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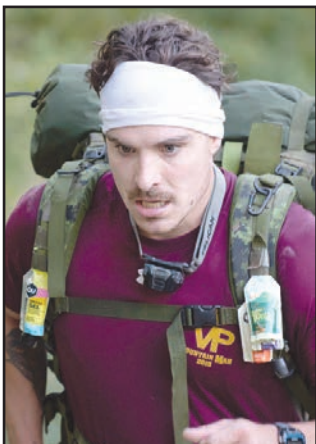


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October 17, 2019

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This Issue



White water skills help record setter. Page 4



Army morale improves with good cooking. Page 6



2PPCLI WO enjoyed working with cadets. Page 9



Laughter erupted during Col Patrick Lemyre's (inset) presentation of a coin to Karli Allen, who in addition to her role as COS EA, provides support to the G3 and CFB Shilo fire hall. "What's better than one job? Three jobs!" he said, prompting Allen to give a double thumbs-up for Col Lemyre and GSM CWO Wayne Bantock (left).

Photos Jules Xavier/Shilo Stag

3CDSG Commander applauds Base teamwork

Céline Garbay
Shilo Stag

The new commander of 3CDSG visited CFB Shilo recently, one of his first stops on a fact-finding tour of the Bases and detachments under his command across western Canada.

Having spent his entire career in the Maritimes, Quebec and Ontario, Col Patrick Lemyre wants to meet the soldiers and civilians who provide the institutional support to the Army throughout Alberta, BC, Manitoba, the Northwest Territories and the Arctic.

"It's my first exposure to the West and to the



Mike McEwan

Army of the West," he said from the stage of the GSH theatre.

He and his command team, including GSM CWO Wayne Bantock, spent three days at CFB Shilo, visiting the Flatlands dining hall, CANEX mall and Base Maintenance, among others.

Headquartered at Garrison Edmonton, 3CDSG is responsible for infrastructure such as ranges and training areas, and for personnel and technical services — everything from language training and career transitioning to clothing stores and snow removal on Base.

Col Lemyre concluded his three-day visit with an assembly in the GSH theatre, where he

highlighted the important role that Base staff — military and civilian — play in overseas deployments and applauded them on their homefront efforts.

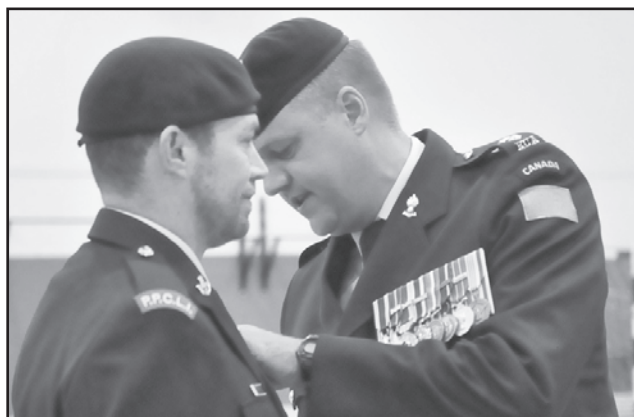
"You rise up to the challenge, you do your jobs every day," he said.

"Because of that, the troops have first-class training areas, a first-class Base to be able to work from and to do their jobs and get ready to deploy so thank-you for that."

At the end of his address, he presented a number of honours and awards.

Cpl Leanne Taylor was recognized for her excellent work at Base Supply and for her commitment to physical fitness, including her performance on Ex MOUNTAIN MAN last August.

See **ROBERT** page 10



MCpl MacInnes receives his CD from BComd LCol Jeff Lyttle.

Photos Jules Xavier/Shilo Stag



WO Dunker



Sheila Carter



Pte Leblond



Cpl Gooderham



Capt Shanahan



Avr (T) Peters



Cpl McNiven



Cpl Fearnley



Cpl Dube



Ginger Lamoureux

Five soldiers receive CD during Base quarterly parade

Stag Staff

There were five Canadian Forces Decorations (CD) presented during BComd LCol Jeff Lyttle's fall quarterly honours and awards ceremony held at the MPFT.

Received their CDs were Capt Shanahan, MCpl McInnis, Cpl Dubé, Cpl Fearnley and Cpl McNiven

PSP fitness co-ordinator Ginger Lamoureux was acknowledged during this morning event when she was called from the bleachers to receive her 10-year long service award.

This was followed by three soldiers and a civilian receiving a CFB Shilo Command Team coin.

First up saluting LCol Lyttle was WO Dunker, a material control officer at Base Supply and the 2IC for Base Auxiliary Security Force.

"[WO Dunker] took part in Ex STRONG CONTENDER and was the 2IC for the CFB Shilo participants," said quarterly parade emcee and Base adjutant Capt Rachel Hilbig.

"Most recently, he accepted an attach posting to 2PPCLI to provide leadership in the absence of their RQ and TQ, while

still providing assistance at Base Supply. WO Dunker is a soldier, a leader and a mentor, deserving of the CFB Shilo Command Team coin."

Working out of the Base ammo compounder, Cpl Gooderham was up next.

"Cpl Gooderham upholds a high standard of technical knowledge and often mentors others within the ammo compound. On top of his regular duties, he is a member of the Base Auxiliary Security Force and the unit rep for United Way," said Capt Hilbig.

"Outside of work, Cpl Gooderham is a member of the CFB Shilo wood hobby shop and the Junior Ranks Mess committee. He is dedicated to the Canadian Armed Forces [CAF] and his community and deserving of the CFB Shilo Command Team coin."

A member of the G8 Branch was then recognized for a Command Team coin based on her accomplishments working out of Base HQ.

"Despite being untrained, [Pte Leblond] has become a skilled apprentice Financial Services administrator. In a

short time, Pte Leblond has proven capable of working independently as the sole clerk for processing claims," Capt Hilbig said.

"Her high standards in initiating and finalizing claims has made her a valued member of the G8 Branch and deserving of the CFB Shilo Command Team coin."

The final Command Team coin went to Sheila Carter, for her dedication and professionalism working at the Base's supply procurement section.

"Acting without direction, [Sheila] Carter prepared 60 procurement files in preparation for a compliance review. She systematically organized the files and ensured they complied with a detailed 50-point checklist," said Capt Hilbig.

"As a result of her efforts, procurement section achieved an excellent grade from the compliance team."

