer co-ordinator explained after a presentation for the operation. "Ideally, we need 10 a night."

Initiated more than 20 years ago, Op RED NOSE is a volunteer-run program that offers free rides during the holiday season with teams of three to ensure you and your vehicle get home safely. And the service is strictly confidential.

"Op RED NOSE will get us home safe ... and I'm encouraging everyone to sign up," CFB Shilo BComd LCol Dave MacIntyre said at the presentation.

Operating out of the Faith Centre on Base, the volunteer co-ordinator said it can be a great time for those who want to get involved as there is food, snacks, movies, card games, and even mention of Cards Against Humanity, during the waiting periods.

"You can make it as fun as you want it to be," Mazsa said.

Last holiday season, more than 4,000 people got home safe through the program with an estimated 136 rides out of Shilo.

And given that everyone doesn't live on Base, organizers at Op RED NOSE have an extended coverage

area that spans to Brandon, Douglas, Cottonwoods and Sprucewoods — with talks of extending the kilometre-radius further, if enough volunteers sign up.

"We understand the people live in Wawanessa and Souris and other places like that, too, where the roads aren't great to begin with ... it really depends on how many teams we have a night," Mazsa said.

If you decided to volunteer, the night will not be lonely as a teams of three, you will either be the;

- Escort driver, the person who escorts the driver and the navigator in his or her own vehicle.
- Driver, the person who drives the client's vehicle.
- Navigator, the person who rides with the driver in the client's vehicle.

And every volunteer makes a difference.

"Even if it's only for one night ... whatever you can do helps," BComd LCol MacIntyre said.

And those who want to utilize the program do not have to worry about paying an exorbitant amount to get themselves and their vehicles home, as the program is free, but donations are accepted and appreciated. With every penny donated going back to Shilo supporting the various programs on Base.

"I'm looking forward to a safe Christmas everyone," BComd LCol MacIntyre said.

The program runs from Nov. 30 to Dec. 31 with various day and night shifts.

For more information on how to get involved with volunteering, e-mail the Shilo co-ordinator at [jgmazsa@hotmail.com](mailto:jgmazsa@hotmail.com)

And for those looking for a safe ride during the operation hours, call 204-765-4444

Op RED NOSE is a way to get home safely with your car this holiday season. Volunteers will be on stand-by to provide safe transportation within Shilo, Brandon, Douglas, Cottonwoods and Sprucewoods. The service is entirely confidential. Still looking for volunteers.

Night shift 8 p.m. - 3 a.m. Nov. 30, Dec. 1, 7, 8, 31

Night shifts 8 p.m. - 2 a.m. Dec. 11, 12, 13, 14, 15

Day shift 2 p.m. - 8 p.m. Dec. 11, 12, 13

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# National Child Day on Base Nov. 17

## Power of play, recreation helps children build their resiliency

### Stag Special

"On Dec. 20, 2015 at the age of 10, Janelle was diagnosed with High Risk Stage 3 Favourable LOH+ Wilms Tumour, a form of Kidney Cancer. She's been through surgery, 12 rounds of radiation, and 33 weeks [11 cycles] of chemotherapy," said Liane Haviland, Janelle's mother.

Like many kids her age, Janelle attends a camp during the summer, but during the summer of 2016, Janelle was undergoing treatment for her cancer, which made it impossible for her to attend the Winnipeg PSP sports camp, something she was looking forward to.

Before her cancer diagnosis, Janelle was an energetic kid who loved the sports themed camp, where a different sport was played every week.

Studies have shown that recreation, sports and play are integral to building resilience in children, and that by participating in activities they are able to develop core characteristics that will help overcome challenges.

Fast forward to the summer of 2017, with her treatment complete Janelle was able to attend camp. However, there were some concerns as her treatment had left her weak and with no stamina. The PSP recreation staff encouraged Janelle's parents to send her with a promise they would take good care of her.

That promise turned out to be the best thing for her. The counsellors encouraged her and pushed her a little more every day. They found appropriate ways for her to be able to participate in all the activities, ensured she had time to rest when needed and took special care to keep her well hydrated.

By the end of the summer, Janelle's stamina and energy levels had greatly improved, so much so that even her oncologist was impressed. She is now going on two years in remission.

"The fact that PSP rec staff encouraged us to send

her and were willing to go above and beyond to work with her is huge. We are very thankful for them and the help they provided. They are now encouraging our daughter to become a volunteer for camp in 2020 when she is 14 and too old to attend. Now due to her positive experience with the camp and the counsellors, she can't wait" said Haviland.

Every year on Nov. 20, National Child Day is recognized across the globe, giving children the opportunity to have a voice, be protected from harm and be provided with their basic needs to reach their full potential. These rights include the promotion and participation in cultural, artistic, and recreational and leisure activities.

"Janelle's story is one of many we hear," said PSP

**"Across the country at all of our Bases and Wings, children from military families are building their resiliency when they play in our programs and work with our specially trained coaches and instructors."**

— Ryan Cane

senior manager of recreation program and community services Ryan Cane. "Across the country at all of our Bases and Wings, children from military families are building their resiliency when they play in our programs and work with our specially trained coaches and instructors."

To celebrate National Child Day and the integral role that PSP recreation plays in the physical, emotional, social and cognitive development of children from CAF families, PSP on

Bases and Wings will be hosting a free creative workshop for children in their community Nov. 17.

Here on the Base, recreation co-ordinator Kristen Lucyshyn has an exciting morning planned for participants who register by calling 204-765-3000 ext 3889.

"In addition to creating an artwork all together, the children will get to play games and enjoy a healthy snack," she said, adding, "The art the children will create will be on display Nov. 28 at the National War Museum."

The GSH is the venue for your child's creativity from 9:30 a.m. to noon.

For more information and to register visit [www.CAFconnection.ca/child-day/](http://www.CAFconnection.ca/child-day/)

**NEXT HOME GAME**



**Nov. 16 vs Medicine Hat 7:30 p.m.**  
**Nov. 17 vs Prince Albert 7:30 p.m.**  
**Nov. 21 vs Edmonton 7 p.m.**  
**Nov. 23 vs Lethbridge 7:30 p.m.**  
**Dec. 4 vs Medicine Hat 7 p.m.**  
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## Jules Xavier Shilo Stag

The playing of Last Post triggered tears from PSP admin assistant Lisa Barnes — memories of her grandfather Sgt Frank Christensen came flooding back on Remembrance Day.

