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New Stag staffer in focus with military life. Page 4



Sentinel program earns padres an award. Page 5



MCpl looking for PB on run in Ottawa. Page 7

New Base padre Maj Steele Lazerte still waiting on first Navy posting

Céline Garbay
 Shilo Stag

"If I had known about the military when I was younger, I would have joined the Navy at 18. Nobody told me I could travel the world and get paid!"

It's a surprising comment coming from the new Base padre, Maj Steele Lazerte.

Raised Pentecostal in a home where religion and politics were the main topics discussed around the dinner table, a career in ministry seemed the natural thing to do.

Dad is a retired Christian political activist, Mom is going on 30 years as a television evangelist, and his brother is a civilian Anglican minister in Ontario.

"It's the family business," he says. "It's what we do."

But at 26, after five years working as a civilian minister in charge of two Anglican churches, he was yearning for something else.

"I wasn't bored — yet," he explains, "but I was young and I wanted to see more than southern Ontario."

Eager to work with young people, he thought he'd find a chaplaincy at either a university or a private school.

Instead, scrolling through a chaplaincy website one day, a career with the Canadian Armed Forces (CAF) caught his eye and his imagination.

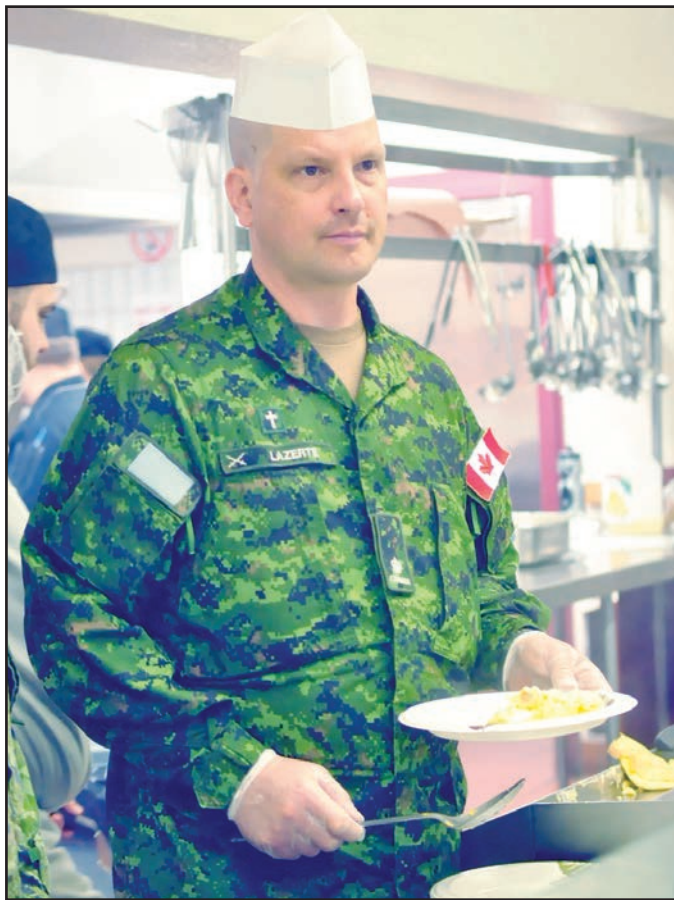
His first posting was to CFB Gagetown as unit chaplain to 2RCR.

Since then, Maj Lazerte's 15-year career has taken him from CFB Gagetown to 4 Wing Cold Lake, CFB Kingston, and more recently, JTFN Yellowknife.

He still hasn't landed a Navy posting, but is happy to return to an Army Base.

"Each position has a different sense of mission," he says. "In the Air Force as a chaplain you have to force yourself in there, to be part of their daily life and exercises."

"In the Army it's a little bit more like band of brothers," he adds. "That's the nature of the business."



Having just arrived here following his posting from JTFN Yellowknife, the Base's new padre Maj Steele Lazerte helped serve up bacon, sausage, pancakes, hash browns and scrambled eggs at the Flat Lands dining hall as part of the CFB Shilo United Way '19 campaign.

Photo Jules Xavier/Shilo Stag

Working with soldiers through deployment to reintegration resonates deeply with him.

