

CANEX
A division of CFMWS
Une division des SBMFC

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

EVERY WEDNESDAY
at CANEX SuperMart Shilo

CHAQUE MERCREDI
au Supermart CANEX de Shilo

Restrictions apply. Des restrictions s'appliquent.



Your source for Army news in Manitoba

NOW ON!

CANEX
A division of CFMWS
Une division des SBMFC

**DON'T PAY UNTIL
JANUARY 2020!**

PLUS >>>

**NO MONEY DOWN
NOT EVEN THE TAXES.**

Ask us for details. *O.A.C.

Volume 58 Issue 17



Serving Shilo, Sprucewoods & Douglas since 1947

September 5, 2019

INSIDE
This Issue



Kandahar cenotaph rededicated in Ottawa. Page 2



Attend 39th annual Terry Fox run Sept. 13. Page 5



Pelicans watch Ex MOUNTAIN MAN training. Page 7



CFB Shilo soldiers took part in the ninth annual Walk a Mile in Her Shoes event at Princess Park in Brandon. MWO Darryl Gould, Lt Christopher Hiltz, MWO Paul Ingraham and COS Maj Howard Nelson (above) walked in heels provided by organizers along with other businessmen and politicians. It was not easy challenge walking in the shoes on the sidewalk.

Photos Avr (B) Jade Lefebvre



Grief, gratitude expressed in Kandahar cenotaph rededication

Steven Fouchar
Stag Special

There was sadness and grief in the air as military leaders and government officials joined with the loved ones of Canada's Afghanistan fallen to rededicate a memorial to their sacrifices, but also a clear message from the people of Afghanistan — it was not in vain.

The Kandahar cenotaph was designed and built by Canadian soldiers in Afghanistan. It was returned to Canada in 2011 and is now permanently housed within the Afghanistan Memorial Hall at National Defence Headquarters (Carling) in Ottawa.

The skies over NDHQ (Carling) were appropriately overcast as events got underway at 11 a.m. last month. Governor General Julie Payette, Minister of National Defence Harjit Sajjan, and Chief of the Defence Staff (CDS) Gen Jonathan Vance all offered their thanks to hundreds of family members, friends and other invitees.

Richard Mills Jr., Deputy Chief of Mission with the US Embassy in Ottawa also offered his country's gratitude for Canada's partnership in the conflict, as did Fahim Ebrat, First Secretary of the Embassy of Afghanistan, which is also in Ottawa.

"To the families of the fallen heroes, on behalf of my nation, I say that there are no words that can adequately express how deeply we appreciate and will forever remember the sacrifices of your brave men and women," said Ebrat. "It has not been in vain."

He spoke of Afghanistan's Kandahar Province, where Canada's forces were concentrated. While it was a highly volatile place during Canada's mission, Ebrat described today's Kandahar as "vibrant" thanks to the sacrifices of Canada's fallen.

"Their names are etched here in this cenotaph so we will never forget what Canadians and the fallen heroes have selflessly given us. Let me say loud and clear that their legacy is also indelibly etched in the living hearts of my people and is now forever part of our history," he said.

"We see the sacrifices of your loved ones each time a girl is educated. Each time an Afghan



Gen Jonathan Vance, CDS of the CAF, hugs a fallen soldier's family member following the Kandahar cenotaph rededication ceremony at the Afghanistan Memorial Hall at National Defence Headquarters (Carling) in Ottawa last month.

Photo OS Alexandra Proulx, Army Public Affairs

citizen casts a vote. Each time a woman is elected to lead and in each stride Afghanistan takes toward securing its future."

He added, "My parting message on behalf of the Afghan people and government is to tell the families of those who have fallen, those who are wounded and those who served in Afghanistan that we will never forget your sacrifices."

Mills noted that Canada was there for its southern neighbour even in the immediate hours after the 9/11 attack that triggered the mission, offering sanctuary to travellers impacted.

"As everything seemed to be falling apart, we in the United States looked around and we saw our Canadian friends," he said. "You were there in Gander [Newfoundland] and towns across Canada to welcome planeloads of Americans and international travellers when US airspace had been closed. You are at our side in the hallways of NORAD in the Northern Command as our joint operation centres responded to this unthinkable event."

Mills added, "Today I am very honoured on behalf of all Americans to join you in remembering the 158 Canadians who lay down their lives to ensure the safety and security of our great nations.

The United States honours their sacrifices and we will never forget."

Gen Vance said he would often visit the cenotaph to reflect during his two tours in Afghanistan, and that he finds it to be as much an object of hope as of grief.

"The cenotaph contains the grief but also carries the hopes and fears, the courage and vitality of those who died in the mission they were trying to accomplish and it feels very much alive."

In Kandahar, the cenotaph was always in view of the missions' leaders to remind them of the heavy responsibility of command and Gen Vance said it will serve an equally profound purpose in its new home in Ottawa.

"It is contained within a place of permanent honour in a familiar spot beside the headquarters offering all who wish to visit the chance to remember not only the terrible cost of war but also the joy of military comradeship. The chance to see and maybe even hear the voices of those who gave everything and yet somehow keep giving."

