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Two soldiers help 4 Wing Cold Lake win silver. Page 5



Pet funeral services offered by family in Virden. Page 6

TOMMY PRINCE

October 15, 1915 - November 25, 1977

"All my life I had wanted to do something to help my people recover their good home. I wanted to show they were as good as the man."

— Tommy Prince (MM)

Tommy Prince (MM) was the greatest son of Chief Peguis and was born in Petersfield, Manitoba of 1915, one of eleven children.

Prince's pre-war experience earned him a reputation as a swift and daring leader.

His official citation in the Army Declaration report read: "He moved, succeeded, and succeeded. The key to his success was by Sergeant Prince's military service and the Armed Forces of the..."

A brave and remarkable most-decorated Aboriginal warrior and World War II hero.

THE WAR SERVICE RECORD OF SERGEANT THOMAS G. PRINCE

THEATRES OF SERVICE
Canada; Britain; United States of America; Aleutian Islands; Central Mediterranean Area; Southern Germany; Korea.

PERIODS OF SERVICE
World War II: June 3, 1940 to August 20, 1945
Korean War: August 14, 1950 to October 28, 1950

RANKS
Sapper June 3, 1940
Lance Corporal February 22, 1941
Sergeant March 16, 1943
Sergeant August 14, 1950

Prince Street – Winnipeg, Manitoba
Prince School – Scantisbury, Manitoba
"Sergeant Tommy Prince Barracks" at Canadian Forces Base Wainwright, Alberta, Ontario

- The "Tommy Prince Drill Hall" at the Land Force Western Area Training Centre in Wainwright, Alberta
- Government of Canada "Sergeant Tommy Prince Training Initiative" for Aboriginal recruitment






Salute for Sgt Tommy Prince

2PPCLI DCO Maj John Williams spoke during a memorial at the Neeginan Centre in Winnipeg to commemorate and honour the late Sgt Tommy Prince. A soldier in the Second World War and Korean War, the highly decorated Sgt Prince served with PPCLI. Photo by MCpl Louis Brunet

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Canadian soldiers from the Great War leave the battlefield for a rest during the Battle of the Somme (above). During a lull in shelling by the Germans, soldiers rest before their next assault in the trenches.

Photos courtesy Library & Archives Canada



Battle of the Somme: Mechanization of war

Shilo Stag

The Battle of the Somme has been seen a pivotal moment in human history and warfare, where the machinery of war could crush the effort and ability of men meeting in battle.

At the Somme, Field Marshal Haig and the British Command planned for a much desired breakthrough by the Allied countries against German front-lines and in support of the French Army fighting for its existence to the south at Verdun.

Reliance for success was placed on a sophisticated transport system for supplies and equipment, massive and powerful artillery support, an agile Royal Flying Corps (RFC) and finally the well-equipped and determined British (and colonial) soldier who was the inheritor of more than 200 years of Empire.

The British had also developed a secret weapon that they hoped would change the course of the war.

The battle was engaged on July 1, 1916 and began with the heaviest losses ever suffered by the British Army.

It ended five months later with more than one million casualties on all sides to gains which could only be measured in yards.

Divisional Commander Sir Henry de Beauvoir De Lisle was to write of the Newfoundlanders effort at the Battle of Beaumont-Hamel, one of the opening engagements at the Somme: "It was a magnificent display of trained and disciplined valour, and its assault failed of success because dead men can advance no further."

In its next First World War temporary exhibit, the RCA Museum will review the Canadian experience at the Battle of the Somme through the equipment, supplies, guns and vehicles brought forward as well as the men that had to fight it.

A new acquisition to the Museum, a 1912 motorized First World War army truck donated by the Manitoba Automobile Museum, will be on display after going through the first stage of what will be an extensive restoration.

Also on display will be a rare horse-drawn army ambulance on loan from the Prairie Mountain Regional Museum.

Both of these army vehicles were purportedly used at Camp Hughes while it was in full operation from 1915 to 1917.

This exhibit opens July 1 and will run to Nov. 25.

Temporary BMO cash machine arriving April 21

Shilo Stag

Without a bank and cash dispensing machine on the Base since the departure of Westoba Credit Union last November, this will change as of April 21.

According to CANEX Supermart manager Rick Kehler, a floor mounted free standing BMO branded cash dispensing machine will be installed in the CANEX main entrance vestibule.

"This will be a temporary machine pending the arrival of the permanent machine which will be a wall mount style," he said of the April 21 installation. "Once the kinks are worked out following the install of this temporary machine, CANEX will pull back on the cash back service we have been offering since Nov. 27, 2015."

Kehler said his staff will continue to provide cash back as a convenience, but only as the funds are available as generated through cash transactions.

Pet of the Week

GARFUNKEL

This is Garfunkel. He was born and raised in Enfield, Nova Scotia until the age of three. At this time in his life, he was referred to as Hank but as he was starting a fresh chapter of his life with a new owner, a new name seemed in order. In 2014, I moved to Manitoba and Garfunkel tagged along for the long drive across Canada, experiencing four provinces and six US states. This 13-pounder enjoys long naps, being your personal alarm clock, playing in his litter box, chattering back at you when you say no to him, greeting any human being that comes in sight of him and playing with his various assortment of toys. Owner Marissa Rodway says he has quiet the personality.



