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Volume 57 Issue 20



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October 18, 2018

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Soldier On goes horseback riding in Alberta. Page 6



Petmobile takes veterinarian on the road. Page 8



Bobby Baun's grandson victorious. Page 12



WO Guy Croteau surrounds himself with gorillas in his second-floor office at Base HQ.

Photo Jules Xavier/Shilo Stag

WO Guy Croteau keeps company with gorillas at HQ

Jenna Dulewich
Shilo Stag

The *Stag* recently investigated a gorilla sighting at Base HQ and found a troop of 14 huddled in an office on the second floor.

"It all started with one," WO Guy Croteau said with a laugh.

If you've ever passed by the Room 218 at Base HQ, there is a good chance you would've noticed one of the 14 stuffed gorillas that call the WO's office home.

"People found it funny when I came here," he explained. "Everyone brought a different one to increase the population."

The origins of the furry family go back to the Navy, where WO Croteau encountered his first stuffed gorilla during a training exercise. "On the ship you transfer equipment from one ship to the other, for practice, and we used a [gorilla]

puppet," WO Croteau explained. "When the exercise was over they didn't want to keep it, so I took it."

What also started as one on the ship, soon grew to a troop of 15 as WO Croteau bought a new "dancing puppet" at every port.

"One person found it funny and bought me one," he said with a laugh.

At the end of the deployment WO Croteau turned around and gifted all the gorillas he had bought, only keeping the one gifted to him. Then he came to CFB Shilo in 2016 — where his furry family of one grew again. "If you feel sad you can come and cuddle with a gorilla — it's good for morale," he explained.

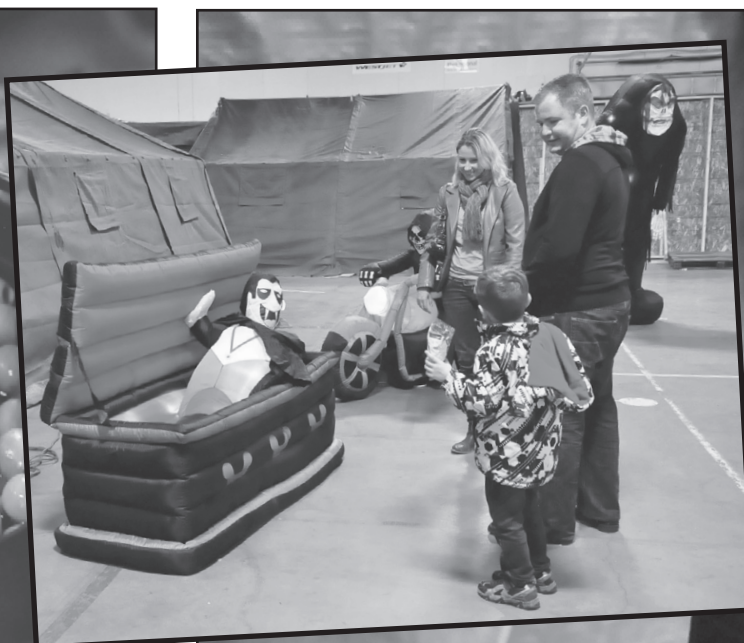
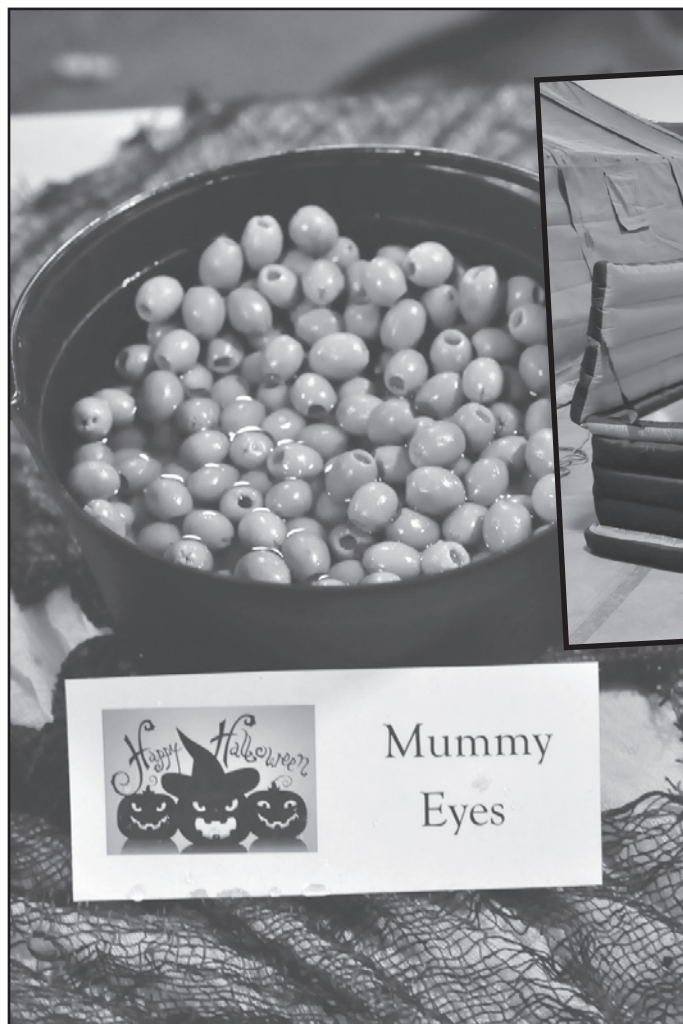
Known for having an open door during work hours, WO Croteau welcomes anyone who wants to check out his collection or even cuddle one of the furry friends on his couch.

"It's been a really good reaction. Kids love it and some have music," WO Croteau said.

With the WO's retirement coming up next August, people on Base only have 10 months left to meet the family which includes the gentle giant with sunglasses Babouba, listen to Wild Thing by the Troggs played by the small guitar-welding rocker puppet or see the OG (original gorilla) who started it all, playing Love Machine on the bongos.

"When people walk by, they find it funny," he said. "They like the ones that make music."

With no successor in line to take over the troop, he explained that once he retires, he will be giving back all the gorillas that have been gifted to him during the last two years. And the one that started it all? "I will keep mine," WO Croteau said with a smile.



Expect the fear factor to be "upped" for the eighth annual CFB Shilo Haunted House when it opens for three nights at L25 starting Oct. 23.

Photos Jules Xavier/Shilo Stag

Haunted House organizer 'upped fear factor'

Jenna Dulewich
Shilo Stag

Get ready to be spooked as CFB Shilo's annual Haunted House when it kicks off next week.