For more on the Kandahar cenotaph turn to page 9

Pet of the Week

KARMA-FRANCES

Rea-Lynne Reid's family pet attends play care two to three times per week. She destresses with paw massages. She likes to be in bed by 2030 hours to get a minimum seven to eight hours of beauty sleep. Such a "ruff" life for this canine companion. 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



PEACEFUL VALLEY PET CREMATORIUM

"A treasured memorial for your cherished pet."

www.peacefulvalleypetcrematorium.com

Karen & Rob Gardiner
204-748-3101 • Virden

SHILO COMMUNITY COUNCIL

We are looking for ward representatives, vice-president



Ward 1 - Kingston, Leaside, Royal, Sapper, The Parkway

Ward 2 - Alfriston, Sennybridge

Ward 3 - Kingston, Lundy's

Ward 4 - Esquimalt, Frontenac, Kingston, Larkhill

Ward 5 - Citadel, Petawawa, Kingston, Royal

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

Sept. 19, 20 in Ottawa

Certification, settlement hearing announced regarding CAF/DND sexual misconduct class action

Stag Special

While not admitting liability, the Government of Canada has agreed to a settlement regarding class action lawsuits initiated by seven former members of the Canadian Armed Forces (CAF) on behalf of current and former members of the CAF and current and former employees of the Department of National Defence (DND) and/or staff of the Non-Public Funds (NPF), Canadian Forces, who experienced sexual harassment, sexual assault or discrimination based on sex, gender, gender identity or sexual orientation — “sexual misconduct” — in connection with their military service, and/or employment.

The Federal Court will hold a hearing Sept. 19 and 20 in Ottawa to decide if the proposed settlement is fair, reasonable and in the best interests of the class, and if approved, will certify these lawsuits for the purposes of settlement.

The proposed settlement provides financial compensation, the option to participate in a restorative engagement program, and several other measures aimed at addressing sexual misconduct in the CAF. The Federal Court must certify these lawsuits as class actions and approve the proposed settlement before money is available and other aspects of the settlement are implemented.

Current and former members of the CAF and current and former employees of DND and staff of the NPF who experienced sexual misconduct in the military workplace may be able to receive compensation under the proposed settlement if it is approved by the Court.

The range of individual compensation for most eligible Class Members is \$5,000 and \$55,000. The payment will depend on the type of sexual misconduct and an assessment of the harm suffered. Payment amounts will also depend on how many Class Members submit claims in the proposed settlement.

Class Members who experienced exceptional harm — and in the case of those who have previously been denied VAC benefits in respect of that harm, and whose application for reconsideration is also denied — may be eligible for amounts up to \$155,000.

The details are explained in the proposed Settlement Agreement. A copy of the Settlement Agreement is available by visiting www.caf-dnd-sexualmisconductclassaction.com

If it is approved by the Court, eligible Class Members may be able to receive compensation under the proposed settlement or they may choose to opt out of the proposed settlement. They have the following legal rights and options:

- Do nothing — If you support the settlement agreement, you do not have to do anything right now. Note that by doing nothing, you will give up any right to object to the settlement and you will give up the right to sue Canada or others on your own or bring a Human Rights complaint in relation to any sexual harassment, sexual assault or discrimination you experienced while serving in the military or as a DND/SNPF employee.

- Opt Out — If you don't want to be bound by the settlement if it is approved by the Court, you can opt out of the class action, at that time. More information about how and when to opt out will be provided when and if the settlement is approved.

You will have 90 days from the date the Court issues an order approving the settlement to make your decision. If you opt out, you will not be entitled to any financial compensation from the settlement, but you will keep your right to sue Canada or others on your own or bring a Human Rights complaint in relation to any sexual harassment, sexual assault or discrimination you experienced while serving in the military, or as a DND/SNPF employee, subject to any time or other legal limitations applying to your claim.

If you have commenced a legal proceeding against Canada for damages resulting from the sexual misconduct covered by this settlement and you do not discontinue it before the opt out date fixed by the Court, you will be automatically deemed to have opted out of the settlement and you will not be able to claim compensation.

Class members who died before March 15 of this year are not eligible for compensation under the settlement. Estates of Class members who died before March 15 of this year who wish to seek compensation should seek legal advice promptly regarding their options.



1RCHA family day

There was plenty to do and experience for the youngsters of 1RCHA soldiers who took in family day on the Base. Besides being exposed to some of the weapons used by 1RCHA, curious children had an opportunity to take a LAV ride.

Photos MCpl Yan Lafreniere, 1RCHA CST Det Comd HQ & Svc Bty





Volume 58 • Issue 17

Regular Circulation: 3,000

Printed bi-weekly by
Struth Publishing, Killarney MB

General manager	Jim MacKenzie	ext 3073
Managing editor	Jules Xavier	ext 3093
Base photo	Avr (B) Jade Lefebvre	ext 6008
Assistant Editor	Céline Garbay	ext 3013
Advertising rep		ext 3013
Editorial advisor	Lori Truscott	ext 3813

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

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

This newspaper is issued by authority of LCol Jeff Lyttle, Base Commander, CFB Shilo. The views expressed herein are not necessarily those of the Department of National Defence or of the editorial staff. The editorial staff reserves the right to edit, to abridge, to reject copy or advertising to adhere to the policy, as outlined in CFAO 57-5, and for clarity and/or content.

