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Volume 53 Issue 8



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April 24, 2014

## INSIDE This Issue



Licence plate selling keeps retired WO busy. Page 3



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## Spring takes flight

A flock of cedar waxwings took over a tree in front of a Kingston Avenue PMQ prior to the recent snow-fall. The birds are back now that winter is finally melting away, gorging themselves on the red berries. Berries that fall to the ground during the feeding frenzy are being enjoyed by deer and rabbits.

Photos by Jules Xavier



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### Shilo Theatre

(Located in the General Strange Hall)

April 25 Jack Ryan: Shadow Recruit 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.

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



## Perfect aim for private

Pte Youngho Kang received his top shot award which goes to the soldier who best combines their shooting abilities with physical fitness, by shooting the highest score in the platoon during personal weapons tests. 2PPCLI welcomed 20 new soldiers into the infantry fold following their recent graduation ceremony. Pte Kang received his award from 2PPCLI CO LCol Bob Ritchie and RSM CWO Todd D'Andrade. *Photo by Jules Xavier*

## What are you doing after CAF retirement?

### Shilo Stag

Are you approaching your long-awaited retirement or thinking about a second career outside the Canadian Armed Forces (CAF)?

The CAF recognizes that this

transition is a major life-event.

We address this issue by providing information and guidance to CAF members and their spouses about how to effectively manage career changes or retirement.

Spouses are welcome to take part in the three-day Second Ca-

reer Assistance Network (SCAN) and medical seminar which starts May 6.

To register, call the Base Personnel Selection Officer (BPSO) office at 204-765-3000 ext 3086.

To ensure the seminar isn't cancelled, register as soon as possible.

## Meetings planned for summer sports

### Shilo Stag

Are you interested in participating in golf, slo-pitch or ball hockey on the Base?

If so, there are community recreation sports organizational meetings planned this month to cover the spring/summer seasons.

These meetings are held to discuss the logistics and

rules for these three sports being offered at CFB Shilo.

If you are interested in golf, drop by the Shilo Country Club April 28.

For slo-pitch and ball hockey, the GSH meeting room is the venue.

Slo-pitch is April 29, while ball hockey goes the following day.

All meetings start at 10 a.m.

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2PPCLI soldiers participating in Ex STRIKING RAM were fortunate they did not have to dress for -45 C temperatures. Still, they did layer up as they snowshoed across the training range en route to various battle scenarios.

Photos by Jules Xavier

# Braving the cold How soldiers layer up for training

**Samantha Bayard**  
Special

**Resolute Bay, Nunavut** — Due to the extremes of Canadian winters, our soldiers need a specific kit and to layer those items appropriately during their cold weather exercises and operations.

Whether training in cold weather, defined as anything below eight degrees Celsius or in extreme cold weather in the Arctic region of Nunavut reaching -50 degrees Celsius, the principles are the same, explains Capt Khelil, the Platoon Commander of the Army's of the Arctic Operations Advisor Course (AOA).

He works for the Canadian Army Advanced Warfare Centre (CAAWC) which is the Army's Functional Centre of Excellence for Arctic and Cold Weather Operations.

"You really have to temper your workload. Things take more time; the fact of working in extreme cold. Slow your pace, take your time to prepare properly because everything is harder," describes WO Glenn Whitten, also of CAAWC, the Platoon Second-in-Command and also the Arctic and Cold Weather senior hands-on expert.

"We have a layered system. For the general body we have long underwear on the top and bottom, bringing moisture away from the body, drying quickly, and our second layer is fleece. Over top of that, we have the parka and what we call bib pants which are farmer John style skidoo pants," says WO Whitten.

He adds, "For the feet we have mukluks: white boots that have a felt screen and a moist sole in the bottom. Moisture from the socks goes from the mesh into the screen. We have these big gauntlet arctic mitts, most guys wear small liner

gloves inside for extra insulation. For the head, we have a balaclava and a neck gator, with a toque on top."

The balaclava and gator mask are used to protect your face and neck in cold climates as well as protect you from dust.

"At all times you should have certain protection to protect your face, cover the skin — the extremities, the arms, the feet," says Capt Khelil.

The outer layer; a winter parka provides high quality insulation and allows soldiers to train in extreme cold weather conditions of the arctic and sub arctic.

A wire has been added inside the hood to shape it to your face and ensure it doesn't block your vision.

Depending on the temperature and the task, soldiers adjust their layers.

"Down south it's a little easier. At -10 or -15, guys will take the liner out of the parka, and wear long underwear with the shell of the parka as a windbreaker. Because there is no insulation, they can stay cooler. Up here in the high arctic if it's -30 below, you can only strip down so much. With the windchill factor, you have to really temper your work level more, work slower, and try not to sweat too much," says WO Whitten.

Thirty-six candidates were selected for training; representing different units from the country with intentions of bringing information back to inform their individual units.

"A lot of people down south in different bases and battalions went to winter exercises for a week or two. For this, they were able to discover the low and high arctic over 51 days. They are more confident in their kit and how to operate in cold," says Capt Khelil.

Samantha Bayard is with Army Public Affairs

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 Proof reader Elaine Bullee ext 3736

Fax: 204-765-3814 Email: [stag@mymts.net](mailto:stag@mymts.net)

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

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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](mailto:stag@mymts.net), dropped off at the Stag office located in CANEX or via Inter-base mail.