He draws from his own memories of deploying to Afghanistan for six months with 2RCR in 2007, which he calls "A massive experience. The highlight of my life."

Maj Lazerte accompanied the soldiers for a year after their return, experiencing the challenges of reintegration alongside them.

He expects an uptick in the need for chaplain services when CFB Shilo's soldiers return from Latvia next year.

"Coming back to normal life is a challenge," he says.

"On a deployment you have a sense of purpose, and when you come home you have to get into a different frame of mind, and get used to a different pace.

You have to be prepared to wait for the clarity to come."

Now 44, Maj Lazerte has also experienced military life as a family man.

In Yellowknife, he met and married his wife Abigail.

"She served me breakfast on my house-hunting trip, at the Explorer Hotel," he recalls fondly.

Together, they have a two-year-old daughter, Isabelle, and within the next few months, Abigail's young son Elijah will reunite with the family from the Philippines.

When presented with different posting options, this time around CFB Shilo was a clear choice: "I picked Shilo because of how good it is for young families," he says.

He is empathetic to the challenges faced by families and encourages members to reach out for help.

"Military life can be demanding: the moving, the training, the being away a lot; trying to balance deployments with normal life, I think I understand that," he says.

"There's a long standing tradition of chaplains being accessible to all ranks. We're outside of the change of command, we're outside of the authority of command."

He adds, "People understand that a chaplain is accessible and it's not based on religion. Religious or not religious or other faith, I'm here."

For more on CFB Shilo's United Way '19 campaign kickoff see page 9

Slam Dunk!

It was an all-2PPCLI final at the GSH gym during CAF Sports Day, with a three-on-three tournament held. For the golfer, there was a par-three tournament as part of the day held at the Shilo Country Club.

Photos Jules Xavier



CANEX gaming series returns in October

Stag Special

Canadian Armed Forces (CAF) sports have long been a way for military members to build camaraderie through friendly competition and in the modern day that notion is expanding to also include e-sports, or competitive video gaming.

CANEX's championship gaming series is back for its fourth year running next month, running for three days starting Oct. 25. Registration is now open.

This year's contest features Rocket League, a popular multiplayer game described as a "high-powered hybrid of arcade-style soccer and vehicular mayhem," which won the most votes in an online poll of potential participants taken to choose this year's game.

Each team consists of three players and an alternate, with one player filling the role of team captain.

All team members must already have, or be eligible to apply for, a CFOne Card, and be age 19 or older as of Aug. 1. All games are played online and players can take part from any location.

Each member of the winning team will receive the first-place prize package, which includes an ACER 32-inch curved monitor and an MSI Urban Raider backpack with laptop loot box, keyboard skin, and gaming cap. The first-place prize package is valued at more than \$900.

Further prizes will also be given to the second-place team, as well as gift card draws open to all players, and for non players who check out the action as it streams live on Twitch, a selection of routers, controllers, keyboard sets and gift cards will be handed out during the online viewers' draw. Organizers say the value of prizes to be handed out is more than \$8,000.

For more information and to register a team, visit <http://canex.ca/ccgs>

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 reserve unit did new Stag assistant editor Céline Garbay serve in before moving to France after graduating from the U of Regina with a journalism degree?

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.

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.



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Pet of the Week

TYGA & MIKY

Sprucewoods is home to Tyga and Miky, two spoiled canines, according to owner Stephanie Geske. These two dogs cannot wait to wipe slobber all over everybody who offer to pet them. Meal time is everyday at 6 p.m. — when the jumping contests starts. 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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Ward 5 - Citadel, Petawawa, Kingston, Royal

If interested, visit www.CAFconnection.ca to learn more about the council, or contact 2Lt DiFalco to submit your name for consideration: Jonathan.DiFalco@forces.gc.ca

Message from CDS

Hateful conduct will not be tolerated in CAF

Stag Special

Late last month, the Chief of the Defence Staff (CDS) Gen Jonathan Vance participated in a media scrum following the Military Personnel Command CoC ceremony.

In his statement, Gen Vance addressed recent concerns about extremism and hateful conduct within the Canadian Armed Forces (CAF):

"What I want to do is ensure you heard very clearly what I said in my Change of Command address pertaining to extremism and hateful conduct in the Armed Forces. Just to reprise that a little bit, we are at the beginning of a journey.