"We upped the fear factor this year," said community recreation co-ordinator/Haunted House organizer Kristen Lucyshyn.

For those who don't know about CFB Shilo's spooky side, the regular Community Centre Annex, or L25, transforms into a haunted wonderland from Oct. 23 to 25 in the evenings with "no scare hour" from 5 to 6 p.m. and regular scare hours from 6 to 8 p.m.

"Use at your own risk," organizers gave warning

to the *Stag*.

And for those who have dared to be scared in the past, they should not expect this same thing this year as all the rooms will have brand new themes and 'ghouls.'

"We are really focusing on the senses this year," Lucyshyn said of this annual event which started on the lawn of then BComd LCol Rick Goodyear in 2011.

Wanting to keep the Base in the dark about the rest of the details of the new haunts, organizers were tight-lipped about what the rooms will look like or which monsters will be lurking in the shadows. Those brave enough will have to stop by and see for themselves.

"Don't come if you don't like being scared," Lu-

cushyn said with a laugh. "And expect the unexpected this year."

In addition to the haunted rooms, the "tangible table of terrors" will be returning this year, along with 'goodies' for the children. In previous years, cauldrons have been filled with surprises such as "zombie brains," "witches hearts," and "mummy skin."

Setting up for the three-day spook-fest starts Oct. 16, with organizers welcoming anyone who wants to volunteer.

For those interested in helping out or for more information, contact organizers at the community recreation office at 204-765-3000 ext 3317/3588 or e-mail kristen.lucyshyn@forces.gc.ca

Pet of the Week



ROCKO

Rocko recently celebrated his first birthday Oct. 6. According to owner Sarah Lomack, he's a rescue tabby. Rocko is such an amazing cat. He loves belly rubs, cat treats, and chin scratches. He's quite vocal, too, especially if you're late giving him food! 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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Baby eyes

PSP facility co-ordinator Mike Gagnon says he's a natural when it comes to entertaining babies — he's a grandfather after all. Here, he entertains a youngster at CANEX.

Photo Jules Xavier/Shilo Stag

United Way campaign Show your sports colours Nov. 2

Shilo Stag

What are you doing for this year's United Way campaign on the Base? Attending events? How about running your own event?

It has been busy of late as units and businesses alike run their respective annual programs, or try showcase a new fundraising venture.

If you need your figure or hockey skates sharpened at Gunner Arena, your \$2 fee will be donated to the Base's United Way campaign.

As you arrive on the Base for work Oct. 18, the annual boot blitz will be underway with Shilo's MFRC and 1 MP Reg collecting loose change or crisp bills from your wallet.

From Oct. 24 to 25, Base Maintenance is offering its annual fall car care clinic, which runs from 8 a.m. to 4 p.m. Work will be done at Base Maintenance's location G400.

For an appointment call 204-765-3000 ext 3255. Customers must provide their own oil and filter for oil changes, which will cost \$15. Dismount/mount tires with wheel balance costs \$40. To rotate or install four mounted tires will cost \$25.

Forbidden Flavours will donate 15 per cent of coffee/beverage purchases Oct. 31 to the Base's United Way campaign.

CFHA has an event which will see the winning ticket drawn Nov. 14. You'll need to buy your tickets for the Obermaier's gift certificate and basket raffle draw beforehand: three for \$10 or one for \$5. Tickets will be available at CANEX, or call ext 4111.

The gift basket, valued at \$300, contains various rubs, spices, sauces and beverages, while the gift certificate has a value of \$140. It can be used for any products or services in Obermaier's Sausage and Meat store.

JPSU has its own draw Nov. 16, with wine being raffled off.

On the same day, PSP has a family dinner in a basket raffle, while United Way organizers offer up their own grand prize package raffle.

This will all occur Nov. 16 on the last day of the 2018 campaign. L25 is the venue for the Finish Line breakfast featuring a number of raffles. Tickets will be on sale at this event, but also in advance with sales being held at CANEX.

What is PSP's family dinner in a basket raffle? Tickets are \$10 each and can be purchased from PSP mess administrative assistant Shandar Elmhirst at the Junior Ranks or PSP senior manager EA Lisa Barnes at Base headquarters.

"It's a great fundraiser and who doesn't like a bunch of free food," asked Elmhirst.

Ticket purchase deadline is Nov. 15, prior to the draw the following day. The basket containing everything you need for a family or holiday dinner (four to six people) will be delivered to the winner Nov. 17.

PSP staff also have an opportunity to show their sports colours Nov. 2 during casual Friday.

"There is no extra donation to this event as this is to promote participation and have some fun and maybe a little teasing about who supports the better team," said Elmhirst.

Paying your \$3 fee allows individuals to work in casual attire each Friday during the United Way campaign.



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The annual seasonal flu vaccine is available to all Manitobans at no charge. It will offer protection against four seasonal flu strains.

An annual flu vaccine is especially important for those at increased risk of serious illness from the flu, their caregivers and close contacts.

If you are 65 or older or have a chronic illness, you should also get a pneumo vaccine. One pneumo vaccine may give you a lifetime of protection.

To get your free flu vaccine, contact your public health nurse, doctor, pharmacist or call Health Links – Info Santé at **204-788-8200** or toll-free **1-888-315-9257**.

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 Editorial advisor Lori Truscott ext 3813
 Proof reader Lisa Barnes ext 3736

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



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

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

Submitting articles and photos for print:

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

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Cannabis briefing clears the smoke

Jenna Dulewich
 Shilo Stag

What does cannabis legalization mean for CFB Shilo?

That was the topic of a briefing, hosted by BComd LCol Dave MacIntyre, on the eve of the federal legalization date at the GSH theatre.

Clarification for prohibitions regarding flexible positions, transportation of cannabis and drug testing were some of the main concerns during a Q & A period — and while some questions had a straightforward yes or no answer, the majority of responses required a bit of analysis.

While the Canadian Armed Forces (CAF) has already come out with its own regulations on personal cannabis use within the military, including an eight-hour consumption restriction to performing any duty, and additional 24-hour and 28-day prohibitions also in place depending on the duty being performed, questions arose on what employees with flexible positions should do when “called into” work earlier than expected if they were originally on a shorter prohibition period.

“If you are surprised and get called in early for a shift, I would disclose [the cannabis use],” LCol MacIntyre explained. “There is a grey area, but we have to look at it fairly.”

And with cannabis no longer being considered a controlled substance, would it be removed from drug tests within the military?

No and yes.