**Submitting articles and photos for print:**

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

...



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 Facebook by visiting:

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## Celebrating Battle of Vimy Ridge

Virden's XII Manitoba Dragoon's Cadet Corps volunteered with Brandon/Shilo's 2520 Army Cadet Corps at the April 5 Vimy banquet held at the Brandon Armoury to commemorate the 97th anniversary of the Battle of Vimy Ridge, where more than 66,000 Canadians lost their lives and 170,000 were wounded. The taking of Vimy Ridge in France on Easter morning April 9, 1917 is considered by many historians to be the defining moment for Canada as a nation. The well-attended evening included a Chinese buffet and silent auction to raise money for the 26th Field Regiment Museum. Here, Shilo cadet MBdr Tatyana Johnson (left) and Sgt Elias from Virden, display auction items.

Photo by 2Lt Betty Froese



## Poop minefield dogs leisurely stroll

Stepping in a pile of fresh dog feces is not pleasant, especially when the boots belong to this scribe.

This is not my first, or I expect last, time walking on dog poop, nor writing about it in a column.

It was not funny when I was officiating a soccer game on a warm summer day in British Columbia and a player came up to me to show his cleats were covered in canine poop, and asked if he could leave the pitch to clean the sole. Nor was it funny on an Alberta soccer pitch when another player going for a slide tackle on wet grass and comes up with the ball, but also a leg smeared with dog excrement.

Sometimes it's like navigating a minefield of dog poop during a game on any soccer pitch, with dog owners using the vast grassy area like a dog park.

In Alberta I had to contend with more than gopher holes, which can be hazardous to the limbs if your cleats hit one.

This Base is no exception, including the dog park where canine owners should be picking up after their four-legged companions do their business.

Since when does a soccer pitch, dog park or the front lawns of one's PMQ become a toilet for the family pet while you're out for a leisurely stroll now that winter is FINALLY melting away?

If your dog leaves a gift on the lush grass of a soccer field where soldiers could be enjoying their afternoon PT or on any green space at CFB Shilo, it's your responsibility to pick it up.

Same goes for the canine owners out enjoying a walk around the Base. A recent stroll with my Jack Russell Terrier, Purdy, and I observed dog poop left on either side of the paved walkways.

When I go for my casual walks with Purdy, I bring

along bags to pick up any dog "doo" she deposits. Why can't the rest of the users enjoying a Base walk or run in the dog park pick up dog excrement left by their animals?

There's even a doggy bag box installed strategically beside the Base dog park to encourage dog owners to pick up after their animals. It works for me if I happen to forget my poop bag in the car, or at home. In fact, I'll often take two, with the extra in my pocket used at a future excursion with Purdy.

Do other dog owners need to be exposed to this mess? Or families without canine pets who are just out enjoying a leisurely stroll after being cooped up all winter?

What does it say about our community if visitors to the dog park, sports fields behind the GSH have to navigate a poop minefield?

I concede it's not all dog owner who go for a walk to exercise their canine companions and make the choice not to pick up after their cherished pet.

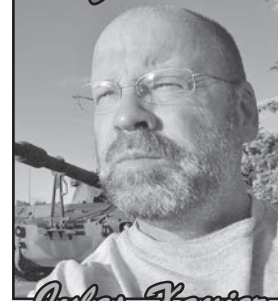
I see this as an ongoing problem based on the foul-smelling evidence left behind at the dog park, or along the Base sidewalks in front of your home.

This is an issue often talked about during Shilo community council meetings.

The same can be said with cat owners who allow their feline friend to leave smelly gifts in the garden boxes introduced to the Base last summer. With no cat litter box to use, these animals won't soil their own domain. Instead, they find the nearest garden plot — soil containing seeds waiting to germinate — and leave a putrid-smelling pile as well as contaminating the soil with their ammonia-like urine.

Be responsible for your pet and its bathroom habits. No one needs to step on dog poop.

### Reflection



Jules Xavier

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Minnedosa Legion  
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There are 20 new soldiers posted to 2PPCLI during PPCLI's centennial year following a graduation ceremony for C Coy of 3rd Canadian Division Training Centre. This group of soldiers endured one of the coldest winters in a century while out on the training area honing their infantry skills taking a Primary Leadership Qualification (PLQ) and DP1 infantry courses.



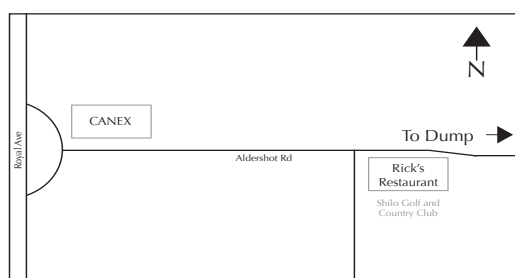
Pte Mark Henderson garnered two of four awards following his 3CDTC C Coy graduation. 2PPCLI CO LCol Bob Ritchie and RSM CWO Todd D'Andrade acknowledged his awards: top leadership candidate and most physically fit soldier.