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Isabelle Stewart had six top-three finishes competing in Winnipeg. Photos by Jules Xavier

Base teen athletes excel in competition

Shilo Stag

It was a successful splash in the pool for CFB Shilo's Isabelle Stewart.

The 17-year-old Brandon Bluefins Swim Club member had six top-three finishes at the Pan Am Pool in Winnipeg. She was participating in her club's swim meet in the Manitoba capital because her own arena, Sportsplex, is undergoing renovations. Stewart and the Bluefins are currently training at the GSH pool.

Swimming in the girls' 15 and older division, Stewart won two races — 50-metre freestyle with a clocking of 30.97 seconds and the 50-metre butterfly in 32.62 seconds.

She was runner-up in her 400-metre freestyle with a time of 5:32.64, the 50-metre breaststroke covering the distance in 42.41 seconds, and the 100-metre butterfly with a time of 1:16.04.

Stewart's 200-metre backstroke swim saw her finish third with a time of 2:55.22.

Meanwhile, at the national indoor 3D archery competition held over three days in Surrey, British Columbia, Naython Fleet finished first among his Manitoba teammates, and fourth overall facing his peers from across Canada.

When he returned home, it was off to the provincial 3D archery competition in Carberry. This time the teenage member of the Shilo archery club garnered first-place — just like his dad 2PPCLI WO Shawn Fleet.



Naython Fleet finished fourth in BC at national 3D indoor competition.



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For more info call the community recreation office at **204-765-3000** ext **3317** or **3588**

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5⁹⁹

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2/6⁰⁰

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2⁹⁹

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2⁹⁹

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2/5⁰⁰

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2/8⁰⁰

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2/5⁰⁰

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3⁹⁹

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9⁹⁹

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2/6⁰⁰



Volume 55 • Issue 8

Regular Circulation: 3,000

Printed bi-weekly by
Struth Publishing, Killarney MB

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The Shilo Stag is produced every second Thursday.

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

Submitting articles and photos for print:

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

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

Brandon's Sea Cadets and Navy League Cadets participate in an annual Battle of the Atlantic Sunday parade and service at the Brandon Armoury. *Photo by Jules Xavier*

Battle of the Atlantic Sunday Church service commemorates sacrifices

Shilo Stag

Battle of the Atlantic Sunday commemorates the sacrifices of sailors, merchant seaman, Royal Canadian Air Force (RCAF) and Canadian Army personnel who gave their lives in the North Atlantic.

CFB Shilo's churches will commemorate this event with services May 1 at 10:30 a.m.

In neighbouring Brandon, the Battle of Atlantic parade at 11 Street and Victoria Avenue is May 1 — this is a day of commemoration across Canada to honour those who fought in the longest battle of the Second World War. The Royal Canadian Sea Cadet Corp Swiftsure and the Navy League Cadet Corps Stan Hawitt will march around the block surrounding the Brandon Armoury, with a service to follow starting at 11 a.m.

A light lunch will follow for the cadets and invited guests. RSVP to GeorgeWH19@gmail.com no later than April 25.

On Sept. 3, 1939, the German Navy received a signal to open hostilities with England at once. Seven hours later, the passenger liner SS Athenia was sunk by submarine U-30.

Thus began a running battle that lasted until the final day of the Second World War in the European theatre. Canada declared war against Germany on Sept. 10, 1939 and the Royal Canadian Navy, the RCAF, and the Merchant Navy joined the battle.

The Battle of the Atlantic pitted Allied naval and air forces against the notorious German submarine "wolf-packs," whose prey were the convoys of merchant ships carrying valuable war material and personnel across the ocean. It was a bitter struggle.

Although the Battle of the Atlantic was fought at sea, it touched the life of virtually every Canadian. Not only did men and women from across the country serve in the Navy, Air Force and Merchant Navy, but the overseas trade they were defending was vital to Canada.

In order to preserve this critical trade and build up

the supplies necessary for victory, it was essential that the convoys reach their destinations.

The Battle of the Atlantic ended with V-E Day on May 8, 1945.

During the long bitter struggle, the Royal Canadian Navy and RCAF had participated in the escort of at least 200 million tonnes of shipping and had sunk 52 U-boats. The battle, however, had been costly to Canada.

Merchant ship losses totalled more than 70 and 24 Canadian warships were lost. Fatal casualties in the Merchant Navy amounted to more than 1,700; in the Navy to more than 2,000, and in the RCAF to more than 900.

Canadian ships and seamen, and the naval and air forces used for the defence of shipping, may well have made the most important of all Canadian contributions in the Second World War.

The Battle of the Atlantic is thus an important element in the nation's history and is remembered with respect in the Canadian navy, air force and merchant marine.