"We're going to have to take steps appropriate to the enormity and the scale of the challenge to rid ourselves of anybody who acts on hateful conduct in the Armed Forces. We're at the early stages of that. And I've issued initial guidance, I've had discussions, and I assure you that we will take this as seriously as Canadians would expect us to take it.

"But it's going to take some time for us to think about how to do it right. We've learned a lot about how to grapple with institutional challenges as we went through Operation HONOUR.

"We learned a lot. We've got to take those lessons, we've got to understand how to make this right and how to get it right the first time. So that's point number one I wish to make.

"Number two, as I said in the speech, the Armed Forces is not a pathway for people

to practice their vile ideology. This is not a playground for people to learn to do something that they want to do after the Armed Forces.

"We're a serious institution that do serious things to protect Canadians, protect this country, protect our way of life. We are not a place for sick hobbyists to practice their vile ideology, and we won't stand for it. We will react.

"And where we can be proactive, we will be. But I assure you we will react.

"The last point I'd like to make is on the current situation with regard to MCpl Mathews. I want you to know that this was a signal we did not miss.

"The Canadian Forces National Counterintelligence Unit had already begun to deal with him by the time that story broke. He underwent his first contact with the Chain of Command in April.

"I'm happy to say we didn't miss a signal. Now, perhaps we miss other signals, and perhaps we need to learn more and how to have the chain of command respond better. We'll look at all of it.

"But I can assure you the Canadian Forces National Counterintelligence Unit was on this, along with other security partners. It was not unknown and not missed. I'm not doing a victory lap on this.

"To tell you the truth, it saddens me that this has even happened. But I am grateful for the great men and women who do the counterintelligence work to protect us against terrorism, sabotage, extremism, of which MCpl Mathews falls into."

"We're going to have to take steps appropriate to the enormity and the scale of the challenge to rid ourselves of anybody who acts on hateful conduct in the Armed Forces. We're at the early stages of that. And I've issued initial guidance, I've had discussions, and I assure you that we will take this as seriously as Canadians would expect us to take it."

— CDS Gen Jonathan Vance

Public
Utilities
Board

PUBLIC NOTICE

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Public Review of Efficiency Manitoba's 3-Year Energy Efficiency Plan

Efficiency Manitoba is a new crown corporation with a mandate that includes implementing and supporting energy efficient initiatives that will reduce consumption of electricity and natural gas.

Pursuant to The Efficiency Manitoba Act ("The Act"), Efficiency Manitoba will file an efficiency plan with The Public Utilities Board ("PUB") by October 1, 2019, that will propose energy efficiency initiatives to meet the electricity and natural gas energy efficiency targets that have been set out in The Act for the 2020/21 to 2022/23 fiscal years. The Act requires implementation of the Efficiency Plan on April 1, 2020.

Commencing 9:00 am December 2, 2019 in its Hearing Room at the address provided below the PUB will conduct a public review of the Plan for the purpose of making recommendations to the Minister responsible for The Act.

How do I share my views?

You can share your views on Efficiency Manitoba's Plan by way of:

- **Oral presentation** – To make an oral presentation to the Board at the Public Hearing, please register before November 8, 2019 with the Public Utilities Board by sending an email to www.publicutilities@gov.mb.ca
Presentations are limited to a maximum of ten minutes.
- **Written comment** – To comment in writing on the Efficiency Plan, please go to www.pubmanitoba.ca and provide your comment.
- **As an approved intervener** – To participate in the public hearing as an Intervener, please go to www.pubmanitoba.ca and register before October 4, 2019 to become an intervener.

Manitoba Public Utilities Board
400-330 Portage Avenue
Winnipeg, Manitoba R3C 0C4
Phone: 204 945 2638
Email: publicutilities@gov.mb.ca

Further details are available
on the Board's website at
www.pubmanitoba.ca

Available in accessible formats upon request.



Five days notice required.



Wheelchair access is available.

Manitoba 



Volume 58 • Issue 18

Regular Circulation: 3,000

Printed bi-weekly by
Struth Publishing, Killarney MB

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The Shilo Stag is produced every second Thursday.

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

Submitting articles and photos for print:

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

• • •

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

Stag welcomes new assistant editor

Former Regina Rifle looking forward to covering military

Céline Garbay
Shilo Stag

"If we are ever in the field together, you'll be the first one I shoot."