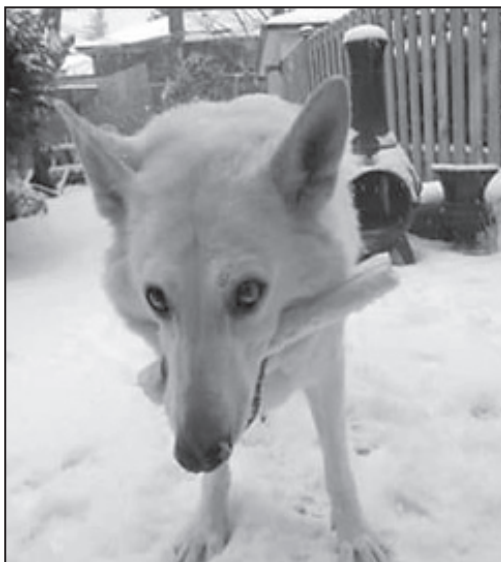
The final presentation was a promotion. Avr (B) Peters was promoted to Avr (T).

The next quarterly presentations will occur in December during the Base's Christmas dinner at L25.

Pet of the Week

ARROW

Reilly Squires shared a photo of his canine companion, Arrow, who he considered his best friend. Arrow's favourite pastimes included being a great guard dog, keeping an eye on people who came close to the property. He needed surgery on a leg injury at age two, so could not jump anymore. But this did not deter Arrow from living to age 14. He "fell asleep" under his favourite tree and never awoke, leaving the Squires family for doggie heaven. Do you have a photo of your pet — cat, dog, bird, snake, hamster — you'd like to share with our Stag readers? If so, e-mail it to us via stag@mymts.net



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'Loot boxes' can cause financial problems for gamers

Céline Garbay
Shilo Stag



You just leveled up! Unlocked an achievement. Crushed the candy.

Whether you prefer Farmville or Fortnite, the games are out to get you.

With nearly a million games available in Apple's app-store alone, there's something for everyone. They're designed to be addictive, offering psychological rewards which bring you back again and again.

And if your game is on your smartphone, an opportunity to play is never more than a coffee break away.

But at what cost — literally?

From his office in the CANEX mall, SISIP financial advisor Terrance Popadynetz sees it all.

Every week he counsels soldiers struggling to make ends meet.

At a first session, he probes where their money might be going. On top of regular household expenses, he asks how much is spent on alcohol, tobacco, even online gaming subscriptions.

Then, they pull up their bank statements and go over them thoroughly, looking for spending patterns.

Often, people are surprised to see how much they actually spend on games.

"We see some people that come through our door that will spend as much as \$800 a month," says Popadynetz.

"That's a car payment for some people, or it pays for your PMQ. We've had people who can't feed themselves [because of it]" he adds.

Whether it's buying a virtual mixer to make more muffins in your virtual cooking game, or purchasing a sword to slay the dragon to reach the next level, those in-app purchases

are designed to keep you playing — and spending.

So-called "loot boxes" are also a growing problem: within some of the most popular video games, players can either purchase randomly generated prize boxes, or they win them — but have to purchase a key to unlock them.

The element of chance, combined with monetization, is leading some countries to regulate the games under local gambling laws.

Last year, for instance, Belgium banned loot box purchases by underage players.

"The companies are smart — they know how to play on people's emotions to get them to keep spending," says Popadynetz.

Whether you download them to your phone, or play them on a gaming console, 'incremental' games are designed around the thrill of discovery.

As a player advances through the levels, hidden features are revealed. Prices start off small and grow over time.

Unlocking new content or gaining a new weapon refreshes interest in the game, prompting players to pay more to continue.

The problem is exacerbated when it becomes competitive. In his experience, Popadynetz sees that the problem is not usually limited to one member of the family.

"If they're a husband and wife, it's not usually the case of one doing it and hiding it from the other; they're both doing it," he notes.

"We've seen as high as \$1,600 [to] \$1,700 spent on gaming in a month," he says. "We've had people max out their credit cards on games."

"Nobody's perfect. We're not here to judge, we're here to help and we'll use as many tools as we can to do that."
— Terrance Popadynetz,
SISIP financial advisor

Health Promotion offering two-day course on gambling, gaming, substance abuse starting Nov. 27

Shilo Stag

Are you concerned about someone's gambling, gaming or substance use?

Starting a conversation about it can be daunting, but recognizing red flags and taking action can be crucial.

Health Promotion offers a course which aims to prepare you to lead those difficult conversations with a friend or colleague.

"Alcohol, Other Drugs, Gambling and Gaming Awareness" is a 1½ day workshop covering a wide range of issues including alcohol use and drunk-driving; prescriptions and over-the-counter medication; gambling and problem gaming; and cannabis use.

The course is continually refreshed to reflect updated policies and addresses the changing culture of the Canadian Armed Forces (CAF).

Although intended for supervisors, Health Promotion manager Shelly Moore urges all military members to consider registering for the course.

After all, she says, "If you're not a leader today, you will be sometime in the future."

The next workshop will be offered Nov. 27 and 28.

To register, stop by the Health Promotion office located in the east wing of the CANEX mall, call local 3868 or e-mail ShiloHealthPromotion@forces.gc.ca

Shilo Theatre
(Located inside General Strange Hall)

Oct. 18 X-Men: The Dark Phoenix Rated PG
Oct. 25 Yesterday 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

SCAN

The BPSO is hosting a
Second Career Assistance Network - SCAN
General (Day 1 - 2) - Medical (Day 3)
October 23 - 25, 2019
0800 - 1600 hrs
1 RCHA Theatre, CFB Shilo

Registration form available at
the following website:
<http://acims.mil.ca/org/Shilo/default.aspx>

Click on Branches - G1 - BPSO
or call 204-765-3000 x3086
Dress: Appropriate civilian attire

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The Shilo Stag is produced every second Thursday.

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

Submitting articles and photos for print:

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

Follow the Shilo Stag on
Facebook by visiting:
<http://www.facebook.com/ShiloSTAG>

Ex MOUNTAIN MAN winner with 2PPCLI White water experience helped paddle Cpl Cazelais to victory

Jules Xavier
Shilo Stag

Having experience doing white water rafting came in handy for the winner of the 2019 edition of Ex MOUNTAIN MAN.