The Shilo Stag is produced every second Thursday.

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

Submitting articles and photos for print:

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

• • •

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

LAV wash

While out and about exploring the Base with her trusty CAN-ON camera, Avr (B) Jade Lefebvre came across soldiers at the LAV wash, where they put a number of hoses and brushes to work washing away the dust built up from recent LAV training out in the field.

SMRC launches sexual assault centre contribution program

Stag Special

Improving access to support services for military members and for the wider CAF community who have been affected by sexual misconduct is a top priority for the Department of National Defence (DND) and the Canadian Armed Forces (CAF).

Last month, the Sexual Misconduct Response Centre (SMRC) launched the sexual assault centre contribution program, as part of Canada's overall commitment to responding to gender-based violence.

This new initiative aims to ensure that affected people in the wider CAF community are better able to cope with the effects of sexual assault, and are better supported to access the services they need.

This includes anyone associated with the CAF, including family members, civilian employees, contractors and others impacted by the CAF presence in their community.

This program will fund projects proposed by community-based sexual assault centres operating near the ten CAF bases with the highest client base.

"Ensuring individuals affected by sexual misconduct have access to options and a wide range of support services within their community is paramount to addressing the overall issue of sexual misconduct," said Sexual Misconduct Response Centre, DND, executive director Dr. Denise Preston.

"The implementation of this program is consistent with input received from CAF members affected by sexual misconduct, and I am looking forward to reviewing the project proposals."

In addition to addressing gaps in support services for those affected, this contribution program will foster the development of collaborative working relationships between the sexual assault centres and CAF support services.

To be eligible for funding, the applicants must be incorporated Canadian not-for-profit sexual assault service providers and serve a community in the vicinity of one of the specified ten CAF bases.

The total funding amount available is \$2-million. Successful projects will be funded for up to \$50,000 a year for four years — until March 31, 2023 — subject to periodic reporting to the SMRC.

The sexual assault centre contribution program is part of It's Time: Canada's Strategy to Prevent and Address Gender-based Violence.

It aligns with Strong, Secure, Engaged, Canada's Defence Policy, which recognizes that addressing the problem of sexual misconduct in the CAF is essential to supporting its uniformed members, their families and the wider Defence Team community.

Quick Facts

- The SMRC launched the Sexual Assault Centre Contribution Program to ensure that individuals affected by sexual misconduct in ten CAF communities have access to a wider range of support services to cope with the effects of sexual misconduct.

- The SMRC Sexual Assault Centre Contribution Program is calling for project funding applications from incorporated Canadian not-for-profit sexual assault service providers that serve a community in the vicinity of one of the specified ten CAF bases. Applications must be received no later than September 30th, 2019.

The 10 pre-selected CAF Bases are: CFB Esquimalt, near Victoria, BC; Garrison Edmonton, in Alberta; CFB Borden, near Barrie, Ont.; CFB Kingston, in Ontario; Garrison Petawawa, in Ontario; CFSU (Ottawa), in the National Capital Region (Ottawa/Gatineau); CFB St. Jean, near Montreal, Que.; CFB Valcartier, near Quebec City, Que.; CFB Gagetown, near Fredericton, NB; and CFB Halifax, in Nova Scotia.

- The SMRC will assess project applications and administer the sexual assault centre contribution program. More information on the application process and how to contact the SMRC is available on the program website www.canada.ca/en/department-national-defence/programs/sexual-assault-centre-contribution.html

Associated links include:

- ~ Sexual Assault Centre contribution program www.canada.ca/en/department-national-defence/programs/sexual-assault-centre-contribution.html

- ~ Sexual Misconduct Response Centre www.forces.gc.ca/en/caf-community-support-services/confidential-counselling.page

- ~ It's Time: Canada's Strategy to Prevent and Address Gender-Based Violence <https://cfc-swc.gc.ca/violence/strategy-strategie/index-en.html>



GSH Bowling Alley

Open bowling for all ages
Saturday 2 to 4 p.m.
Sunday 2 to 4 p.m.Adult: **\$2.50** per game
Youth: **\$2.25** per game
Child: **\$2** per game
Shoe rental: **75 cents**

Prices subject to tax

Ask about Glow bowling
birthday parties!For more info
call the community
recreation office
at **204-765-3000**
ext **3317** or **3588**

Shilo Theatre
(Located in General Strange Hall)

Sept. 6 Ugly Dolls Rated G
Sept. 13 Secret Life of Pets 2 Rated G
Sept. 20 Book Smart Rated 14A

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

Guild
INSURANCE BROKERS

HMS

SHILO • CARBERRY • WAWAWESA
VIRIDEN • 2830 VICTORIA AVENUE
• SHOPPERS MALL BRANDON
www.guildhmsinsurance.ca

HOME FARM BUSINESS TRAVEL LIFE

ASK US ABOUT OUR
DND MILITARY INSURANCE PROGRAM

PEACE HILLS
INSURANCE

39th annual Terry Fox Run Sept. 13

Shilo Stag

It was a journey that Canadians never forgot — Terry Fox was born on July 28, 1958 in Winnipeg, and raised in Port Coquitlam, BC, a community near Vancouver on Canada's west coast.

