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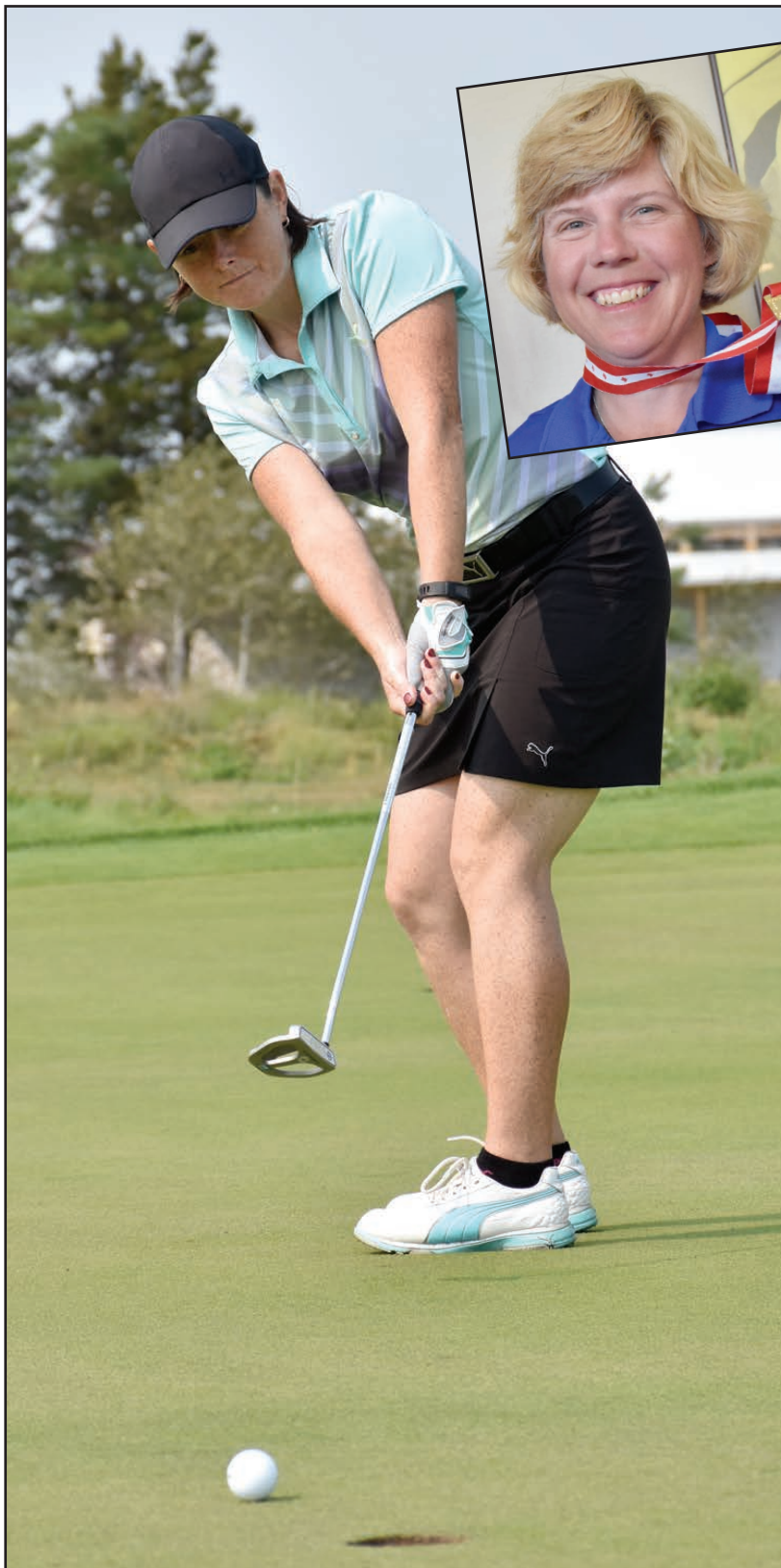
DP1 graduation significant for participants. Page 2



Op HONOUR made official by new CDS. Page 4



Book a visit to community library. Page 6



# Take up golf says ladies champion

**Sarah Francis**  
Shilo Stag

More women in the military should take up golf, says a captain who garnered gold playing at the Shilo Country Club-hosted Canadian Armed Forces (CAF) national golf tournament.

With a three-day total 265 on the par-72 18-hole course, Capt Suzi McBride recorded the best score during the annual event among the seven women competing, and would like to compete against more of her military peers in the future.

Three years ago Capt McBride took part in her first CAF golf nationals, which was held on this Base. She recalled she was not on top of her game at the time.

"My personal goal was to play the course better ... to come out and actually win the gold ... that's a dream. That's an amazing thing to experience," she said, adding her strategy this time around was to play her game and take it one stroke at a time.

"Because I can only control my game, that was my mentality this time. I can control what I do, I can't control what anyone else is doing."

The Base course is no walk in the park. However, she did say the back nine gave her the boost she needed to help with her game.

"I found the back nine as a whole was a better nine, and easier nine for me. The front nine I was pretty consistent," she told the *Stag* following the awards ceremony. "The first round, I was higher on the back nine, but on the second and third round I found the back nine was easier to play. For a lady it was much more — you're much more likely to reach it and be on regulation. That's the challenge for us ladies."

See **BDR GOSSEN** page 7

There were only seven women involved in the annual Canadian Armed Forces national golf tournament held at the Shilo Country Club. Capt Suzi McBride (inset) won gold with a three-day 265. *Photo by Sarah Francis*

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# Graduation parade significant for new RCA gunners

## Stag Special

The beginning of July found 1RCHA welcoming 21 fresh-faced and eager students to the unit, ready to undergo the challenges of Developmental Period 1 (DP1).

The DP1 artillery course is the final phase of training in order for new recruits to receive their cap badge and be posted to an artillery battery.

1RCHA's A Bty had the task of ensuring these recruits would receive the best in instruction and leadership. To this end, the battery chose a group of seven instructors who were ready for the task of moulding the 21 candidates into qualified gunners.