A Coy rifleman Cpl Nicholas Cazelais used his paddling skills to put distance between him and runner-up Lt Malcolm Madower of 1CER during en route to a record-breaking finish in Edmonton's river Valley.

"When I was first in the water in the canoe I knew it was game over [for other competitors]," offered Cpl Cazelais during an interview with the *Shilo Stag*. "I initially was going the wrong way on the [Saskatchewan] River until someone corrected me. There was no wind, so it was an easy paddle for me."

While the top-two finishers were close in the march, portage and final run, it was the canoe portion of Ex MOUNTAIN MAN where Cpl Cazelais triumphed. He was nearly six minutes faster than the runner-up covering the canoe portion of the competition.

With 2018 champion and former 2PPCLI roommate Cpl Christian Baun, 24, deployed to Latvia and unable to defend his title, it came down to another 2PPCLI soldier to cross the finish line first and keep the tradition on track since 2013. From the start to the finish, Cpl Cazelais was mostly out front with a group of runners, crossing the finish line in four hours, 58 minutes, 19 seconds. Lt Madower finished in 5:03.17. Cpl Baun's winning time the previous year was 5:13.16.

Did he have a strategy going into his try doing Ex MOUNTAIN MAN? He was 11th in 2015.

"I wanted to go out slow," he said. "With this year's event because of our ongoing training at 2PPCLI, with High Readiness preparations, it was hard finding time to do continuous training as we've done in the past."

He added, "There's a tendency for competitors to this event that it is a sprint, so you need to go out fast. But it's like a marathon with all what we do from marching, running, portaging and canoeing. So you need to pace yourself because it's easier to pass someone, rather than chasing them."

On the first leg of Ex MOUNTAIN MAN, as the sun was coming up in Alberta, Cpl Cazelais met 1CMBG Commander Col Bob Ritchie — an injury kept the former 2PPCLI CO out of the event — at a hydration station.

"He told me I was currently in third place, when I thought I was about seventh. I was a little worried at that point because I thought I should have passed a lot more people," he said. "It was around the 23 kilometre mark when I passed the two guys in front of me."

There were only two 2PPCLI competitors in the top-100, unlike past years when 2PPCLI would have a handful in the top-10, easily winning the large unit team title.

Average time for the 235 competitors was 7:09.48.

Knowing his training rival Cpl Baun was not at the start line, Cpl Cazelais set a goal for himself to keep the 2PPCLI tradition of winning gold. While his training regime was not as extensive as past years because of High Readiness training, he felt he was in good enough shape to push himself.

Born in Montreal, the 31-year-old soldier has six years in with 2PPCLI. He initially thought he would wear blue in the RCAF, but felt Army green fit his personality better.

"Who doesn't like playing army," he quipped.

With his time of 4:58.19, Cpl Cazelais did set another goal he made to himself prior to the starter's gun going off.

"I wanted to finish with a sub-five hour time as my goal, and I did it," he said, pointing out the course was changed from past years, and was more challenging thanks to elevation changes, and not just a flat course.

Unfortunately, with the 2020 Ex MOUNTAIN MAN he won't be back to defend his title. He'll leave it to Cpl Baun to erase the record he set in 2019.

"I won't be there because I'm releasing [from the Canadian Armed Forces]," he said.

1RCHA had five competitors finish top-100, with the best result posted by Pte Leon Pierre Joseph Ceneri. He was 19th with a time of 5:49.28.

Ex MOUNTAIN MAN is meant to promote physical fitness and mental toughness through dedicated training and to challenge soldiers in a

competitive atmosphere. With an early morning start, the competition includes carrying a 15-kilogram rucksack for 29 kilometres, shouldering a canoe on a 3.2-kilometre portage, paddling 11 kilometres on the Saskatchewan River and then marching 4.8 kilometres to the finish line. Soldiers from Garrison Edmonton, CFB Wainwright, CFB Shilo and BC units participated in the gruelling exercise, which started at 5 a.m. and concluded at Rundle Park around 3 p.m.

Besides Cpl Cazelais and Cpl Baun winning wearing 2PPCLI colours, previous winners since 2013 were two-time winners Capt Eric Henderson and then Sgt Brian Weigelt, who is now a lieutenant at 17 Wing Winnipeg, where he's now a physican's assistant.



2PPCLI A Coy rifleman Cpl Nicholas Cazelais went out slow to start his second try at winning Ex MOUNTAIN MAN, and used his padding skills to set a new record on a new course during the annual competition held in Edmonton.

Photo 1CMBG Facebook

Cliff CULLEN
MLA for Spruce Woods

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Did you know influenza season will be upon us soon?

Each year, the influenza virus circulates in the fall and winter — usually between October and April. How is it spread? The flu is spread through coughing and sneezing — droplets — as well as contaminated hands, and surfaces such as doorknobs, coffee pots, phones, etc.

The flu virus can live on some surfaces for up to 48 hours.

What are the symptoms? Common symptoms are a high fever, muscle aches, coughing, chills, and headaches. In some cases, influenza can cause severe illness, resulting in hospitalization — and even death.

Who should get the vaccine? All Canadian Armed Forces (CAF) members are recommended to have the flu vaccine. High risk personnel may also include: Those who are deploying, traveling (leisure or duty), or health care workers.

Those with underlying medical conditions, pregnant



Your family doctor, a trip to a local pharmacy, can provide you with a flu vaccine. Soliders can visit 11 CF Svcs C on the Base.

Photo Jules Xavier/Shilo Stag

women, children, and the elderly are especially at risk of severe complications, such as pneumonia and secondary bacterial infections.

What can I do? Consider getting your flu vaccine this season, to protect yourself and those around you. The vaccine is a single dose, given in your arm.

It protects you against four strains of the flu virus. Remember: The vaccine is inactivated (killed) and cannot give you the flu. Some people will however have mild side effects after the vaccine. These are normal.

Where to get the flu vaccine:

- Military members — Community health nurse available now. Walk in hours Monday/Tuesday 1300 - 1500 or Thursday 0900 - 1100. Members can also call to make an appointment outside these times. There are a number of influenza clinics, too — 2PPCLI Oct. 28 and 29; 1RCHA Nov. 4; Base side Nov. 14 and 15. Further details will be advertised.

For civilian staff and your dependants, contact Public Health at 204-578-2500 or visit your family doctor, medical clinic or pharmacies.