LCol MacIntyre said the tools will still be there to test for cannabis, and if there was a significant reason to test for cause or before operations to ensure CAF members are honouring their prohibition period, the test can be used if necessary, but he noted “it is legal now.”

Regarding transportation of marijuana, it was made clear that cannabis transportation in military vehicles is not allowed “right now.”

“I won’t rule it out [forever] because I think some of these rules will change,” LCol MacIntyre said.

As for personal vehicles, as per the provincial rules, the maximum amount of 30 grams must be placed in the trunk of the vehicle or in a locked tunnel for trucks.

And for trucks with no caps?

“It is situationally dependant,” said PO2 Ernest Bezaire, Platoon WO for 1MP Regt Shilo.

The MP explained that it would “likely” be okay to store cannabis in the glove compartment of a truck if there was no secure cover on the back as “in some instances, it will be the best alternative.”

But it was stressed that most issues will be dealt with on a case-by-case basis.

It was also brought up to the CFB Shilo crowd that

ingesting cannabis while ingesting alcohol will alter your intoxication levels and people should take into account that what they would typically be able to drink and be under the limit, will be lowered if alcohol is mixed with cannabis.

“Your impairment isn’t specifically a number,” PO2 Bezaire said.

As for traveling out of country, “it’s a tricky subject.”

“The ruling of our country has nothing to do with other countries,” Base COS Maj Howard Nelson said.

“You have three choices — use it and be honest. Use it and lie. I do not recommend that. Or don’t use it.”

LCol MacIntyre noted it will probably take a couple of years for the Province to test out the laws and see

what will change or what will not, but either way, the Base will stay in line with the provincial guidelines.

“The rules are quite simple, Manitoba has a set of rules ... and if you’re not sure, it’s better to ask now,” he said.

As one of the more “restrictive provinces,” with no smoking or vaping cannabis allowed in out-

door public places, enclosed public places and indoor workplaces, the only place legal to smoke on the Base will be in single-use living units/PMQ’s on the outside property and five designated smoking areas for buildings N15/16, L111, L101, L103 and L104 — and “good neighbour” practices should be adhered to, the speakers stressed.

“Be a good neighbour — if you go outside [to smoke] and you see kids, maybe it’s not the best time,” PO2 Bezaire said.

And in align with other provinces, legal-age citizens will only be allowed to purchase cannabis from authorized retailers. The question was brought up if it would be legal to purchase online through BC retailers, but the answer is not clear as it is unknown how Manitoba will view cannabis purchase from other provinces.

“Be a good neighbour — if you go outside [to smoke] and you see kids, maybe it’s not the best time.”

— PO2 Ernest Bezaire

“They are probably happy to keep the taxes in Manitoba,” LCol MacIntyre said with a laugh.

And what differs in Manitoba, those excited to try out their “green thumb” will have to wait as cultivation for any number of plants is illegal.

“I promise on our side of the house, we aren’t

going to surprise you or try find ways to get you in trouble,” he said.

“We are no more restrictive than what is required.”

For those who need further clarification on prohibition periods, LCol MacIntyre said CAF members should be having those conversations with their supervisors — and he stressed the conversation period is far from over.

“We’ll probably have to go on a health promotion course in the next month [about cannabis], but it is your right as a Canadian,” he said with a smile.

“We are going to close off [for today] but this is not the end of the discussion.”

Shilo Theatre
 (Located in General Strange Hall)

Oct. 19 Hotel Transylvania 3: Summer Vacation Rated G
 (In the pool 7 p.m.)

Oct. 26 Jurassic World: Fallen Kingdom 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

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Ask about Glow bowling birthday parties!

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

New Veteran's Service Card available

Stag Special

The Government of Canada is responding to a call for action by Canadian Armed Forces (CAF) members, veterans, and the Veterans Ombudsman, through his report in 2012, with the introduction of the Veteran's Service Card.



CFB Shilo's firefighters are learning how to work with the latest edition to the firehall, the \$1.8-million new T-Rex fire truck.

Photo 2Lt Ryan Bartlette/CFB Shilo

Firefighters learning about T-Rex firetruck

2Lt Ryan Bartlette
Shilo Stag

There's a new dinosaur in the stable at the fire hall. CFB Shilo has received its \$1.8-million new T-Rex fire truck. With a bucket that can extend up 115 feet, it gives the firefighters of CFB Shilo a new tool to work with.

While some may consider such a truck "overkill" for a smaller base such as CFB Shilo, the Base does present a unique set of circumstances, including the ammo compound. Nothing creates safety like distance, and this allows Fire Chief Dan Barney to put a little more room between his firefighters and a potentially hazardous situation.

Additionally, CFB Shilo answered a mutual aid call this past summer during the fires in downtown Brandon. According to firefighter Matt Spulnick, such a truck could have been pressed into service and provided additional benefit during such a call.

During our visit, firefighter Spulnick took the bucket up, glided it with ease over a roof wall, and set it down near the roof top. Precise joystick movements are barely perceptible from the bucket, which can move and tilt in virtually any direction in the smallest of movements. This allows for a new dimension during possible rescue scenarios.

The firefighters of CFB Shilo will train with the new truck during the next few months, cycling firefighters through training before it is pressed into service.

They will look to other fire stations, as well lessons learned from their training to develop new SOPs for using the equipment. By all measures, the Emergency Services of CFB Shilo are eager to have this new tool at their disposal.

Minister of National Defence Harjit Sajjan and Minister of Veterans Affairs and Associate Minister of National Defence Seamus O'Regan announced that the new Veteran's Service Cards will be distributed to former and releasing CAF members who completed basic training and have been honourably released.

The new Veteran's Service Card will provide a tangible symbol of recognition for former members, encourage an enduring affiliation with the CAF and ensure linkages to Veterans Affairs Canada support programs as members transition to post-service life.

"Today, we are delivering on that commitment by bringing back the Veteran's Service Card. We recognize the courage and dedication of our Canadian Armed Forces members, and the Veteran's Service Card is an important acknowledgement of their service to our country," said Sajjan.

The new Veteran's Service Card will be distributed in stages. The first stage includes all newly releasing CAF members. Interested veterans who released from the CAF between April 1, 2016 and September of this year can apply for the card during stage two starting this December.

The third stage will begin in the summer of '19, and will see cards produced and issued upon request, to all eligible veterans released prior to February 2016.

NEXT HOME GAME



Oct. 19 vs Everett 7:30 p.m.

Oct. 20 vs Calgary 7:30 p.m.

Nov. 9 vs Red Deer 7:30 p.m.

Nov. 11 vs Tri-City 2:30 p.m.

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.