When he died on Sept. 8, 1996 of secondary infections caused by leukaemia, Barnes was a sixth grader attending her first funeral.

"[His death] didn't feel real until they played Last Post," she recalled. "You look at his coffin at the funeral home during the service with other family and realize he's gone. Now when I hear [Last Post], it still makes me cry because I will be thinking about him."

A veteran of two wars, Sgt Christensen rarely talked about his experiences, especially with a granddaughter who he spent a lot of time with because of their close proximity of homes.

"He never talked about his war experiences with us kids, yet he was always going to Hong Kong for these events," she said. "We just thought it was grandparents going on trips."

Those trips to Hong Kong were poignant moments for Sgt Christensen, with Barnes finally learning why he travelled there after finally receiving a copy of the memoirs he finished writing on March 8, 1988 — finding it online.

"No one knew about his memoirs because they came out after he died," she offered. "When I finally read it I could not believe what he had gone through and not just given up, which I would have done. I find it difficult to imagine him going through what he did as a POW."

Sgt Christensen was a POW for four years following the capture of Hong Kong by the Japanese on Christmas Day 1941. His memoirs are detailed, and sometimes graphic, as he described the conditions Canadian and British soldiers had to endure at the hands of their Japanese captors.

"I don't know how he survived it — I'd have died," she said.

Despite his war horrors, Barnes said her grandfather had lots of patience when the grandchildren were visiting. "I still remember him eating peanuts, sharing them with me and the squirrels," she said. "I try to imagine what he went through as a POW, yet he thrived and never allowed it to define who he was, or used it as a crutch."

His memoirs have since been put online so that other family members can learn about him, especially his time as POW during the Second World War. Despite having spend four years in a Japanese POW camp during the Second World War, Sgt Christensen was not deterred from this experience before he returned to serve his country in another war.

Born on Dec. 28, 1929 in the RM of North Cypress, he also experienced the Korean War. Barnes said she's proud of her grandfather's military service, and wanted to share his story.

Growing up in the Village of McCreary until he was 18, Sgt Christensen worked for a while in the Duck Mountains, building roads into the Blue Lakes.

"I also did odd jobs, when I could find any, to make a buck," he wrote. "In the meantime, the war had started and I was restless. A lot of my friends had joined up, and were coming home on leave with money in their pockets, saying how nice it was to have a steady job."

Steady job? It was another war overseas, with Canadians once again fighting the Germans in Europe. In September '40, Sgt Christensen hitched a ride into Winnipeg, and on the 19th



Lisa Barnes holds a photo of her grandfather Sgt Frank Christensen.

# Granddaughter shares memoirs of POW Sgt Frank Christensen

day of the month, joined the Queens Own Cameron Highlanders.

"I took my basic training at Fort Osborne, and then I was sent to Barriefield, Ont., on a signals course," he recalled in his memoirs. "From February 1941 until April or May, I learned Semaphore and Morse Code. We were also introduced to some new two-way radios that weighed about 20 pounds, and took two men to operate, one to carry it on his back, the other to send and receive."

Returning to Fort Osborne, Sgt Christensen was a qualified signaller. Following a two-week leave spent at home in McCreary, along with his fellow signallers, he spent the rest of the summer improving his signals skills on various manoeuvres.

In autumn 1941, the Winnipeg Grenadiers returned from Jamaica. Their new assignment was to go somewhere in the Far East, recalled Sgt Christensen.

"They were short of signallers in the Battalion. Fifteen or so of us QOCH, SSR, and PPCLI signallers from Fort Osborne were assigned to the Winnipeg Grenadiers. On Oct. 25, 1941, we left Winnipeg by train for parts unknown."

Two days later, he sailed from Vancouver aboard the Australian liner Awatea, with a small armed merchant cruiser, Prince Robert, as an escort. He stopped



During a Hong Kong Veterans ceremonial parade firing party in Hong Kong in December 1966, Sgt Frank Christensen (second row left) fired the salute at San Wan Cemetery. Photo www.HKVCA.ca

in Honolulu and Manila for short periods of time prior to arriving in Hong Kong in late November and being paraded to Camp Sham Shui Po in Kowloon. Assigned to No.1 Platoon, HQ Coy, First Battalion wit Winnipeg Grenadiers, Sgt Christensen recalled their camp was a different world.

"Instead of Company size parades, it was Battalion parades. Being in No.1 Platoon HQ Coy, I was picked a couple of times as right marker for the Battalion. For those who do not know what that is, it means that 950 to 1,000 men line up to the left of you or behind you — quite a thing for a 20-year-old from a small town," he wrote.

Besides training at his camp, and the occasional visit to Victoria on the island of Hong Kong, he had his first Singapore Sling and enjoyed a rickshaw ride. On Dec. 5, 1941, Sgt Christensen went on manoeuvres again, leaving most of his personal belongings in camp. The Japanese started bombing Hong Kong on Dec. 8 — Dec. 7 in Canada. He never did return his camp.

"During the first part of the war, I was on a telephone exchange at a place called Pok Fu Lam. The exchange was in a steep gully that was quite safe from artillery fire, but not so safe from aircraft bombing," he wrote. "We got shook up a few

times. As the fighting progressed and communications got cut off from various places the calls became fewer and fewer until we finally abandoned the place. Some Middlesex people [with British military] picked me up and took me with them down to an open stall market place close to Happy Valley race track. We were to guard against any enemy coming up a front street, a back alley, and another front street.

"Three of us were there for about three days, with no relief and nothing to eat. Finally, on Christmas Eve, the other two were wounded by artillery fire. One was in real bad shape. The less wounded fellow and I carried him back about three blocks to where an English officer and a driver with a 3/4 tonne truck were. They were taking wounded back to a hospital."