The start of DP1 was challenging for many. Starting with 21 candidates who were divided into three detachments, McNaughton Troop started to become familiar with the Base during the eye-opening morning PT sessions.

General A.G.L. McNaughton was a civil engineer and artillery specialist who developed new scientific gunnery principles in spot-flashing and sound ranging through the use of an oscilloscope — which was the forerunner of radar.

A daily routine consisted of early morning PT, daily room and kit inspections, marching to and from all the Base buildings and lectures all day — sometimes leading into the evening.

The first week consisted of identifying artillery propellants, handling and preparing 155mm artillery ammunition, performing maintenance on the M777 C1 Howitzer, applying data to the panoramic telescope,

and understanding the language of fire discipline.

The second week saw the artillery students become acquainted with the physical requirements of being a gunner — more specifically, conditioning for the 155mm dummy projectile which weighed approximately 80 pounds.

A “house of pain” workout as staff called it was introduced. This is a circuit PT which included carrying the dummy projectile 100 metres with sets of push-ups, squats, burpies, and other exercises in between carries.

Lessons for the week involved preparing the Howitzer to come into action, orienting the gun, and performing misfire drills.

Morning inspections continued and became harder because they focused on more details and standardization. Progress had been made in McNaughton Troop as they started to function as a team.

The third and fourth week became challenging as the course was leading up to the field exercises. Inspections were done by the course officer, A Bty OC and BSM, and the 1RCHA CO and RSM.

Lessons were conducted on the 84mm SRAWW Carl Gustav Recoilless rifle for artillery students besides doing anti-tank and direct fire drills, and learning Armoured Fighting Vehicle (AFV) recognition.

There was also a tour of the RCA Museum to learn about the history of the Royal Canadian Artillery (RCA). This visit included a ride in the M109 self-propelled howitzer.

Moving into the field portion of the exercise, the course now featured 12 candidates divided into two detachments due to injuries, voluntary withdrawals,

academic failures, and overall conduct difficulties.

The field exercises were challenging as they attempted to simulate a variety of tasks gunners are required to perform. This included sleep deprivation by performing tasks all night; multiple deployments into FOBs, urban environments, and woodland areas; having to manage situations involving civilians such as individuals trying to travel through a position or demanding the return of their land; and defending a gun position from an enemy attack were all components of the exercises.

The live portion of the exercise would be the first time the privates would pull the lanyard on the M777 C1 Howitzer making them an official gunner. The completion of the exercise would end in the badging ceremony by a gunner who has a long history in the RCA, Chuck Roeder. The completion of the exercise would lead into the final portion of the course, the graduation parade.

The day of the graduation parade was significant. Friends and family of the new gunners attended to observe their official welcoming into the RCA by the reviewing officer; BGen (retired) J.J. Selbie, the Colonel Commandant of the RCA.

Throughout the course there were many physically and mentally challenging situations for all participants.

The teamwork developed and sense of pride established had been unparalleled to Basic Military Qualification (BMQ) and Basic Military Qualification Land (BMQL).

For the new gunners posted to 1RCHA and elsewhere in Canada, *Ubique!*

## Pet of the Week

### SCOUT

Just a year old, Scout is a serious dachshund, who enjoys running after thrown balls. But if he had his preference, it would be to just lay out in the sunshine and eat doggie cookies. Do you have a photo of your pet you'd like to share with our Stag readers? If so, e-mail it to [stag@mymts.net](mailto:stag@mymts.net)



  
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# Focus on promotions




Five soldiers were promoted at Base HQ prior to a boardroom meeting, with BComd LCol John Cochrane and BRSM CWO Don Askeland doing the ritual of adding the new rank eplet to the work uniform. Being honoured were four new corporals: Zoe Martin, Scotty McGillis, Raymond Bilodeau and Jonathan Beaudin. Promoted to MS (below) was Mandy Morgan. Besides the Base photographer at the informal ceremony, a few colleagues of those being promoted brought their cameras to record the moments.

*Photos by Jules Xavier*



The Shilo Stag is now on Facebook.  
Check out [www.facebook.com/ShiloSTAG](http://www.facebook.com/ShiloSTAG)  
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Deadline for submissions is the Thursday prior to the week of publication. Submissions can be sent to the Stag via email at stag@mymts.net, dropped off at the Stag office located in CANEX or via Inter-base mail.

**Submitting articles and photos for print:**

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

• • •

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Gen Jonathan Vance signed the order proclaiming Op HONOUR with (left to right) BGen Whelan, acting Chief of Military Personnel; CWO Wheeler, CAF Strategic Response Team on Sexual Misconduct; Col Fontaine, Deputy Commander of the Strategic Response Team; and CPOI McTigue, acting CAF CWO.

# 'Operation HONOUR'

## CDS order now official

**Shilo Stag**

Gen Jonathan Vance, Chief of the Defence Staff (CDS), issued the operation order (op order) for Operation HONOUR (Op HONOUR) Aug. 14, which is in place to stop inappropriate sexual behaviour within the Canadian Armed Forces (CAF) and increase the related support available to all of its members.

"Building on the work that has been done to date, this operation marks the beginning of a cultural change within the CAF and it begins with this organization's leadership," said Gen Vance.

"In the profession of arms, we learn to deal with issues head-on and this op order sets out the way to reach our objective in a format that we, as members of the CAF can easily identify."

Op HONOUR's op order has several key components of interest to CAF members. One is that much of the direction and guidance will come through the chain of command, not simply by the passing of information, but by ensuring everyone understands what constitutes sexual harassment, identifying those who may need help and implementing better reporting measures.

As well, actions will be taken to ensure that the chain of command can respond and better direct cultural change throughout the CAF on the issue of sexual harassment.

Of particular interest is the creation of the Sexual Misconduct Response Centre (SMRC) (Interim). This centre will provide a range of services to all CAF

members ranging from providing empathetic listening to offering information on various investigative and complaint processes.