The National Advisory Committee on Immunization

(NACI) recommends all Canadians aged six and older should be immunized against influenza.

New strains of influenza appear every year. This is why immunization is required annually.

Moreover, influenza vaccines CANNOT give you influenza.

Influenza vaccines are SAFE and REDUCE the spread of influenza viruses.

Military members seeking more information about being immunized can call 204-765-3000 ext 3153. After hours dial 1-877-633-3368.



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

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/



Wheat Kings

Nov. 1 vs Broncos
7:30 p.m.

Nov. 2 vs Hurricanes
7:30 p.m.

Nov. 5 vs Rebels
7 p.m.

WHL



2Lt Jonathan Di Falco

Question mayor live on Facebook Oct. 17

Shilo Stag

Want to ask your CFB Shilo mayor a question about the Base's dog park or Op RED NOSE?

If so, why not "like" a newly started Facebook page created by your mayor, 2Lt Jonathan Di Falco. He's hosting a Q&A live on Facebook Oct. 17 starting at 7:30 p.m.

"We're hosting our first Facebook live Q&A session so you can have your questions answered in real time," said 2Lt Di Falco, who wants to hear from you and your family.

CFB Shilo's community council is responsible for ensuring PMQ residents have all the services they require for their families to prosper in the community they call home.

2Lt Di Falco pointed out the community council is responsible for some of the following: community garden off Kingston Avenue; skate park behind CANEX; dog park and recreational parks across the Base; official liaison between CFHA and the residents in the Q-patch; and Op RED NOSE co-ordination in December.

You can reach out to the mayor by calling 204-441-5988 or e-mail at jdifalco@icloud.com

"All inquires and suggestions will remain confidential," he said. "Feel free to bring forward any issues you see within this community, and we will gladly direct your questions to the proper organization or bring it forward at our next executive meeting."

2Lt Di Falco is also looking for ward reps to step up and join the community council.

To participate in the live Facebook Q&A visit www.facebook.com/shilocommunitycouncil/

CFB SHILO FAMILY DAY BBQ

OCT. 19, 2019

TIME: 1100 - 1400 HRS
LOCATION: MPTF

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Soldiers with 1RCHA dine on bacon cooked in a Mobile Kitchen Trailer (left) during breakfast, or enjoy an Individual Meal Pack (IMP) during exercises in the training area.

Food a major morale booster, says Army cook

Pte Jennie Vallangca Maple Leaf Special

People often associate the military with shooting guns, living in trenches, getting fit, getting yelled at for the smallest things, and more importantly, terrible food. Those assumptions are correct — to some extent.

Yes, it is true that everyone undergoes basic training and is infantry to some degree, but the reality is that infantry is only 10 per cent of the whole army; the rest is support.

The main support out there is the logistics branch, or known as the Royal Canadian Logistics Service. Within it are the cooks. I've been in the Canadian Armed Forces (CAF) Primary Reserves — 31 Svc Bn — for more than a year as a cook and let me tell you, it is quite an experience.

Being a cook in the military is like being a cook in the civilian world; the only difference is the environment you work in. As an Army cook, I get to work in a regular commercial kitchen when I'm on Base or I'll cook in a kitchen trailer in the middle of nowhere.

Sometimes, I get to work on a Navy ship or at an Air Force Base so the travel opportunities are endless. Everyone eats and food is a major morale booster for the troops, especially in the army.

I've experienced it at both ends of the stick and having a nice hot meal after a long, and sometimes miserable, day out in the field is very satisfying.

Imagine the looks on the troop's faces when they smell chicken noodle soup at a little box called a Mobile Kitchen Trailer — or MKT — in the pouring rain or a snowstorm.

We are an underrated trade in the military, and like most trades, we are made fun of, especially if you're an army reserves cook. Because reservists train one night a week, and a weekend a month for an exercise, we don't get to do our trade until those weekend exercises.

Sometimes, we don't even get to cook in said exercises; instead, we get catered food, boxed lunches or IMPs (Individual Meal Packs). To put it lightly, the quality of the catered food is interesting.

If you ask anyone who is in the military if they would rather eat catered food and boxed lunches or McDonald's, the majority would say they are willing to travel 25 kilometres to the nearest McDonald's to avoid the food.

What does that say about our military's diet? Yes, it is calorie heavy, but the quality degrades, especially those pow-

dered eggs and questionable pancakes. That's why when the cooks come to the field, we are praised.

At a training exercise, I was cooking for 100 troops with two other cooks and my supervisor. It was cold, it snowed for a bit — thanks Canadian spring — and I was sleep deprived. We were in the MKT and cooking breakfast.

At least five infantry soldiers kept asking us why we can't cook in all of the training exercises instead of getting catered food. The answer was simple: we don't have enough cooks.

Out of the whole military; both Regular and Reserve Force and the combination of the three branches: Army, Navy and Air Force there are approximately 500 cooks out of 126,500 members. A whole battalion to feed the military, that's a prime example of chaos theory in action.

Just like any other cooks in the culinary industry, we get constant pressure from our supervisor, as well as other higher ranks and other troops.

Timing is crucial in the military; if you miss a single timing, the subsequent ones will be backtracked and potentially, the whole plan may be delayed for hours.

Being a private — even worse, a "no-hook private" or an untrained private — telling a Master Corporal or anyone who is higher than you that the food is not ready as you reach the timing can be intimidating, especially if your supervisor is there questioning why that is.

Yes, they will understand that the food needs to be prepared properly for food safety reasons, but at the same time, there are timings that need to be met and can be very sensitive otherwise.

After all, the other troops are like customers in a restaurant; they have other things to do and some can be impatient.

The training itself is what you would expect in culinary school; going back to the basics. From holding a knife, cooking endless number of eggs, baking, learning how to do different vegetable cuts; you name it.

From the reserves perspective, our training is three-



31 Svc Bn cook Pte Jennie Vallangca shared her thoughts on cooking for the Army in this essay.
Photo submitted

months long at CFB Borden, located 90 minutes north of Toronto. We stay in dorm-style barracks with our issued whites, the standard at the time.

To distinguish between the three elements, our name tags have a symbol of each branch: two swords crossing is Army, anchor is Navy and eagle is Air Force.

But, in the end, we are equipped to cook in all three elements with some mild modifications in the army side. Just like any other courses, it has its ups and downs but overall, it is a great time minus the early wake-up calls and long days.