Let us remember: HMCS FRASER, HMCS CHARLOTTETOWN, HMCS REGINA, HMCS BRAS D'OR, HMCS OTTAWA, HMCS ALBERNI, HMCS MARGAREE, HMCS LOUISBOURG, HMCS SKEENA, HMCS OTTER, HMCS WEYBURN, HMCS SHAWININGAN, HMCS LEVIS, HMCS ST CROIX, HMCS CLAYQUOT, HMCS WINDFLOWER, HMCS CHEDABUCTO, HMCS TRENTONIAN, HMCS SPIKENARD, HMCS ATHABASKAN, HMCS GUYSBOROUGH, HMCS RACON, HMCS VALLEYFIELD and HMCS ESQUIMALT.

Let us remember: 5 SQUADRON, 8 SQUADRON, 10 SQUADRON, 11 SQUADRON, 113 SQUADRON, 116 SQUADRON, 117 SQUADRON, 119 SQUADRON, 145 SQUADRON, 160 SQUADRON, 161 SQUADRON, 162 SQUADRON, 404 SQUADRON, 405 SQUADRON, 407 SQUADRON, 413 SQUADRON, 415 SQUADRON, 422 SQUADRON and 423 SQUADRON.

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VFP assistance available for soldiers medically releasing

Sarah Francis
Shilo Stag

First hand knowledge of military life will assist Pamela Hall in acclimatizing military families and medically releasing soldiers to a new civilian life.

Hall's father served 37 years in the Canadian Navy and moved back and forth between CFB Kingston and CFB Ottawa. Having spent more time in Kingston and being born there, that felt more like home for the 23-year-old MFRC employee.

"It's a really nice city because it's on the lake and it's a nice size also," she recalled. "It's not too big, not too small."

The inspiration to take this current route in her career arose from her practicum at Veterans Affairs. The topic of her research thesis was coping strategies for PTSD.

She moved to CFB Shilo with her spouse, who is infantry, and was hired to be the Shilo MFRC's Veteran Family Program co-ordinator. She is now spearheading the Veteran Family Program (VFP).

With a now retired Canadian Armed Forces (CAF) military father, she has seen what the process of being reintegrated into a civilian community can be like.



Pamela Hall is the Veteran Family Program co-ordinator. Photo by Sarah Francis

Often people don't realize it's not just an adjustment for the member, but often the rest of the family as well.

"If you're moving, if there's an employment change, obviously there is a new work change," she offered. "But if you're going into another field, or maybe the member is going away to go to school."

She said the transition can be difficult because the CAF community is unique.

"Being a part of the military, there is a very strong community, more so than others. In another job you go to work and go home at night.

"But here a lot of families live on Base. You go to work on the Base. There's that whole community. I also saw my dad after 37 years of service — it wasn't a medical release, I saw that transition process — how you reintegrate yourself into the civilian community."

Her door at the Shilo MFRC is always open to help you and your family.

Look out for events coming up for the VFP, including speakers visiting from Ottawa who will discuss the transitional process from military to civilian life.

4 Wing garner silver

Danny Hamilton
Stag Special

The ladies hockey team from 4 Wing Cold Lake fell short of bringing home gold back to the prairies at nationals after losing 2-1 in overtime to CFB Halifax.

The Cold Lake squad playing out of CFB Borden featured two skaters from CFB Shilo — Pte Isabelle Dubord from Base Transport, and Gnr Krista Eaton of 1RCHA B Bty.

Pte Dubord was selected as the Legion's most sportsmen like player from the tournament, while both Gnr Eaton and Pte Dubord where selected players of the game during the national tournament.

Pte Dubord garnered her award in the semi-finals, while Gnr Eaton collected her award when the Prairie region champions downed the host squad from Ontario in round-robin play.

While CFB Shilo was not represented at nationals with teams, the Prairie region earned silver in the men's hockey tournament hosted by CFB Borden after CFB Valcartier edged 15 Wing Moose Jaw 3-2 in the championship tilt.

During men's old-timers hockey ac-

tion, also held at CFB Borden, Garrison Edmonton finished fourth after losing to CFB Esquimalt in the semi-finals.

Meanwhile, closer to home, community recreation golf and slo-pitch held initial pre-season meetings earlier this month. The golf league playing at Shilo Country Club has 10 teams committed and is scheduled to start April 20. The league will expand to 16 teams when 1RCHA returns home following exercises in Alberta.

The slo-pitch league will have another meeting when both major units return, with a potential start in July.

The prairie region sports departments from the various Bases will be having an AGM in May to confirm when and where the upcoming regional sports will be held.

In other sports news, soccer practices for the Base team will start June 27 from 7 to 9 a.m. Open to military members

only, tryouts for the regional team will be announced in July prior to the team taking part in the prairie region tournament being hosted by 17 Wing Winnipeg from Aug. 20 to 25.

For information on all Base sports and teams — interested in coaching? — contact sports co-ordinator Danny Hamilton at 204-765-3000 ext 3894.



Pte Isabelle Dubord in action from intersection hockey this past season. Photo by Jules Xavier

Got Bulk Garbage?

