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# Shilo Stag


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## INSIDE This Issue



Physiotherapy team works with injured soldiers. Page 2



Great War project wants your help. Page 4



Blood donor clinic back on Base March 4. Page 9



## Farewell Joyce



It was Joyce Smid's day at 2PPCLI Feb. 19, as she was surprised with a going away party. After 12 years the friendly smile greeting visitors to the command suite has retired. She dropped the puck (above) between 2PPCLI RSM CWO James Smith and 2PPCLI CO LCol Wayne Niven at Gunner Arena in early December. She was also hugged by then CDS LGen Tom Lawson (left) in 2013. For more on Joyce Smith and "her boys", see page 10.

Photos by Jules Xavier



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# Physiotherapy team work with injured soldiers

**Sarah Francis**  
Shilo Stag

The physiotherapy team at CFB Shilo's MIR are working with soldiers in order to return them back to fighting fit condition.

Each day brings in a range of injuries, both sports and service-related.

One of the individuals helping soldiers mend from their injuries is Capt Victor Pak, a Base physiotherapist, who entered the Canadian military in 1998. He was inspired by a sense of adventure.

Prior to studying physiotherapy, Capt Pak was with the Royal Canadian Dragoons at Garrison Petawawa as an armoured officer. Sustaining a sports injury, and seeing post-deployment injuries encouraged his decision to remuster and take on a his current trade.

"I myself was injured, not in operations, but in a sports-related event, that being running. I had to undergo rehab," he recalled. "I saw the power of rehabilitation, not only in helping me get back on my feet but, more so in soldiers who received traumatic injuries. Blast injuries, amputations as a result and so forth. Restoring their function and [getting] back on their feet."

As an avid athlete, including running, mixed martial arts, cycling and downhill skiing, he figured why not combine his passion for sport with work. He completed his physiotherapy training in 2011.

With three major branches, these injuries can affect your joints, bones, muscles and even your brain. Musculo/skeleto, which is your muscles and bones, cardio/respiratory, which is heart and lungs, and finally neural, which is post-stroke or spinal injury or neurological disorder to name a few examples.

Now with a better knowledge of how the body works, he has been able to reduce his own personal injuries.

"I know for a fact that before I did physical therapy, with my limited knowledge of anatomy and physiology, I was probably — not probably, [I was] doing certain exercises wrong from a strength and conditioning perspective."

Reducing your risk of injury through patient education is also part of the physio team's day.

"If we can empower the patient to know what to look out for or how to prevent injury then we've already done half the battle," he offered.

He added that patient education is a corner stone of what they do in the Base physiotherapy area of the Base hospital. Units will also ask them to give briefings on how to prevent injuries doing certain activities.



Capt Victor Pak discusses a knee brace with a client.

Photo by Sarah Francis

"They will say, 'We're forming a running team in the spring and we want a presentation on new trends in the prevention of running injuries.' We give that. There is a lot of questions — I'll give you an example, since were on the topic of running — a lot of questions on minimalist running shoes. Either five-fingered shoes or soles that are very thin."

Another popular topic based on questions from soldiers is proper lifting techniques. Every day is a little bit different. However, there is sometimes a pattern of injuries when it comes to soldiers.

"Not that a back is a back and a knee is a knee, but because of the patient population and what they do, the injuries they come in with are the same," he said. "At broomaloo you can expect to see traumatic injuries, traumatic brain injuries, concussions and so forth. Brianna [Coulter] is ready to respond. [Ex] HEAVY LOADER, we can expect back injuries. [For] Mountain Man, we can expect foot, knee, hip and back-related injuries"

Capt Pak also said injury patterns can vary by Base. "I served in Ottawa, where the population is varied. So you have the very old people, who present with a multitude of degenerative pathologies. Obviously

many years in the military — disk-related injuries, [and] joint-related injuries.

"Then you have here on an Army base with 2VP and 1Horse, there is a lot of sport-related injuries and also that of trauma. Just bad luck someone tackles you [playing] Broomaloo, and you get injured. That's considered trauma."

He did see a few sports-related injuries in Ottawa, but not as many. While working on an Air Force base he saw a number of repetitive stress injuries. He said these can happen from working on fuel tanks and being bent backwards frequently.

As he described it, he contorted himself into a very uncomfortable position with his arms over his head and head arched backward. Something that definitely seems as though it could cause some pain in the long run. No one body is the same, meaning there are a number of ways to treat an injury. With the exception of a few ailments, the physio team at CFB Shilo is able to handle all cases. They will externally refer cases for pelvic floor (after giving birth) cases as well as some specific foot cases such as podiatry. The staff are able to do physical therapy, acupuncture as well as spinal manipulations and adjustments.

"It just so happens that we have a very good team. We have an advanced manipulative therapist, who does spinal manipulation. Very much like a chiropractor — that's Leo Laroque.