Photos by Jules Xavier



## 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 curb-side pick-up the following dates ONLY:

May 20, 2014

October 14, 2014

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



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# Dealer has licence to trade

## German soldiers took plates home after Shilo posting

**Jules Xavier**  
Shilo Stag

No longer used by the Northwest Territories, the polar bear-shaped licence plate is popular with European collectors.

Just ask collector/dealer Lewis Risser, a 26-year Canadian Armed Forces (CAF) veteran who often spends his mornings at the CANEX mall post office mailing out licence plates for customers who purchased them from his eBay website.

"Europeans really like the Northwest Territories plate. The government there has discontinued issuing the polar bear plate," says 72-year-old Risser. "So I made a phone call and bought up 300 unused plates which I now sell. It's better to buy [plates] in bulk where you can."

CFB Shilo motorists need not worry about losing their plates to collectors, or a dealer like Risser, because it is the unique or rare plate that piques the interest of those who collect them.

Among his European customers who do collect licence plates, Risser acknowledges Russians and Germans are especially interested in North American plates. Dealers who barter with him at licence plate conventions are keenly interested in his NWT plates, and the tribal plates from North Dakota.

"Our conventions are like a giant flea market, but it's all about buying and selling plates, whether you are a dealer or a collector," he says. "My wife, who does not mind, will look after my table among the 600 that are set up, while I go around wheeling and dealing."

Risser plans his two-week summer vacation around attending conventions in the USA, or if it's held in Canada. His trips have taken him to collecting hotbeds like Alabama, Utah, West Virginia and Pennsylvania. This year he's off to Rochester, New York.

He just returned from a convention held in Vegas last month, where he bought a number of plates, but did not hold on to them for long. No sooner had he posted these plates that they were sold to his regular customers who peruse his eBay account.

Originally posted to CFB Shilo in 1962, in 1964 he met a Brandon girl who would become his wife later that year. During his CAF career the Nova Scotia native saw postings at other Canadian bases, but also did military stints in Cyprus and Egypt.

After retiring in 1985 as a warrant officer and settling in Sprucewoods, he opened a store in L33 that sold belt buckles and trophies, but also licence plates at the request of the German soldiers who were training on the Base.

"They were begging me to bring in licence plates," he recalls. "I started seriously in '86 selling just the plates. Germans liked the variety and look of the USA and Canadian plates. When I asked why they bought them, they would tell me their [bland] European plates were just black letters on a white background."

The natural progression for Risser, as a collector and dealer, was to start attending the conventions as a means to network and locate other licence plates his customers might be interested in, especially if he could purchase in bulk.

His own collection was of interest to other dealers, who did not have access to Canadian plates he did, like the 300 NWT polar bears now among his inventory.



Collector/dealer Lewis Risser catches up on his licence plate reading in the publication *Plates*. The Northwest Territories plate (below) in the shape of a polar bear silhouette is among his customers' favourite plates.

Photo by Jules Xavier



"I attend the conventions to sell my plates, but I'm also there to buy, too, so I can add to my own inventory," he explains. "The money I raise through my sales out of my house ... that's the money my wife and I use to go on our vacation, which also includes attending these conventions."

Not unlike comic books or baseball and hockey cards, Risser keeps his plates, whether new or ancient, in plastic sleeves.

"It's for the protection of the plate," he says. "I don't want to scratch the paint, or the emulsion on the plate."

While buying plates between dealers is the norm, Risser says what he likes to do is barter with his American counterparts.

"Sure there's lots of wheeling and dealing. That's the fun, and what it's all about when we get together at these conventions."

Of the USA plates in his collection, Risser says he specializes in North Dakota plates, and focuses on collecting the native plates which a tribe from Spirit Lake, North Dakota, will issue to its residents who drive on the reserve.

"There's lots of demand from other collectors and dealers," he says. "For me to specialize in these plates only makes sense because Manitoba and North Dakota are neighbours. There are a number of reserves just on the other side of the [USA/Canada] border."

"When I'm heading into the states on vacation I

will check out the scrap and recycling yards for these plates and make purchases on my way to the convention. I have tools I bring with me, and usually the scrap yard owner lets me go and take the plates off the cars."

Risser does the same thing when he's back home on the east coast visiting family in Nova Scotia.

"I'll hit the scrap yards there. I'm usually told to help myself."

While his current collection numbers more than 3,500 plates, his house is not a museum to the licence plates. Most plates are for sale.

"I'm more of seller than collector. Plates that are personal to me are not for sale," he explains, "and won't be sold. I put them on my wall at home."

Plates that adorn his wall include his mother's first plate, plus his daughter Susan's inaugural licence plate. He also kept his first dealer plate when he ran his own car dealership "outside the gate" of CFB Shilo.

Dealers and collectors can also do research, besides on the computer, by subscribing to the magazine *Plates*, a publication that is based out of Hampton, Virginia and run under the Automobile Licence Plate Collectors Association (ALPCA). There's even a chapter for Canada in the glossy magazine which is filled with stories and photos of unique and colourful licence plates. Collectors from this province know that early in the 20th century Manitoba

drivers were issued leather pre-provincial plates, with a belt and number which you'd attach to your vehicle.

The magazine boasts the largest licence plate store in the world is based in St. Petersburg, Florida. There are also licence plate restorations if you happen to own a vintage Manitoba plate from the early 20s which has seen better days.