STREET CANNABIS ISN'T WORTH THE RISK.

When you buy cannabis, make sure to get it from a licensed retail store that offers you a wide selection of legal products.

Buying cannabis from a street dealer puts you at risk of arrest and fines.

When you buy street cannabis, you have no idea whether or not your money will go to fund other illegal activities.

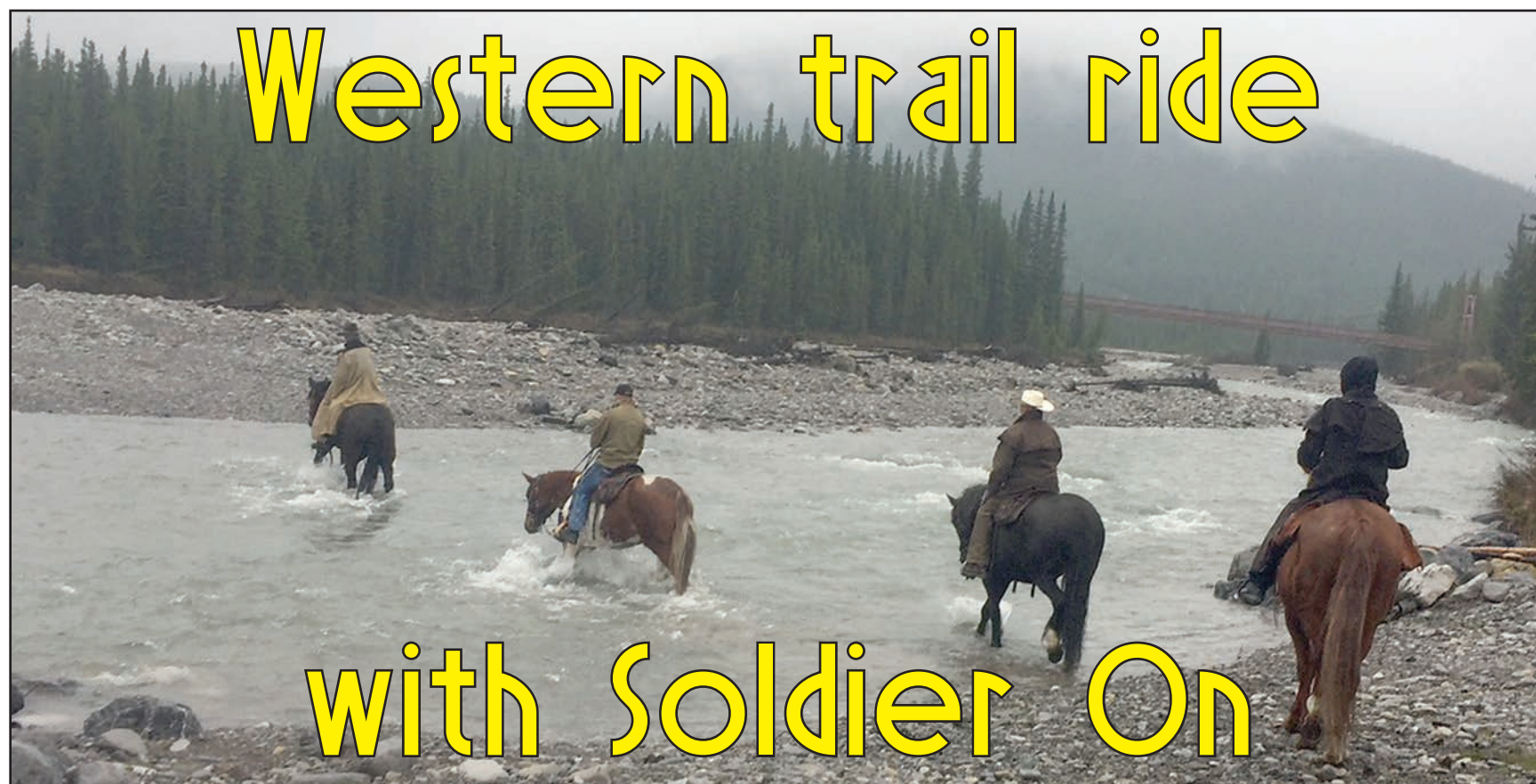
Worst of all, street cannabis offers you no quality control in terms of strength or purity. It may contain traces of pesticides and even other drugs that could put your life at risk.

Street cannabis isn't worth it.

KNOW THE RISKS.

Manitoba.ca/cannabis

Manitoba 



Riding in the Alberta mountains, Soldier On participants navigate their horses across a shallow river.



Maj Stuart Smoley

Jenna Dulewich Shilo Stag

Golf tournaments, trail rides and fishing trips, oh my.

And those are just a few of the activities offered through Soldier On, a program designed to re-introduce ill and injured soldiers to active lifestyles.

"It gives members who are injured an opportunity to hang out with similar people," Base G1 Maj Stuart Smoley explained. "It gives you a means to keep going."

Maj Smoley knows all about the program after participating in previous Soldier On events, including hitting some balls for a golf day in Shilo last month and jumping on a horse for a western trail ride in Alberta last year — an event he loved so much, the Major ended up getting a horse when he came back to CFB Shilo.

"It kind of just worked out," Maj

Smoley said with a laugh. "I was looking for a pasture pony and there was a soldier who got posted [away] who couldn't take his horse with him, so I was able to adopt one. It's been great and a good way to stay active."

Maj Smoley would be a success story in the eyes of the program as Soldier On aims to provide opportunities for ill and injured soldiers to develop new skills, build confidence and meet peers with similar challenges through sport and physical activity.

"The program was outstanding in helping you realize an injury [doesn't have] to stop you from getting out and doing things," he explained.

Events are offered throughout the year across the country and include activities such as kayaking, fishing, biking, skiing, etc.

The Major smiled as he talked about how inspiring the program can be.

"Just to know other people are out there trying and giving it their all, it's

unbelievable to see," he said. "There are people worst off than you, and if they can do it, you can do it too, I think is the takeaway."

Initiated 11 years ago, the program is under the umbrella of Support Our Troops, managed and operated by the Canadian Forces Morale and Welfare Services (CFMWS), and in addition to hosting events there is a grant program to provide short-term financial support, open to any serving member or veteran of the CAF who sustained permanent physical or mental health injury while serving Canada.

"It's a great way to challenge yourself even if you have an injury," Maj Smoley said.

"You come back refreshed and appreciative."

Applications for activities and the grant program are available online.

For more information on upcoming events and the grant program, visit www.soldieron.ca



Soldier On participants, including Maj Stuart Smoley, take a break during their western trail ride in Alberta.