We have Brianna Coulter, who does traumatic brain injury and concussions. And myself, with my background in McKenzie, it's an approach to physical therapy and also, functional movement screening and selective functional movement analysis. That's a sports-based approach to rehabilitation."

If you need help with an injury, Capt Pak said one great thing about their office is you can now self-refer. This mean you no longer need to go to a doctor or sick parade to get an appointment with them. This could take up to a few weeks. He said the self-referral has helped soldiers receive treatment faster.

"People were waiting and waiting to come into rehab and in that time they're running on injuries — injuring themselves more," he explained. "They can literally come through the door and say, 'Hey, my back hurts. Can I have it assessed?' We book you in based on priority."

If do you come in without an appointment, and they have an opening that afternoon, they can book you in.

"If I could get one message out to the entire CFB Shilo population is that they can directly refer themselves to physical therapy by walking through the door," offered Capt Pak.

## Pet of the Week

### RIPLEY

Ripley is a Golden Lab who loves to love, according to Bdr Rhea Parcher of 1RCHA. Ripley is always full of energy and a big smile, especially when there is a treat to be had from Cpl Gordon Swanson. Nothing makes her happier than running around like a "koo-koo" at the fairgrounds or having play dates. Do you have a photo of your pet you'd like to share with our Stag readers? If so, e-mail it to us via [stag@mymts.net](mailto:stag@mymts.net)



  
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### Hungry?

Base kitchen staff prepare for the next meal through the lens of MCpl Janie Jacobsen during her recent visit. Cooks Pte Vicky Ethier (left) works the front line, while Cpl Justin McDonald of 2PPCLI trims fat from the meat being served that evening.



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# This Week's Deals!

February '2fer' Bargains

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## Dr. Sima Samar, Dr. Marilou McPhedran

# Acclaimed human rights advocates help celebrate International Women's Day

### Shilo Stag

To celebrate International Women's Day, CFB Shilo BComd LCol John Cochrane and Shilo's MFRC invited two internationally acclaimed human rights advocates to the El Prado Club.

Dr. Sima Samar and Marilou McPhedran will speak at 1 p.m. on the Base, then are at the library at Brandon University for another event at 7 p.m.

"When I first met Doctors Samar and McPhedran in Afghanistan in 2004 I was deeply impressed," recalled LCol Cochrane. "These women are world-renowned for their advocacy for women's rights and I knew they would offer something of immense value to our community."

He added, "We are thrilled to have the opportunity to bring them to CFB Shilo and Brandon."

Dr. Samar is an international advocate for human and women's rights. Born in Afghanistan, she is currently the chairwoman of the Independent Afghanistan Human Rights Commission, the first Human Rights Commis-

sion in Afghanistan's history.

She has been recognized for her leadership and courage by dozens of human and women's rights organizations globally, and continues her work in Afghanistan.

Moreover, she also served as the first vice-president in the transitional Afghanistan government under Hamid Karzai.

Dr. McPhedran is a human rights lawyer who founded the International Women's Rights Project at Ontario-based York University.

She was the only Canadian to be invited by the High Commissioner for Human Rights to present in the 23rd Session of the UN Human Rights Council.

Professor McPhedran currently directs the Institute for International Women's Rights and teaches human rights courses at Global College in Winnipeg.

The Base event is open to everyone who would like to hear the guest speakers discuss human rights on International Women's Day.





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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.

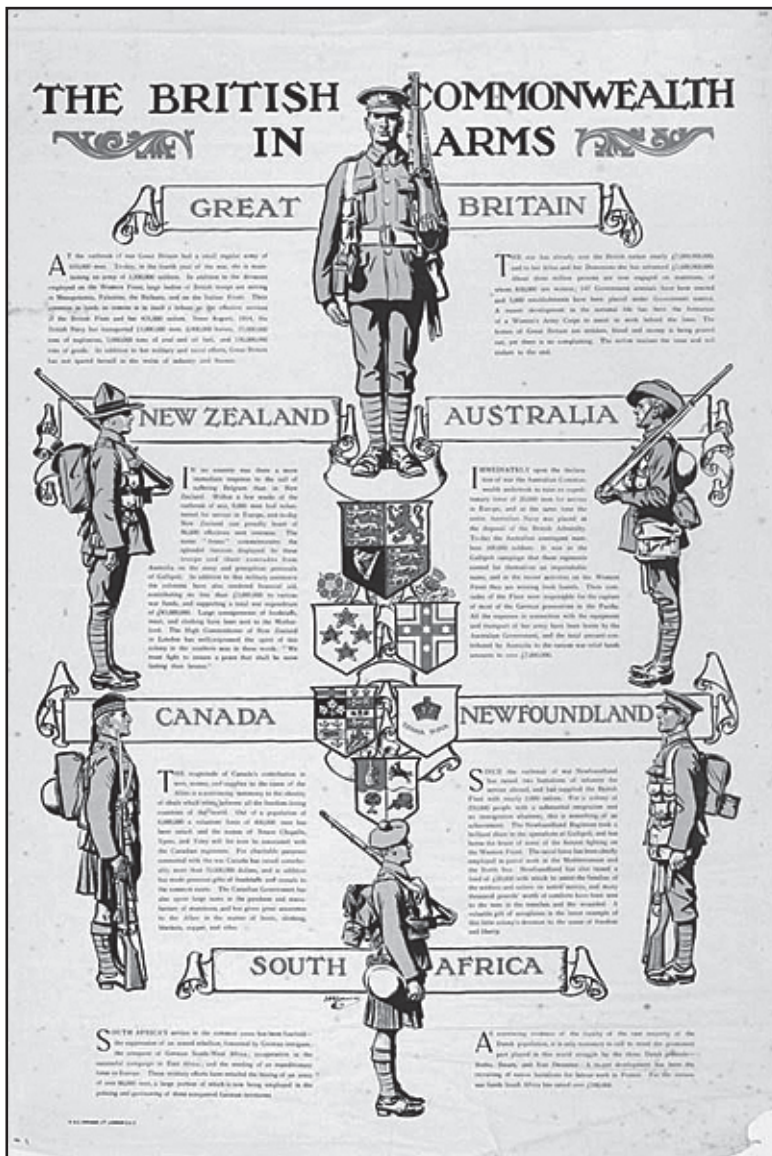
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A German POW (above) poses for a photograph taken during the Battle of Vimy Ridge. A poster from the Great War shows Commonwealth countries which saw service with the British.