How do you put a price on licence plates when it comes to selling on eBay to a Russian or German customer?

"If they are in mint condition, which means the plate has never been on a vehicle then they will cost more," explains Risser. "While there's a guide out there for setting prices, it's all about what are people willing to pay based on supply and demand. Rare plates of course can earn a good dollar for the owner."

For Risser, he relies on what the market can bare, and what his fellow dealers are doing when he sets his prices. He can draw on the *Plates* magazine, too.

"The style of the plate and the fact a plate is obsolete can see prices go way up when buying, or selling," he says. "For the polar bear plates from the Northwest Territories, because they are relatively rare because they are no longer being used on the vehicles there, I sell for \$35."

Since becoming a collector/dealer, Risser has forged many friendships among his fellow collectors, which is a group mainly comprised of senior citizens.

"I've know this guy Bobby Taylor from Tempe, Arizona since 1986, and we talk sometimes twice a month, but I have never actually met him," says Risser, who met up with his 82-year-old fellow dealer in Vegas in March.

To help raise funds for local charities, Risser built a donation box for licence plates and had it installed in the CANEX mall. He will evaluate the worth of each plate you donate to this box, set a price, and take a certain percentage of that value and use this money to help local charities.

For more on licence plate collecting, visit [www.alpca.org](http://www.alpca.org)



# Reserve campsites



A trip to nearby Riding Mountain National Park affords campers an opportunity to hike during the day, and roast marshmallows on the fire in the evening before bed.  
Photos by Kim Sharpe

## National parks offer outdoor camping adventures

### Shilo Stag

Do you enjoy camping during the summer?

If so, for those diehard outdoors enthusiasts from CFB Shilo interested in enjoying what nearby Riding Mountain National Park has to offer, why not book your camping spot in advance of arriving.

The Parks Canada online reservation service at [www.reservation.pc.gc.ca](http://www.reservation.pc.gc.ca) is now open. Parks Canada officially opened its online reservation system April 7 for the summer season and campers can now reserve their camping experience in Riding Mountain National Park.

Online reservations have become very popular the past few years and, as of 2013, all reservations are now on a site-specific basis.

This means guests are able to select and reserve their exact campsite/accommodation.

Campers interested in reserving a campsite in the Wasagaming campground in Riding Mountain National Park can make a reservation 24/7 at the above website or by calling 1-877-RESERVE from 8 a.m. to 6 p.m.

#### Quick Facts

- The Wasagaming campground offers 86 full-serviced, 74 water and electricity, 73 electricity, and 278 un-serviced camping sites.

- The park has also introduced the Parks oTENTik — the ultimate camping experience with all the comfort of home.

Resembling a traditional prospector tent, there are 10 in the Wasagaming campground which offer a more spacious and comfortable camping experience. The tents have sturdy wooden frames with canvas covering a wood laminate floor and are equipped with lanterns, picnic table and seating, propane and barbecue, fire pit, wood stove and beds that sleep up to four adults or a family of six.

In addition to the oTENTiks in this campground, there is a yurt for rent that accommodates five people.

- Wasagaming campground also offers a more permanent venue which consists of a wood frame enveloped in canvas and equipped with windows and a solid door.

It is constructed on a hard wood floor and is five metres in diameter. It can house four adults or a family of five and has a skylight, heater and solar lighting. The rustic style furniture has been chosen to match the architecture of Riding Mountain National Park and is made locally.

- Spectacular campsites are also found at Lake Audy, Whirlpool Lake and Moon Lake. To continue meeting the needs of campers who prefer not to reserve in advance, campsites will be available in these locations on a first come first served basis.

- Why should you plan a visit to Riding Mountain National Park? The options are endless, but here are just a few of the things you can look forward to this summer:

- *Canada Day celebrations (free admission) - July 1*

- *Clear Lake Day - July 12*
- *Canada's Parks Day - July 19*
- *Wasagaming weekend - Aug. 8-11*
- *Riding Mountain triathlon - Aug. 16-17*
- *Boo in the park - Aug. 23*
- *August concert in the park - Aug. 23*

"Riding Mountain National Park provides all the amenities, outdoor activities and special events you could ask for, making it the prime tourism destination in Manitoba. We are excited about offering our visitors another great summer experience in 2014," says Richard Dupuis, the visitor experience manager at Riding Mountain National Park.

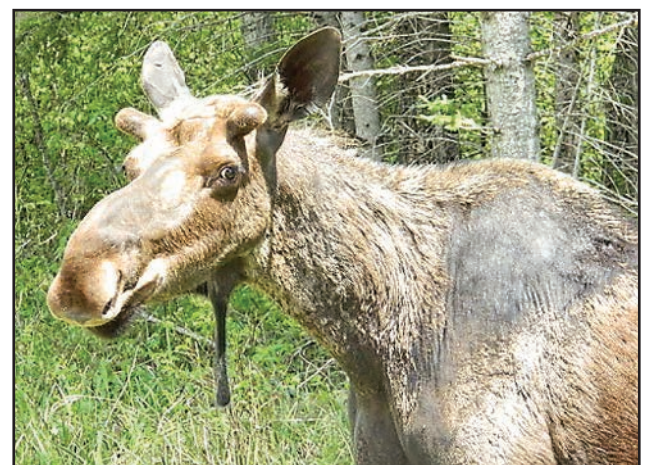
The park also boasts 19 backcountry campsites located throughout the wilderness setting on maintained trails if you are seeking a challenging yet rewarding outdoor experience.