The SMRC (I) will operate outside the CAF chain of command, residing within DND and will come into existence Sept. 15. The "Interim" designation will remain in place until the centre reaches its full capability within the next two years.

"The SMRC (I) will be put in place to support all members of the CAF," explained Gen Vance.

"I fully support the creation of this centre as it provides an easily accessible resource where members who may be affected by sexual harassment in some form can receive assistance and guidance."

One other item of note described in the op order is the "Soldier's Card," which is a wallet sized document that outlines unacceptable behaviours, the expectations of proper behaviour and contact information to obtain help or report wrongdoing.

The card presents this information in concise, quick-reference format.

"The Soldier's Card is to help ensure that all members of the CAF have no misconceptions about my intent and have readily available contact info should they need it," Gen Vance said. "The final objective for this, the SMRC and the other parts of this op order are designed to reach our ultimate objective of preventing inappropriate sexual behaviour in the CAF."

The op order itself and other details of Op HONOUR are available online through the Defence Team Site of the Defence Wide Area Network (DWAN).

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# Chaplains' counsel critical to Army chain of command

**Gerry Weaver**  
Stag Special

If asked, many people could probably name two of the three primary roles Canadian Army (CA) chaplains play in the military: offering pastoral care and religious services to men and women in uniform and their families, as well as to other members of the Department of National Defence team.

What may not be as well-known is that chaplains are also key advisors to the chain of command and are a critical part of a command team. Chaplains are found at the tactical, operational and strategic levels within the Army.

"We are responsible for the well-being of our soldiers and their families, advising the chain of command and providing religious services," said Canadian Army Command Chaplain LCol Leslie Dawson, who holds the senior chaplaincy position in the Army.

"My role at the strategic level also includes providing the chaplains serving in the Army with priorities, fostering their well-being and ensuring that the priorities of the Chaplain General and the CA Commander are reflected in our ministry."

Unit chaplains are integrated into their units when they go on exercises and deployments. Because they are present wherever the troops are, chaplains are able to quickly flag potential morale or ethical issues, and when appropriate, to advocate for the troops to their commander.

"Often commanders have a command team consisting of their regimental sergeant-major, the medical doctor and the chaplain. That's usually the group that can talk frankly about some of the morale issues and the well-being of the unit," said the command chaplain.

Other types of advice chaplains give to leadership include recommendations on religious, spiritual and moral matters. Compassionate recommendations, requests for religious accommodations, and readiness of individual members for deployment are a part of the chaplain advisory role.

As the religious advisors to command, during deployments chaplains can provide advice regarding the religious landscape within the area of operations.

"We are religious leaders who are able to enter into dialogue and build trust with the moderate religious leaders in the countries where we are deployed. This capacity is called Religious Leader Engagement," said LCol Dawson.

The Army has close to 100 Regular Force and 100 Reserve chaplains.

The chaplaincy is one of the "purple trades" — meaning its members can transfer among the Royal Canadian Navy, the Canadian Army, and the Royal Canadian Air Force.

"Each element has its own command chaplain. The three command chaplains then report to our Director of Chaplain Operations at the Chaplain General's office to coordinate our efforts," said LCol Dawson.

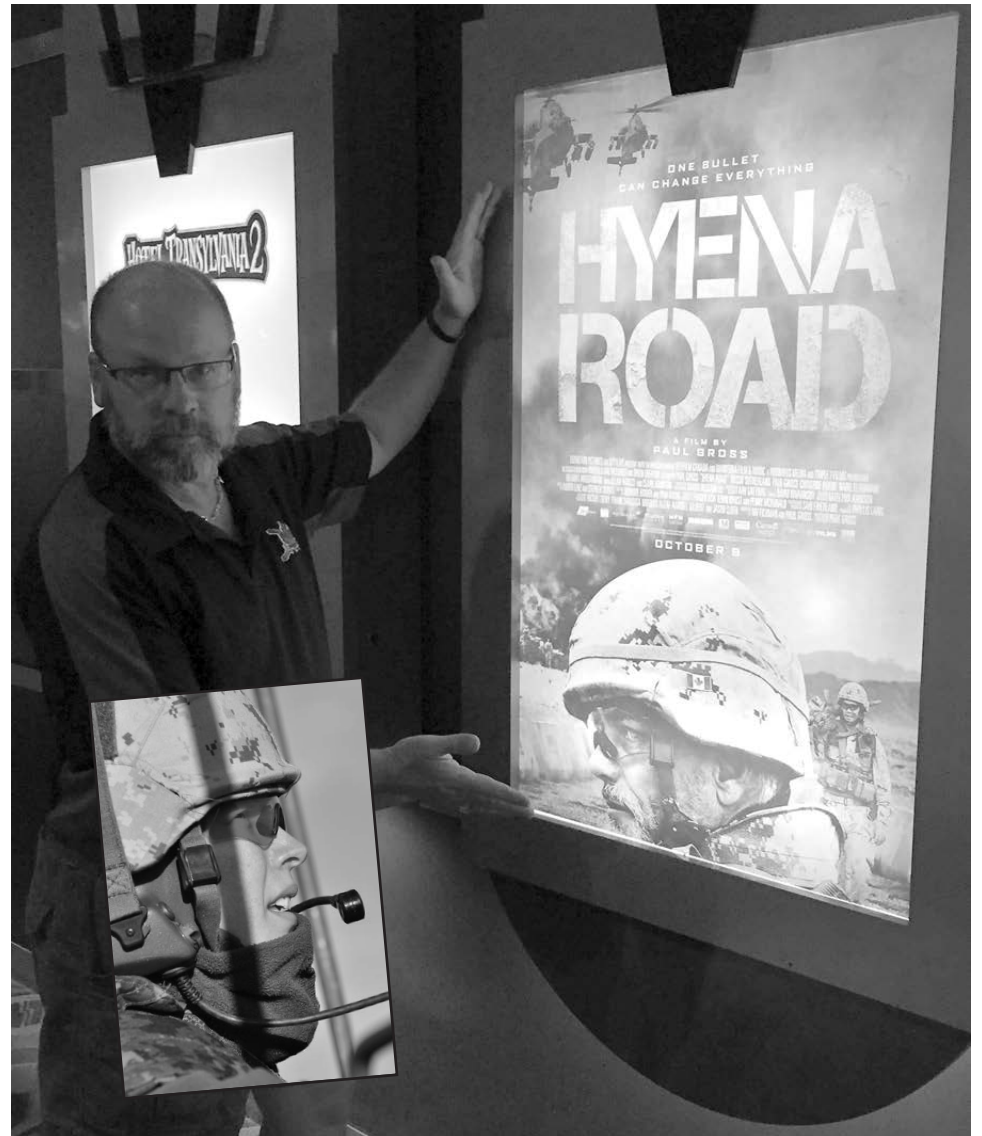
The Chaplain General advises the Chief of the Defence Staff.