# Great War project requires citizen historians

Rosie Willan
Stag Special

A global project has been launched to research the lives and wartime service of "Geordies" — from the northeast of England — in the armies of Australia, New Zealand, Newfoundland and Canada during the Great War.

Dominion Geordies in the First World War, funded by the UK's Arts and Humanities Research Council, will seek to crowd-source research by recruiting volunteer researchers in Canada and overseas. "The first stage of the project will involve collecting information that will help us build a comprehensive and fascinating insight into the stories of so many of the local men and women of the northeast who, having left their native land in the three decades or so before the war, found themselves volunteering to return and fight for the homeland in the campaigns of the war across the world," said Dr. James McConnell, who is a history lecturer at Northumbria University.

"By better understanding their complex identities, we hope to get a clearer picture of a fascinating aspect of the First World War that has been almost completely forgotten."

Take, for example, George Burdon McKean. Originally from Willington, County Durham, he was a student at the University of Alberta when the Great War broke out and served in the Canadian Expeditionary Force (CEF).

He was awarded the Victoria Cross (VC), the Military Medal (MM) and, after he was commissioned as an officer,

the Military Cross (MC) — making him one of only a handful of people who have won all three and survived the war.

The research will consider not only individual migration histories like these, but also the way individuals and communities saw their own identities — as "Geordies" and Britons, but also Australians, Canadians, or New Zealanders.

The information for the database will be gathered by citizen historians and the 12-month project is open to anyone — all you need is an interest in the First World War.

Using this information, the project organizers plan to produce a short film and write a number of research papers in order to profile the men of the northeast who fought in the armies of the Dominions. "It will be an interesting and challenging project to work on," said Dr. McConnell. "We want to get as many people as possible involved, from experienced researchers to first-time historians."

"Participants will have the opportunity to learn the skills necessary to research the lost stories of these service men and women's lives and to work with other researchers across the world."

He added, "We are confident that anyone who can take the time to learn just a little about the scale and impact of the war will be encouraged to play a part in the project."

To be part of the Dominion Geordies in the Great War project or for more information, visit http://dominiongeordiesinww1.co.uk/

Or you can contact Dr. McConnell via e-mail at james.mcconnel@northumbria.ac.uk

Rosie Willan is with Northumbria University in Newcastle, UK

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## Broncos win Super Bowl 50

The Officers' mess hosted a Super Bowl party, with plenty of food to fill the belly. The Denver Broncos defeat the Carolina Panthers to win the 50th edition of the NFL championship game.

Photo by Jules Xavier

# Payday loans Don't get trapped

**Joyce Sharp**  
Stag Special

If for whatever reason, you are thinking of getting a payday loan — don't!

First ask yourself: "Do I really know what I am getting into?" Chances are, you may not be aware of the impact this may have on you financially ... and this is precisely what payday loan companies are counting on!

Payday loan outlets are commonplace in most provinces and are also readily available online. In some instances, their presence borders on overcrowding.

Such is the case, mentioned in an Ottawa Citizen Dec. 21, 2015 newspaper article, in one of my old neighbourhoods where there are 16 payday loan outlets for nearly every 1,000 residents.

Of these outlets, eight are within 1,000 metres of each other; that is 24 times the national average.

Payday loans are small loans of \$1,500 or less. Some people may not see the harm in borrowing what they perceive as "fast and easy" cash for a couple of weeks, then reimbursing with their next pay.