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

Items may be placed for curb-side pick-up the following dates ONLY:

May 24 & 25

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

B Engr Svcs 2016 Pesticide Program

Public Notice is hereby given that Base Engineering Services (Engr Svcs), CFB Shilo intends to conduct the following pesticide programs during 2016 on an, as required basis, based on monitoring thresholds and IPM control measures:

Treatment of Weed Control.

Projected application dates = 15 May to 31 October 2016
Herbicide = Roundup Transorb HC Liquid

Control of noxious weeds.

Projected application dates = 15 May to 31 October 2016
Herbicide = 2-4-D Amine
BCE will NOT be applying 2-4-D Amine in the BASE/ PMQ area to control dandelions

Control of vegetation in gravel utility compounds and along compound fences.

Projected application dates = 15 May to 31 October 2016
Herbicide = Glyphosate

Control of mosquitoes (Possible if required). (as directed by B Surg)

Projected application dates = 15 May to 31 October 2016
Insecticide = Malathion
Larvicide = BTi ~ *Bacillus thuringiensis israelensis*

Control of pine needle scale on pine and spruce trees as required.

Projected application dates = 01 - 30 June 2016 and 1 - 31 August 2016
Insecticide = Diazinon

Control of Richardson's Ground Squirrels (Gophers).

Projected application dates = 15 May to 31 October 2016
Rodenticide = Chlorophacinone (Gopher Doom)

Signs will be posted prior the applications Further information may be obtained by calling MWO David Keast, Contracts Officer at Engr Svcs, 204-765-3000 ext 3253 or Catherine Butzko, Contracts Inspector at Engr Svcs, 204-765-3000 ext 3149.

Funeral services offered for family pets

Jules Xavier
Shilo Stag

Karen Gardiner listened to stories about my cherished Jack Russell Terrier for nearly four hours after Purdy's heart beat for the final time at a vet's clinic in Carberry.

Going for a one-hour drive west on Hwy. 1 with Purdy laying lifeless in her co-pilot's seat on a favourite pillow, I arrived at Peaceful Valley Pet Crematorium. This fully licensed environmentally friendly facility located six miles east of Virden overlooking the Assiniboine Valley is run by Gardiner along with husband Rob and daughter Cassidy.

"Looking back when our two dogs [Jed and Cortnie] died, there was nothing in this region where you could have your pet cremated," recalled Karen Gardiner.

"The closest [crematorium] was in Winnipeg. We had no options for our pets, so they are buried on our rural property. Private cremations for pets have grown in popularity and we're now here to provide that service."

Gardiner came up with the business idea for Peaceful Valley Pet Crematorium after doing her homework. She sees this alternative to just leaving your deceased animal at the vet for disposal being beneficial to pet owners. Not everyone has property where they can intern the family cat or dog.

Wrapped in her favourite baby-blue blanket, it was hard to let go of my canine companion who was put to sleep in her 15th year because of declining health. Purdy was here for a private cremation, and Gardiner was all ears as she helped an emotional pet owner during the grieving process. She's done it on many occasions since the family business opened in 2004.

"That's why I'm here because I can relate. I've lost family pets," she said, pointing to a portrait of her deceased dogs that look down on her from a wall in the crematorium waiting room. "You take as long as you want when you arrive with your pet. We never rush a grieving pet owner."

The Gardiners have taken an environmentally friendly approach to their cremation services for a reason. This is done so that funeral homes can now accept a pet owner's ashes and have them cremated with that person upon their death.

"You are able to be buried or cremated with your pet's ashes," she said. "Lots of people want to take their pet's ashes with them."

Seven years after opening, the Gardiners built a special building that incorporates the crematorium so pet owners have a comfortable venue to grieve after arriving with their deceased pet.

On this cold winter afternoon, Purdy's blanket-wrapped body was placed on a special table.

"It gives the place an air of professionalism, not unlike when you visit a funeral home," offered Gardiner. "This is a nice place where you can say final farewells or spend time with your pet prior to cremation."

Gardiner's husband looks after all cremations, and only proceeds with the process once the pet owner has left the rural property.

"We don't let the pet owner do it because we don't want that to be the last memory of their pet," she explained. "We want people who are grieving the loss of their pet to drive away feeling good that they are leaving their pet in our care after the death."

Gardiner puts a lot of TLC into post-cremation of your pet. Husband Rob acknowledged having



Peaceful Valley Pet Crematorium offers a choice of urns which you can use for the family pet's ashes. The garden stone or ceramic urn are available. The garden stone can be personalized with your pet's name, and birth and death dates. These stones featuring a cat or dog can also be used as an urn or filled with sand and used as a grave marker if you decide to bury your family pet.

Photos by Jules Xavier

your pet cremated does help with closure.

"There is definitely closure for some pet owners. Your pet is family. What are you going to do with a pet when they die? It's nice to have this service in the Westman."

He added, "Whether it's pets or humans, there's still dignity in death. Your pet is part of the family, so our goal is to help people through the hard times [of losing a pet]."

"We know what losing a pet is like, so we can relate to the people who come to us with their pets," said Karen Gardiner.