Those efforts include developing programs and materials to build resiliency, currently the focus of the chaplaincy's divisional collective training. Resilience in the Army refers to the capacity of a soldier to recover quickly, resist, and even thrive in the face of direct or indirect traumatic events and adverse situations in garrison, training and operational environments.

"We are one of the stakeholders at the planning group which is now underway around resilience," she noted.

Army leadership at all levels appreciates the significance of the chaplaincy's influence on spiritual resilience.

"Our multi-faith chaplaincy is a powerful advocate for our troops, both at home and abroad, contributing to the Army's operational effectiveness through our chaplains' support of the spiritual well-being of our men and women in uniform and their families," offered LGen Marquis Hainse, Commander Canadian Army.



## Film opens Oct. 9

Actress Christine Horne (inset), who plays Capt Jennifer Bowman in the director/actor Paul Gross film shot on the Base last fall, had an opportunity to observe soldiers in action as part of her research on Canada's military during Ex KAPYONG SPEAR. Hyena Road opens at a film festival in Toronto this month, and North America-wide Oct. 9.

Photos by Morgan Cattrall/Jules Xavier

The  
Public  
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Board

## Reminder Notice Of Public Hearing

### Applicant: Manitoba Public Insurance Corporation

#### HEARING:

The Public Utilities Board (Board) anticipates holding a public hearing of an application from Manitoba Public Insurance Corporation (MPI) for approval of rates and premiums for compulsory vehicle and driver insurance as of March 1, 2015. The hearing would take place at the Board's Hearing Room, 4th Floor, 330 Portage Avenue, Winnipeg, MB (commencing at 9:00 a.m.) on **October 22, 2014**.

#### RATE IMPACT:

The Corporation is requesting approval for Basic Autopac vehicle and drivers licence insurance rates and premiums effective March 1, 2015, which, if approved, would result in a 3.4% overall increase. The 3.4% increase is comprised of a 2.4% increase in premium revenue (excluding the impact of vehicle upgrades and an increased overall driver and vehicle population) and a 1.0% Rate Stabilization Reserve Rebuilding Fee.

Actual vehicle and driver premiums would vary depending on claim and driving experience, insurance use, territory and vehicle rate group. Full particulars, including the rate impact and application, can be found on the Manitoba Public Insurance website [www.mpi.mb.ca](http://www.mpi.mb.ca).

#### PARTICIPATION:

Parties wishing to submit a brief or to express comments at the hearing should contact the Board Secretary.

#### GENERAL INFORMATION:

Interested parties should take note that the Board does not have jurisdiction over the MPI lines of business denoted as Extension or SRE, or as to MPI's Driver and Vehicle Licensing operation.

Persons seeking further information as to MPI's application, or with respect to the Board's process, and/or wishing to address the public hearing in French should notify the Board Secretary by **October 3, 2014**. As well, interested parties may examine MPI's application and supporting materials, either at the offices of the Corporation or on its website, or the Board's office or on its website.

#### CONTACT INFORMATION:

**The Public Utilities Board**  
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# Reading accessible on Base with community library

**Sarah Francis**  
Shilo Stag

There's a bit of everything at the Shilo Community Library.

Its many shelves have books for kids in French as well as English. Some are even bilingual. There are classic collections such as *The Hardy Boys* as well as a whole shelf of audio books.

Adults also have a wide selection of books in fiction and non-fiction categories. There are a number of French books, biographies, and authors from Winnipeg and other parts of Manitoba. A wide selection of military books are also on hand at the Base library.

Head librarian Patricia Wells said having a library makes reading more accessible to those living in CFB Shilo.

"To belong to the library in Brandon, you have to live in Brandon," explained Wells. "Otherwise it costs you a fair amount of money. It's important to have a library out here so people can read and have access to books."

The library has been in the Community Centre building for 10 years, with the new reading room for adults recently completed. Wells describes the room as a cozy and warm place to be able to sit and enjoy a book. The walls are lined with shelves of paperbacks, magazines in French and English and there is a computer for public use.

There is also a space for kids to sit and enjoy a book surrounded by stuffed animals. This is where the weekly story time for kids is held. It's held Thursday at 1:30 p.m.

Wells said it's important to help kids appreciate reading. She recalled a time when a boy around three-years-old from the daycare walked down the hall and yelled, "The library is open! Can we go in?"

A moment she said warms her heart.

The Shilo Community Library also helps the nearby schools by providing op-



Shilo's head librarian Patricia Wells returns a book to the shelf.

Photo by Sarah Francis

portunities for the students to come pick out books.

"We have three classes that come over from O'Kelly School," said Wells. "We have Grade 3,4 classes and we have two Grade 7 and 8 classes. I think their class population, or student population, has increased and they had to decrease the size of the library because they needed that room for classrooms."

When you arrive at the library you'll be greeted by either Wells or assistant librarian Tracy Askeland — both are there to answer all your book-related questions. If it's your first time there, they will gladly give you a tour of the library, a brochure and set up your library card. If you're not sure what to read Askeland or Wells can help. After asking a few questions on what you usually like to read they will help you find something that may interest you.