Photos submitted

Bakery with a bark



Pooches are excited to sample Charlie's Barkery treats, a new Shilo-based home business offering all-natural, "made with love" goodies for pups.

Photos submitted

Jenna Dulewich Shilo Stag

Shilo has a new bakery that is going to the dogs, literally.

What started in Tina Simpson-Comeault's kitchen as a food-making experiment for her pup has turned into a creative side-hustle for the baking enthusiast.

"I really like baking and after reading all the horror stories online of dog treats making [dogs] sick, I thought I'd try it out," Simpson-Comeault said.

Launched earlier this year, Charlie's Barkery offers a variety of goodies for pooches including the original peanut butter and PB&J cookies, other favourites like blueberry cheesecake and apple pie cookies, and seasonal flavours such as the recently released chicken cranberry biscotti and talks of pumpkin-flavoured treats to come.

Named after their one-year-old pup who was res-

cued from the Brandon Humane Society, Charlie joined the Simpson-Comeault family last November with her rambunctious puppy personality.

The baking started after one night, when during a playful chase with Newton the cat, Charlie had tried to jump onto a dresser only to learn she wasn't the right size for the maneuver and hurt herself.

"She dislocated her hip and wouldn't eat anything," Simpson-Comeault explained.

Concerned for her new pup, Simpson-Comeault took to the kitchen to explore what she could make for Charlie to eat and that is when she discovered her knack for making the homemade dog treats.

"I put lots of love and it's all natural," she said with a smile.

Pup-approved by her own pooch, her family, friends and co-workers also shared their praises for the treats as the baker began to slowly distribute her homemade pooch cookies.

"It's been going pretty good — I started by just giv-

ing them out to my co-workers and now I'm making 50 to 75 dozen batches every couple of weeks," she said.

While Simpson-Comeault said she wouldn't recommend the treats as a food substitute, she did note that Charlie gets more than her fair share.

"I've researched to find out what's good for the dogs," she explained.

As the "barkery" treats are essentially "just cookies without sugar" the family noted all of the treats have been taste-tested by her husband and son.

"They are pretty good," the baker's husband said with a laugh.

For those interested, keep an eye out on the official 'Charlie's Barkery' Facebook page for announcements such as samples sessions — last month the baker distributed samples at CFB Shilo's dog park— new product, giveaways, or to simply "Bark your order" at the baking enthusiast at www.facebook.com/charlies-barkery/



Dr. Liana Mawer and vet tech Jolene Cumming make a house call for a puppy vaccination on Base earlier this month. The doctor runs a mobile vet clinic, the Petmobile Vet Clinic, which services Brandon and area, including CFB Shilo.

Photos Jenna Dulewich/Shilo Stag



Vet clinic goes mobile

Jenna Dulewich
Shilo Stag

Travelling vet has 'paw'sitive results.

Three years ago, Dr. Liana Mawer took her veterinary skills out of your ordinary, stationary clinic and started practicing on the road in a mobile unit, also known as the Petmobile.

"It's a lot more rewarding," Dr. Mawer said about taking her business on the road.

"You are not juggling so many things at once. I'm still really busy, but generally I'm dealing with one pet at a time and the animals and clients seem a lot happier."

Held to the same standards and regulations as a full-sized clinic, the Petmobile offers a variety of services including routine surgeries like spay/neuters, vaccines, basic lab work, behaviour consultations, home health care for older pets and euthanasia.

"It's nice to do things the way you want to do them," Dr. Mawer explained.

Originally from southern Manitoba, Dr. Mawer

was working in an administrative position in Calgary, AB, when she realized she wanted something different. At age 27, she enrolled in veterinary school in Saskatchewan, and hasn't looked back.

"It's been good. It was a lot of debt, which can always be scary, but I have awesome clinics and my clients are so thankful and happy."

Referring to her semi-annual clinics held in the spring/fall at CFB Shilo, Wawanesa and Rivers, Dr. Mawer invites residents to bring their pets to receive vaccines, where she also has the opportunity to quickly look at other issues and book follow-up appointments, if needed.

An obvious animal lover herself, Dr. Mawer spoke to the *Stag* about how she grew up with pet calves, chickens, horses, dogs and cats — and to this day still has a house full of animals with two rescue dogs, three rescue cats and two horses, or technically one and a half horses because one is shared with her sister.

"I've always had a love of animals," she said.

But transferring her passion into work has not been easy, especially on wheels. Some of the chal-

lenges include the small work space, the travel costs — which the clinic tries to offset by booking block appointments in areas — snowstorms, and vehicle maintenance.

"I'm very thankful for my handy and helpful husband," Dr. Mawer said with a smile. "He keeps us running."

Downsides aside, being able to work with animals and alongside local rescue groups — Strays That Can't Pay Inc., One at a Time Rescue, and the Shilo Pet Network — the veterinarian wouldn't have it any other way.

"Some animals have terror going to the vet, but being able to [handle] animals in low-stress environments and being able to work with them [more frequently], sometimes after only two or three visits they are calm," Dr. Mawer explained. "It makes me feel good, like I've done my job."

Those interested in checking out the mobile unit can catch it at the Petmobile cat/dog vaccination clinic on the Base Oct. 27 in the L25 parking lot.

For more information, visit www.petmobilevetclinic.com, or e-mail the vet at mobilevet@outlook.com

Cpl Isabelle Thibodeau looks after customer service at Base Supply

Jenna Dulewich
Shilo Stag

Cpl Isabelle Thibodeau joined the military in 2014 because she wanted to “change the world.”

“I joined because of patriotism. People my age know when you hear [your calling], for some it is being a priest or a teacher — I knew I wanted to be part of something bigger,” Cpl Thibodeau explained.

Fast forward to today and now her hard work within CAF family is being recognized as the corporal was originally chosen to represent Shilo at the Logistics 50th anniversary parade in Ottawa.

“It’s flattering [to be chosen] yet it has a certain weight, to step up your game because people see you as deserving,” she explained to the Stag.

Working at Base Supply as a supply technician, the corporal said she takes her job seriously from handling customer inquiries to taking stock to making sure the Base Supply is getting results on annual reports.

When asked to speak with the *Stag*, several of her colleagues noted the corporal was an “amazing person.”

“She is awesome and you can use that as a direct quote,” one co-worker said with a laugh.

Originally from St. George Beauce, Que., Cpl Thibodeau said she has fallen in love with the “flatlands.”

“I love Shilo ... people are so friendly and welcoming. I feel at ease here,” she said.