"On my way back to the market stalls around 9 p.m. on Christmas Eve I ran into the wrong end of a machine gun. With the first burst of fire I was shot in the arm that spun me around and made me flop into the gutter beside the sidewalk. The second burst was sprayed right over my back and put two holes into my right foot and about three more in the small pack on my back. What a present to get in your sock on Christmas Eve."

"I cursed the gas mask on my chest. It kept me from getting any lower. I played possum until just before daybreak when the shelling started again and I heard the machine gunners about two blocks away move out. Then I skedaddled back — using my rifle as a crutch — to where I had left the two wounded the evening before. I waited there for a while until half a dozen wounded were gathered. Then they loaded us into the 3/4 tonne truck and took us up a winding road to Bowen Road Military Hospital. They gave me a shot immediately — for lock-jaw they said — and, as I wasn't in much pain, my foot was numb, they cared for the worst cases first. Eventually I was put under and patched up."

"When I came to again, in a hospital bed with a cast on my foot, I found out that I was a prisoner of war. The Governor of Hong Kong had signed the surrender. Three days later I had my 21st birthday. I can truthfully say I was never 'free, white and 21.' I thought I had gone through hell, but during the following months and years I found that I had only entered the gates of it."



From page 6

"During my internment I was subjected to starvation, disease, humiliation, slave labour, bed bugs, lice, fleas, lack of adequate clothing, brutal Japanese guards, and various forms of slow torture."

Life as a Japanese POW following the Hong Kong surrender saw plenty of death, recalled Sgt Christensen. "I spent the first four hungry months at Bowen Road Hospital. Then I was moved to Sham Shui Po prison camp in April 1942. There were mostly Brits in this camp at that time, only a few of us Canadians. We were given two thin blankets and slept on and under these on a cement floor in the hut we were assigned to."

"Three months later I was moved to North Point prison camp, where nearly all the inmates were Canadians. My buddies in the Signalers were surprised to see me alive. We had a bit of a reunion and compared notes and anecdotes."

He added, "It was from this camp that four Canadians escaped one night during the rainy season. I remember it well. When the Japs found out, we were forced to stand out in the rain for hours, while they counted us time after time. I had a high fever at the time we thought was either malaria or dengue fever. That standing in the rain didn't help a damn bit, but I got over it. I believe it was in this camp also I had my first bout of dysentery. If you want to lose weight in a hurry, this is about the fastest, most painful way to do it. I sure don't recommend it for anyone."

After a few months he was returned to Sham Shui Po camp around Sept. 26, 1942.

"There we were introduced to slave labour. The camp had to supply so many men a day to work as white coolies on enlarging Kai Tak Airport. We moved a small mountain by hand to build a new, longer runway so their bigger planes could land. Here we learned the three 'Bs' — boots, bayonets, and rifle butts. If we were moving too slowly, or hadn't filled our quota for the day, we would be subjected to one or the other of the above. It was a miserable existence. During this three or four month period there was also a diphtheria epidemic in camp. Men were dropping like flies."

"It was hard to fill the quota of men required for the work parties, and some sick ones had to go. Our doctors caught hell from the Japs for not doing enough to keep the men from dying. They got slapped around quite a bit. The Japs checked us out for diphtheria. I found out I was a carrier, but couldn't catch it myself. I was greatly relieved."

"But I did get beri-beri at Sham Shui Po. I was puffed up like a balloon. My bottom lip was touching my chin and my top lip was touching my nose. My eyes were swollen shut so bad I couldn't see out of them for a week. They had to lead me out for roll call every day, and anywhere else I had to go for that matter. After about a week of this I gradually deflated until I could find my own way around again and I was put back on the work parties again."

Sgt Christensen also was plagued by pallegra, where his skin became blotchy. The blotches got scaly and then cracked into open sores.

"I guess this was caused by the lack of vitamins in our diet. At one point during my imprisonment in Hong Kong I was down to 108 pounds. I was just a bag of walking bones, but grin and bear it I did."

Around Christmas of '42, a Swedish hospital ship came to Hong Kong.

"I guess we were all hoping to be on it and out of this mess, but it was not to be. As far as I know only the two Canadian nursing sisters were repatriated on it, no one else — not even the amputees. We were destined for another kind of ship. Around the middle of January '43, the Japs decided they needed a slave labour force in Japan. Anyone who could walk across the road was slated for this draft, including me. I was



A Brandon student places a cross at the grave of Sgt Frank Christensen during the sixth annual No Stone Left Alone ceremony held Nov. 5 in the military section of the Brandon Cemetery.

Photo Jules Xavier/Shilo Stag

## POW camp was 'hell' for soldiers captured by invading Japanese

sure the tropical diseases were not as severe in Japan and the conditions couldn't be any worse there than in Hong Kong. If you are going to hell anyway, you might as well go all the way."

On January 19, 1943 the first draft of Canadian POWs, Sgt Christensen among them, was herded onto an old freighter, the Tatuta Maru, and put down into the hold.

"Have you ever heard of the 'Black Hole of Calcutta'? Well, this was the equivalent, if not worse. In the four days I was on this ship, I managed to get on deck only once for about five minutes. There were no signs of any kind on it indicating it was transporting POWs. We only had a few buckets serving as latrines and were given only sloppy rice to eat. There wasn't enough floor space for everyone to lie down at the same time, so some sat with their backs against the wall. The only daylight we saw came through a square hole at the top through which the full latrine buckets went up and the mushy rice ones came down."

Sgt Christensen disembarked from Nagasaki, Japan, on Jan. 22 and boarded a train for Yokohama. From there the POWs were marched to a new POW camp in the Kawasaki area, which is between Yokohama and Tokyo. He recalled in his memoirs that there were 500 enlisted Canadians and Captain Reid, who was the Canadian Medical Officer (MO).

"I think he was the only Canadian officer to go to Japan, and we were damn lucky to have him. He must have saved the lives of at least half of us at one time or another. We were put to work in the Nippon Kokan shipyards at various jobs. Four or five others and I worked with a two-wheeled cart delivering oxygen tanks to the various welding areas. It was a monotonous job, cold in the winter — we had inadequate clothing — and hot in the summer.