"Your pet is left with us and treated properly, and because private cremations are our specialty, we put a lot into what we do for you at this time of loss."

That means returning the cremated

remains back to the pet owner as soon as possible.

"People ask us all the time how long it takes for a pet to be cremated," she said. "It's different for every animal when you are doing a private cremation. We treat the pet with dignity throughout the process. All of what we do helps with the grieving process."

Purdy, now resting in a birch finish wooden photo box, was back with me within 48 hours. Once the pet is turned to ash, and allowed to cool, Karen Gardiner then goes to work on preparing the remains for placement in your choice of urns.

"We ensure the utmost professional handling of your pets and their remains while they are in our care," she said.

There are ceramic and pewter urns, and all can be personalized depending on what you want for your pet. Name plates are added, or you can use your pet's current tags.

There's also a garden stone which can be personalized with the pet's name, plus date of birth and death. These peaceful stones featuring a cat or dog may be used as an urn or filled with sand and used as a grave marker if you bury your family pet. Custom painting to match your pet is also available.

"I'll also take some of the remains and place them in film canisters if you want," she said. "You can use this to spread some of your pet's ashes at their favourite run, or a place you spent time together."

Gardiner acknowledged pet owners can pre-arrange cremations in advance of the death of their animal.

This is encouraged and welcomed "to ensure your wishes are clearly met when the time arrives. Having these details set in advance can ease the stress during the time of loss."

To learn more about having your family pet cremated in the future, visit www.peacefulvalleycrematorium.com

Or use Gardiner's social media platform www.facebook.com/peacefulvalleypetcrematorium/

I know I left after my four-hour visit with Gardiner still sad at my loss, but felt good that Purdy's remains were being treated with dignity in the cremation process.

I was also thankful that a venue that provides private cremations was available so close to home, and that I was able to bring my Jack Russell Terrier directly to the facility versus having her rest in a refrigerator following death.

I consider what the Gardiners did for me as "a treasured memorial for your cherished pet."



Purdy the Jack Russell Terrier was cremated at the Virden pet crematorium, with her ashes placed in a birch finish wooden photo box. The box allows you to change the photograph.

Playing the proper tees

Golf season open



Patrick Law
Stag Special

When you arrive at a golf course to spend the next four hours of your day, you are there to have fun and enjoy yourself, right?

So why is it that I see 15 to 20 handicaps head to the first tee and tee it up between the black tees to play the course at its absolute longest possible yardage.

This is simply setting yourself up for a long day of fairway woods, hybrids and long irons into the green and ultimately, a lot of big numbers on that scorecard and a poor overall experience of the course.

This is a problem that can be solved quite easily. Play the proper set of tees for your golf game!

For this article I am going to use the Shilo Country Club (SCC) as the main example of how golf courses are and need to adapt to make the game more enjoyable for its customers.

Shilo Country Club is a course in the Westman area which offers as good of conditions as you can find in the area.

High scores cannot be blamed on patchy lies in the fairway or slow bumpy greens so why is it that many golfers find Shilo a difficult course to play?

Working at the SCC for the past six years, I have heard golfers say many times that they play elsewhere because the Base golf course is "too difficult" and if they are playing the wrong set of tees I would agree.

A golfer who averages under 250 yards off the tee — a typical distance for most golfers — will be hard pressed to find an easy approach into any green at SCC when playing the black tees (6,625 yards).

However, put that golfer at the blue tees (6,205 yards) they are now roughly 25 yards closer to the green after their tee shot and that four-iron approach that they had from the black tees is now a six- or seven-iron approach from the blue tees.

I think we can all agree that makes for an easier and more enjoyable round of golf!

This is only an example of how a course can be made more difficult than it needs to be simply by starting the hole from the wrong spot.

SCC offers many tee options for golfers of all skill levels and in 2016 they are expanding on these options.

The three tee options and yardages at SCC are as follows: black - 6,625 yards; blue - 6,205 yards; and white - 5,230 yards.

As you can see there is a large yardage gap between the blue and white tee markers thus a large gap in options for golfers that should be playing the course at a yardage in that area.

The staff at SCC decided there needed to be an offering in the 5,700 yard range

in order to make the course more enjoyable for a large demographic of golfers. Rather than creating another set of tee boxes or cluttering the existing tee boxes with more tee markers, the staff came up with a simple and effective solution — a blue/white combo tee option.

On the scorecard for 2016 there will be circles around certain holes on the blue and white yardages as shown below. These circled yardages add up to 5,790 yards creating an alternate course that fits between the blue and white tee options and gives golfers yet another option when choosing the proper tees to play from.

Combine this with the high quality conditions that Shilo's golf venue continues to offer year in and year out, the course is set up beautifully for an enjoyable and rewarding round of golf.

How do you determine which tees are right for you?

There are a couple general ways to determine roughly what yardage of golf course will allow you to score well as well as challenge yourself, all while having fun doing so.

The first is by taking the distance you hit your five-iron — be honest with this number — and multiplying it by 36. For example, if you hit your five-iron 175 yards, a 6,300-yard golf course should be manageable for you.