Those were the words the sergeant said to me on my first day of work, some 20 years ago. He had just learned I was completing a degree in journalism and communications, and training as a reservist to fund my studies.

I was in Calgary completing an internship with the Canadian Broadcasting Corporation's (CBC) new 24-hour news channel, and as a clerk with the Royal Regina Rifles, my unit had arranged an attach-posting for me at the Mewata Armoury.

His tone and facial expression told me he wasn't joking, and although the comment was inappropriate, I wasn't shocked. It was 1997, and the Canadian Armed Forces were grappling with disastrous headlines arising from the Somalia Inquiry.

For weeks, one of the lunch hour newscasts I worked on had been pre-empted to bring testimony from the inquiry into living rooms all across Canada.

From the perspective of a budding journalist, it was a fascinating time to cover the news. As a young private, it was a terrible time to be a journalist.

Blunt comments like those were rare, but it wasn't the only time my civilian occupation was met with cynicism or suspicion.

It went both ways. Once I completed my degree and started working full-time, I continued parading because I enjoyed it. "Why would you want to join the army?" was a question I encountered regularly, sometimes with a hint of repulsion, from colleagues who knew how I spent my Tuesday nights and many weekends.

That's a story for another time — I joined as a complete fluke — and I was always thankful that tales of me stumbling and bumbling through basic training were entertaining enough to distract from the true question: "why would you stay?"

It was a complicated relationship, and for years I struggled to find the balance. In that time, I became deeply attached to my unit, its soldiers and its history.

Doing research for a documentary one day, I came across a poster inviting applications to compete for a spot on a Ca-

nadian Battlefields Foundation study tour; a chance to visit Europe and learn about the battles of first and second world wars from some of Canada's leading historians.

Standing in a muddy farmer's field at Passchendaele, and later in the wheat fields of Normandy, I found some clarity. I knew I wanted to explore that history in a more meaningful way.

Back home, rounds of layoffs at the CBC and strike actions among its workers rendered my employment there tenuous, having little seniority.

Meanwhile, opportunities to return to Europe were piling up and I eventually moved there. In total, I spent seven years living and working in France, and taking an active part in remembrance activities throughout Normandy.

Those days in Europe are long behind me. Eventually I returned to Canada and married one of those young Rifles from Regina, who in the meantime had joined the Regular Force. He tells me (often) that today's army bears no resemblance to my short time in the reserves. I know he's right.

The news industry has changed, too, as has the world in general. The war in Afghanistan made the military and its members more visible in a far different way than Canadians had been accustomed to, and although that awareness has somewhat declined since the mission ended, I believe it had a lasting impact.

My journalism degree tucked away in the back of a closet, I experienced the Afghan war as a military spouse, not as a journalist nor as a soldier.

We are a military family of four now, and my husband's service plays a bigger role in my life than I ever could have imagined. His career has led us to Garrison Edmonton, CFB Wainwright, and now to CFB Shilo where I have picked up my pen and am writing my first column for the Shilo Stag, surrounded by boxes not yet unpacked.

The first time I visited CFB Shilo, I was a journalism student. At the time, I might have viewed a position at the Stag as a stepping stone, a rite of passage at a community newspaper with a longer view to something bigger.

I'm acutely aware how lucky I am to have landed a job in my original field, a rare stroke of luck for a military spouse, but now it means even more: I get to serve soldiers and their families and share news that affects us and our community. It's an honour to call this Base home.



Céline Garbay's first photo assignment was to capture the MJHL's Waywayseecappo Wolverines players in action navigating the Base's confidence course. Using her Nikon with 80-200mm lens, she focused on the players testing their mettle on apparatus used by CAF soldiers.

Photo Jules Xavier/Shilo Stag

Cliff CULLEN
MLA for Spruce Woods

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Base chaplains recognized for resurrecting Sentinel program

Céline Garbay
Shilo Stag

CFB Shilo's chaplaincy team was recognized for its commitment to the Base Sentinel program Sept. 10, which also marked World Suicide Prevention Day.

The annual ceremony, hosted by Brandon's Suicide Prevention Implementation Network (SPIN), is a public awareness event underlining the role individuals and local institutions can play in suicide prevention and community mental health.