With more than 400 kilometres of trails, the Gorge Creek is a visitor favourite, featuring a natural transition from white spruce forest to hardwood-lined streams and awe-inspiring vistas at the edge of the Manitoba Escarpment.

The extensive trail system offers scenic routes for hiking, biking, horseback riding, cross-country skiing in the winter and birding.

For more information on this national park, dial 204-848-7275.

Or visit the following websites:  
[www.parksCanada.gc.ca/riding](http://www.parksCanada.gc.ca/riding)  
[www.discoverclearlake.com](http://www.discoverclearlake.com)



Whether it's swimming (left) or exploring what the park naturalists have to offer (middle), Riding Mountain National Park also boasts plenty of wildlife, like the moose.



# Dragon boat team recruiting new members

**Betty Froese**  
Special

"Together!" coach Natasha Bowlby shouts over the splashes of 20 paddles slicing in and out of the water. "Together! Together!" she chants, keeping the pace as the 12-metre long dragon boat surges forward, skimming swiftly over Lake Minnedosa, its 20 paddlers synchronized in unified strokes.

It's a perfect evening for the Brandon Blaze dragon boat team to train under the cerulean blue Manitoba sky.

The Westman team shares the love of dragon boating among great athletes world-wide with a participation rate of 60 million paddlers in 64 countries, becoming one of the fastest growing international sports in the world.

For ceremonial purposes in China, dragon boating dates back 5,000 years. The dragon is the ancient ruler of the rains from the heavens, as well as the rivers, lakes and seas.

While they are not paddling down the great Yantze River in China, the Brandon Blaze Dragon boat team trains with the same passion on the beautiful lake just outside the town of Minnedosa.

It's a favourite recreation site in the summer and is considered to be one of the best sites for competitive paddling in Canada, being the venue of choice for the 1999 Pan Am Games.

"It's the perfect location," Bowlby explains. "We used to practice on the Assiniboine River in Brandon, but the flood of 2011 forced us to change location."

"We've been training here ever since and couldn't ask for a better place. This lake is nice and long, and is ideal for practicing racing for various distances. It also offers a great vantage for dragon boat festivals our club hopes to initiate in the future."

The sport typically involves 22 people: a steer person, 20 paddlers sitting in pairs facing the bow (front) of the boat, and a drummer who keeps the paddlers in stroke throughout a race using the rhythmic beat of the drum to indicate frequency and cadence of the



Dragon boaters skim across the water at Lake Minnedosa, the 20 paddlers synchronized in unified strokes.

paddlers' strokes.

Coach Bowlby issues the commands to the crew from her position as steer person for the Westman team.

The Brandon Blaze Dragon boat team have been training for five years in the Westman area, with coach Bowlby herself being involved in the sport as coach and competitor for more than 11 years, both here in Manitoba and in Nova Scotia, her native province.

"Dragon boating is a great way to get in shape and meet new people. We have both men and women come out from Brandon and the surrounding communities on a regular basis," she says.

"We'd like to encourage more people to consider dragon boating as an alternative to their regular exercise program. It's a lot of fun and you really learn what it's like to be part of a team sport that is enjoyable for all ages, fitness levels and abilities."

"As it's a sport that works the entire body, it would also be a great supplement to regular training for members of the Canadian Armed Forces (CAF) from [CFB] Shilo and Brandon area."

and all who would like to be part of a great sport, no experience necessary."

What about the training regime for would-be CFB Shilo paddlers interested in joining the team?

"We start dry land training and pool paddling in early spring and hope to get out onto the lake by the first of May," she explains.

"Anyone can join at any time in the training season or come out to Minnedosa Lake for an evening for just \$10 drop-in fee to see what it's all about."

"We also welcome group sessions for staff barbecues, youth groups, birthday parties and family reunions. We provide all necessary equipment."

That has this *Stag* editorial contributor thinking about her 50th birthday coming up in September. A dragon boat birthday party would be fun.

Open to both sexes, the Brandon Blaze dragon boat team starts training in early May each Wednesday from 6:15 to 7:30 p.m. until the end of September.

If anyone from CFB Shilo is interested, for more information contact Bowlby via e-mail at brandondragonboat@gmail.com



Dragon boaters hone their paddling skills outdoors, or indoors at the pool.

*Photos submitted*



## MARRIAGE PREPARATION 2014

Sponsored by CFB Shilo Chaplain Services

and

Presented by The Counselling Centre of Brandon

Friday, 2 May from 7 - 9 PM

and

Saturday, 3 May from 9 AM - noon

and 1 - 5 PM

CFB Shilo Faith Centre

### Topics covered include:

Uniqueness of Military Marriage  
Communication  
Conflict Resolution  
Money Management  
Sexuality  
Family of Origin  
Spirituality

### Cost

\$20 for workbook (one per couple) due at registration.

A deposit cheque for \$120 is required at registration to confirm a spot and will be returned upon completion of the course.