However, if you know what you want to read you can check online to see if they have a book in stock beforehand. The online catalogue can be accessed by going to [shilo.mb.catalogue.libraries.coop](http://shilo.mb.catalogue.libraries.coop). Once there, you can search for authors and specific books.

Wells explained how it seems libraries are in more demand in certain areas. She said in Winnipeg another library was opened in Charleswood. More libraries are being opened in Toronto to keep up with demand.

She believes that libraries and reading paper books won't become obsolete any-time soon.

"People still read books," said Wells. "Even though there are devices out there for downloading books, people still like to hold a book in their hands. E-readers have their places. When you're travelling, that way you don't have to take books with you, which tend to weigh a lot."

Perhaps you're not looking to find books, but have a some laying around you don't read any more. The library can help you out. Bring your books down and they may be able to take your lightly used books off your hands.

Stop by the library to get more information on hours, the rules and to pick up your library card.



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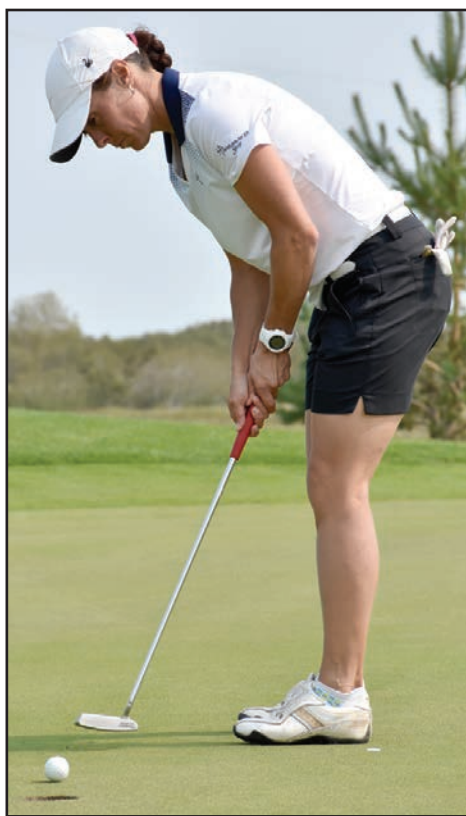
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As patron of golf for the Canadian Armed Forces (CAF), Col Kevin Goheen (above) says he will endeavour to create opportunities for high calibre military players to compete in elite forums while fostering the growth of golf at the grass roots. Golf's virtues as a game of honour and integrity will be another key factor.



**PHOTOS  
BY  
SARAH  
FRANCIS**

## Bdr Gossen finishes tied for fourth

From page 1

As an avid golfer since she was aged five, McBride said one of the great things about golf is that you can pick it up at any point in your life.

"The good thing about golf is that you can play it your entire life. As long as you can walk, you can play golf. I was lucky to learn when I was young, but I'm actually a better golfer now than I was when I was young."

Many of the women she was competing against during nationals had not started golfing at an early age. Capt McBride would like to see more women in the CAF start golfing and competing in these military events, from the regional tournament to qualifying and attending the national tournament.

"Golf is a great sport and women should get more involved with it. Especially in the military. There are great opportunities for women. Unfortunately this year at nationals we only had seven women, where we could have 10. That's because we don't have enough women coming out.

"We've had women come out to nationals that are high handicaps and shooting 120s and 130s. In fact, one of the ladies here this year, at her first nationals,

was a high handicap and now, she's coming and she's 30 strokes better."

A teacher by profession as a training development officer, Capt McBride said she'd be happy to take other women out and show them the ropes and get them involved.

She edged runner-up LCdr Megan McKenzie from Ottawa by two strokes.

Maj Cameron Lowdon from 17 Wing Winnipeg won gold in the men's division with a 10-over 226 score. In past appearances at the CAF golf nationals, he's finished runner-up three times.

"The two times it was held here I was second and last year in Kingston. I'm one of the guys that's been around a long time in the military golf program," he said. "I've been with the program for around 21 years now and we've had some great times with it and it feel nice to finally get it."

Winning the gold, however, was no easy task. He was five shots better than runner-up Capt Wayne O'Donnell of 12 Wing Shearwater. He fired a tournament-best two-under 70 on the final day to secure triumph finally.

"We've had two previous nationals here and Shilo does a great job of hosting the event," he said. "It's a

tough, tough golf course and they always put a lot of effort into having a good tournament.

"I had a good first day. I was leading after the first day. Then [the second day] I got a little out of sorts and that set me back and I was behind going into [the third day]. Despite a bad start it just kind of clicked and everything worked together in the last 15 holes and it came together."

Maj Lowdon golfed in his youth, and has been a member of the national team for a number of years. In that time he's been to many places and said he's looking forward to going to South Korea this fall for the World Military championships.

As a member of the Prairie Region, Maj Lowdon had a part in the team achieving gold. The team shot a combined 1,204 score during the three-day tournament, while the runner-up teams were the Quebec and Atlantic regions. They tied for second with 1,227 strokes.

CFB Shilo's lone representative at nationals was Bdr Jared 'Goose' Gossen of 1RCHA. In a field of 29 golfers, he finished tied for fourth, nine shots back of Maj Lowdon, with Sgt Tom Cameron of CFB Gagetown. Bdr Gossen's opened with a four-over 76, and followed up with rounds of 82 and 77.





### 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**

## LOOKING FOR WORK?



The Shilo Military Family Resource Centre (MFRC) is looking to fill casual positions in the following areas:

- Daycare/OCC
- Youth programs
- Reception

If you are interested, contact us at 204-765-3000 ext 3352 for more information or send your resume to:

[willemien.vanlankvelt@forces.gc.ca](mailto:willemien.vanlankvelt@forces.gc.ca)



## Artists at work

Gunner Arena staff have been busy painting the lines, faceoff dots, and center-ice artwork in preparation of the 2015-16 hockey season. A few layers of ice was put down initially prior to the arduous task of painting the Base logo and other designs on the ice surface before more coats of water are laid down.