Each of the six award recipients were selected to showcase this year's theme, "Working together to prevent suicide."

Other reward recipients include the Brandon Police Service employee wellness team, and Clinic Community Health, which offers crisis support throughout Manitoba.

MFRC/IPSC family liaison officer Carolyn Senchuk-Lavergne nominated the Base Sentinel program and lauded the chaplaincy team for reviving it in recent years, after a long hiatus.

"Chaplain Services have an integral role in the military community," she said. "They provide care for the members and their families to address difficult situations, and by providing training and mentoring in the Sentinel program, they are better able to have eyes and ears open to address situations as early as possible."

Senchuk-Lavergne attended the event at the Brandon Youth Centre and presented the award to Base Padre Maj Steele Lazerte along with his team members Capt Daniel Walton and Capt Joachim Nnanna.

"Not only does this program make CFB Shilo suicide-safer," she explained, "but in using the numerous network partners for this training, they are truly working together to prevent suicide."

Currently, 144 staff — mostly military, but some civilian — throughout CFB Shilo are trained to provide peer-to-peer support and encouragement and to recognize emotional distress among their colleagues.

Another 45 members are slated to receive training. The next three-day course will be offered at 1RCHA unit lines at the end of September.



MFRC/IPSC family liaison officer Carolyn Senchuk-Lavergne presented Base Padre Maj Steele Lazerte with an award in recognition of CFB Shilo's Sentinel program on World Suicide Prevention Day in Brandon. The event was hosted by Brandon's Suicide Prevention Implementation Network (SPIN). Maj Lazerte was joined by Sophie Egloff and fellow padres Capt Joachim Nnanana and Capt Daniel Walton.

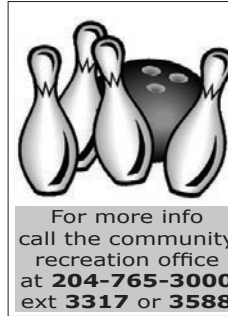
Photo Jules Xavier/Shilo Stag



9/11 memorial

1RCHA Padre Capt Joachim Nnanna offered prayers during annual 9/11 memorial ceremony. Each year, the International Peace Garden hosts a 9/11 memorial ceremony to remember and honour those who lost their lives during the 9/11 attacks in the US. Both Canadian and American representatives reflect on the unity and solidarity which the two countries experienced as they stood side by side to support and strengthen each other.

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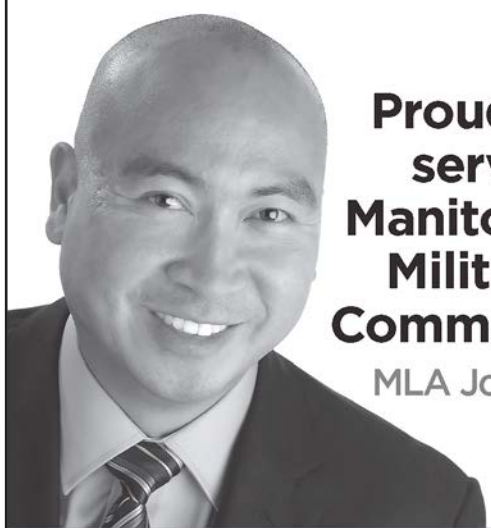
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"Not only does this program make CFB Shilo suicide-safer, but in using the numerous network partners for this training, they are truly working together to prevent suicide."

— Carolyn Senchuk-Lavergne



Reminder Notice of Public Hearing

You're Invited

to share your views about the proposed rate increases from Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has applied to the Public Utilities Board (Board) for a 0.1 per cent increase to Basic Autopac vehicle insurance rates and premiums, effective on March 1, 2020 through March 31, 2021. This 13-month rating period is required to align with a revised fiscal year-end.

For further details, please contact MPI at inquiries@mpi.mb.ca or visit the Board's website at www.pubmanitoba.ca.

If you are interested in learning about these rate increases, you are encouraged to attend the hearing, observe the hearing via live streaming, or provide your perspectives through the Board's on-line comment tool.

If you wish to speak at the hearing or make a written submission, please contact the Board secretary at 204-945-2638 or toll free 1-866-854-3698, no later than **September 10, 2019**.