Unfortunately due to “unforeseen circumstances” the support position to represent CFB Shilo in the parade was pulled before the Oct. 16 parade, but it was noted in an e-mail chain that “CoC acknowledges all of [Cpl Thibodeau’s] hard work — she would have been a great candidate to represent the logisticians of CFB Shilo.”

So what now for the Base supply tech? “I’d like to apply for officer ... go on tour, but first, I want to be better at my job and I want to learn everything I can. I’m curious about everything,” she said with a smile.



Cpl Isabelle Thibodeau works out of Base Supply.

Photo Jenna Dulewich/Shilo Stag

Cannabis policy for DND civilian workers introduced

Shilo Stag

Ensuring the well-being of the Defence Team and fostering a safe and healthy workplace is of the utmost importance to the leadership of National Defence.

That’s the message from Deputy Minister Jody Thomas, with the legalization of recreational cannabis in Canada starting Oct. 17.

The Department of National Defence (DND) has issued a new policy providing civilians with direction to ensure clear understanding of their responsibilities as Defence Team employees. The new policy — known as Defence Administrative Order and Directive (DAOD) 2007-2, Use of Cannabis by DND Employees — is aligned with the CAF’s DAOD 9004-1, Use of Cannabis by CAF members, and applies to all civilian members of the Defence Team, as well as officers and non-commissioned members of the Canadian Armed Forces (CAF) who act as managers or supervisors of DND employees.

All civilian employees need to read the new policy to better understand the regulations and avoid any potential consequences of misuse.

“We all have an important role to play in this cultural change and managers and supervisors including CAF members who supervise civilian staff must also read and understand the regulations and their responsibilities,” noted Thomas.

Complete details are outlined in the DAOD, and support the following direction: Continued zero tolerance of impairment in the workplace; eight-hour period of prohibition of recreational consumption prior to regular duty performance in the workplace; 24-hour period of prohibition of recreational consumption prior to a safety sensitive duty in the workplace; and 28-day period of prohibition of recreational consumption prior to safety sensitive duties involving operating in a hyperbaric environment, i.e. diving, submarine service or use of a recompression chamber; or controlling or directing an aerospace platform or asset.

This civilian policy follows the Sept. 7 release of the CAF’s DAOD 9004-1, Use of Cannabis by CAF members, which established periods of prohibition for cannabis use for military members. Both policies come into effect Oct. 17, and are in place to ensure that every member of the Defence Team remains safe and effective at their job.

“As I’ve previously stated, though the legalization of cannabis represents a major societal and cultural change in Canada, I have full faith in the professionalism of the Defence Team as we go through this transition and trust that we will continue to promote and thrive in a safe and healthy work environment,” said Thomas.

For the latest details about the legalization of cannabis, Defence policies, impacts on health and travel, and other cannabis-related resources, in Manitoba visit www.manitoba.ca/cannabis. Additional information can also be found on the Government of Canada’s cannabis website at www.canada.ca/cannabis

ARE YOU READY TO HELP YOURSELF?
ARE YOU READY TO HELP A BUDDY?
LEARN THE SKILLS - ATTEND THE COURSE

Mental Fitness and Suicide Awareness

This program is open to all military members, their family (18 or older), veterans and civilian members of the Defence Team

24 October 2018
0830-1600 hrs.

Topics covered in the 6 modules include:

- Mental fitness 101
- Mental injuries and stigma
- Mental fitness exercises
- Suicide awareness
- The ACE Model
- Mental Fitness and Leadership

Contact Health Promotion to register
204-765-3000 ext 3868
ShiloHealthPromotion@forces.gc.ca

“Salute to Veterans” Concert

Featuring music by the:
HMCS CHIPPAWA Band
26th Field Regiment Pipes & Drums
2PPCLI Drum Line
Shilo Cdn Military Wives Choir

Date: Sunday, November 4th
Time: 1:00 - 3:00 p.m.
Location: Brandon City Hall

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Requirements | Prérequis :

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i. Membre des FAC qualifié sur son métier (tous métiers confondus).
- ii. Military Freefall Parachutist or Canadian or US Parachuting Association "A" license with 50 freefall jumps.
ii. Parachutiste en chute libre militaire ou détenteur d'un brevet "A" de l'ACPS ou de la USPA avec 50 sauts de chute libre.
- iii. Recommendation by Commanding Officer.
iii. Recommandation du commandant de l'unité.
- iv. Applicants will be required to complete the Parachutist physical fitness test.
iv. Les candidats devront compléter le test physique de parachutiste.

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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:
How many years ago was Soldier On initiated?

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.

Army policy addressing CADPAT uniform wear rolls out to troops

Steven Fouchard
Stag Special

Canadian Armed Forces (CAF) members have said they would like more opportunities for personal expression with Canadian Army Operational Dress (Op dress) — also known as Canadian Disruptive Pattern (CADPAT) uniforms — and their leaders are listening. Under the new instructions, all CAF members who wear Op dress will be able to wear badges or patches indicating their units or formations, and skills/qualification badges, so long as they do not compromise safety or mission objectives.

The change is just one part of a newly-released set of dress instructions issued to ensure uniformity in the wear of Op dress.

Discussion of a badging philosophy was initiated by 2nd Canadian Division Commander BGen Jennie Carignan at a meeting of the Canadian Army dress and ceremonial committee in November 2017, when she was serving as Chief of Staff (COS) operations.

BGen Carignan said then that, in light of interest from members, a set of basic principles on badging should be established.

CWO Stuart Hartnell, the Canadian Army RSM, welcomed the dress instructions, saying badges in particular allow soldiers to show pride in individual achievements and their units.

"Badges help to cultivate the pride soldiers feel when we achieve great things or become experts in various domains," he said. "And they allow us to show that pride to others."

The new dress instructions supersede a directive issued in 1986 and also introduce a new operational order of dress for physical training, 5C, which consists of CADPAT pants and unit T-shirts.

The 5A order of dress (full-fighting order) may be worn by all ranks in the Army while they are engaged in operations or training. All Army personnel may wear 5B as dress of the day when not in the field (in garrison or unit lines).

All CAF ranks may also

wear Op dress to meet their specific needs in accordance with Army dress instructions.

Dress variations may be authorized on deployments outside of Canada where they will not compromise safety or mission objectives. Non-issued clothing or equipment may also be authorized on deployments where they will not affect safety or mission objectives.

The new dress instructions also allow CAF members to wear badges or patches indicating their units or formations and specialty skill/Army master badges with Op dress.

Approximately \$750,000 is being spent to design and acquire new badges.