Others might feel too embarrassed to reach out and ask for legitimate financial assistance. The fact is, these payday loan companies prey on the desperation of individuals, under the guise of offering a "quick and easy fix" to their financial woes. Is this really a viable solution? Are you aware of the impact this will have on you and your family and do you know the interest rate you are being charged?

Actually, there is no upfront mention of interest rate, no disclosure of the additional fees or charges you may incur upon borrowing, rather, a given dollar amount as cost for the amount you are borrowing.

Canada's criminal code caps annual interest rates at 60 per cent.

However, depending on the province, payday loan companies can charge quite staggering rates because of the way they calculate the cycles.

In Ontario, for example, the provincially regulated payday loan business is allowed up-to a confounding 600 per cent annually, in addition to fees/surcharges.

Calculating the annual interest rate for borrowing as little as \$300 is a sobering experience; it will make you think twice about even contemplating this as a means to obtaining short term credit.

Consider the following example: for a loan of \$300 the cost of borrowing is \$63 (\$21 per \$100 advanced for 14 days) with a total payback amount \$363. Here is how you can calculate the annual interest rate they are charging:

- $\$63 / \$300 = 21$  per cent interest rate for 14 days
- $21 \text{ per cent} \times 26$  (number of 14-day periods per year) = 546 per cent rate of annual interest

There you have it: you think it is just \$63, but if you fail to reimburse by the 14-day deadline, your \$300 payday loan could potentially cost you \$1,638 in annual interest, not including the additional administrative costs.

Still think this is a fast and easy option? Don't fall into the payday loan trap. Instead, seek out the free and confidential advice from one of our SISIP Financial advisors.

We understand the military lifestyle, know the financial challenges you face and the many reasons your finances may become strained.

Our mission remains to enhance the financial health and security of the members of the Canadian Armed Forces (CAF) community. So, rather than making your financial situation worse by resorting to payday loans, or what you may think is a quick fix, reach out to us. Resources and tools designed for CAF members and their families are available online in our Learning Centre at [www.sisip.com](http://www.sisip.com)

For more information on payday loans, their actual rates and predatory practices, visit the Financial Consumer Agency of Canada (search for payday loans) at [www.fcac-acfc.gc.ca](http://www.fcac-acfc.gc.ca)

Drop by the CANEX venue located around the corner from the *Shilo Stag*.

## CAF Health and Wellness Challenge 1 - 31 May, 2016

Complete daily healthy activities and collect checkmarks!  
Earn enough checkmarks and you could win a great prize!

Register by 30 April and be entered into the early bird draw!



Call, email, or visit the Health Promotion office to register for the challenge!  
204-765-3000 ext 3868 [ShiloHealthPromotion@forces.gc.ca](mailto:ShiloHealthPromotion@forces.gc.ca)  
We are located in the CANEX mall near Forbidden Flavours

The Challenge is open to CAF personnel, their family members (18 and older), and civilian members of the Defence Team



Come out and help us celebrate CFB Shilo's

# 13<sup>th</sup> Annual Base Commander's Downhomer Lobsterfest

## June 18<sup>th</sup> at L25

## Tickets \$35

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# Community garden plots registration opens April 1

**Grace McKay**  
Stag Special

CFB Shilo's community council extended a warm welcome to two new members during a recent meeting.

Pte Alexandra Otis from Base Transport has signed on as Ward 1 representative, while this writer has taken over as representative of Ward 4 as well as became the publicity co-ordinator.

For a full list of Ward representatives, and for details on how the PMQs are divided into wards, visit [www.cfcommunitygateway.com](http://www.cfcommunitygateway.com)

Also available on this website is contact information for your ward's representative. Should you have any questions, concerns, or suggestions for the community council feel free to get in touch with your ward representative.

Before the snow melts, your community council would like to thank the organizers of the Twas the Night Before Christmas Parade. The event, put together by community members, along with Shilo Emergency Services, saw beautifully decorated EMS vehicles roll through the PMQs. Hot chocolate and goodie bags, provided by council, were handed out to children watching the parade.

Looking forward to spring and summer, council is improving at least two of its projects. Registration for the community garden plots will open April 1. Council is hoping to make improvements to the gardens this year, including availability by increasing the number of plots, and improve maintenance to the patches.

Details on registration will be made available as spring approaches.

Improvements to the Base's skateboard park will also be underway once the snow melts. Two new concrete ramps are to be installed this spring, and should be ready for skaters by early summer.

The next Shilo community council meeting at Base headquarters is March 23 at 2:30 p.m.

As always, council is looking to hear from you. If you have suggestions, concerns, ideas, or would like to volunteer contact your ward representative.



## Playoffs

1RCHA A/Z Bty (red) needed overtime to win intersection playoffs at Gunner Arena 8-7 over 2PPCLI Combat Support in a two-game total goals series. A/Z Bty led 5-3 after the opening game.