For more information, visit www.pubmanitoba.ca.

Manitoba Public Utilities Board
400-330 Portage Avenue,
Winnipeg, Manitoba R3C 0C4
Phone: 204-945-2638
Email: publicutilities@gov.mb.ca

A public hearing on the proposed increases will be held on:
Monday, October 7, 2019 at 9:00 a.m.
Public Utilities Board Hearing Room
4th Floor, 330 Portage Avenue,
Winnipeg, MB R3C 0C4

Find mascot Willie to win tickets

HOME GAMES

2019-20 SEASON

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Sept 20 Ice 7:30 p.m.
 Sept 27 Warriors 7:30 p.m.
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 Oct 5 Oil Kings 7:30 pm
 Oct 11 Blades 7:30 pm
 Nov 1 Broncos 7:30 pm
 Nov 2 Hurricanes 7:30 pm
 Nov 5 Rebels 7 pm
 Nov 11 Ice 2:30 pm
 Nov 22 Hitmen 7:30 pm
 Nov 23 Pats 7:30 pm
 Nov 29 Ice 7:30 pm
 Dec 3 Broncos 7 pm
 Dec 6 Blazers 7:30 pm
 Dec 10 Rockets 7 pm
 Dec 13 Warriors 7:30 pm
 Dec 27 Ice 7:30 pm
 Dec 30 Pats 7 pm
 Jan 3 Raiders 7:30 pm
 Jan 7 Tigers 7 pm
 Jan 10 Rebels 7:30 pm
 Jan 15 Cougars 7 pm
 Jan 17 Hitmen 7:30 pm
 Jan 24 Royals 7:30 pm
 Jan 25 Hurricanes 7:30 pm
 Feb 7 Tigers 7:30 pm
 Feb 14 Blades 7:30 pm
 Feb 21 Oil Kings 7:30 pm
 Feb 22 Raiders 7:30 pm
 March 7 Raiders 7:30 pm
 March 13 Pats 7:30 pm
 March 14 Blades 7:30 pm
 March 18 Warriors 7 pm
 March 21 Ice 7:30 pm



Stag offers two front-row seats to home games if you can find the team mascot Willie in the newspaper when it arrives on Base every second Thursday.

Photos Jules Xavier/Shilo Stag



For ticket information <https://wheatkings.com>



MCpl Dan McInnis humbled to be selected for Ottawa

Soldier looks to record PB on Army Run



Céline Garbay
Shilo Stag

For many new soldiers arriving on Base, MCpl Dan McInnis is the one who, among other things, hands out the free PT shirts when they clear in.

"If I don't close this," he half-jokes, shutting the doors to his office locker, which resembles a small kit shop, "people aren't going to leave me alone."

He likes to understate his job description as the BRSM assistant, and is equally humble about his accomplishments.

More recently, he was one of only two members chosen to represent 3 Div at the 12th annual Canada Army Run, a military-themed running event which kicks off at the Canadian War Museum in Ottawa this weekend.

At the sound of a Howitzer cannon instead of a starter gun, MCpl McInnis will run the half-marathon event Sept. 22 through the nation's capital.

Created as an outreach and fundraising event, the Canada Army Run has become a way for Canadians to show appreciation for the military, to honour relatives, and to support injured veterans.

The race events are open to anyone — civilian or military — who wishes to participate, and organizers expect more than 20,000 runners this year.

"It means a lot to me, and I'd say it's another notch on the belt of cool things I've done in the military," MCpl McInnis says.

Born into an Air Force family, MCpl McInnis spent his childhood following his father and step-father's careers from Base-to-Base: by the time he finished high school, he had lived in Ontario, Florida, and Germany.

Joining the military was always on his radar, "But I had to make a few mistakes first," he says.

The aftermath of the Sept. 11 attacks rekindled his interest in joining the CAF; becoming a father and wanting to provide for his family sealed the deal.

Always athletic, basic training vaulted his running into high gear.

Snacking on kiwi and oranges, he muses: "I think what basic training teaches us is where your personal limits are, that they exist and that they can be overcome. The first 10-km run that I did in basic training, it was the hardest thing I'd ever done. And it was the hardest thing I'd ever done until the next hardest thing I did, which was the BFT."