An active teenager involved in many sports, Terry was only 18 when he was diagnosed with osteogenic sarcoma (bone cancer) and forced to have his right leg amputated 15 centimetres (six inches) above the knee in 1977.

While in hospital, Terry was so overcome by the suffering of other cancer patients, many of them young children, that he decided to run across Canada to raise money for cancer research.

He would call his journey the Marathon of Hope. After 18 months and running more than 5,000 kilometres (3,107 miles) to prepare, Terry started his run in St. John's, Nfld on April 12, 1980 with little fanfare.

Although it was difficult to garner attention in the beginning, enthusiasm soon grew, and the money collected along his route began to mount.

He ran close to 42 kilometres (26 miles) a day through Canada's Atlantic provinces, Quebec and Ontario.

However, on Sept. 1, after 143 days and 5,373 kilometres (3,339 miles), Terry was forced to stop running outside of Thunder Bay, Ont. because cancer had appeared in his lungs.

An entire nation was stunned and saddened. Terry died on June 28, 1981. He was just 22.

The heroic Canadian was gone, but his legacy was just beginning. To date, more than \$750-million has been raised worldwide for cancer research in Terry's name through the annual Terry Fox Run, held across Canada and around the world. There are 14 schools and 15 roads in Canada named after Terry.

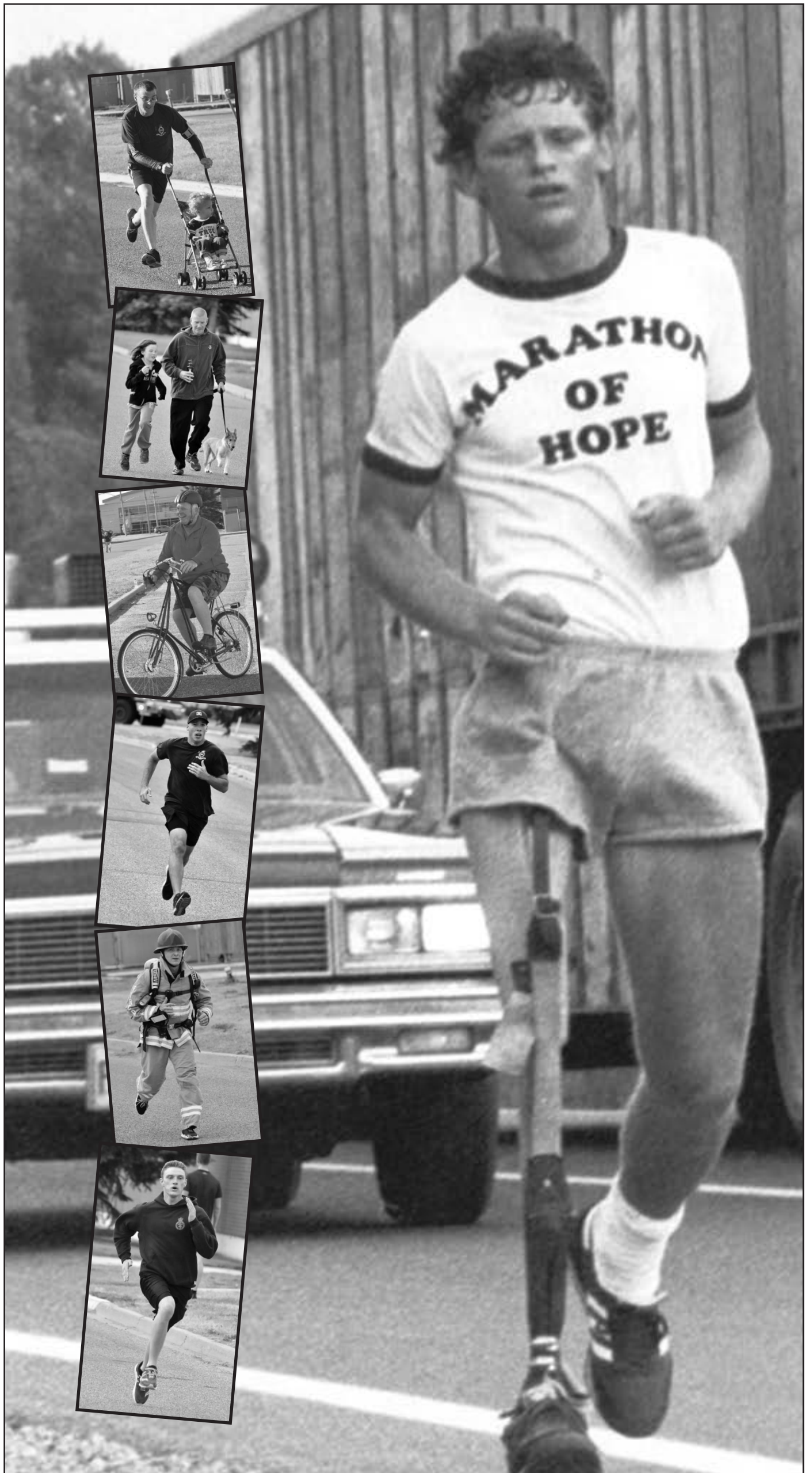
The 39th annual Terry Fox Run — you can walk, run, wheel or bike — is slated for CFB Shilo Sept. 13.