"We worked 10 days and then got one day off to do our laundry, get haircuts, kill body lice, and shake the fleas out of our blankets. Among a group of healthy, well-fed men the talk gets around to sex sooner or later, but in all the time I was a POW, I never heard the topic brought up even once. Instead, we would talk about all the gourmet dinners we were going to have when we got home. During the four years in prison camps I received three, maybe four, Red Cross parcels ... or parts thereof. They helped, but one a month would have saved a lot of men from starvation."

Sgt Christensen recalled at one time in 3D-camp they put all the diphtheria carriers — there were about 12 — in isolation. They partitioned off a bay in one of the huts.

"We were kept there for about a month or better. There must have been a diphtheria scare or epidemic in the area surrounding the camp. For us it was a respite from work, but the rations were damn poor."

Health issues were common among the POWs during their four-year incarceration under the Japanese.

"One winter I got what I thought was the flu. I went to see Capt Reed, our medical doctor. He put me right to bed in a bay that was used for the very sick. He said I had a touch of pleurisy. I was hacking and coughing and taking shallow breaths. Every time I coughed it felt like I was being stabbed in the chest with a knife. I eventually got over it, but once again I was down to skin and bones."

"Because several others and I couldn't walk to the shipyard, they put us to work in the camp. They brought in work benches where we sat all day straightening welding rods. This went on for about a month or two, before I, and a few of the other worst cases were taken to a hospital camp called Shinagawa, a little north of Tokyo."

While there Sgt Christensen met prisoners from all the camps in the Tokyo/Yokohama area. There were some sad cases. Five or six prisoners were dying every day," he wrote. "The rations weren't any better than at 3D-camp, but there was no work to do. The

Red Cross came in and inspected the camp, but they must have been blind. The Japanese said we each had six blankets, but we had been made to fold the three we actually had to make them look like six.

"Just prior to the inspection, we were each given a portion of a Red Cross parcel, which had to be displayed in a conspicuous place. We were not allowed to talk to the inspectors when they came through, so they left with the wool pulled well over their eyes."

Sgt Christensen was returned to his 3D camp a few months later, where he came down with the mumps which put him in isolation, where Capt Reed watched over him. By the spring of 1945, the Americans were bombing the Yokohama/Tokyo area, both heavy stuff and firebombing.

According to Sgt Christensen, in his memoirs, "I remember one night in March of '45 they firebombed our area all night. We could see these big four motor bombers coming over our camp in wave after wave. I remember one being blown out of the sky. It must have been hit in the bomb bay, because it simply blew up over our heads. The Ack-Ack was fierce."

"We saw a couple more planes on fire turning out to the sea. They must have had submarines out there picking up downed crew members. We had a 10-foot high, solid bamboo fence around our camp and couldn't see out, but it wasn't hard to see the flames rising high all around us and to hear the screams of the Japanese people outside the fence."

"When we were taken out to work at the shipyard three days later, the whole area was a desolate waste. Everything that would burn was gone, except the prison camp and the shipyard. We heard later that the shipyard was American-owned and would go back to the owners after the war.

See **SERGEANT** page 11



## Jules Xavier Shilo Stag

With the 100th anniversary of the end of the Great War marked four days ago, Gwen Malyon was thinking about her great-uncles during the Nov. 11 Remembrance Day ceremony on the Base.

From her Commissionaires' Identification Services office on the second floor of Base HQs, Malyon has two framed collages that highlight her great-uncles and their military careers during the Great War. They are sandwiched by a similar collage of her own Canadian Armed Forces (CAF) career and that of her late father Pte William David Saunders, who joined the CAF in '56. He spent two years with the 12th Manitoba Dragoons before a skin condition that did not allow him to be deployed overseas led to an early retirement from military life.

Who were the Richardson brothers, who served their country during the Great War a century ago? Born on March 3, 1895 in Abbotsford, BC, Pte Robert Richardson was a farmer toiling his Manitoba soil in Basswood. The blue-eyed six-foot enlisted in the Canadian Expeditionary Forces (CEF) when he travelled to Minnedosa and signed his attestation papers in March 1915.

With the 78th Battalion, Robert was Killed In Action (KIA) on April 9, 1917 while Canada was preparing for the Battle of Vimy Ridge which commenced at dawn on April 17, 1917.

"Although Uncle Robert's name is on the Vimy Memorial, dad said he was killed at Paschendaele," said Marion Nesbitt, David Richardson's daughter. "Dad didn't talk about the war, but quiet as he was, I know he was deeply affected by Uncle Robert's death."

Younger by three years, fellow farmer Pte David



Pte Robert Richardson



Pte David Richardson

Richardson was born on Feb. 6, 1898 in New Westminster, BC. He also travelled east to pursue an agriculture career like his brother, settling in Basswood, too. Standing five-foot-10, he signed his attestation papers in Winnipeg on April 25, 1918. During the First World War once he arrived in France, David served with the Fort Garry Horse. He did his combat training at Camp Morton, north of Gimli.

On the east coast preparing for the voyage across the Atlantic Ocean, David's first ship had to return to port, where the CEF soldiers switched to another ship.

The voyage en route to Liverpool, England was rough for David, but also for the horses travelling alongside soldiers leaving Canada.

"I remember dad saying the trip across

the Atlantic to UK was rough, and the horses were sick from it," Nesbitt shared with Malyon, when she was doing research for the *Stag* on her great-uncles.

"[Dad] once told me that during training, he and other farm boys were amused with city boys having trouble seating their horses."

David's CO overseas was from Brandon, and was absolutely fearless in leading his charges on the battlefield. While in France, David was billeted in a French home. "[Dad] was shaken awake one morning by a boy in the family, shaking him and yelling 'Reveille, Monsieur,'" recalled Nesbitt. "The kids didn't know his duty hours had changed."

She added, "Mom said [David] told her they often had to raid gardens for food like turnips."

Some of David's military service was with the Signal Corp, riding in mountainous terrain trying to find where messages were to be delivered — then trying to find someone who would sign the receipt.

Returning to Canada following the end of fighting on Nov. 11, 1918, David worked as a civilian on the RCAF facility in Rivers until retiring in 1965. He died on Feb. 17, 1976.