He added, "And then the next hardest thing was in Afghanistan. So it's a relative redefining of what is hard. And I learned from basic training that I can push through adversity."

MCpl McInnis is open about his past struggles, which include battling addiction.

His peer-support work is widely recognized, and he acknowledges the role that running plays in maintaining his mental health.

He's grateful for the support he has received from his community and the shared enthusiasm for his participation in the Army Run.

"It means a lot that other people see it as a big deal too," he says. I can let that motivate me as well. I know I'm going to go and try my best, but to know that there are other people for whom this means a lot as well, then I'm also running for them," he says.

For the Army Run half-marathon his goal is to beat his Personal Best (PB) of one hour, 50 minutes established eight years ago.

"It's ambitious, but I'm working towards setting a Personal Best because that's how I work," he says.

New challenges are ahead in his career, too. At 36, and after serving 13 years in the military (10 years with 2VP after battle school and two years working as the BRSM assistant), MCpl McInnis is now pursuing a commissioning program.

If accepted, he hopes to be promoted to Officer Cadet next summer and to begin a degree program at Brandon University — a BA with Honours — in psychology, with a long view of becoming a BPSO.

While he's doing the half-marathon in Ottawa during the Army Run, MCpl Dan McInnis and his dog Wilson took part in the 39th annual Terry Fox Run following warm-up (inset) in the GSH gym. *Photos Jules Xavier/Shilo Stag*

39th Terry Fox Run



It was another successful Terry Fox Run on the Base, this time the 39th annual, with Mother Nature co-operating following an overnight storm forcing route changes for the five-kilometre event. Following warm-up in the GSH gymnasium, runners, cyclists, joggers, and walkers lined up awaiting the signal to start from Fitness, Sports and Recreation manager Jim Mackenzie. This year's run also saw plenty of canine participants, with an array of breeds running or walking alongside their owners. *Photos Jules Xavier/Shilo Stag*




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GFB SHILO



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New to the Base? Your copy of the fall edition of the Base's quarterly magazine AT A GLANCE is available at CANEX, GSH.



Photos Jules Xavier/Shilo Stag

UNITED WAY KICKOFF



CFB Shilo's '19 United Way campaign is underway following the Sept. 6 kickoff breakfast held at the Flat Lands dining hall. Officers, including new BComd LCol Jeff Lyttle and new Base padre Maj Steele Lazerte, helped serve the pancakes, hash browns, scrambled eggs and sausage/bacon.





Confidence course challenge



MJHL players with Waywayseecappo Wolverines spent part of their pre-season team bonding by making use of the Base's confidence course. Like the game of hockey, some of the obstacles on the confidence course required team work to successfully finish.



*Stag photos
Céline Garbay
Jules Xavier*

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Avoid allowing past or future to cripple things in present

MCpl David Sadai
Stag Special

Allowing the past or future to affect the present moment and day is one of the most crippling things that can come to be.

The past is the past and once that moment has gone there's no going back or changing it. Where the problem lies is when we fixate on the things that should have been said or done or wish you can relive it and do it over again.

We know logically that it's impossible, however, we allow the thoughts and fantasies of the situation to resonate within our heads through thoughts for days, weeks and beyond.

The constant inner dialogue of self-demonization and frustration of the situation start to bleed into our actions and language used in the present.

This allows what happened to affect the mood we take forward as we sit and dwell on it and let it eat away precious time of our day. The 21st Century habit is to distract with readily available stimulation, also known as your cell phone.

Look around next time you're out in public. Notice when someone gets in line or sits down or has even just a second to themselves. They look to the outside world.

Instead of pondering thoughts of their own or tapping into wanderlust of the brains creativity, or becoming aware of the world around them, it's given it all up to see what the world is up to.

Each news story is ready to shock you into a biased opinion or who's living their best life through their best filter. We lost touch with the beauty of a moment to ourselves.

The world is running a million miles a minute, and we keep up with toxic energy drinks to sustain with the flow, yet, we're stuck in a time of civilization where we have more mental and physical health issues than ever before.

There's no need for the news to report that were losing touch with our own lives and trading that in for a shot of

dopamine or breathing in the fear mongering.

If it were just okay with being in our own skin and in our own minds, we wouldn't be obsessed with anything other than living in the present.