Open to all ages starting from the GSH outdoor track, the actual run starts at 8:15 a.m. but arrive one hour earlier for warm-up and opening ceremonies. Coffee and Gorp Energy bars will be provided at 9 a.m.

Donations — minimum \$2/person is encouraged — to the Terry Fox Foundation are collected prior to and during the event at the GSH outdoor track.

QUOTE FROM TERRY

"I don't feel that this is unfair. That's the thing about cancer. I'm not the only one, it happens all the time to people. I'm not special. This just intensifies what I did. It gives it more meaning. It'll inspire more people. I just wish people would realize that anything's possible if you try; dreams are made possible if you try. When I started this run, I said that if we all gave one dollar, we'd have \$22-million for cancer research, and I don't care man, there's no reason that isn't possible. No reason! I'm not doing the run to become rich or famous."



Jules Xavier photo of Terry Fox on Hwy. 17 north of White River, Ont. Inset images from past Terry Fox Runs.

**CANEX**A division of CFMWS
Une division des SBMFC

Birthday Party

*We invite you to join us in celebrating our
51st year in serving those who serve!*

September 14th, 2019 | 1100 – 1400 hrs

in the CANEX parking lot (Rain Location: Bldg L-25)

Free BBQ

Courtesy of Fountain Tire

**Free Mini Donuts,
Slushies, & Popcorn**

Free Birthday Cake

Petting Zoo

Bouncies

Courtesy of PSP

Face Painting

Courtesy of MFRC

Birthday Gifts

Courtesy of CANEX
& The Personal

and More!

Ex MOUNTAIN MAN TEAM

PADDLE AT DAWN



Base soldiers training for Ex MOUNTAIN MAN prepared for the competition in Edmonton with an early morning canoe practice at Pelican Lake. They had an audience of various birds who frequent the lake, including a flock of pelicans.

Photos Avr (B) Jade Lefebvre



Rewards done right.

For a limited time, status match to Gold or Silver and reap all the rewards. With so many exceptional benefits, our program will take you even further than before. As a bonus, receive 25 WestJet dollars towards your next flight when you qualify for a status match and take an eligible flight.

Gold tier benefits:

- More complimentary upgrades to Premium
- Advance seat selection vouchers
- Unlimited airport lounge access
- First and second checked bags free*
- No fee for same-day flight changes
- And more

Provide proof of top-tier status with another Canadian airline frequent flyer program and get WestJet Rewards Gold or Silver benefits. Simply send in your name and proof of top-tier status at westjet.com/dnd.

Make the switch to WestJet Rewards today.



Terms and conditions apply.

***DND personnel receive up to four bags on WestJet operated flights and three bags on WestJet Encore at no additional charge. Proof of military ID required at check-in.**





Wellness FUNdamentals NEW!

This program is FREE of charge and available to military personnel, their families (18+), veterans, and civilians on the Defence team.

Health Promotion Workshop Topics Include

- Healthy Eating 101
- Quality vs. Quantity
- Label Reading
- Meal Planning

Fitness Classes May Include

- Gentle stretching (Yoga)
- Intro to Spinning Class
- Intro to the weight room
- Circuit Class / Bootcamp

Thursdays 12 Sept - 17 Oct
At the GSH

Health Promotion workshop @ 1000-1200hrs
Followed by a PSP lead fitness class 1200-1300hrs

Contact us to register for this workshop!
204-765-3000 ext. 3868
ShiloHealthPromotion@forces.gc.ca

Health Promotion in the Canadian Forces
Soutien à la Santé dans les Forces armées canadiennes

Were you directly affected by Sexual Misconduct in a CAF/DND workplace?

Are you a current or former member of the CAF, or a current or former employee of the DND or Staff of the Non-Public Funds, Canadian Forces?

A proposed settlement may affect your rights.

Learn more about the lawsuit and proposed settlement, including your legal rights and options at caf-dnd-sexualmisconductclassaction.com or call 1-888-626-2611.