The life of a military cook has its perks and its downfalls, just like any other cooking job. Sure, we don't get to practice cool techniques like molecular gastronomy or avant-garde cuisine, but we are still appreciated.

Also, I can definitely call myself a combat cook because the most important thing for anyone in the military is that regardless of what trade you are, you're soldier first. I still need to know how to shoot a rifle and a machine gun, throw grenades, navigation and other soldier stuff.

After all, you can be the best at your trade, but if you can't defend yourself in the field, then you're as useful as a new recruit.

• • •

Editor's note: Pte Jennie Vallangca wrote this essay "life of a military cook" for a writing competition. The aim of her essay was to give readers a glimpse of what it's like being an Army Reserves cook in the perspective of a private. "My military journey still continues and I have so much to learn not just in my own trade, but with the military itself," she says. "I also want to inspire people to join the food service profession because that feeling and hardship of feeding troops and setting up their day based on the smile on your faces and the beaming positivity of serving them good quality and nutritious meals in various circumstances ... for example, no running water [or] frozen propane is indescribable."

Colour fall golden

Prior to more than 50 centimetres of snow falling on the Base Oct. 11 and 12, fall colours were golden on the walk to the Q-patch behind CANEX. Heavy winds and the wet snow has left this scenic view a lot different in the wake of the snow storm caused by a visiting Colorado Low. How did you cope with this early look at winter following two days of this storm? A few snowmen were born from the wintry aftermath thanks to students taking advantage of a snow day leading into the Thanksgiving long weekend.

Photo Jules Xavier/Shilo Stag



Pumpkin art created

Mark Oct. 27 on your to do list calendar if you want to show off pumpkin carving skills and have your artwork judged. CANEX and CFB Shilo's community council are hosting the annual family pumpkin carving event. Visit CANEX from 1 to 4 p.m., where you will be provided with a free pumpkin. Bring your own tools, or make use of what organizers provide during this always popular event. See the advertisement for this event on page 12. The Stag dug into its archives to show you some of the participants from the 2018 event to help pique your interest, so you can make plans in advance on what your want to carve on the face of your pumpkin.

Photos Jules Xavier/Shilo Stag



D-Day 60th anniversary visit inspired actor to write Jake's Gift



FALL CAR CARE CLINIC

OCT 23-25
Wednesday - Friday
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AT BASE MAINTENANCE BLDG G-400
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Oil Change \$15
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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



Cutest Pet of The Season

CHANCE TO SHOW OFF YOUR PET

Entry Fee 

Submit a picture of your pet and their name to : elina.gagnon@forces.gc.ca from 1 - 31 Oct 19

Top 3 winners will be announced on the 12 Nov 19, the recognition will be in Shilo Stag + a gift card (depending on the proceeds)

Your donations will be collected at your unit, saving your time of travel during the day

United Way

Jules Xavier Shilo Stag

A trip to the beaches of Normandy 15 years ago inspired Jules Mackey to write what has become an award-winning one-woman play *Jake's Gift*.

"I travelled to Normandy for the 60th anniversary of D-Day. It was one of the most moving experiences of my life and I was compelled to write about it and share it with other Canadians," she told this *Stag* editor in a May 2008 interview.

"I had created a mask character named Jake back in 2002 and always knew I wanted to write more around the character. After returning from France, I knew that was the experience the story would come out of."

Theatre goes from CFB Shilo and the Westman area have a chance to see *Jake's Gift* — presented by the RCA Museum — Oct. 18 at Lorne Watson Hall on the campus of Brandon University. Tickets are \$15 for students; \$25 for adults and are available at the museum.

Born into a very active theatre family in Birmingham, England, when she was aged three Mackey's family immigrated to Montreal. She went west in 1993 to pursue acting and writing.

She trained in Victoria at Generation Studios. She has been working professionally as an actor and writer since '94, her writing experience penning the words for short plays for Victoria's Theatre SKAM's and the acclaimed show, *29 Plays in 59 Minutes*.

Mackey has performed in more than 40 professional productions in theatres across Canada. In the summer of 2007, *Jake's Gift* won four Victoria Fringe Festival awards including: best drama, best new play, best solo show and best female performer.

What is it about the Second World War and the aging veterans that inspired Mackey to put pen to paper and create her one-person play?

"When I was 12 I saw a documentary on World War Two," she recalled. "It was the first time I had learned about the war and Canada's role in it. It profoundly changed my understanding of Remembrance Day."

"Writing *Jake's Gift* is my very small way of paying tribute to World War Two veterans and to that generation for the sacrifices they made in their youth."

While it's not easy being the only character on stage Mackey has been able to make her characters believable for the audience.

"When you are only one person, the physicality of each character needs to be very distinct as well as the voice," she explains. "For me, I always find my way into a character first through the voice and then the body posture follows. As the writer of the piece, I heard all their voices very clearly."

"I had created Jake earlier in that mask workshop. Isabelle came to me through an improvisation session and Grande Isabelle just kind of popped into my head. There is also a fourth character in the play as well based on a teacher I met in France."

Following her trip overseas to the beaches where the Allied forces stormed on D-Day, Mackey went to work on *Jake's Gift*.

It was a long process before she was finally able to see the fruits of her labours on a stage in front of an audience.

"After my trip to Normandy in 2004, I spent that fall putting some scene ideas



A trip to the beaches of Normandy in 2004, where she met war veterans, inspired Jules Mackey to write her one-woman award-winning play *Jake's Gift*.

Photo submitted

together, but 2005 got busy for me and I had to put the project on hold," she recalls. "I wasn't able to get back to it until June 2006. I started writing the scene ideas that had been whirling around in my head for two years on June 28, 2006."

"I had a workshop presentation deadline for Aug. 18. I finished the first draft on Aug. 14. That fall, I continued working on it and have been performing the current version of the play since May 2007."

The reaction from Mackey's audiences has been overwhelming.

"I have been continuously overwhelmed by the re-

sponse to the show," she says.

"People seem to really connect to Jake and Isabelle and their relationship and so many Canadians have relatives who fought in [both] World Wars. I think it brings up a lot of memories for people of their parents [and] grandparents."

Asked to define the "healing power of friendship" from *Jake's Gift* and "legacy of remembrance" Mackey says her characters Jake and Isabelle are initially strangers who become close friends during the three days of D-Day ceremonies.