L2 (Division) badges will be ready for distribution soon. A process for the design of L3 (Brigade) badges and specialty skill/Army master occupational badges is underway at Directorate Land Requirements.

Specialty skill/Army master occupational badges will also be commercially available at CANEX stores and clearly labelled as approved for wear. Only accessories purchased at CAF supply or CANEX stores may be worn with Op dress.

Individual members will be responsible for repair, maintenance, and replacement costs of items purchased from CANEX.

Authorized badges are to be worn on the hook and loop Enhanced Combat Uniform version of the Op Dress in accordance with the following guidelines: Authorized L2 patches on the top right shoulder; L3 patches will be worn below L2s; national flag on the top left shoulder; and specialty skill/Army master occupational badges will be worn below the national flag in hierarchical order.

L2 and L3 badges are not to be worn with 5A Op dress, except during Public Affairs events and Individual Battle Task Standards/ Battle Test Standards demonstrations. CAF members can obtain more details on the CAF internal website: <http://vcds.mil.ca/apps/canforgens/default-eng.asp?year=2018&type=canforgen>

CWO Hartnell emphasized the importance of ensuring all CAF commands make consistent and uniform use of Op dress.

"Uniformity is the visible hallmark of a professional force," he said. "These new dress instructions will reinforce the CAF's professional image to Canadians and our Allies alike."



Remember those who fell, sacrificing their lives so you could be free after two World Wars, as well as battles in Korea and Afghanistan

For our Nov. 1 Remembrance Day edition, your award-winning Base community newspaper would like to share stories, photos, and letters from the First and Second World 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. Or your dad or grandfather who fought the Japanese in the Pacific campaign or the Germans in the liberation of Holland. What about an uncle or son — did they see action in Korea with 2PPCLI? What about the more recent Afghanistan War? We're also looking for submissions related to the centenary of the final year of the Great War. Dust off the family photo album and drop off your war treasures at the *Stag*. Deadline is Oct. 19. Call 204-765-3000 ext 3093 and ask for editor Jules Xavier.

OPERATIONAL ORDERS OF DRESS

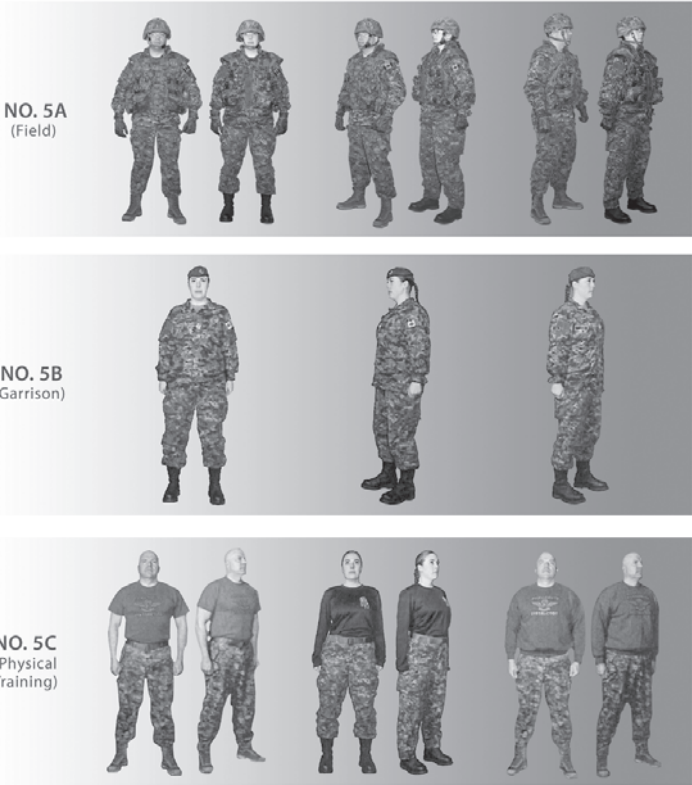


Photo Submitted

Seeking papers

Do you have ideas on Canadian Army's next mission?

Stag Special

What are your thoughts about Canada's next root and adapting to the next Canadian Army mission?

The annual conference of the Gregg Centre for the Study of War and Society and the Canadian Army Combat Training Centre wants your ideas for this two-day event starting Feb. 6, 2019 at the University of New Brunswick in Fredericton.

The theme for the 2019 conference focuses on the Canadian Army's immediate and near future. The nature of warfare, threats, and operating environments are evolving rapidly.

While Western armed forces develop new technologies, capabilities, and doctrine for the future battlefield, members of today's Canadian and allied armed forces must stand ready to meet any demand using the people, equipment, and doctrine available at hand.

This conference will explore how new missions involve compromise and innovation to assess the ground reality and then adapt the available force to the task and may include a decision-making exercise.

Participants will have the opportunity to add their voice and experience regarding best practices and challenges when adapting to new missions.

The conference audience includes both UNB Gregg Centre students as well as instructors and staff from the Canadian Army's Combat Training Centre (CTC) schools and units.

The CTC delivers training for non-commissioned and commissioned members from private soldier to senior officer levels, making this conference an excellent opportunity to disseminate ideas, promote discussion and enhance intellectual readiness across the Canadian Army community.

This annual conference brings together CTC, CFB Gagetown and lodger units from both Regular Force and Reserve components, civilian practitioners, academics and students to discuss issues that matter to Canadian Army readiness and national security.

Selected papers may be published.

Canadian Armed Forces (CAF) members of all ranks and trades, as well as DND civilian employees, are invited to submit a research paper or panel proposals for our annual conference. Papers or a short abstract of 150 to 200 words of the proposed paper covering your constructive thoughts and ideas on the conference theme must be submitted no later than Nov. 30.

Inquiries and proposals should be directed to the Gregg Centre-CTC conference committee c/o Prof Lee Windsor at lwindsor@unb.ca

Due to event and hospitality policy limitations, restrictions on participation are in place. Submission of proposal does not imply authority to attend the conference. Approval authority for conference attendance rests with the Commandant of the CTC Tactics School.

Panel topics this year include but are not limited to: Potential new missions and operating environments; command and leadership flexibility; plugging into Allied formations; evolving challenge of international terrorism; new trends in stability operations; balancing conventional and special operations forces; applying doctrine and training flexibly based on mission realities; translating national interest and strategic intent into operational plans and tactical activities; recent experience standing up new missions; role of SOF in theatre-shaping; bridge between corps and theatre-mission specific training; acquiring knowledge and intelligence of the new space and opponent; and adapting in-theatre to emerging technologies, threats and trends.