Friday, 13 September 2019

Terry Fox Day
Walk, Wheel, Ride or Run

0730 hrs - Donation Collection
0800 hrs - Opening Ceremonies
0815 hrs - Start of Run
0900 hrs - Coffee & Gorp Energy Bars

General Strange Hall Outdoor Track
Minimum of \$2/person donation encouraged.
All proceeds to the Terry Fox Foundation
5 kilometer route
Open to everyone!
No registration required

Sports Day in Canada



0915 hrs - Captains Meeting
0930 hrs - Sports Begin
1200-1300 hrs - Break for Lunch
1445 hrs - Sports End
1500 hrs - Awards

General Strange Hall & Shilo Country Club

Choose from the following:

3 on 3 Basketball: Max 8 per team	Golf: 4 Person Best Ball Par 3 18 Hole	Kickball: Max 15 per team
--------------------------------------	---	------------------------------

Sports Day open to all Defence Staff
Registration required by Mon, 9 Sep 19 - Contact Sports Coord @ local 3894


2PPCLI A Coy rifleman Cpl Nicholas Cazelaïs set a new Ex MOUNTAIN MAN record in finishing first. *Photo 1CMBG Facebook*

Cpl Nicholas Cazelaïs smashes record with Ex Mountain Man win

Shilo Stag

A 2PPCLI soldier continues to bring bragging rights back home to CFB Shilo in the wake of a record-breaking finish during the Aug. 29 Ex MOUNTAIN MAN challenge held in Edmonton's river valley.

With 2018 champion Cpl Christian Baun deployed to Latvia and unable to defend his title from the 2018 event, it came down to another 2PPCLI soldier to cross the finish line first — A Coy rifleman Cpl Nicholas Cazelaïs.

From the start to the finish, he was mostly out front with a group of runners, crossing the finish line in four hours, 58 minutes, 19 seconds.

Runner-up Lt Malcolm Madower finished in 5:03.17, the difference in the competition was Cpl Cazelaïs' dominance in the canoe portion of the race. He was nearly six minutes faster than Lt Madower.

Cpl Cazelaïs was met at the finish line by former 2PPCLI CO and current 1CMBG Commander Col Bob Ritchie. There were only two 2PPCLI competitors in the top-100, unlike past years when 2PPCLI would have a handful in the top-10, easily winning the large unit team title. WO Edward Seward finished 59th in 6:23.00.

Average time for the 235 competitors was 7:09.48.

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

Soldiers from CFB Shilo, including 2PPCLI and 1RCHA, competed in the annual Ex MOUNTAIN MAN challenge in late August compared to the usual early September.

The competition is meant to promote physical fitness and mental toughness through dedicated training and to challenge soldiers in a competitive atmosphere.

The competition included carrying a 15-kilogram rucksack for 29 kilometres, shouldering a canoe for a 3.2-kilometre portage, paddling 11 kilometres on the river and then marching 4.8 kilometres to the finish line.

Soldiers from Garrison Edmonton, CFB Wainwright, CFB Shilo and BC units participated in the gruelling exercise, which started at 5 a.m. and concluded at Rundle Park around 3 p.m.

Long journey home for Kandahar cenotaph

Stag Special

It has travelled across a desert, an ocean, all the way across Canada and to the United States en route to its permanent home. The Kandahar cenotaph, built by soldiers honouring their fallen comrades, is now housed in the Afghanistan Memorial Hall in Ottawa.

There was a rededication last month of the Kandahar cenotaph, which honours the 158 Canadian fallen as well as 43 Americans who lost their lives in Afghanistan while under Canadian command.

The ceremony was held with invited friends and family members only in attendance at the Afghanistan Memorial Hall at National Defence Headquarters (Carling), located at 60 Moodie Dr. in Ottawa's west end.

A day later, veterans and the public were invited to visit the Hall without having to book in advance.

Here are some facts about the creation and history of the

Kandahar cenotaph and the Afghanistan Memorial Hall where the cenotaph now resides.

Did you know?

- The Kandahar cenotaph was designed by Combat Engineer Capt Sean McDowell and set up in Afghanistan by soldiers to honour the fallen. The centrepiece of the cenotaph is a large boulder transported from the site of the deaths of Sgt Robert Short and Cpl Robbie Beerenfenger.
- Many families of the fallen visited the Kandahar cenotaph in Afghanistan as part of Remembrance Day ceremonies that were held there each year from 2003 to 2011.
- The Kandahar cenotaph was painstakingly dismantled over two weeks for shipment back to Canada in 2011. Canadian Armed Forces (CAF) engineers took photographs and made detailed drawings to ensure its proper reconstruction.
- The Kandahar cenotaph travelled and was put on public view in major Canadian cities and Washington, DC, in May 2014.

• The Afghanistan Memorial Hall at National Defence Headquarters (Carling) in Ottawa was purpose-built as a permanent home to protect and preserve the Kandahar cenotaph. It was opened May 13 of this year.

• The 189 memorial plaques and their wooden display cases that are part of the Kandahar cenotaph were not designed to withstand long-term exposure to the elements. That is why they must be housed in the enclosed, climate-controlled area of the Afghanistan Memorial Hall.

• Guided visits of the Kandahar cenotaph for veterans and members of the public will last 90 minutes during the week and on weekends. You can book your visit in advance.

• A national Afghanistan memorial will be unveiled by the fall of 2023.

The approved location for the public memorial is in Ottawa across the street from the Canadian War Museum. Planning for the project, including a national design competition, is now in its early stages.



Silver Cross Mother Mable Girouard, mother of CWO Robert Girouard, places a wreath in his honour on the Kandahar cenotaph during the last Remembrance Day ceremony held in Afghanistan Nov. 11, 2011. The cenotaph now has a permanent home at National Defence Headquarters in Ottawa.