"Isabelle's honesty and child-like 'tell it how it is' approach to life is the exact thing that enables Jake to deal with painful memories, survivor's guilt and the guilt he feels for having never returned to Normandy to visit the grave of his eldest brother Chester, a once promising musician, who never returned from the war. Isabelle is the friend who urges him to seek forgiveness."

She adds, "Grande Isabelle instills in Isabelle the importance of remembering the sacrifice that Canadian and Allied soldiers gave in the liberation of France and specifically their own village. This is something I witnessed in Normandy. The amount of information the French children have just from the oral history telling that is shared from one generation to the next is truly impressive."

"They are so aware of what it is that the veterans did for their families, two generations earlier. Their grandparents and parents have been taught to never forget those sacrifices. In doing so, they have created a younger generation that understands the importance of remembrance and they have created a legacy of remembrance for each generation to follow."

While she might be along on the stage for *Jake's Gift*, Mackey enjoys the acting challenge in not having to rely on a co-star to play off of in emotional scenes.

"It's scary but challenging," she says. "The challenge is the reason I did it. I had never done that kind of show before and wanted to stretch myself as an actor to create a multi-character piece."

Told by others she's an "honest actor," what does Mackey want her audience to leave with as they depart the theatre following seeing *Jake's Gift*?

"I would like them to feel they have had a full evening's entertainment, and that the story leaves them thinking about what it is to be Canadian and, hopefully, about the relationships in their own lives, especially those that may need forgiveness/healing."

Arriving at the theatre in Brandon to perform *Jake's Gift*, Mackey looks forward to sharing the play with her theatre goers.

"I love the feeling of sharing a good story with a live audience. The audience is always another character and, each night, can be different because of their response."

Mackey says she had a fantastic spring tour of *Jake's Gift*, with another trip overseas.

"Normandy was an incredibly moving experience, and we are so grateful to everyone who hosted us, who came to see the show, and of course to the organizations that helped us get there," she says. "We performed in both French and English for the 75th anniversary of D-Day ceremonies, and the whole experience was profoundly moving."

Working with expedition program enjoyable, says WO

Stag Special

WO Michael McKay paddles his canoe along the Yukon River with 12 Army Cadets during Yukon Paddle '19, a regional expedition consisting of a multi-day canoe trip in Whitehorse, Yukon in late August.

"Prior to being posted with the Regional Cadet Support Unit (RCSU), I did not really have a full understanding of what Cadet Instructor Cadre (CIC) officers did," explained WO McKay.

"My admiration for what CIC officers are and what they do has grown immensely as time has gone on. Often people do not understand the branch, but it is simply just a completely different trade within the Canadian Armed Forces (CAF) that requires its own set of specialized skills."

WO McKay was posted with the RCSU for seven years and during this time has had an opportunity to interact with

countless cadets and CIC officers.

Personally, he has enjoyed working with the expedition programs, most recently completing a five-day canoe trip along the Yukon River with a group of Army Cadets.

Following this canoe trip, he was posted back to CFB Shilo where he's the PI WO for 2PPCLI's C Coy.

"Enrolling in the CIC means you are going to be having a positive impact on the next generation of youth leaders. If you can have that impact on just one person and it makes them a better person, the sense of pride looking back on that is going to be ultimate benefit," he said.

"Personally, in my time with the RCSU, I am happy that I have been able to provide officers in the CIC tools so they can be better leaders for the cadets. At the end of the day, that's really what it's about, the cadets"

CIC officers and Regular Force members like WO McKay are an integral part of the Canadian Cadet organization, ensuring cadets receive consistent and effective training across

the country.

CIC officers and the cadet program aim to provide youth in Canada with the opportunity to develop personal life skills that will aid them in becoming better members of their communities.

In order to do this, CIC officers are provided training about various aspects of the program, helping them become better leaders themselves and also allowing them to choose what areas they specialize in.



WO Michael McKay enjoys a leisurely summer paddle down the Yukon River, where he worked with CIC officers and Army Cadets, this past summer prior to being posted to this Base with 2PPCLI.

Photo Lt Thomas Hopkins

Work on your muscular endurance

Janna Dzubinski

Stag Special

Fitness and sports instructor Janna Dzubinski has your PSP "workout of the week" related to muscular endurance.

Block one features:

- Squat jumps. Bend the knees to 90 degrees press through the heels and jump up.

- Inverted row. Take the body under the bar with hand grip wider than shoulders and arms straight. Pull the body up bending at the elbows, chest to bar. Knees straight or bent.

- Dumbbell chest press. Lying on the back push the weight straight up in line with the shoulders.

Block two features:

- Walking lunges. Step forward dropping the back knee to the ground and front thigh parallel.

- Dumbbell biceps curls. Curl the weights up to the shoulders and down to the thighs.

- Dumbbell overhead triceps extensions. Bring the weight behind the head and extend the arms straight up.

Block three features

- Shoulder press. Bring the weights up to the shoulders and press straight up.

- Bicycle crunch. Lying on the back bring the elbow to the opposite knee and switch.

- Plank ball roll-out. Forearms on the ball roll the ball out engaging through the core.

Intensity 50 per cent 1RM; circuit three sets of 15 repetitions. Repeat each block three times. Rest 30 seconds between sets, and one minute between blocks.

For more information on fitness and training contact fitness co-ordinator Ginger Lamoureux via e-mail ginger.lamoureux@forces.gc.ca or dial 204-765-3000 ext 3899.

Hunting not permitted in training area

Stag Special

Military training is carried out within the CFB Shilo training area at all times, with hunting not permitted in this area.

The range consists of DND-controlled property lying immediately west of Sprucewoods Provincial Park. All boundaries, entry way, roads and tracks into CFB Shilo's training ranges are clearly marked and posted with signs indicating there is to be "no trespassing."

The grounds in the training area contains stray ammu-

munition and explosive objects, for this reason access is controlled through a main gate.

Bombs, grenades, shells, similar explosive objects, and their casings are a hazard to life and limb. Do not pick up or retain such objects as souvenirs.

If you have found or have in your possession any object which you believe to be an explosive, notify your local police and arrangements will be made to dispose of it.

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



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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:
What was 2PPCLI A Coy rifleman Cpl Nicholas Cazalais' winning time during Ex MOUNTAIN MAN held in Edmonton?