*Photo by Jules Xavier*

## Easing your Transition



### VETERAN FAMILY PROGRAM

SUPPORTING MEDICALLY-RELEASING VETERANS AND THEIR FAMILIES

#### What is the Veteran Family Program (VFP) pilot project?

As of October 1, 2015, the Shilo MFRC was one of seven MFRCs to launch a Veteran's Family Pilot Program. This four-year pilot program will assist medically releasing CAF members and their families

#### How can the MFRC help my family?

The VFP can assist CAF families with the transition to civilian life by providing services in the following areas:

- Specialized Information Services
- Transition and Prevention Programs
- Support Services.

#### Examples of services include:

- One-on-one support with the Veteran Family Coordinator (VFC)
- Referrals to additional services within the community
- Access to the 24 hour Family Information line (1-800-866-4546).
- A transitional Booklet that helps individuals and families work through the stages of transitioning
- Prevention Programs including FOCUS (Families Overcoming Under Stress). A resilience training for military families designed to help families develop skills to better manage the challenges that arise from military lifestyle, deployments, and operational stress injuries.

#### For more information, please contact:

**Pamela Hall**  
Veteran Family Coordinator  
Tel: 204-765-3000 ext. 4557  
E-mail: [pamela.hall@forces.gc.ca](mailto:pamela.hall@forces.gc.ca)  
[www.familyforce.ca](http://www.familyforce.ca)

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**2016 COMBINED MESSSES**

# St. PATRICKS DAY

Friday, March 18th  
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1900hrs

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## Siding work

Work continues on the new Base homes being built, with drywall going up indoors, while workers place siding on both the homes and adjacent garages. If all goes according to planning, expect the new homes to begin welcoming residents later this summer.

Photo by MCpl Janie Jacobsen



**Naturally Amourified**

**March Events Calendar**

- 8 March – Make & Take body scrub party 5:30-7pm
- 22 March – Full Moon Eve ceremony 6-8pm

20% off pre-party hairdos all month long!  
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**NEXT HOME GAME:**

- March 2 @ 7 p.m.
- March 4 @ 7:30 p.m.
- March 12 @ 7:30 p.m.
- March 15 @ 7 p.m.
- March 18 @ 7:30 p.m.

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**#GOLDRUSH**

## Sense of fashion at RCA Museum

### Shilo Stag

The newest exhibition being unveiled Feb. 26 at the RCA Museum has a sense of fashion.

Called *Designed for Victory: Women, War and the Vote*, this exhibit was developed in partnership with another museum and Brandon University's history department.

Initially started as a simple loan from the Costume Museum of Canada's exhibit of women's wartime vintage clothing of the 40s and 50s, the RCA Museum worked with its volunteers to expand this to include First World War clothing as well as interior war period.

In discussion of how war influenced the fashion and lives of women in Canada, and particularly the prairies, RCA Museum curator Kathleen Christensen and Maralyn MacKay Hussain of the Costume Museum of Canada, recognized that Manitoba is reach-

ing a significant centenary of the first women gaining the vote, greatly accelerated by their contribution to the war effort.

It was decided to pursue this storyline within the exhibit, which has an opening ceremony Feb. 26 at 1 p.m.

Necessity brought about a great partnership for this exhibition. Research needed to be done to develop this exhibit, with Brandon University president Dr. Gervan Fearon, who is also a director on the RCA Museum board, bringing together the museum with Dr. Rhonda Hinther, a BU history professor.

Dr. Hinther and the history department were seeking mentorships on behalf of their students for the public history aspect of their study. Student Brooke Drummond was selected to work with the RCA Museum and the Costume Museum of Canada, providing the detailed research and text for the exhibition which will run until June 24.

## Outbreak affects Manitoba

### Stag Special

There is an outbreak of syphilis in Manitoba which is affecting the local area and has included several confirmed cases on the Base.

That's the message from the Base Surgeon, Maj Keith Wilson, from 11 CF H Svcs Centre.

"Syphilis is an infectious disease that can lead to serious long-term complications if it is not treated. The vast majority of cases are transmitted through sexual activity," he reported in a release from BComd LCol John Cochrane's office.

"Avoiding sexual activity is the most effective way to prevent syphilis, however, correctly using condoms every time you have sex can significantly reduce your chances of becoming infected."

Maj Wilson acknowledged condoms are available to all Canadian Armed Forces (CAF) members, free of charge at 11 CF H Svcs Centre. They are located in the waiting room and can also be provided at the Base pharmacy.

If you are a CAF member and you are concerned about your risk of syphilis, would like to be tested, or have further questions, visit 11 CF H Svcs Centre. Sick parade occurs daily at 0730 hours.

If you are a civilian working on the Base with similar concerns, visit your regular primary care provider or local walk-in clinic.