Photo Sgt Lance Wade, Mission Transition Task Force HQ



At the center of the Kandahar cenotaph is a two-tonne boulder taken from the place where Sgt Robert Short and Cpl Robbie Beerenfenger lost their lives during Canada's military mission in Afghanistan.

Photo OS Alexandra Proulx, Army Public Affairs

VISIT OUR FACEBOOK PAGE

www.facebook.com/ShiloSTAG/



ASK ABOUT OUR MILITARY RATE

Free Hot Breakfast | Free Wi-Fi | Indoor Pool



2130 Currie Blvd. | Brandon, MB | R7B 4E7
204.727.3600 ♦ days-inn-brandon.com

Love to volunteer (have fun)

Volunteer Girl Guide Leaders Needed

Have fun, make connections, build skills, create positive change and inspire today's girls to become everything they want to be!

Location: **Shilo, MB**
 Commitment: Tuesdays from 6:30 - 8:30pm
 Interest in Leading: Sparks (5 - 6 yrs old)
 Brownies (7 - 8 yrs old)
 Guides (9 - 11 yrs old)

There will be no Guide Unit if we don't have volunteer leaders!

For more information or to become a leader, contact:
 Kelsey Morgan at arndt.kelsey@gmail.com
 or
 Danielle Gillam at djyogillam@gmail.com

Girl Guides
Everything she wants to be.

Symptoms Took Over My Life... Now I'm Taking it Back.

Are you sick and tired of feeling sick and tired?
 Join hundreds of Manitobans who've decided to start living better with their health issues through online or group Get Better Together workshops.

Get Better Together

Skills to Cope, Support to Thrive. getbettertogether.ca

GET BETTER TOGETHER

GBT is based on a program model developed by the Patient Education Research Centre at Stanford University. By the end of this program participants will have tools to help them better manage their ongoing health condition(s). You are welcome to bring a friend, family member or other support person with you.

There is no cost

Sessions provided at CFB Shilo are intended for members of the Military and Veteran communities and aim to provide a peer-based network. Sessions are led by DND staff trained in the program.

Thursday afternoons Sept. 12 - Oct. 17
 Location: L106 CFB Shilo at 1500 hrs
 To register e-mail Brandi.Sheppard@forces.gc.ca

NEEDED: MEN'S BASE TEAM HOCKEY COACH

CANADA WEST REGIONAL CHAMPIONSHIPS

TBD JANUARY 2020 COLD LAKE

SHILO

If interested contact PSP Sports Coord Brette Olson • ext. 3894



PPCLI CELEBRATE 105TH ANNIVERSARY



A large contingent of youngsters came out to celebrate the recent 105th Princess Patricia's anniversary alongside soldiers and family members. The event planned by 2PPCLI included face painting, vehicle rides, and burning off energy in a bouncy castle.

Photos Avr (B) Jade Lefebvre

Call 204-765-3000 extension 3570
CFB SHILO

EXPERIENCE HISTORY WITH A BANG!

THE RCA MUSEUM

CANADA'S NATIONAL ARTILLERY MUSEUM



**NEW SITE,
NEW CONNECTION.**



Financial Services Fitness Morale Military Family Resource Centres
Sports Health Promotion DFIT.ca Messes Training Recreation
Veterans Family Support Housing Mental Health CAF Members
Personnel Support Programs Volunteers Facilities Military Families
Education Daycamps Family Information Line Employment

CAFconnection.ca

#GetConnected



Your source for Army news in Manitoba

We want you on our team

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

Take inventory of your time in life

**MCpl David Sadai
Stag Special**

The most impactful change I was able to make in my own life was to take an inventory of my time.

If you think about it, money and things can come and go, but time is the only commodity that matters. Once it has passed, it stays in the past.

There's no going back and doing it any other way. Take inventory of your time because when you do you will start to understand why you are or feel the way you do.

What I was looking into was my patterns, my habits and my routines. As I was watching what I was doing compared to the things that the people I look up to and aspire to become I realized why I wasn't where I wanted to be.

I was writing down what I was doing hour-by-hour, so I was wasting so much of my precious time of each day. You don't realize it when you account for the minutes, but when the average person grabs their phone 70 times a day, you can see where the time slips by.

I was posting something on social media then spending my focus and time wondering who liked it and would check this multiple times per day like it made a difference.

What I was looking for was that little shot of dopamine to boost my self-worth. Then when I started to become more aware and dove deep into how many times I was picking up my phone, how many times I was talking myself out of achieving new and exciting things and thought — do the people who are at the top do this?

Maybe to an extent, I think its human to want to be ac-

cepted, but they don't dwell or let that small thinking rule their day. They live their life on their terms and use the same 24 hours each of us have to their best advantage.

What I realized is that caring so much about those things was not living to my advantage. Creating better routines patterns and just overall awareness was starting to boost my quality of life.

I started to see the beauty around me like the different depth of green on leaves in the trees or the insects doing their part unquestionably in this earth that we share with them.

I looked at ants just doing what ants do and not allowing their ego get in the way of their work. We can learn something from this — ditch the ego.