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.



CFB Shilo BComd LCol Jeff Lyttle introduced 3CDSG Commander Col Patrick Lemyre (left) during a morning event held at the GSH theatre. It was Col Lemyre's first visit to this Base since taking command of 3CDSG out of Garrison Edmonton, and he said he liked what he observed during his three-day visit to meet military and civilian staff at work.

Photos Jules Xavier/Shilo Stag

Robert Love acknowledged for his dedication preserving military history

From the front

A 3CDSG commander's coin was also presented to Robert Love, for his dedication to the preservation of military history working with the RCA Museum and its outreach programs.

Laughter erupted during Col Lemyre's presentation of a coin to Karli Allen, who in addition to her role as COS EA, provides support to the G3 and CFB Shilo fire hall.

"What's better than one job? Three jobs!" he said, prompting Allen to give a double thumbs-up.

GSM CWO Bantock addressed the civilian personnel in the audience directly: "You are a wealth of experience and knowledge that we — as soldiers, as military members — draw on constantly," he said.

"I don't think we talk about the value of our civilians enough in the workplace."

Col Lemyre then presented a special 3CDSG Command Team commendation to former senior PSP manager Mike McEwan.

Earlier this year, McEwan retired after 38 years of service to the military, 20 of which were spent as a senior NCO with the RCA.

In his remarks, Col Lemyre highlighted McEwan's dedication to the community and his role in bringing services to members at CFB Shilo and their families.

"This is a career," Col Lemyre said. "This is an example of what civilians bring to the team with their experience and wealth of knowledge."



Karli Allen



Rob Love



Cpl Leanne Taylor

Sentinels provide support to soldiers in distress

Maple Leaf Stag Special

When it comes to help for those in distress, every action counts and can make a difference.

Yet despite all the support programs and tools put in place, the problem is often taking that first step toward the appropriate resources.

Military members in distress may find it difficult to ask for help for any number of reasons, including personal pride, feelings of isolation, or social pressure. This is where the camaraderie that unites Canadian Armed Forces (CAF) members comes into play.

Established by the Royal Canadian Chaplain Service, the CAF Sentinel program is a peer support network made up of trained and supervised volunteer members of all ranks.

Civilians may also volunteer with the approval of their local chain of command and local Sentinel Chaplain.

Through their informed presence within their units, the Sentinels play an important role in the prevention, detection, and support for colleagues in distress.

The active presence of the Sentinels is felt in several areas, such as Op HONOUR. When grappling with a situation as sensitive as sexual misconduct, feeling supported and not alone is critically important.

The support and guidance provided by the

Sentinels have the potential to bring about positive outcomes.

The program started in 2007 and grew to 2,000 members in 2016. Today, with more than 3,000 qualified Sentinels in action on the ground there are more CAF members ready to offer their support to those who need it.

The program is driven by the premise that peers are best situated to identify colleagues in distress and help them find appropriate support.

Sentinels keep an eye out for signs of distress in their colleagues, particularly with respect to mental health. They offer human contact and encourage dialogue and networking to reduce potentially harmful isolation.

Two essential elements of the program are simplicity and humanity. It is not a question of training people in areas in which trained professionals are already working, such as mental health.

Rather, Sentinels act as guides to resources, support programs, and tools available to CAF members and their families to facilitate identification and access.

The Sentinel program is constantly evolving to meet command requirements. Once qualified, members need to take ongoing training each year, to maintain their knowledge and discover resources newly available.

To learn more about the Sentinel program or to volunteer, contact Base Padre Maj Steele Lazerte at ext 3381.



Rural march A small group of soldiers march west along Aldershot Road. Jules Xavier photo/Shilo Stag

Military mixer Nov. 5 at Brandon Armoury

MFRC Stag Special

Want to learn about Brandon and area businesses in one location?

If so, you might want to attend the second annual military mixer Nov. 5 co-hosted by CFB Shilo's MFRC and 26 Field Regiment at the Brandon Armoury.

The two-hour event starting at 5 p.m. provides an opportunity for Regular Force and Army Reserve Force members, military veterans and their family members to learn about local businesses which support the military community through military incentives.

There will be free pizza provided by Boston Pizza as well as more than \$1,000 in door prizes to be won by those in attendance.

Visit the special events section on www.cafconnection.ca/shilo/ for updates featuring the business lineup and prize packages to be won.

Childcare is available by pre-registering with the MFRC. Call 204-765-3000 ext 3341 for more information.

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

We want you on our team

The *Shilo Stag* is looking for another sales consultant for its team. Help us sell the Brandon business market on advertising in the *Stag*. They have a captive audience — especially with people here who are new to the community after being posted here from elsewhere in Canada. Where do you shop for new glasses; groom your dog; take the wife out for an anniversary dinner; buy a new car or have winter tires put on the van with the advent of winter; shop for back to school clothes and supplies? Working on commission, you can set your own hours. The more you hustle and sign advertisers up to promote their business in the *Stag*, the more you earn. Drop by the *Stag's* office in CANEX and see Jules about the job. Or call 204-765-3000 ext 3013/3093. Be part of the award-winning *Shilo Stag* team.

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CAFconnection.ca

Confidence gained with knowledge

MCpl David Sadai
Stag Special

Your focus is your path. It seems so simplistic, but it's just so true.

We talk about it all the time in our culture — if you mention or buy a red car that all of a sudden that's all you seem to notice when you're out. It's not that they've never been there, you're just more inclined to look for it — focus on it — because your subconscious mind has been given the key to look for it.

Again, over and over this is mentioned by top level athletes and titans of business and I experimented myself a lot with this tactic and gained some crazy results.

I surrounded myself with podcasts, reading, following the right people on social media, journaling and making every chance I can to round the clock add to my knowledge and understanding of how to work towards my goals and future. It was working.

I was highly motivated. I was gaining confidence with my knowledge, and I felt alive. To test all of it, if it really works, if what everything I was learning was true, I had to do the hardest move and shake it all up.

I stopped my routine. I gave myself permission to take the foot of the gas and to almost slip back to my unmotivated, self-loathing ways.

Within the first few days I felt off. I felt like I wasn't myself, uncomfortable, nervous, anxious, short on patience and everything I worked to avoid came crawling right back.

My self-talk was not where it used to be, and bad thoughts began to occupy my mind. I had so much doubt over every aspect of my life that I found myself in the dark place that I started this journey from.