Photos by Karen Gero

## Convenient. Private. Secure.

We're proposing an all-in-one personal identification card — driver's licence, health card, photo ID and travel document.

**Share your views.**



Learn more at one of our information displays:

### In Winnipeg

**Portage Place Shopping Centre**  
Thursday, Sept. 10  
10 am–6 pm

**Polo Park Shopping Centre**  
Saturday, Sept. 12  
9:30 am–6 pm

**Kildonan Place Shopping Centre**  
Friday, Sept. 18  
10 am–9 pm

**St. Vital Shopping Centre**  
Saturday, Sept. 19  
9:30 am–6 pm

### Outside Winnipeg

**Opaskwayak Cree Nation, Otineka Mall**  
Monday, Sept. 14  
10 am–4 pm

**Brandon, Shopper's Mall**  
Wednesday, Sept. 16  
11 am–5 pm

**Winkler, Southland Mall**  
Friday, Sept. 18  
11 am–5 pm

**Dauphin, Marketplace Mall**  
Tuesday, Sept. 22  
11 am–5 pm

**Thompson, City Centre Mall**  
Tuesday, Sept. 15  
9:30 am–3:30 pm

**Steinbach, Clearspring Centre**  
Thursday, Sept. 17  
11 am–5 pm

**Portage la Prairie, Prairie Mall**  
Monday, Sept. 21  
11 am–5 pm

Visit [mpi.mb.ca/consultations](http://mpi.mb.ca/consultations) to view the discussion paper and complete the online survey, or call 204-985-7000, toll-free 1-800-665-2410 or TTY/TDD 204-985-8832 for more information.



## Health warning Treat mice droppings with caution, advises BSurg Maj Wilson

### Stag Special

There have been at least two recent cases of Hantavirus Pulmonary Syndrome (HPS) in the CAF, likely contracted in Wainwright.

It is important that everyone is aware of HPS, as it can be found in the region — but the risk is low.

HPS is an acute viral disease that primarily affects the lungs. Hantavirus spreads to people when they breathe air contaminated by deer mouse saliva, urine or feces or accidentally rub their eyes, mouth or broken skin with contaminated materials.

Disease due to Hantavirus infection is rare, but is still a serious illness. Infection without symptoms is rare. Infected persons experiences flu-like symptoms one to six weeks after being exposed to the virus.

Symptoms can include tiredness, dizziness, fever and chills, muscle aches and headaches, nausea and vomiting, stomach pain and coughing. More severe symptoms may include shortness of breath and severe difficulty breathing.

HPS is confirmed to have been contracted in Canada.

The best way to minimize your risk of acquiring HPS is to ensure rodent control in and around the home.

You should also treat all rodent droppings as potentially harmful. Avoid all contact with rodents and learn how to clean up rodent droppings safely.

Refer to the following link for more info and procedures on cleaning of rodents infected areas: [www.gov.mb.ca/health/publichealth/factsheets/Hantavirusfs.pdf](http://www.gov.mb.ca/health/publichealth/factsheets/Hantavirusfs.pdf)

Questions or inquiries can be directed to CFB Shilo's PMed department.



# Base sports teams have busy summer competing

**Danny Hamilton**  
Stag Special

By virtue of winning the Prairie regional championship last month, CFB Shilo's ball hockey team competed at the Canadian Armed Forces (CAF) national championships held at Camp Borden.

The Stags lost in the semi-finals facing Montreal region in overtime 4-3. The team from Montreal went undefeated throughout the tourney and claimed the 2015 CAF national ball hockey title.

On a positive note, 1RCHA Bdr Steve Richer was selected the most sportsman-like player for the championship and was presented the award which was donated by the Canadian Legion.

In round-robin action, CFB Shilo opened play with a 6-0 victory over Esquimalt Formation. This was followed by a narrow 2-1 loss to 8 Wing Trenton. Two more losses followed, this time 7-4 to Halifax Formation and 7-2 Montreal Region.

In mid-August, CFB Shilo competed in the 2015 Prairie regional soccer tournament held at Garrison Edmonton. The Stags acquitted themselves quite well finishing with a 7-0 loss in the finals against the host team. In round-robin action, CFB Shilo opened play on soccer pitch with a 6-1 loss to Garrison Edmonton, then played to a 2-2 draw with 15 Wing Moose Jaw. When the teams went to penalty kicks, 15 Wing prevailed. CFB Shilo cruised to a 7-0 win over 4 Wing Cold Lake, then crushed CFB Wainwright 10-1. The same two teams faced each other in a semi-final tilt, with the Stags doubling up on its opponent 4-2.

Community recreation golf league wrapped its regular season with 1RCHA HQ Bty (2) winning the regular season title convincingly — posting 190 points compared to 3 CDSG Sigs Sqn accumulating 174 points. CFB Shilo then hosted the three-day 2015 CAF national golf tournament in late August. The Prairie regional achieved first-place in the team por-



Coach Danny Hamilton's Prairie regional championship squad had to rely on a fill-in goalie after his starter was injured at nationals in Ontario. The Stags advanced to another national tournament after knocking off 17 Wing Winnipeg in July at Gunner Arena.

Photo by Jules Xavier

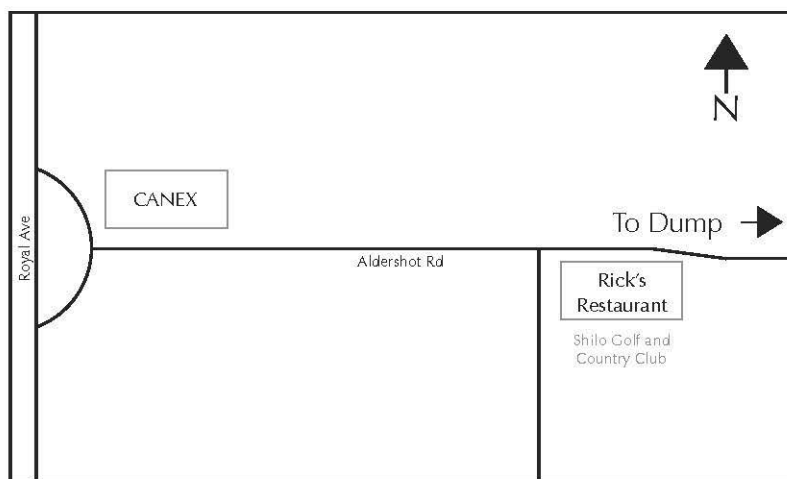
tion with a 23-stroke victory over both Atlantic and Quebec regions. In a 54-hole stroke play competition, the ladies singles event was won by Camp Borden's Capt Suzanne McBride, who fired a 45-over 265 score, and edged Ottawa's LCdr Megan McKenzie by two strokes.