Spread some joy to those you share this space with. Break a smile to a person walking by. Say "good morning" to five different strangers, or open a door for someone. Get back to creative thought that would linger when free time wasn't occupied by a screen.

Write your real and own thoughts in a journal if no one listens to you. If you're feeling down in the dumps about how each day seems like the last, look to people, not a screen to find a spark.

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

Hunting not permitted in training area

Stag Special

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

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

The grounds in the training area contains stray ammu-

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

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

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

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

CLASSIFIED ADS

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

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

Deadline for next issue: September 12 at noon

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

Services



St. Barbara's

Protestant Chapel

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

Our Lady of Shilo

Roman Catholic Chapel

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

Services

Greg Steele Canadian Fire-arms safety course instructor/ examiner offering Red Cross first aid training. Manitoba hunter safety instructor. CFSC, CRFFC safety courses offered at least monthly and on demand. Firearm/hunter safety courses planned seasonally. Restricted and non-restricted. Visit social media page www.facebook.com/gregsteelehunterfirearmsafetymanitoba/ Dial 204-729-5024 E-mail gstele4570@gmail.com

Services

Need your taxes done? Fast, friendly, and personal service. Located outside the gate. For all your income tax needs contact Ingrid Wasserberg at 204-763-4357. OPEN ALL YEAR.

CHILDCARE

Strong Roots Childcare a licensed home in Sprucewoods. Music, crafts, outdoor play offered. Wait list on Manitoba online registry. Call Jennifer Gregg at 204-730-0338.

Employment

CANEX needs you: Sales associate part-time position with 13 to 32 hr /week required. Must be available days/evenings, and weekends. Starting salary is \$11.98 per hour, progressing to \$14.13 per designated pay band. Under the direction of the department supervisor, a clerk/cashier scans customer purchases, processes transactions, and accepts payment. sHe/she prices, stocks shelves, counters and display areas with merchandise and keeps stock in order. He/she performs cleaning duties as required. Apply in person at CANEX admin office, or NPF Human Resources office at base HQ.

Employment

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



NAME	GRANT, DERRICK //
ENROL DATE	1985 //
RETIRED AS	WARRANT OFFICER //
	QUEEN'S OWN CAMERON HIGHLANDERS //
DEPLOYMENTS	UNFCYP (CYPRUS) - 1988
	UNPROFOR (BOSNIA) - 1998, 2001 //
LOCATION	WINNIPEG //
TITLE	MOBILE SECURITY //
SERVICE	2015-PRESENT //

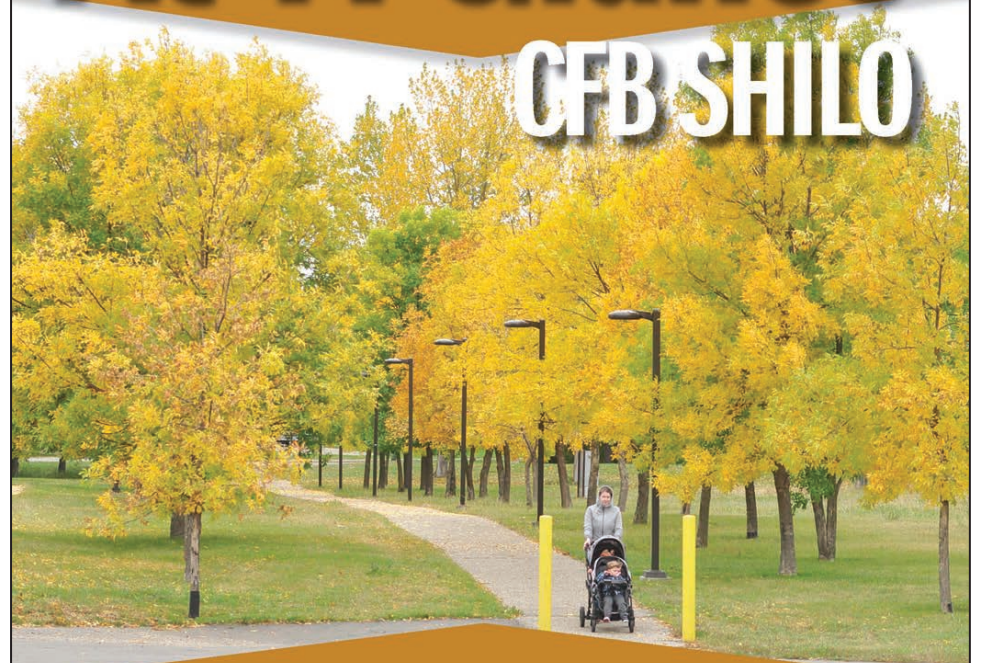
WE KNOW THE VALUE OF A VETERAN

Join Canada's largest private sector employer of veterans


beyondservice.ca  COMMISSIONAIRES

At A Glance

CFB SHILO



Terry Fox Run Sept. 13
www.CAFconnection.ca
 FALL 2019



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



Government of Canada

Gouvernement du Canada

VETERAN FAMILY PROGRAM

For Medically Releasing CAF Members, Medically Released Veterans and their Families



LE PROGRAMME POUR LES FAMILLES DES VÉTÉRANS

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

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

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