It got to a point after two weeks that I realized everything I was learning, every change I made, every small thing I chose to do differently to direct my life in the ways I wanted

worked.

I never had those feelings or thoughts when I was on my A-game. I created and crafted what for me was "the perfect day" and I ran that process day in and day out and I felt like I was killing it.

Positive thoughts, best shape of my life, purpose, prosperity and just genuine happiness. The moment I tested it, broke away from it and allowed myself to just coast on auto pilot my sense of living washed away.

I had forgotten that it was all a test. I forgot that I did it all on purpose because my mind was telling me this is all I should be allowed to deserve. I felt like I was no one and nothing and lost touch of why I was doing it all in the first place.

All it took was a snap back to my process of crafting that perfect day and I was as lit up as a Christmas tree. The point of this whole story is, as I've tested it to be true that what you focus on is your path.

What you focus on is your thoughts, your actions, your life. You have bad thoughts bumping in your head, poor workout regiments and zero motivation to grow as a person and that's exactly what you get because it's your focus.

Surround yourself with good people, good conversations, meaningful work and take care of yourself with good food and exercise and you'll notice the different world you can live in.

If you wake up each day and craft your day, those days will stack and eventually become your life.

So, focus on creating your best day each day and you'll be living your best life. One focus at a time, you can make life a beautiful experience.

MCpl David Sadai is a Core 100 graduate from the Robbins-Madanes training program. He specializes in strategic intervention and would like to help you reach your potential or help you understand and find the nectar out of your life. For more information and a free 30-minute consultation for one-on-one sessions, send him an e-mail davidleesadai@gmail.com. Or visit his social media platform @necr_athletics

"All it took was a snap back to my process of crafting that perfect day and I was as lit up as a Christmas tree."

CLASSIFIED ADS

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

\$10 for first 20 words, 10¢ for each additional word

Deadline for next issue: October 24 at noon

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

Services



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

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

Services

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

Brandon Salutes
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. sHe/she prices, stocks shelves, counters and display areas with merchandise and keeps stock in order. He/she performs cleaning duties as required. Apply in person at CANEX admin office, or NPF Human Resources office at base HQ.

Employment

Looking for a job on the Base? Submit resumes to NPF HR office via e-mail quoting competition # to npfhrshilo@cfmws.com OR for more detailed information on the jobs offered at CFB Shilo visit: www.cfmws.com

CAF members released prior to Feb. '16 Soldiers can now request Veteran's Service Card

Stag Special

"We have a sacred obligation to our women and men in uniform, and the Veteran's Service Card acknowledges and recognizes their devoted service to Canada."

The Veteran's Service Card is now available upon request to all eligible former and releasing Canadian Armed Forces (CAF) members.

Veterans who have completed basic training and have been honourably released can also now apply for their new Veteran's Service Card.

The first stage of the Veteran's Service Card was announced in September 2018. The Department of National Defence (DND), Veterans Affairs Canada, and Library and Archives Canada are working together to ensure that the necessary resources are in place to verify, produce, and distribute the Veteran's Service Cards in a timely manner.

"The women and men who have served in the Canadian Armed Forces deserve our full support as they transition to post-military life," said Comd Vice-Admiral Haydn Edmundson of Military Personnel Command.

"We introduced the Veteran's Service Card in September of 2018, rolled out the stage two distribution last December and, as promised, the stage three distribution now begins.

In stage three, cards will be produced and issued upon request to all eligible Veterans who released prior to February 2016. Eligible Veterans in the stage two group — those who released between February 2016 and September 2018 — who have not yet requested the card may also apply.

Moving forward, all CAF members who are eligible receive the card automatically upon their release.

The Veteran's Service Card provides a tangible symbol of recognition for former members, and encourages an enduring affiliation with the CAF.

It has no expiry date and it is not intended for use as an ID card, pursuant to Treasury Board of Canada Secretariat and other guidelines on official identification cards.

All serving CAF members and Veterans are encouraged to register for a MY VAC Account with Veterans Affairs Canada.

For more information on the card, or to apply, visit www.canada.ca/veterans-service-card/

"The women and men who have served in the Canadian Armed Forces deserve our full support as they transition to post-military life."

— Comd Vice-Admiral Haydn Edmundson



Remember those who fell, sacrificing their lives so you could be free after two World Wars, as well as Canadian soldiers going to war in Korea and Afghanistan

For our Oct. 31 Remembrance Day edition, your award-winning community newspaper would like to share stories, photos, and letters from the First and Second World Wars, as well as the Korea and Afghanistan Wars involving the men and women of CFB Shilo and area who went overseas. This could be your grandfather or great-uncle who fought in the trenches of France or Belgium in what became known as the Great War following training at Camp Hughes. Or your dad or grandfather who fought the Japanese in the Pacific campaign or the Germans in the liberations of Holland, Belgium and France. Or saw action in Africa or Italy. What about an uncle or son — did they see action in Korea with 2PPCLI? What about the more recent Afghanistan War? Dust off the family photo album and drop off your family war treasures at the Stag. Deadline is Oct. 25. Call 204-765-3000 ext 3093 and ask for editor Jules Xavier or assistant editor Celine Garbay.



CANEX
A division of CFMWS
Une division des SBMFC

CANADA'S MILITARY STORE
LE MAGASIN MILITAIRE DU CANADA

CANEX.CA
CFB SHILO, BLDG L-125

family Pumpkin Carving event **27th** October 1300 - 1600 HRS

FREE
Pumpkin to carve
on site

TOP **3** ENTRIES
WIN CANEX
GIFTCARDS

Shilo Community Council and CANEX are hosting
Join us at CANEX for refreshments

One free pumpkin per family. Please bring your pumpkin carving tools. All entries must be submitted by 1600 on the 27th October, winners will be announced on October 30th 2019. All children must be accompanied by an adult.

WINTER TIRE EVENT

October 23, 2019

COME FOR A WINTER TIRE QUOTE FROM A FOUNTAIN TIRE REPRESENTATIVE
10 a.m. to 5 p.m.

ALL QUOTES ARE ENTERED TO WIN A FREE WINTERIZATION INCLUDING WHEEL ALIGNMENT AND MORE!

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**DON'T PAY UNTIL
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PLUS NO MONEY DOWN NOT EVEN THE TAXES.
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