Besides having his name on the Vimy Memorial, Pte Robert Richardson's moniker is engraved on the Basswood cenotaph, along with 16 other men from the community who made the supreme sacrifice. His Memorial Cross and Dead Man's Penny is in possession of his nephew, Robert Richardson. The latter was passed to him by Malyon's great-uncle David. Father Alex Richardson would grieve four times in a two-year span — besides losing son Robert in the Great War, son Thomas, age 23, daughter Christina,



Gwen Malyon holds her framed memory boxes for her great-uncles Robert and David Robertson, who fought in the Great War. While David came home, Robert was KIA in April 1917. She has them on display at her office on the second floor of Base HQ.

Photo Jules Xavier/Shilo Stag

# Learning about great-uncles source of pride for Gwen Malyon

age 17, and son Duncan Findlay, age four, all died from the affects of red measles.

"It was a heartwarming and humble experience researching my great-uncles, David and Robert Richardson," said Malyon, who had a five-year career in the CAF herself as an Air Defence tech working at RCAF radar stations. "Getting a brief glimpse into their lives gives me a better picture of what brave men they were. By looking into their lives I found out that David was a twin. Now I know where the twins come from in the family. He was a messenger with the Fort Garry Horse and one night he found himself behind enemy lines. Robert was killed at Paschendaele, but his grave was never found because of the bombings."

Now knowing a little more about her great-uncles, Malyon plans to share this family history from the Great War with nine-year-old twin granddaughters, Aurora and Danica Elmhirst.

"They have quite a few questions about these two men and have asked for photos to display in their rooms," she said. "I feel it's very important to share these things with the younger generation. It helps them to understand the struggles and appreciate what our soldiers went through

to give us the freedom and life we have today."

Trying to learn more about the Richardson brothers who fought the Germans a century ago on French soil after leaving Canada, Malyon has had to rely on a few stories passed down to relatives or the attestation papers now available online by visiting <https://www.bac-lac.gc.ca/eng/discover/military-heritage/first-world-war/personnel-records/Pages/search.aspx>

"The men on the Richardson side of the family are very quiet," she offered. "They never talked much about the war. Our family honours them by attending the Remembrance Day ceremonies every year and I just found out there is an organization that wants to name one of the lakes here in Manitoba after my great-uncle [Pte] Robert Richardson."

Having never met her great-uncles, Malyon wished they would have been around when she was young so she could query them about life on the battlefield. "I would ask them about their lives and the struggles they had being so young and so far away from home," she said when asked what she would talk to them about.

Fortunately, besides seeing their images daily while at work, she thought about them once again Nov. 11. She's especially proud of her great-uncle Pte Robert Richardson. "Remembrance Day is a day when we reflect on the ones no longer with us," she said. "I will be forever grateful for what great-uncle Robert did. Anyone who gives their life for someone else is a HERO in my eyes. He, along with many others, gave the ultimate sacrifice. The memorial showcase I have displayed at work gives me the opportunity to reflect and honour David and Robert every day. I guess you could say Remembrance Day for me is every day."



Pte Robert Richardson posed for a Great War portrait in France with fellow soldier Pte Charlie Mitchell (seated). The infantry soldier with the 78th Battalion was just 22 when he was KIA eight days before the start of the Battle of Vimy Ridge. With no known grave, his name is on the Vimy Memorial.

Photos courtesy Gwen Malyon's family

portunity to reflect and honour David and Robert every day. I guess you could say Remembrance Day for me is every day."





An emotional Diane Muirhead shared a Second World War photo (left) of her father Sgt William Willdey (second row down in the middle) when she saw a photo of a student placing a cross at her late father's military grave in Brandon during the No Stone Left Alone ceremony. She saw the photograph on the *Stag's* Facebook page.



Students taking part in the No Stone Left Alone ceremony were able to ask questions of Brian Forsyth (inset), who was at his father's military grave stone. He placed a framed memory box at the gravesite, which featured photos of James Forsyth when he served in the Second World War.

Photos Jules Xavier/Shilo Stag

# Students leave poppies, flags at veterans' graves

**Jules Xavier**  
Shilo Stag

Brian Forsyth thanked a group of students who surrounded his father's military grave after they left a poppy, white cross and Canadian flag on a brisk fall morning.

"Thank-you, thank-you for what you've done for my father," he said while standing behind the military grave marker in the Brandon Cemetery. "I think he would be very appreciative for what you're doing here today."

Forsyth had arrived at the cemetery prior to the arrival of the students and placed a memory box at the gravesite of both his parents, the framed keepsake featuring a black and white image of a young James Forsyth, who was with signals during the Second World War. It also contained his dad's military dog tags and his pay book.

"Having this here puts a face to the grave, not just his name, as these students kneel in front of it putting down a poppy," he said.

James Forsyth was a few months shy of his 88th birthday when he died on June 26, 2009, and was interred in the cemetery that runs alongside 18th Avenue.

Compared to a year ago when a foot of snow greeted more than 700 students for the fourth annual No Stone Left Alone ceremony, the fifth annual event held Nov. 5 was nearly precipitation-free, a light drizzle falling as students fanned out across the cemetery to designated areas. However, young students plus their seventh and eighth graders from Riverheights and St. Augustine schools and Ecole Harrison, were still bundled up to ward off forecasted cooler temperatures, when they placed poppies at the gravesites of about 1,200 veterans who are interred in the military section of the Brandon 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 Brandon area received a poppy.

And unlike the previous four occasions, students did not cover the entire cemetery, but 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 gravesites where military are buried.

The flags and white crosses, emblazoned with a red poppy, designed previously by Riverheights School industrial arts program students, were placed by the junior high-aged students once the younger students who laid the poppies departed by bus back to school.

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

Locally, by incorporating the services of Ecole Harrison in 2014, and adding St. Augustine's and Valleyview schools in 2015, along with a few soldiers from CFB Shilo, and the Royal Canadian Legion, the participants work to ensure that 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 that 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 where they were in the cemetery.

Forsyth's grave visit for the students who kneeled or stood in front of his marker was more poignant because of a son's idea to place the framed memory box that morning.