### Lunch

Lunch will be provided at the Faith Centre at no cost. Please advise when you register if you do not need lunch on site. Coffee and snacks will be provided throughout the course.

### Childcare

In order to maximize learning for those in attendance please plan for childcare off-site. We anticipate that childcare will be available through the MFRC and will confirm this with you prior to the course.

### Registration

Via phone or in person at the Faith Centre  
Bldg T-119 ext 3091

*\*Please note that Marriage Preparation is a requirement for those wishing to be married by a CAF Chaplain or in a CAF Chapel as well as by most civilian clergy. A certificate will be provided as evidence of course completion.*

Bowlby adds, "Many people think that dragon boating is associated with the Canadian Cancer Society and allows only cancer survivors as team members since the Cancer Society's dragon boat festivals are hosted in various communities across Canada to raise funds for the fight against cancer."

"We welcome cancer survivors. However, we are not a 'survivor team' as such; we are purely a recreational team for any



## Taking aim

A soldier on his Primary Leadership Qualifications (PLQ) course scopes out the surroundings during an outdoor exercise that dealt with handling prisoners and injured soldiers. It was one of the coldest winters for PLQ participants in more than a century in Manitoba. Instructor Sgt Hugo Girouard captured this action while out in the training area.





## Roadside Check Stop

The Military Police and civilian counterparts will be out frequently this spring performing Reduce Impaired Driving Everywhere Check Stops. CFB Shilo MPs stopped vehicles entering the Base from the north entrance as part of this program, ensuring that drivers were wearing seatbelts, and had the proper paperwork. There were no impaired drivers caught in this first event, while a few motorists were reminded to have their tag applied to the licence plate after receiving it.

*Photo by Jules Xavier*

## Driving changes with advent of spring

# Reduce your speed passing soldiers who are marching

With spring upon us finally, here are a few reminders for motorists who drive on the Base.

For drivers at CFB Shilo April 30 officially marks the end of winter parking restrictions. Vehicles can be parked on the street side in the residential housing area temporarily. Parked vehicles must face the direction of traffic and not impede pedestrians or other motorists.

Parking is prohibited on both sides of Royal Avenue all year to facilitate bicycle traffic. Vehicles violating the parking prohibition will be removed at the registered owner's expense without warning.

Recreational vehicles, including trailers, can also be parked at residential housing units from May 1 until the return of winter parking restrictions.

The "Dust Bowl" storage parking area is, however, available year round. Visit the General Strange Hall (GSH) for more information on vehicle storage. All vehicles, including recreational vehicles, must have valid insurance to be on CFB Shilo. This can include storage insurance for vehicles which are not being actively used.

Every spring, including 2014, the Military Police will tag all uninsured vehicles and remove those where an owner fails to provide proof of insurance.

The biggest change April brings to CFB Shilo's roadways is the return of marching troops and formed physical

fitness groups taking to the streets almost every weekday morning.

When passing marching troops, which includes physical fitness groups, you must slow to 10 km/h. This is for the safety of all road users.

Across Manitoba, spring changes driving habits and road user types. Of particular note is the return of motorcycles.

Car drivers are reminded of the additional space requirements and visibility limitations to see a motorcycle from a conventional vehicle.

Every year, preventable accidents occur in the spring from "surprised" drivers not expecting to come across a motorcycle.

Motorcyclists must use extra caution when taking to the roads in early spring to avoid extra on-road debris, a result from a winter of aggressive snow clearing. Road sides are also particularly well-packed with dirt and debris this season.

As the weather warms up road lines will reappear in some areas, and the streets will come alive with multi-modal users.

While many points in this article may seem like common sense, there will be accidents at CFB Shilo as a result of adequately change driving habits for the change in weather.

Be safe, and diligent this spring — and enjoy the warmer air.

*Capt Dane Nicholson is Platoon Commander 1 Military Police Regiment at CFB Shilo*

CANADIAN  
**MP**

The Military Police  
**NOTEBOOK**



For more information  
call 204-765-3000 ext  
3073 between 8 a.m.  
and 4 p.m. weekdays

## ATTENTION

CFB Shilo is contracting out the operation of its ice arena. Further details can be obtained by contacting the Personnel Support Programs (PSP) manager

*Deadline for  
submissions is  
May 8, 2014  
at 4 p.m.*



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## 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

Defense  
nationale

## AVERTISSEMENT POLYGOINES 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



# Parental involvement encouraged with MFRC pre-kindergarten

## Chelsea Rozema

MFRC

Looking for quality pre-kindergarten can be difficult and many families have a hard time knowing what to look for when searching for that perfect fit.

Some things to remember when looking are that nursery schools and pre-kindergartens typically offer the same kind of programs. Most will offer half-day, every other day, and charge on a per session basis.

A quality pre-kindergarten program should have

small class sizes — no more than 20 children.

Sixteen children with two staff is ideal because that means your child will have more interaction with the teacher and group, therefore, learning more and having fun.

What about staff qualifications? Qualifications should rank high on importance.

Look at each staff years' of experience, training, and on-going education. On-going is always a great thing, which means the teachers love what they are doing, and they want to better themselves for your child's learning experience.

The director or main teacher at a pre-kindergarten program should have their Early Childhood Education (ECE) level two, while always bettering themselves through other training and resources.