In the men's singles, it was 17 Wing Winnipeg's Maj Cam Lowdon winning by a convincing five strokes

over 12 Wing Shearwater's Capt Wayne O'Donnell's 15-over 231 score. Maj Lowdon's 10-over 226 was helped by a two-under 70 on the final day of golf action on the par-72 Shilo Country Club course. CFB Shilo's Bdr Jared Gossen of 1RCHA had a respectful showing, finishing tied for fourth. He was nine strokes back of the leader after recording a 19-over 235 score on a course he knows well since he was posted here.

## Got Bulk Garbage?

Bulk items, yard waste, tires, and electronics may be disposed of Monday – Friday from 8 a.m. – 4 p.m. at the Shilo dump located 2 km east of Rick's Restaurant on Aldershot Road



Items may be placed for curbside pick-up the following dates ONLY:  
**October 13**

Items are to not be placed earlier than the evening prior to pick-up.



## We want you on our team

The Shilo Stag is looking for another sales consultant for its team. It's posting season, which is the perfect opportunity to sell the Brandon business market on advertising in the Stag. They have a captive audience — people 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.



# Stags garner silver following 7-0 defeat in finals

**Cpl Josh Primeau**  
Stag Special

It was a game of attrition for CFB Shilo's soccer team at Garrison Edmonton in mid-August for the Prairie regional soccer tournament.



**Reg Helwer**  
MLA for Brandon West

Constituency Office:  
20 18th Street  
Brandon, MB R7A 5A3  
P: (204) 728-2410  
E: reg.helwer@leg.gov.mb.ca  
www.reghelwer.com



**Cliff Cullen**  
MLA for Spruce Woods

Constituency Office:  
Box 129, 101 Broadway  
St. Glenboro, MB R0K 0X0  
P: (204) 827-3956  
E: cliff.cullen@leg.gov.mb.ca  
www.cliffcullen.ca

Facing the host team in the gold medal tilt, the Stags saw two players injured early on, and with no bodies to come from the sidelines, dropped a 7-0 decision.

Besides CFB Shilo and the host side, the other teams fighting for the chance to represent their Base at nationals in CFB Borden were CFB Wainwright, 4 Wing Cold Lake and 15 Wing Moose Jaw.

In recent years, CFB Shilo has not had much luck and was looking for a chance to defeat the heavily favoured Garrison Edmonton to open soccer action. It was not to be as the host squad coasted to a 6-1 victory.

Looking back on the tournament results, with a smaller squad than normal, CFB Shilo lost its only two subs in the first two games due to injuries and had to finish the tournament with 11 bodies.

CFB Shilo finished the round-robin in second thanks to a 7-0 skunking of 4 Wing Cold Lake, then crushed CFB Wainwright 10-1. Earlier, the Stags played to a 2-2 draw with 15 Wing Moose Jaw, but lost the contest in penalty kicks.

Playing with just nine bodies following two injuries in the gold medal tilt, the CFB Shilo Stags could not slow down the speedy squad from Garrison Edmonton in the Prairie regional soccer final. The host team went on to post a 7-0 triumph and a ticket to nationals at CFB Borden. Here, the Stags pose for a team photo after their game.

Facing CFB Wainwright in its semi-final, CFB Shilo prevailed 4-2.

Player/coach BRSM CWO Don Askeland said the loss in the final was not indicative of the play of his squad, but facing faster players from Garrison Edmonton was tough when the Stags only had nine bodies on the soccer pitch. He was among two players taken down hard by opponents that resulted in injuries.

Offensively, CFB Shilo was the only team to put the ball in the back of Garrison Edmonton's net. Scoring for the Stags during the three-day tournament were Cpl Primeau eight goals, Cpl Van Uden and Bdr Bonkowski five goals each, Pte Campell four goals, and Gnr Machut adding three goals.

CFB Shilo fought through injuries and overcame the odds to make it to the championship tilt. In the end, CFB Shilo Stags garnered silver facing a very strong Garrison Edmonton squad.

*Cpl Josh Primeau is with 1RCHA*



National Defence  
Défense nationale

## 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 



National Defence  
Défense nationale

## 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

## Shilo Military Family Resource Centre Employment Opportunity

### Veterans Family Co-ordinator

Under the direction of the executive director, this is a one-year term position with the possibility of it becoming permanent. This position is part of a pilot project to support medically released members of the CAF and their families for up to two years as they transition to civilian life.

#### Responsibilities Include:

- Educate and make aware of the Military Family Services Program (MFSP) to the needs of medically-releasing CAF Vets and their families for two years from the date of release
- Refer counselling services for the support of family members in crisis or imminent crisis
- Initiate partnerships with military units, civilian community agencies/gov't organizations
- Refer group and individual education sessions to support the transition to civilian life
- Collaborate on the co-ordination and provision of general information briefs for chain of command, CAF and VAC personnel and community agencies and partners

• Maintain open communication with all seven pilot locations to ensure continuity of service

#### Desired Knowledge, experience and education:

- Diploma or degree in social services, family social science or a related field
- Excellent communication skills, both oral and written
- Strong public speaking experience
- Valid Manitoba driver's license and ability to travel within the Westman region
- Proficiency in French is considered an asset

#### Other:

- To represent the MFRC in a professional, ethical and positive manner
- To work flexible hours as needed/ required
- To adhere to all MFRC policies and procedures including confidentiality
- To participate/ assist with all special events when required
- To perform other duties as needed

Submit resume by Sept. 13 to:

Willemien van Lankvelt  
Executive director Shilo MFRC  
PO Box 5000  
Shilo, MB R0K 2A0

E-mail willemien.vanlankvelt@forces.gc.ca

We thank all who apply, but only those applicants invited for an interview will be contacted.