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. The ceremony is now held in every province, with 8,739 students involved across Canada this year. That means 58,782 interred military veterans in 101 cemeteries were visited earlier this month.

With the 100th anniversary of the signing of the armistice on Nov. 11, 1918 marking the end of the Great War, a special wreath featuring 100 poppies on it was placed at Brandon's cenotaph.

Besides the students, members of 26 Field were in attendance, too, and each of the artillery-marked graves received an additional poppy.

After seeing her father's grave being visited by students in a photo on the *Stag's* Facebook page, daughter Diane Muirhead was emotional when she wrote: "My dad's marker is in one of these pictures. This brought me to tears! So touched by the kids and this act of patriotism!"

Muirhead said her father, the late Sgt William Willdey, enlisted in the Canadian Army at Camp Shilo, and served with the Canadian Army overseas in the United Kingdom and Continental Europe from 1940 to '46.

For more on No Stone Left Alone visit [www.nostoneleftalone.ca](http://www.nostoneleftalone.ca)



# 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.

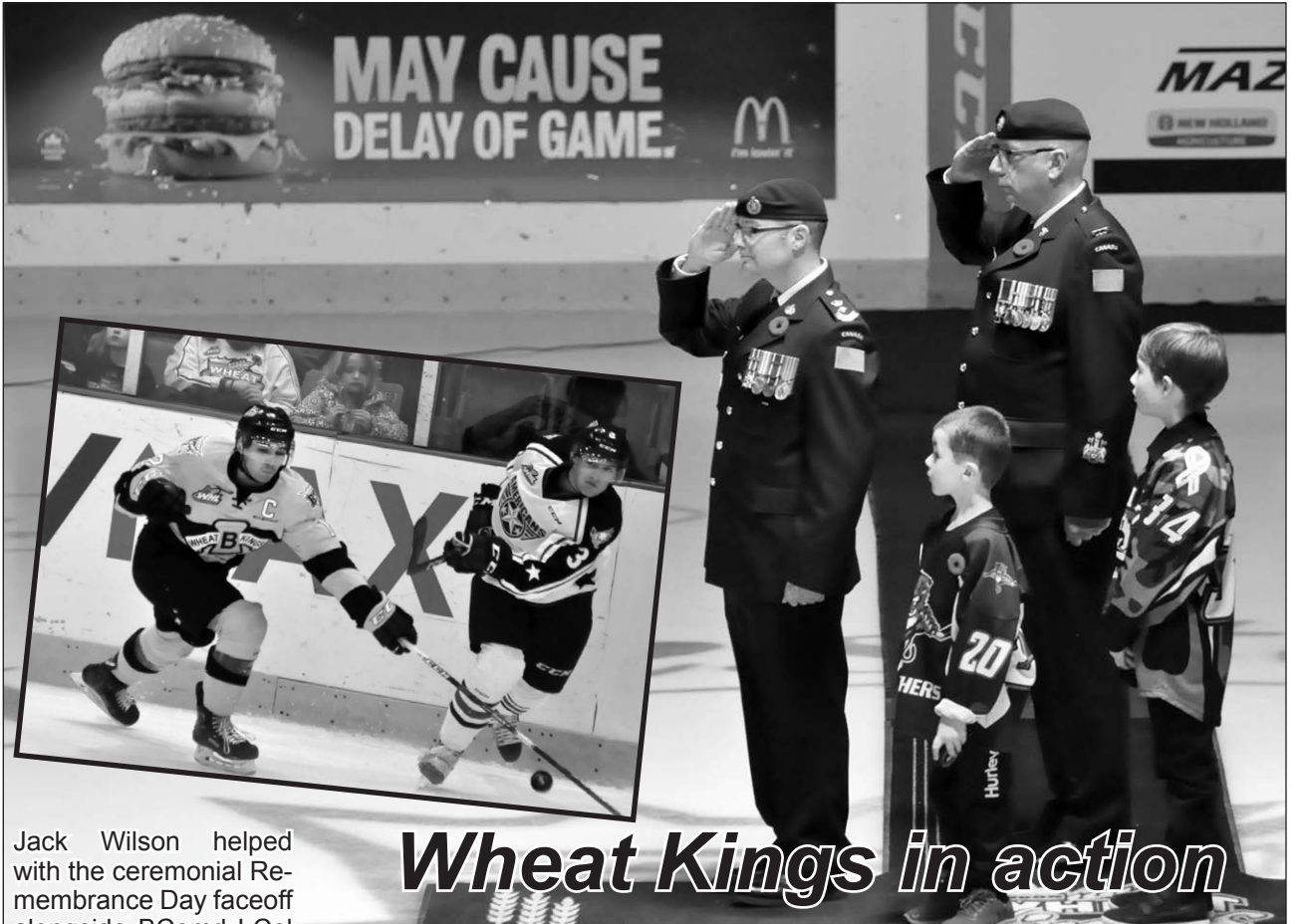


## Entry Form

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

Answer skill-testing question:  
 When and where did Sgt Frank Christensen become a POW during the Second World War?

Cut out your entry form and fax it to 204-765-3814, or scan it and e-mail to [stag@mymts.net](mailto: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.