More detailed information on syphilis can be found at the following link: [www.gov.mb.ca/health/publichealth/factsheets/syphilis.pdf](http://www.gov.mb.ca/health/publichealth/factsheets/syphilis.pdf)

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PHOTOS  
BY  
SARAH FRANCIS



## Giving blood

Soldiers and civilians gave a pint of their blood when Canadian Blood Services visited CFB Shilo last fall. They are back at the MPTF March 4. You can offer your gift of life from 10 a.m. to 2 p.m. You can book your appointment in advance of this blood donor clinic by visiting [www.blood.ca](http://www.blood.ca)



 **The Shilo Stag is online!** 

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 **GSH Bowling Alley**

Open bowling for all ages  
Wednesday 6 to 8 p.m.  
Saturday 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 the General Strange Hall)

Feb. 26 *The Good Dinosaur* Rated G  
March 4 *The Hunger Games: Mockingjay Part II* Rated PG  
March 11 *Sisters* Rated 14A  
March 18 *Alvin & The Chipmunks: Road Chip* Rated G

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.

For more info, contact the community recreation office at 204-765-3000 ext 3317/3588

## 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 to skill-testing question:  
Who was Joyce Smid's first CO at 2PPCLI when she started?  
\_\_\_\_\_

Cut out your entry form and fax it to 204-765-3814, or scan it and e-mail to [stag@mymts.net](mailto:stag@mymts.net) or drop it off at the Stag's office at CANEX. Draw will be made on the Monday prior to game day.



# Former COs have fond memories working alongside Joyce Smid

**Jules Xavier**  
Shilo Stag

Arriving in the 2PPCLI command suite, the familiar face of Joyce Smid would greet the command team each morning and daily visitors with a ready smile — perhaps a sweet treat from the candy dish she kept filled on her desk.

But as you read this copy of the Shilo Stag, Joyce as she's known to "her boys", is enjoying retirement from her job after ensuring 2PPCLI ran efficiently from vantage as the CO's executive assistant.

"Since 2004, Joyce has loyally served 2PPCLI and befriended our cherished Korean veterans," recalled former CO LCol Bob Ritchie, who was posted in the summer of '15 to CFB Ottawa following his two-year stint at CFB Shilo. "She has provided flawless support to six command teams and countless soldiers in our Patricia family."

Joyce was surprised on her last day at the office Feb. 19 when current staff, and former COs spent the day celebrating her retirement. Among them were LCol Ritchie and Col Mike Wright, now with CJOC J3 in Ottawa.

"I first met Joyce in April 2013. I was immediately seized with her kindness, warmth, and love of the Wheat Kings," said LCol Ritchie. "During our two years in Shilo, Joyce was a staunch ally and close friend to me and my family."

"My young kids often ask about Ms. Joyce and have just realized that work offices outside of 2PPCLI do not come with candy jars, generously filled by the best employee our Regiment has known."

Col Wright is not sure about the timeline, but believes Joyce's first day with 2PPCLI was his very first day at Kapyong Barracks in Shilo. The Battalion had moved from Winnipeg to Shilo during the summer of 2004. In August that year, interviews were conducted

to fill the position of CO's secretary.

"I was the Adjutant of the Battalion at the time and took part in the interviews along with our DCO at the time, Steve Carr," he recalled. "We were impressed with Joyce right off the bat, and offered her the job. Her first day was the Tuesday after Labour Day in September 2004, the very same day the Battalion moved out of our temporary setup in the Base HQ building into Kapyong Barracks."

During Joyce's inaugural year at 2PPCLI, Col Wright worked closely with her in the upstairs command suite.

"[I] got to know that, aside from her husband Gerry and daughter Jenna, she had two great loves ... the Brandon Wheat Kings and curling," he recalled. "Any time you were at a Wheaties game you could always stop by the top row of the west side to chat with Joyce and Ger."

"Whenever a big curling event like the Brier or the Scotties was on, the TV in the command suite would get switched to curling and Joyce would keep us up to date on Kevin Martin or Jennifer Jones."

Unlike businesses where staff are often a constant, Col Wright had to explain to Joyce why posting seasons will see new soldiers coming and going.

"I remember a few months into Joyce's tenure with 2PPCLI explaining to her all of the officers that would be moving the following summer, and that I'd be moving out of the Adjutant's office and that the CO, Stu Sharpe, would be gone a year later," he said.

"Joyce couldn't believe how quickly people moved on, and I remember Stu and I joking with her that soon, she'd be the one with the longest time in 2VP — turns out we were right."

Prior to his own departure for Ottawa after LCol Ritchie arrived, Col Wright acknowledged Joyce was a part of the fabric of the Battalion — not only a friendly voice on the phone or a smiling face at the entrance to the command suite, but also the judge for

French Grey Cup floats, the puck or ball dropper at the officers versus warrants' and sergeants' hockey or Broomiloo games.

"Or the one getting everything organized for the numerous parades and ceremonies the Battalion held in Shilo over the past 12 years. Joyce also was here when 2VP lost soldiers in Afghanistan, starting in March 2006 with MCpl Tim Wilson and Cpl Paul Davis. I know that it was hard for her because she really loved the Battalion, and it was hard to see some of her Patricias never come back."