The only cure is to live in the now. To leave the past in the past. To let the future of unknown be a comfort as to prosperity.

Plant your feet on the ground, bring yourself down from the clouds of obscurity and allow your body to feel the people in your circle, to embrace the beauty of being alive today and taking full advantage of the 24 hours you've been gifted.

You have a choice to move forward with this ideology that from now on, it's different. Not the past, not the future. Right now. From now on, live a life of purpose and prosperity.

Use all the five senses given to embrace the world around. Fill the day with love and abundance and treat each moment as a story of its own. To not just float through life, looking forward to living small joys.

Making each day the best day of your life and set a goal of topping it the next day — if you're lucky enough to get that. Grow into your soul and become the person you were meant to be before the past effected your thoughts.

Before the future was too unclear to be positive about. Be in the now and relish in the fact that this life was not guaranteed.

Find your purpose and the "why" that vaults you out of bed with absolute conviction to master yourself and the day. Become whatever it is that makes you happy.

And remember, happiness is a journey, not a destination.

MCpl David Sadai is a Core 100 graduate from the Robbins-Madanes training program. He specialize 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

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

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St. Barbara's Protestant Chapel
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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
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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

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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



Farm animals to pet or faces to paint, there was plenty to keep the kids attending CANEX's 51st birthday busy. Plus treats and Fountain Tire's wieners and smokies on the barbeque to fill the belly. And the Base kitchen staff provided a giant birthday cake to cap off the three-hour party held at L25 because of earlier inclement weather. Base COS Maj Howard Nelson received the annual cheque for Base Fund from CANEX manager Rick Kehler and his staff.

Photos Céline Garbay/Shilo Stag



Base store holds birthday party for 350+ guests

Serving those who serve, CANEX celebrates turning 51

Céline Garbay
Shilo Stag

Rain may have moved the party indoors, but as the temperature rose so did the number of people who attended the Sept. 14 celebration for CANEX's 51st birthday.

The goats and rabbits at the petting zoo were a huge hit for all ages, and Fountain Tire provided a hotdog lunch just outside the doors of L25.

Inside, CANEX staff served up huge slabs of giant birthday cake, bags of popcorn, mini-donuts and slushies.

Children enjoyed bouncy castles, face-painting, free swag and snacks.

Shilo SuperMart manager Rick Kehler estimates nearly 350 people attended the event. He was pleased with the turnout, given the weather and the number of members currently deployed.

Established in 1968, CANEX is a staple on Bases across the country, providing goods and services to members and their families living in the PMQs.

CFB Shilo mess manager Patsy Marion was seven years old when her family was posted to CFB Shilo in 1971. She has lived here ever since.

She recalls fondly how CANEX and its services have evolved over the years.

Once known as Maple Leaf Services, the full-service grocery store had a meat department and bakery, which surpassed even the supermarkets in Brandon.

The mall also housed a department store, where soldiers and their families could buy all their clothing and footwear. The German Army presence largely influenced the selection of goods available.

"There was a huge wall of Levi's jeans, because that's what the Germans bought," Marion said.

Her mother Inge, who was born in Hanover, worked at the Express Mart — a convenience store that was open later than some of the other businesses.

"It was like a mom-and-pop shop where you could get smokes and pop and candy — and dirty magazines for the German soldiers!" she laughed.

"My mom used to give the German soldiers shit for read-

ing dirty magazines out in public!"

Those magazines might be gone, but CANEX staff take pride in responding to the needs of their clientele.

"We enjoy serving those who serve on the Base," said Kehler. "It's not just a job for us, it's our contribution to the CAF."

Every year CANEX reinvests a portion of its proceeds to the Base Fund, which supports events and initiatives that promote the morale and welfare of the community of people who live on Base.

Base COS Maj Howard Nelson was on hand to accept CANEX's annual donation, presented by Kehler and CANEX staff members.

Maj Nelson thanked CANEX for its ongoing support, and highlighted its role as a central hub for Base residents.

"Thank you for your support and for keeping us together as a family," he said.

This year, CANEX presented a cheque for \$142,852. The money has not yet been earmarked for a specific project.

"The beauty of it is that I only have to raise the money to give away," Kehler joked. "It's Maj Nelson's job to spend it."