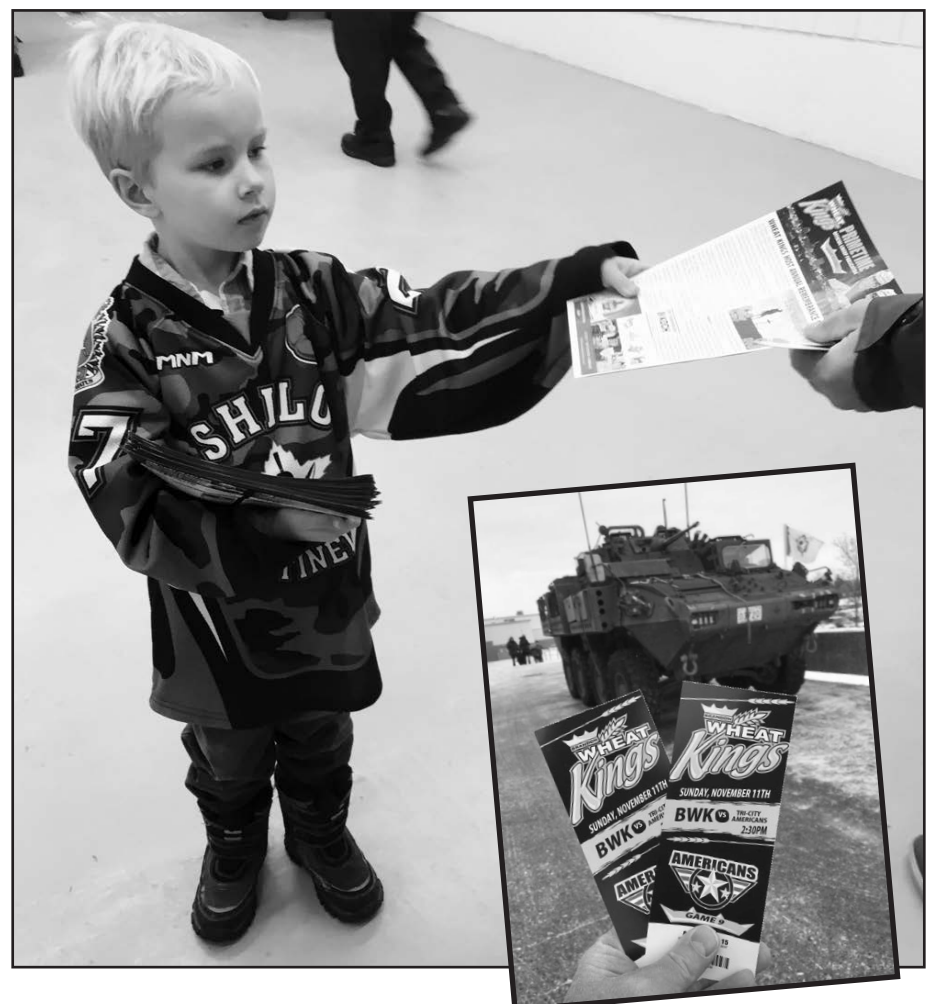


**Wheat Kings in action**

Jack Wilson helped with the ceremonial Remembrance Day faceoff alongside BComd LCol David MacIntyre and BRSM CWO James Doppler when the Wheat Kings hosted the Tri-City Americans during a rare afternoon tilt at Westoba Place. Shilo minor hockey players gave out the game programs prior to the WHL contest won, greeting fans at three entrances. Tri-City won 3-2 in a shootout.



Photos Jules Xavier/Shilo Stag



# CANNABIS by the numbers

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

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

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



# Sergeant enlisted again despite POW experience

From page 7

"We had spent the night in a couple of air raid shelters that we had built in the prison camp. The next morning we checked our huts and bunks. There were shrapnel holes in the roof and the odd bunk had a hole through it. The long table between the rows of bunks had a shrapnel hole right where I usually sat to eat my meagre meals. I guess I would have had an iron supplement in my rice bowl at breakfast, if I had left it on the table. We sure needed all the vitamins and minerals we could get, but not in big chunks like that."

A few days after this raid a small American fighter plane flew over Sgt Christensen's prison camp.

"He was very low and we could see him looking down from the cockpit. He waggled his wings as he went by. We knew then that they knew the prison camp was there. I guess that's why it was missed on the big raid earlier. The Japanese civilians at the shipyards were right mean after that, but it seemed like the heart had gone out of most of them. There were a few fanatics left though, who made life miserable for us."

That spring the prisoners in 3D-camp were broken up into groups. Sgt Christensen was in a group of about 200 who were shipped north by train to Sendai, a coal mining area.

Sgt Christensen and his fellow POWs were freed the day after the war ended, but stayed at Sendai camp for about another week before being taken back to Tokyo by train.

"I was taken aboard the USS Iowa for a few days before being flown to Guam. I was there for a week to 10 days," he wrote. "I also spent a few days in the military hospital in Honolulu, and then three days in San Francisco, before traveling by train to Vancouver. There, we received Canadian uniforms and pay. A

day or so later I was on a train heading east."

Sgt Christensen arrived back in Brandon on Sept. 27, 1945.

"The world, as I had known it, was no longer there. Everything around me had changed. I couldn't understand it, or adjust to it. But I had to do something with



Sgt Frank Christensen was awarded his first clasp for his CD as a member of the Royal Canadian Engineers in April 1964.

my life," he wrote.

"So 13 months after my discharge from the army and 13 gratuity cheques later, I went back into Winnipeg and joined the army again, this time as a Royal Canadian Engineer. The military was my security. I could cope with life from within this framework."

When he retired from the army in 1967, Sgt Christensen looked back, not only on the suffering and deprivation of the life as a Japanese POW, but also on several winters spent in Churchill while attached to the RCASC Arctic Platoon, on a stint fighting in Korea in 1952 - '53, and on two years of being stationed in Germany, as well as the regular postings within Canada.

His army career covered 26 years — "I can truly say, 'I have been to Hell and back,' but I survived. I married and saw my children grow up, and I am still able to 'smell the roses' and count my blessings," he wrote.

Married to Renate after meeting her in Germany, Sgt Christensen was diagnosed in May 1990 with chronic lymphatic leukemia. He died from secondary infections caused by this disease on Sept. 8, 1996 and was buried in the military section of the Brandon Cemetery.

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#GetConnected



## Former mayor visits

Former BEng and CFB Shilo mayor, LCol Reg Sharpe stopped in at the *Shilo Stag* in CANEX as part of his tour of this Base. Currently working out of Garrison Edmonton at 3 Cdn Div, LCol Sharpe and his team were on a trip across Western Canada visiting Bases/Wings to familiarize themselves on various projects. Here, he checks out the *Stag* on paper day.