The other way of generally determining the proper course yardage is simply by using the distance you hit your driver and comparing it to the chart below:

Avg. drive	Recommended Tees
300 yards	7,150-7,400 yards
275 yards	6,700-6,900 yards
250 yards	6,200-6,400 yards
225 yards	5,800-6,000 yards
200 yards	5,200-5,400 yards
175 yards	4,400-4,600 yards
150 yards	3,500-3,700 yards

For these formulas to be accurate, so to must your assessment of how far you hit your clubs.

Pride often clouds the judgement of how far we hit the ball and what tees we should be playing from. Don't let it!

Personally, I would rather swallow my pride and play from the forward tees and enjoy my four hours on the course than continue to write eight, nine, or even a dreaded 10 on my scorecard!

So if you are looking to get more enjoyment out of your time on the golf course this season, consider the points made above in regards to where you start each hole.

Consider teeing off from the blue tees instead of the black or try a combination of tees such as the blue/white tee combo at SCC.

The key to lower scores and a more enjoyable experience may be as simple as swallowing your pride and teeing it up from the tees 20 yards in front of your playing partners.

They may throw a few comments your way for doing so, but I assure you they will quiet down when you lighten their wallet. And of course if you are still finding the game difficult, see your local CPGA Professional for a quick lesson.

Patrick Law is the SCC's assistant golf professional



With a light snow fall forcing the closure of the golf course on the opening day, Patrick Law shared with the Stag how to properly play the tees on the Base golf course.

Photos by Jules Xavier

**WAWANESA'S SEVENTH ANNUAL
ANTIQUES & COLLECTABLES FLEA MARKET**

May 15

10 a.m. to 4 p.m.

Wawanesa Arena

422 Commercial Street

166 vendor tables indoors & outdoors

Admission: \$3 per person

12 and under: Free

Hammer time!

Base CE opened its doors to the MFRC, with visiting children being taught how to make bird feeders. Here, a youngster hammers the nails into the front wall of his bird feeder.

Photo by Sarah Francis



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SUMMER EMPLOYMENT

Children/Youth Staff

This position will assist staff in the pre-school and youth summer programs offered by the Shilo Military Family Resource Centre. The position is responsible for some planning and implementation for activities for children aged three to 12. You will have opportunities to engage in play and communicate with parents on a daily basis.

Qualifications:

Must be aged 16

Must obtain a criminal record cheque and child abuse registry check

Previous experience with children required

Able to work in a team or independently

Flexible and enthusiastic

First Aid certificate an asset

Must be returning to school in the fall

\$11/hour — 37.5 hours per week for nine weeks

To commence June 27



Summer Program Staff

(open only to individuals with special needs)

This position will assist staff with summer programming for children aged three to 12. Opportunity to engage with children in a group setting will be a high priority.

Qualifications:

Must be aged 16

Previous experience with children required

Must obtain a criminal record check and child abuse registry check

\$11/hour — 15 hrs/week for 10 weeks

To commence as soon as possible

Submit resume with cover letter stating which position you are applying for by April 25 at noon to Melanie Heinrichs at melanie.heinrichs@forces.gc.ca

Or call 204-765-3000 ext 4568

Shaping Canada's defence policy Military seek public consultation

Shilo Stag

What is the future of Canada's defence, and how should the military defence team of tomorrow look?

Canadians will get to have their say in shaping Canada's defence policy through a series of collaborative and interactive public consultations, undertaken by the federal government.

Earlier this month, Harjit Singh Sajjan, Minister of National Defence, announced the Government of Canada's (GoC) intent to consult with Canadians about the future of defence.

The objective of the public consultations is to promote the GoC's commitment to open and transparent dialogue with Canadians, and other key stakeholders, including members of the military defence team, in the development

of the new defence policy.

These consultation sessions are focused on a number of themes and priorities but focus on three fundamental areas of enquiry:

- What are the main threats and challenges to Canadian national security?
- What role do you see for the military in addressing potential threats?
- How should the Canadian Armed Forces (CAF) be equipped and resourced to carry out these tasks?

These discussions will take place in cities across Canada from April to July.

All Canadians are encouraged participate online at www.defenceconsultations.ca/online-workbook. To learn more about contributing, visit the GoC's newly launched consultations portal: <http://dgpaapp.forces.gc.ca/en/defence-policy-review/index.asp>

Spring car care clinic April 22, 23

Shilo Stag

Does your car need an oil change? Tire rotation? Tire balance?

If so, no need to leave the Base because REME is hosting its annual spring car care clinic at building G400 on Engineer Road. Sessions are running April 22 from 8 a.m. to 4 p.m. and April 23 from 8 a.m. to noon.

Proceeds from this two-day event goes to the Padre Fund.