All venues offering pre-kindergarten should have a tried and true curriculum based on their programs. Staff should know their curriculum and be able to give you a copy and examples of how they apply it within the program.

Focusing on the whole child is important. This

should be mentioned in the curriculum and programs offered. The whole child consists of every aspect, social, emotional, cognitive learning, and motor skills.

A staff member should want to get to know you and your child and show interest in your needs and wants as a parent.

High quality pre-kindergarten will encourage parent involvement in both the child's learning at the program and at home. It could take the form of field trip volunteers, parent helpers, or "homework" to extend the activities and promote time spent with your child.

The Shilo MFRC pre-kindergarten program concedes a pre-kindergarten program should have your child's best interests in mind, therefore, staff strive to provide a program which fits all the credentials of a high quality pre-kindergarten.

There's an open house for parents interested in learning more about the Shilo MFRC pre-kindergarten program May 1 from 1 to 3 p.m.

Chelsea Rozema is the pre-kindergarten director at the Shilo MFRC



## BComd's Coin

Chuck LaRocque has been the Base Personnel Services Officer since June of 2009. While serving in this position, LaRocque has been an instrumental member of the Personnel Services team. His knowledge and experience has proven to be essential to the success of the Branch, in particular to mentoring new Branch heads through the duties and responsibilities of the G1. His attention to detail and ability to provide frank advice helped guide both his subordinates and supervisors to make informed decisions. He has been a member of the Defence Team for nearly 35 years and his presence at CFB Shilo will surely be missed. Here, he receives his BComd's coin from LCol Stephen Joudrey.

Photo by Jules Xavier

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HER SWIM SPA IS UP AND RUNNING!



## Exercise preparation

2PPCLI's B Coy is preparing for Ex KAPYONG PRAIRIE STORM in the CFB Shilo training area prior to departure for CFB Suffield. 1RCHA artillery are also leaving the Base, with a trip to CFB Wainwright and another training exercise in Alberta.

Photo by Jules Xavier



## BComd's Coin

Melanie Cullen's professional performance as the Base Maintenance financial management and interim administration clerk has been outstanding. Cullen has enthusiastically volunteered to take on the added responsibilities of the vacant administration clerk position, such as initiating claims and arranging travel for personnel going on TD. She maintains constant contact with MPSS and the Base Comptroller's office to ensure adherence to all financial policies and procedures. A team member, she always has the best interests of her colleagues and the organization at heart and works hard to maintain positive work relationships. She has earned the respect and co-operation of Base Maintenance personnel at all levels. Cullen's outstanding performance is most deserving of recognition. Here, she receives her BComd's coin from LCol Stephen Joudrey.

Photo by Jules Xavier



## Medal Salute

CFB Shilo military members receiving medals from BComd LCol Stephen Joudrey included MWO Robert Brassington (General Campaign Star Rotation Bar); and Capt Erin Barker (Canadian Forces Decoration).

Photos by Jules Xavier





# Soldiers benefit from using service dogs

**Jenifer Bradley**  
Stag Special

With winter ending and spring finally beginning, I am looking forward to getting outside for some much deserved activity.

I pine for after-supper walks with my family and for cups of tea enjoyed in the afternoon sun out in my backyard. With luck, I may even have a barbecue or two with friends in the not too distant future.

But, like many of you, I have used the very cold winter as an excuse to stay indoors and avoid going outdoors as much as possible. That was my choice.

Unfortunately for some of our community members, staying inside and avoiding getting out is a symptom of something more worrisome — a mental illness.

Examples of mental illnesses common to military members include depression, anxiety, substance abuse, and post-traumatic stress disorder (PTSD).

Sadly, there are many community members who do not feel comfortable, or even safe, coming forward about their mental health concerns despite direction from the Chief of Defence Staff, General Tom Lawson, to "reach out to your friends, family members, leaders, padres and medical professionals for support."

Today, I ask for your support to help them. We owe it to our friends, co-

workers, veterans, and their families to create a community where people with mental illness can feel cared for; can feel safe to ask for help.

One challenge with mental illness is that people are very skilled at hiding themselves in plain sight so we don't always know who is hurting, who is struggling, or who is afraid.

How many times have you answered "fine" when asked "how are you today," when you really were not "fine"?

Some brave veterans have chosen to increase the visibility of their mental illness with the help of specially-trained service dogs.

Although I know these men and women voluntarily decided to seek help from service dogs in order to improve the quality of their lives, I don't know if they realize how they have become champions for their communities.

I want to personally thank them for their bravery and their courage to break new ground in the battle against mental illness stigma.

In collaboration with Manitoba Search and Rescue's (MSAR) Courageous Companions program, military veterans have been experiencing the benefits of service dog ownership.

To learn more about the programs, visit [http://msar.ca/?page\\_id=213](http://msar.ca/?page_id=213)

At CFB Shilo, IPSC services manager Curt Greig is the point of contact for the service dog program.

*Jenifer Bradley is a nurse case manager on the Base*



## Lunch hour lunge

Capt Jennie Judge is a study in concentration as she works out during the Tuesday lunch hour boot camp held at the GSH.

*Photo by Jules Xavier*

## 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,  
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**May 1 at noon**

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### Special Events

Navy League of Canada Brandon Branch spring Fundraising Trade Show Sunday April 27th, 2014, 1 to 4 p.m.