Photo Jules Xavier/Shilo Stag

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restricted to members of the  
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residents of the surrounding area.*

### Services



#### St. Barbara's Protestant Chapel

Sunday at 10:30 a.m. with  
Sunday school & nursery  
Padre Johnston - ext 3381  
Padre Dennis - ext 6836  
Padre Walton - ext 3088  
Padre Smallwood - ext 3089

#### Our Lady of Shilo Roman Catholic Chapel

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

### Services

**Greg Steele Canadian Firearms** safety course instructor/examiner offering Red Cross first aid training. Manitoba hunter safety instructor. CFSC, CRFFC safety courses offered at least monthly and on demand. Firearm/hunter safety courses planned seasonally. Restricted and non-restricted. Visit social media page [www.facebook.com/gregsteelehunterfirearmsafetymanitoba/](http://www.facebook.com/gregsteelehunterfirearmsafetymanitoba/) Dial 204-729-5024 E-mail [gsteeler4570@gmail.com](mailto:gsteeler4570@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

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### 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)

### 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.



# CFB Shilo honours veterans on Remembrance Day

## Base Commander acknowledges those struggling silently

**Jenna Dulewich**  
Shilo Stag

Non-visible injuries.

It is through that definition, the Canadian Armed Forces (CAF) has started recognizing the mental struggles associated with serving our country.

And it was one of the topics brought up during CFB Shilo Base Commander's address during the Remembrance Day ceremony on Base.

"It is difficult to compare the scope of these conflicts — it is even harder to imagine those that returned without physical injury, but just as much need of healing," BComd LCol Dave MacIntyre said during the address.

"As the CAF is now becoming aware that non-battle injuries — as they were called then — and what we now know as non-visible injuries, can be just as great a scourge as physical injuries."

While focusing on the First World War during his address, giving some personal background of his more than 20 years in the CAF including serving alongside 2PPCLI and 1RCHA, LCol MacIntyre also talked about the other battles, including the Second World War and the more recent, Afghanistan tour.

"I am a veteran of the war in Afghanistan where I was asked to serve twice ... I wanted to share with you some of the impressions and imagines that still resonate with me, now almost a decade old."

Speaking about the responsibility Canadian soldiers were tasked with, such as protecting the citizens of Afghanistan and the coalition force while still carrying out their job with a "quiet professionalism," LCol MacIntyre acknowledged it was not an easy job.

"[It] started after the terrorist attacks of Sept. 11, 2001, it was clear that the tools of war were changed but the basic nature of warfare remains brutal, its outcome unpredictable and the loss of 158 additional lives, underscores this fact," LCol MacIntyre said.

Introducing mental health education and training into the CAF in 2007, it has since evolved with additional resources made available through a variety of programs for those serving or retired.

"The CAF was sensitized to the psychological impact of operations as members returned from missions such as those in the former Yugoslavia, Somalia, Rwanda and Afghanistan," the CAF website states. "While the CAF is now internationally recognized for its operational excellence, the cost has included an increased prevalence of chronic psychological injuries that has required a strong commitment from the CAF to manage."

The Base Commander said moving forward, there must be acknowledgement for the non-physical injuries.

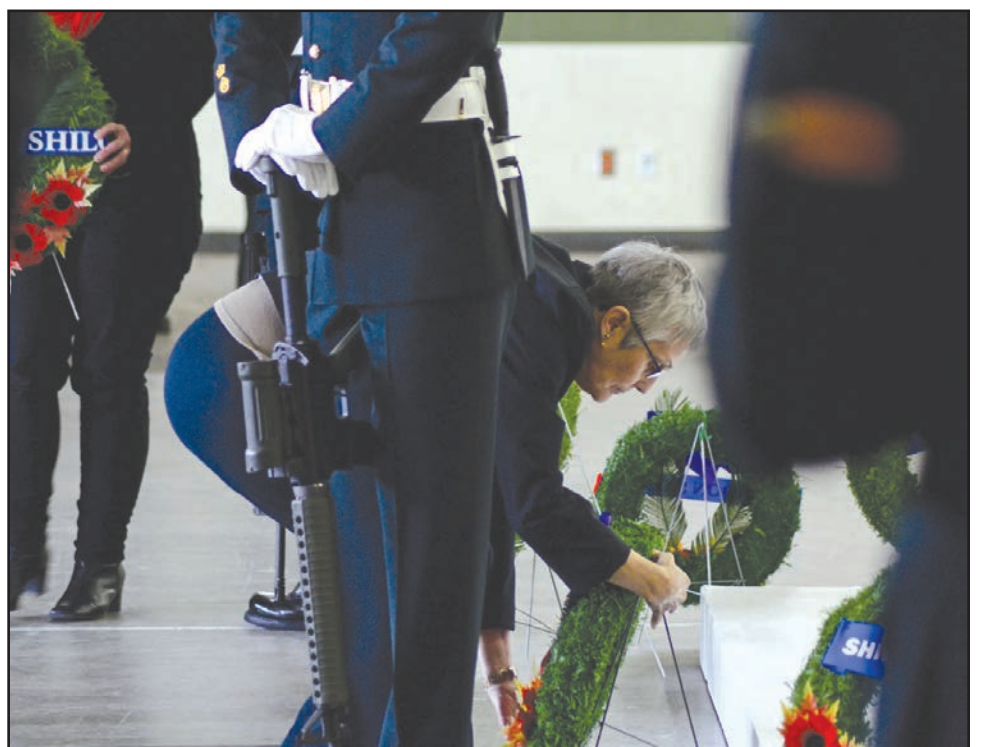
"These injuries often last longer than the physical and we must continue to combat them with empathy, compassion and support long after the guns go silent," he said.

"However, all Canadian military veterans know the price paid for our freedom, and are passing the torch of Remembrance to the people of Canada ... We can do this by keeping our history alive, cherishing the courage and sacrifice of those who have served Canada so proudly and made it the great country it is today. Let's honour the memory, learn something new each year, find something that resonates with us — be it the stories of our veterans, the history from monuments or the simple acts of thanks and remembrance."



**"These injuries often last longer than the physical and we must continue to combat them with empathy, compassion and support long after the guns go silent."**

**— BComd LCol David MacIntyre**



The stands were full with many faces full of thought and reflection during CFB Shilo's Remembrance Day ceremony held at the MPTF.

Photos Jenna Dulewich/Shilo Stag