After leaving CFB Shilo in 2001, Col Wright kept in touch with Joyce while he went off to staff college in Toronto, then spent a couple of years in the Brigade HQ in Edmonton.

"I joked that if Joyce kept spreading the rumour that I was coming back as CO, it would eventually come true ... and it actually worked," he quipped. "When I came back to 2VP in 2011 it was just like coming home, and having Joyce there reinforced that."

"One of the things I enjoyed most about my time as CO was when the Korea Vets would come in for coffee every couple of weeks. Joyce would move the chairs into a circle and set the vets up with their coffees, and then we'd just sit there and talk for as long as we could."

He added, "I can honestly say that it just won't be the same without Joyce in the short hallway. I'll just need to plan to spend some extra time in Westman and get into Brandon to share a coffee with Joyce and thank her in person for the 11-plus years of service she gave to 2PPCLI."

"Joyce, you are now part of the history of the Second Battalion, and although you may not be working in Shilo anymore, you know better than anyone — 'Once a Patricia, Always a Patricia!'"

"We'll miss you, but hope that you enjoy your retirement, and that those Wheaties win a Memorial Cup for you this year!"



## WARNING SHILO RANGES

Day and night firing will be carried out at the Shilo Ranges until further notice.

The range consists of DND controlled property lying approximately 32 kms SE from Brandon and N of the Assiniboine River in Townships 7, 8 and 9; Range 14 WPM, Townships 8, 9 and 10; Ranges 15 and 16 WPM and Townships 9 and 10; Range 17 WPM in the Province of Manitoba. If required, a detailed description of the Shilo property may be obtained from the Base Construction Engineering Office at Canadian Forces Base Shilo.

All boundaries, entry ways, roads and tracks into the Range are clearly marked and posted with signs indicating that there is to be NO TRESPASSING. Hunting is no longer permitted on the Shilo Ranges.

### STRAY AMMUNITION AND EXPLOSIVE OBJECTS

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.

BY ORDER  
Deputy Minister  
Department of National Defense

OTTAWA, CANADA  
17630-77

Canada



## AVERTISSEMENT POLYGONES DE TIR DE SHILO

Des tirs de jour et de nuit seront effectués aux polygones de tir de Shilo jusqu'à nouvel ordre.

Les polygones de tir sont des terrains sous le contrôle du MDN situés à environ 32 km au sud-est de Brandon et au nord de la rivière Assiniboine dans les cantons 7, 8 et 9; polygone 14 OMP, cantons 8, 9 et 10; polygones 15 et 16 OMP et cantons 9 et 10; polygone 17 OMP, dans la Province du Manitoba. Au besoin, une description détaillée de la propriété de Shilo peut être obtenue du Bureau du génie construction de la Base des Forces canadiennes Shilo.

Toutes les limites, voies d'accès, routes et sentiers menant aux polygones sont clairement marqués et ornés d'écriteaux d'ACCÈS INTERDIT. La chasse est dorénavant interdite aux polygones de tir de Shilo.

### MUNITIONS ET EXPLOSIFS PERDUS

Les bombes, grenades, obus et autres engins explosifs similaires et leurs enveloppes peuvent causer des blessures ou entraîner la mort. Ne ramassez pas ces objets et ne les gardez pas comme souvenirs. Si vous avez trouvé ou si vous avez en votre possession un objet que vous croyez être un explosif, signalez-le à la police locale, qui prendra les mesures nécessaires pour l'éliminer.

Aucune personne non autorisée ne peut entrer dans ce secteur où tout accès est strictement interdit.