The maintenance schedule and costs include:

- \$15/vehicle 30 minutes oil change — you must provide your own oil/filter
- \$15/vehicle 30 minutes tire rotation — tires already on rims
- \$25/vehicle 45 minutes tire balance and rotation — tires already on rims
- \$40/vehicle one hour tire mounting, balance and rotation

While you wait for your oil change or tire work, soldiers involved in this spring car care clinic will be barbecuing chicken hotdogs and beer burgers from 11 a.m. to 1 p.m. Each cost \$3. Wash it down with a pop or water for a loonie each. A cup of coffee goes for 75 cents.

To schedule an appointment call 204-765-3000 ext 3255.

GSH training

Not unlike soldier-son the Base when it comes to daily PT, firefighters and paramedics spend part of their shifts at the GSH being put through the paces by PSP fitness staff. Here, a firefighter works on his cardio during a training session in the gym.

Photo by Sarah Francis



Mental Health Week features various events

MFRC Special

The Helping Professionals committee formed by various support establishments on Base has put together a series of events in recognition of Mental Health Week.

Good mental health is vital to a strong healthy community and we believe it is the responsibility of the entire community to work towards that goal.

We would like to invite you to join us in recognizing the importance of mental health through a series of fun, and free events being run each day of Mental Health Week.

It all starts off at 10 a.m. with our coffee kickoff May 2. Come join us at CANEX for a free coffee and witness the unveiling of our Tree of Life display. Learn how you can take part in creating the display and help tell the story of your community.

The following day at noon there's a lunch and learn program at Shilo's MFRC with SISIP giving a talk on "taking the stress out of Military finances."

From 1 to 3 p.m. May 4, the MFRC is hosting a mental health amazing race, with four-person

teams racing around CFB Shilo to earn prizes.

Events planned for May 5 include an introduction to yoga at the GSH from noon to 1 p.m. At 6 p.m. at the MFRC drop by for an evening of "mindfulness."

The final day of activities includes family movie night at the GSH theatre starting at 6:15 p.m. See the movie Inside Out over a bag of free popcorn.

Registration for the lunch and learn program, amazing race, and the evening of "mindfulness" must be made at the MFRC by April 27.

Board members required

The Shilo Military Family Resource Centre is looking for volunteer board members.

7.3 Eligibility

7.3.1 The Board of Directors shall be made up of a group of people who bring a variety of skills to the Board and the Board shall seek to recruit people to the Board who round out the skillset present at the Board table. At minimum the qualifications for a Director shall be as follows:

- A member of the Shilo MFRC
- 18 years of age or older
- Is able to obtain a satisfactory criminal record and child abuse registry check
- Has not been found of unsound mind by a court in Canada or elsewhere
- Not hold a paid position within the Shilo MFRC and not entered into a contract for services with the organization
- Be interested in furthering the objects of the organization
- Not be in bankruptcy status



This year we are needing military family members who are also a Shilo MFRC daycare or Pre-K parent or a regular OCC user, but we encourage anyone to apply as we anticipate other openings as well due to posting season.

If you are interested in making a difference in your military community, please e-mail your resume to: boardchair@shilomfrc.ca by May 1, 2016 or call 204-765-3000 ext 3367 for further information.

LOOK MUSIC SERVICES

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Located in the CANEX Mall - 204.761.9588

Present this ad in-store to receive 20% off services. Offer expires 30 May 16.

Shilo Theatre
(Located in the General Strange Hall)

Feb. 26 The Good Dinosaur Rated G

March 4 The Hunger Games: Mockingjay Part II Rated PG

March 11 Sisters Rated 14A

March 18 Alvin & The Chipmunks: Road Chip Rated G

Children aged 10 and younger require adult supervision at all times.

All movies start at 6:30 p.m. Doors open at 6:15 p.m.

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

SHILO Country Club

WESTMAN'S BEST 18

CELEBRATING 75 YEARS
1941-2016

2016 MEMBERSHIP RATES

	Regular	Associate
Adult	\$700	\$825
Student	\$500	\$500
Junior	\$275	\$300
Family	\$1,425	\$1,660

GREEN FEE \$25 Military Rate

- 18 Championship Holes
- Driving Range
- Pro Shop
- CPGA Professionals
- Licensed Restaurant

TEE TIMES 204-765-3623
Tournament Bookings 204-765-3622
On-line Bookings www.shilocountryclub.com

Volunteers Appreciated

Minor soccer coaches are among the individuals invited to the annual volunteer appreciation event May 6 at the El Prado Club. Doors open at 6 p.m., followed by awards, food and entertainment starting at 6:30 p.m. This event is held to thank the countless volunteers who contribute to an array of Base organizations, including minor sports such as soccer.

Photo by Jules Xavier

NEXT HOME GAME:
PLAYOFFS
APRIL 22
APRIL 23
7:30 p.m.

BRANDON WHEAT Kings
VS
Red Deer Rebels or
Regina Pats

#GOLDRUSH




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Military Employment Transition for spouse program launched

Shilo Stag

Earlier this month, Canada Company, the leader in military employment transition, in partnership with Military Family Services, launched the METSpouse program — a pilot program connecting the spouses of active, Reserve and retired members of the Canadian Armed Forces (CAF) with vibrant, transportable careers.