Brandon Armoury, 1116 Victoria Ave. Over 20 Vendors, free admission 204-728-3168 [stanhawitt04@gmail.com](mailto:stanhawitt04@gmail.com) [debbie.mcarthur@cadets.gc.ca](mailto:debbie.mcarthur@cadets.gc.ca)

### Employment

**Clerk/Cashier** (part time/permanent), wage \$11.12 - \$13.05/hr. Visit [www.cfmws.com](http://www.cfmws.com) or contact [npfhrshilo@cfmws.com](mailto:npfhrshilo@cfmws.com) for further details.

### Homes For Sale

**Wawanesa** - New in 2011 - 1400 sq ft, 2-storey home with finished basement and double attached garage. 3 + 1 bedrooms, 3.5 bath/ Geothermal heating and cooling. Custom maple cabinets. Large pie-shaped lot. Check out eBrandon.ca ad for pictures. Private sale, buying agents are welcome. Contact Jennie 204-720-9197

**Acreage for sale by tender** - located 2 miles north of Wawanesa on PTH # 340. Approximately 30 acres, beautifully treed, private with 2-storey brick home. Fully updated 3 bedroom, good water, newer septic service. Small barn wired with piped water. Showing will start on April 15, 2014. Tenders close June 15, 2014. Call Dave Mooney Countryland Realty at 204-824-2094

### Homes For Sale

**Wawanesa** - Modern 4 bedroom bungalow with finished basement. 1184 sq ft on each level. 2 large decks - 1 is only 2 years old. Kitchen, dining, and living room. Many recent updates including windows, doors, flooring, etc. Double garage, large treed lot. For viewing and tender forms call 204-824-2094. Tenders close April 15, 2014 at 6 p.m.

**Glenboro** - Approx 3 acres in town. 840 ft x 153 ft highway frontage on #2 hwy. 1.5-storey, 3 bedroom home with partly finished basement, garage and gazebo. Lots of spruce and fruit trees. For sale by tender. Showings start April 15. Tenders close June 15, 2014. Call 204-824-2094 for details and tender forms.

### Homes For Sale

**Wawanesa** - 2.5 story brick character home on 5 lots. 4 bedrooms and bath upstairs. Walk up attic. Large country-style kitchen and living room plus basement. All in well-kept condition. \$215,000 MLS 1404892 Dave Mooney, Countryland Realty - 204-824-2094

**Noble Lake** - Year Round - Enjoy efficient 4 bedroom home. 2 level walk-out lower level. 2 full baths. Hardwood floors in new condition. Situated on over 1.5 acre lakefront lot. \$239,000 For details, call Dave Mooney, Countryland Realty - 204-824-2094

### Homes For Sale

**Wawanesa** - Very well-maintained 1288 sq ft 5 bedroom bi-level, 3 bath home with single over-sized garage (16 x 24) close to all amenities. Spacious living room, eat-in kitchen, dining room with garden doors leading to large deck overlooking the perfect landscaped yard with pond and fire pit. Features include large bedrooms, walk-in closet, and en-suite in master. Main floor laundry, huge rec room, central air and vac, newer flooring, windows and paint. Easy commute to Shilo (15 minutes) and Brandon (30 minutes.) For more info call Bob Daymond 204-573-6688. Sutton Harrison Realty.

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Now open to the public, the RCA Museum's latest exhibit running until June 29 is called *1812: One War, Four Perspectives*. The historic contents for the travelling exhibit come from the Canadian War Museum. It was created to mark the ongoing bicentennial of the War of 1812.

Photos by Jules Xavier



# Travel back to War of 1812 with new RCA Museum exhibit

## Shilo Stag

Do you remember studying about the War of 1812 in your junior high social studies class?

If so, you might want to drop by the RCA Museum for a refresher and explore what's offered in a new exhibition called *1812: One War, Four Perspectives* which officially opened April 16.

This travelling exhibit by the Canadian War Museum was created to mark the ongoing bicentennial of the War of 1812.

Running until June 29, this exhibit presents a dramatic account of the War of 1812 as seen throughout the eyes of British, American, Canadian and First Nations participants, for whom it had surprisingly different meanings and consequences.

By comparing these perspectives, visitors will gain a deeper and richer understanding of a conflict that shaped Canada's destiny long before Canadian soldiers took Vimy Ridge in April 1917, an event that marked Canada's emergence as a nation.

The illustrated exhibit features more than 40 artifacts from the Canadian War Museum, a large-scale diorama of the Battle of the Thames, and four mannequins to create a powerful, immersive experience evocative of all four perspectives on the conflict.

The RCA Museum is open Monday to Friday from 10 a.m. to 5 p.m. until May 9, but is closed on statutory holidays.

For the summer, the museum will be open seven days a week starting May 12.

CFB Shilo 204 765-2343

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## Parade

During the CFB Shilo spring parade Sgt Roger Gosselin received his Canadian Forces decoration 1st Clasp.

Photo by Jules Xavier

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

**June 7<sup>th</sup>**  
**at L-25**



**\$30**

Tickets on sale March 1<sup>st</sup> at CANEX, Sobeys, 340 Esso, Douglas General Store and Carberry Signs