Par ordre du  
Sous-ministre  
Ministère de la Défense nationale

Ottawa, Canada  
17630-77

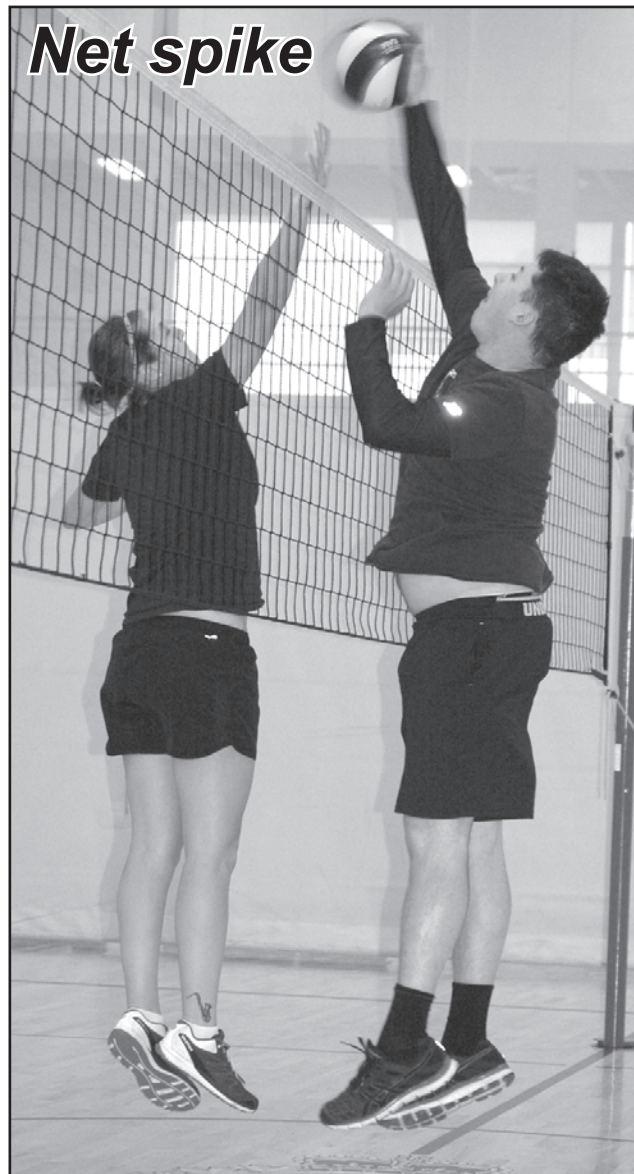


Joyce Smid always enjoyed her time hanging out with the Korean veterans who visited 2PPCLI (below). Smid is surrounded by "her boys" (above) when she posed with (left to right) former COs LCol Bob Ritchie and Col Mike Wright and current CO LCol Wayne Niven.

Photos supplied







**Net spike**

1RCHA soldiers volley at the net during Wednesday afternoon PT at the GSH.

Photo by MCpl Janie Jacobsen



## Holy Week Worship Schedule

**Palm Sunday – March 20<sup>th</sup>**

10:30 am – Service at St. Barbara's Chapel  
10:30 am – Mass at Our Lady of Shilo

**Holy Thursday – March 24<sup>th</sup>**

7 pm – The Lord's Supper & Washing of feet at Our Lady of Shilo

**Holy Saturday – March 26<sup>th</sup>**

7 pm – Easter Vigil Mass at Our Lady of Shilo

**Good Friday – March 25<sup>th</sup>**

11 am – Multi-Church Good Friday Service at Western Manitoba Centennial Auditorium 205, 20<sup>th</sup> Street, Brandon  
3 pm – Stations of the Cross at Our Lady of Shilo  
3:30pm – Good Friday Service at Our Lady of Shilo

**Easter Sunday – March 27<sup>th</sup>**

10:30 am – Service at St. Barbara's Chapel  
10:30 am – Mass of the Resurrection at Our Lady of Shilo (followed by a potluck lunch at the Faith Centre)



Visit the  
RCA Museum open Monday to Friday 204-765-3000 ext 3570

# CLASSIFIED ADS

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**\$10 for first 20 words,  
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Deadline for next issue:**

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**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 or Sarah about the job. Or call 204-765-3000 ext 3013/3093. Be part of the award-winning *Shilo Stag* team.

**Services**

**St. Barbara's Protestant Chapel**  
Sunday @ 10:30 a.m. with Sunday school & nursery  
Padre Lee - ext 3090  
Padre Neil - ext 6836  
Padre Olive - ext 3088  
Padre Dennis - ext 3698  
Padre Costen - ext 3381  
Padre Ihuoma - ext 3089

**Our Lady of Shilo Roman Catholic Chapel**  
Sunday 10:30 a.m.  
Wednesday 12:05 p.m.  
Confession by appointment

**Services**

**Greg Steele Canadian Firearms Safety Course Instructor/Examiner** • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses offered at least monthly and more often with demand. Firearm/hunter safety courses planned for the winter/spring. Examinations by appointment • 204-725-1608 • e-mail [ggs57@wgcwave.ca](mailto:ggs57@wgcwave.ca)

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**Employment**

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

**Employment**

**CANEX WANTS YOU:** Clerk/cashier part-time position with 13 to 32 hr /week required. Must be available days/evenings, and weekends. Under the direction of the department supervisor, a clerk/cashier scans customer purchases, processes the 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. Starting salary is \$11.63 per hour, and after two-month probation increases to \$11.88. Apply in person at CANEX admin office, or NPF Human Resources office at base HQ.

**Advertise with us!** To place an ad, e-mail [elainebullee@gmail.com](mailto:elainebullee@gmail.com) or call 204-765-3000 ext 3736 or contact Sarah Francis at [stag@mymts.net](mailto:stag@mymts.net) or call 204-765-3000 ext 3013

## Pick up your FREE copy at any of the following locations:

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Royal Cdn Legion Branch No. 3  
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GSH  
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All Messes  
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A view looking west from CANEX on a snow-covered park following another snowfall. Old Man Winter might not be around much longer based on long-range forecasts, but for now we can enjoy the view.  
 Photo by Jules Xavier

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