Mint cookies sale

An excited Spark shows off the \$5 bill she received after selling one of two boxes of Girl Guides mint cookies to BComd LCol David MacIntyre. The Base's Sparks and Girl Guides were at CANEX Saturday selling off the last of their mint cookies for the fall campaign. There were just two boxes remaining when LCol MacIntyre made his purchase. The chocolate and vanilla cookies will be sold next spring if you missed out this time.

Photo Jules Xavier/Shilo Stag

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Services



St. Barbara's Protestant Chapel

Sunday at 10:30 a.m. with
Sunday school & nursery
Padre Johnston - ext 3381
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Our Lady of Shilo Roman Catholic Chapel

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Services

Greg Steele Canadian Fire-arms safety course instructor/examiner offering Red Cross first aid training. Manitoba hunter safety instructor. CFSC, CRFFC safety courses offered at least monthly and on demand. Firearm/hunter safety courses planned seasonally. Restricted and non-restricted. Visit social media page www.facebook.com/gregsteelehunterfirearmsafetymanitoba/ Dial 204-729-5024 E-mail gsteel4570@gmail.com

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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 OR for more detailed information on the jobs offered at CFB Shilo visit: 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.

2PPCLI Pte Christian Baun

Leaf D-man Bobby Baun's grandson victorious at Ex MOUNTAIN MAN

Jules Xavier
Shilo Stag

There was no need to channel his grandfather Bobby Baun's hockey prowess with a hip check or sharp elbow when Pte Christian Baun bolted under cover of darkness from the Ex MOUNTAIN MAN start line.

Instead, the 2PPCLI soldier now in his second year with the Canadian Armed Forces took the early lead at dawn en route to a first-place finish, crossing the finish line in five hours, 13 minutes, 16 seconds.

He was five minutes ahead of runner-up MCpl Alexander Marinutti of 3PPCLI.

"I came out guns blazing at the start, which was my strategy," he told the *Stag* post-race after returning from Edmonton.

"I wanted to hold the lead from the start in the run portion if I could. It was all about setting a good pace."

This pace was temporarily stalled when the lead competitors took a wrong turn when a marshal arrived late at a Y on the course. Pte Baun retraced his steps, then reeled in the front runners before retaking the lead prior to arriving at the canoe pick-up location in the Edmonton River Valley for the three-kilometre

portage portion of the competition.

By the time Pte Baun arrived at the North Saskatchewan River to begin paddling, he knew he would not be challenged for the victory as he'd opened up a sizeable lead.

"I did not have to push myself in the canoe because when I looked back behind me, I was the only canoe in the water," he recalled. "It was quite windy, so I just relaxed paddling and enjoyed the scenery."

Once out of the water, he used his strong running skills to finish off a race he'd been looking forward to taking part in after an injury in 2017 forced him to miss running alongside his mentor, two-time winner Capt Eric Henderson, who was posted to Quebec prior to the run.

"My legs were in great condition for the competition," he said, acknowledging he put in a lot of time on his own running, besides working with his teammates on the Base. "I wanted to push the pack off the line to start the race, and was looking to finish in under five hours."

He added, "I made sure I built up my endurance

[training] knowing the start with a ruck sack on your back would tax the legs, and your card. After about 25 kilometres [of 29 kilometres run] I felt my pace dropping ... it's like hitting the wall in a marathon, but was I was able to push through. I think keeping a consistent pace for me helped."

Doing a triathlon earlier in the summer at Riding Mountain National Park helped with his run, too. The Toronto-born soldier said the terrain was ideal for building stamina minus the ruck sack.

Now 23, Pte Baun did not pursue a hockey career like his 82-year-old grandfather, who starred for the Toronto Maple Leafs as a defenceman for 14 of his 17 seasons in the NHL, and was with the Leafs the last time they won the Stanley Cup in 1967.

His cousin Kyle was drafted by the Montreal Canadiens, and later traded to Toronto.

"I talk to my grandfather all the time," he said. "My grandfather attributes our athletic success whether we are playing hockey or doing what I do, to the Baun work ethic."



Unlike his grandfather Bobby Baun, who excelled with his bodychecking skills with the Toronto Maple Leafs (below), Pte Christian Baun's training as a runner paid off after he won the recent Ex MOUNTAIN MAN competition in Edmonton.

Photo John Laforest



Pte Baun discovered running in elementary school, when he took part in his first cross-country fun in the fall. By the time he was in high school, running kept him busy.

He also took part in his first triathlon, at age 12, when he was part of Kids of Steel.

And more recently, he also took part in a half-marathon during the Army Run in Ottawa. He was looking to earn a qualifying time for a look at trying out for the CISM cross-country team.

How did Pte Baun find himself joining the Canadian Armed Forces (CAF)? Having worked in construction and landscaping, his mother suggested the Canadian Navy as an option when he was working in Summerside, PEI.

He visited a recruiting office on the east coast, with the recruiter being an ex-RCR.

"My mom sold me on the idea so I went in to see about being a Bosun [Boatswain] in the navy," he recalled.

"The recruiter said there was nothing available for the Navy until the following spring.

"We got talking and I thought about combat engineering as a possible military career. He asked me how I felt about kicking down doors and doing some cool [stuff] with the infantry. He told me some of his stories. He was selling me on joining the infantry, so I put it down as my third choice."

A week later he received a phone call asking if he wanted to go into the infantry, with an opening now at basic training in St. Jean, Que.

"My application moved fast, so that fall there was a spot in the infantry. I was off to St. Jean that October, and I've not regretted my decision. I made the call to my mom to tell her I was going into the Army, not the Navy."

With his first posting to CFB Shilo and 2PPCLI, Pte Baun said his mom is now proud of his choice when she sees what he's done serving his country.

"It's been great since I arrived. I did training in the Arctic, and also went to England with the Queen's Guard," he said. "And now I've won my first Ex MOUNTAIN MAN."

And with his team also taking the the major unit title, Pte Baun and his teammates are looking to 2019 and once again defending their Ex MOUNTAIN MAN crown.

"I look forward to defending my title, just like Capt Henderson did before me," he said. "It's fun being part of a 2PPCLI tradition finishing first."



Snowy highway trek

Capt Wright Eruebi from 17 Wing Winnipeg was joined on Hwy 1, battling wind and snow in his face as he walked east, by BComd LCol David MacIntyre and BRSM CWO James Doppler. Capt Eruebi is raising funds for the MFRC with his 200-kilometre walk that started at CFB Shilo, and ended back at 17 Wing Winnipeg.

Photo Jules Xavier/Shilo Stag