## On the road

Soldiers with Base Transport drive a plethora of vehicles, from heavy equipment used for keeping the training range roads in driveable condition, to ensuring passengers get to various locations when a bus is required for military events. Like moving soldiers to an exercise north of Brandon or when 2PPCLI and 1RCHA headed to north Saskatchewan to help fight forest fires earlier this summer.

*Photo by Jules Xavier*



# Have fun with play dough

### MFRC Special

Play dough is simple to make, but provides hours of entertainment for all ages.

Did you know that mixing flour, water, salt, oil and alum could benefit you and your family in many ways? The benefits to fine motor skills, imagination, creativity, calming, soothing, math, literacy development, and science can be invaluable.

Rolling, squishing, squeezing, flattening, and poking play dough helps strengthen fine motor development and eye-hand co-ordination.

You can use some items from your home to enhance the play. Items could include cookie cutters, straws, toy vehicles, fabric, netting, ribbons, muffin tins, small cups, egg cartons and boxes.

Throwing in some textures to the play dough such as wooden letters, googly eyes, buttons, coloured rice, glass pebbles, pasta shapes, objects from nature, rice, couscous, coriander seeds, sesame seeds, sawdust, sand pebbles, rock salt, tiny pasta, glitter, glitter glue and sequins also enhances the experience and increases fine motor development.

Adding some cocoa powder, ginger, cinnamon, turmeric, fruit juices, food colouring, food flavouring, essential oils, and kool-aid will make it smell wonderful and make it colourful.

You could add some essential oils to the play dough to create the ultimate aromatherapy experience. Cedar wood oil and lavender oil can create calming and relaxing properties.

Playing with play dough can be so exciting. You can form 2-D and 3-D shapes, compare lengths, widths and thickness, count out shapes and match to the number card, and match or sort by colour or smell.

Making a volcano out of play dough can turn into a science experiment simply by adding some baking soda and vinegar. This will start a conversation about what will happen, or what other things we can make.

Changing the state of ingredients from adding wet to dry makes a very sticky to smooth formation. In the eyes of a child that is amazing and you will be called "The Scientist."

Here is an easy play dough recipe for you to try: two cups of flour; one cup of salt; two cups of boiling water; quarter cup oil; two tbsp alum; food colouring.

Mix flour, salt and alum in a large bowl. Add oil and food colouring to one cup of boiling water. Gradually mix dry with wet ingredients. Add more water as needed. Store in an air tight container.

## CLASSIFIED ADS

Email: [stag@mymts.net](mailto: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 17 at noon**

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

### 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 Fire-arms Safety Course Instructor/Examiner** • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses offered at least monthly and more often by demand. Firearm/hunter safety courses planned for Aug. 21, 22, 23. Examinations by appointment • 204-725-1608 • e-mail: [ggs57@wcgwave.ca](mailto:ggs57@wcgwave.ca). [huntershooterguy.com](http://huntershooterguy.com)

**Nad's Simply Clean** For all of your cleaning needs weekly, bi-weekly, and monthly. Also available for offices, contract cleanup and single occasions. Receipts provided. 204-573-1509.

**We buy and sell** good used furniture/appliances and we deal in coins and coin/stamp supplies. People's Market Place, 32-13th St., Brandon, 204-727-4708.

### 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)

### Services

**Now Open:** Naturally Amourified in the CANEX Mall. Full-service hair salon and registered massage therapist. 204-721-0604

### 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, the clerk/cashier scans customer purchases, processes the transactions, and accepts payment. He/she prices, stocks shelves, counters and display areas with merchandise and keep stock in order. He/she performs cleaning duties as required. Starting salary is \$11.69 per hour after two-month probation. Apply in person at CANEX administration office, or NPF Human Resources office at base HQ.

### Open House

**82 Brandon Royal Canadian Air Cadet Squadron** open house, registration Sept. 11 at 6:30 p.m., Brandon Armoury, 1116 Victoria Ave. Youth ages 12-18 are welcome to join. Call 204-725-4703, leave a message and your call will be returned.

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

#### Brandon

Safeway  
Brandon Armoury  
Women's Resource Centre - Town Centre Mall  
Royal Cdn Legion Branch No. 3  
Sobeys

Forbidden Flavours  
ANAF  
**CFB Shilo**  
CANEX Mall  
Shilo Community Centre  
GSH  
Country Club (Rick's)

All Messes  
**Carberry**  
East Side Service  
Carberry Legion  
**Douglas**  
General Store  
**Minnedosa**

Minnedosa Legion  
**Neepawa**  
Legion & Fas Gas Hwy. 16  
**Sprucewoods**  
The Shilo Inn & 340 ESSO  
**Wawanesa**  
Family Foods



**CANADA'S MILITARY STORE**  
**LE MAGASIN MILITAIRE DU CANADA**

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

CFB Shilo - CANEX Retail Store

19 SEPTEMBER 2015

CANEX is celebrating it's  
**47<sup>th</sup> Birthday!**

And what's a birthday  
without a party?

Join us Saturday September 19<sup>th</sup>  
from 1100 - 1400hrs  
for a **Free BBQ!**

We'll have bouncy rides, games,  
cotton candy, popcorn, fresh baking,  
vegetables, preserves,  
a petting zoo and Cake!

BBQ courtesy of Fountain Tire

CANEX would like to thank our various vendors and partners:  
The Personal Insurance, Westoba Credit Union, MFRC, Forbidden Flavors,  
Garrison Grill, Triple 4 Advertising, Old Dutch Foods.