Leveraging Canada Company's innovative Military Employment Transition (MET) program, METSpouse will focus on providing this untapped resource of highly skilled, adaptable and motivated employees with career training, mentorship opportunities and a database of mobile, portable and "telecommutable" jobs which fit the realities of being a military spouse.

"The METSpouse program recognizes that the spouses of our military and veterans face unique employment realities and challenges," said Canada Company president Angela Mondou.

"For Canada Company, METSpouse is a chance to put our expertise to work for the whole military family, and to create more opportunities for Canadian businesses to benefit from our remarkable military."

"The METSpouse program will help military spouses find gainful and meaningful opportunities through

an already established network of national employers," said MGen Derek Joyce, Deputy Commander Military Personnel Command.

"The Canadian Armed Forces applauds Canada Company's initiative in this area, given that spousal employment is a known challenge that needs focused attention and innovative solutions."

"As a METSpouse program employer partner, we not only benefit from the unique skill set and experiences military spouses can bring to our organization, but also from the training and resources designed to help us better understand their employment realities," said Calian present and CEO Kevin Ford.

"Through METSpouse we are able to tap into a group of potential employees that are motivated to succeed and are very adaptable to workplace situations."

The METSpouse pilot program was launched April 1 at the Military Family Resource Centre (MFRC) of the National Capital Region in Ottawa. Spouses there registered for the program and participated in a career job fair.

As part of the pilot, METSpouse is now available at select MFRC venues in seven regions across Canada, including CFB Shilo and Bases in Ottawa, Halifax, Montreal, Toronto, Valcartier and Winnipeg.

There are a number of local businesses which offer discounts and incentives to military members. Don't forget to ask if you are shopping at these places. Find a full list on the Brandon Salutes website.

<http://www.brandonsalutes.ca/business-incentive-programs>

Health Promotion challenges you to be healthy in May

Shilo Stag

CFB Shilo's Health Promotion team invites you to take the CAF Health and Wellness Challenge during the month of May.

This Challenge is about keeping fit, eating well, connecting with friends, living addiction-free, and enjoying life, says Health Promotion manager Shelly Moore.

It can be undertaken by anyone anywhere — at home or work, on military exercise, on your HHT, or even at the cabin.

Every day during May, you are encouraged to track your healthy behaviours. Each time you engage in a healthy behaviour, you earn a checkmark.

Participants who earn 320 checkmarks or more will be entered into a draw to win one of several local prizes, including an Android tablet, fitness tracker, dual-suspension mountain bike, Vitamix blender, and an elliptical machine, and more.

Those who register before April 30 will also be entered into the early bird draw.

The Challenge is open to current and retired CAF personnel, their family members who are aged 18 or older, and civilian members of the Defence Team.

It is free to register, and you will be provided with the necessary resources to participate.

Sign up today, and get ready to make your choices count.

For more information, including full rules and regulations, visit CFB Shilo's Health Promotion website.

Strengthening the Forces presents
THE CAF HEALTH AND WELLNESS CHALLENGE

Prizes are provided by SISIP Financial Services and Canada

CAF Health and Wellness Challenge

1 - 31 May, 2016

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

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

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

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

CAF Health and Wellness Challenge
Make your choices count... May 2016

Last Name		First Name	
Rank		Unit	Phone
Email Address			
Affiliation (Circle one)		Element (CAF members circle one)	
Reg Force	Reserve	CAF Family	DND/NDF
		Army	Navy
			Air Force

I have read and I understand and agree to the rules and regulations (Signature)

Rules and Regulations can be found at www.cfgateway.com

Please return this form to the Health Promotion office

Here are a few ways to get it to us...

- Place in CFB Shilo's internal mail system
- Scan and send to us at ShiloHealthPromotion@forces.gc.ca
- Place it in the drop box outside of the Health Promotion office in the CANEX Mall

OR

Visit the website and submit your registration form electronically
www.cfgateway.com

Shilo Health Promotion
Shelly Moore (Manager) 204-765-3000 ext-3867
Lacey Collier (Admin Assistant) 204-765-3000 ext-3868

CLASSIFIED ADS

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

**\$10 for first 20 words,
10¢ for each additional word**
Deadline for next issue:

April 28 at noon

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

Services



St. Barbara's Protestant Chapel
Sunday @ 10:30 a.m. with Sunday school & nursery
Padre Lee - ext 3090
Padre Neil - ext 6836
Padre Olive - ext 3088
Padre Dennis - ext 3698
Padre Costen - ext 3381
Padre Ihuoma - ext 3089
Our Lady of Shilo Roman Catholic Chapel
Sunday 10:30 a.m.
Wednesday 12:05 p.m.
Confession by appointment

Services

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

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Employment

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

Employment

CANEX WANTS YOU: Clerk/cashier part-time position with 13 to 32 hr /week required. Must be available days/evenings, and weekends. Under the direction of the department supervisor, a clerk/cashier scans customer purchases, processes the transactions, and accepts payment. He/she prices, stocks shelves, counters and display areas with merchandise and keeps stock in order. He/she performs cleaning duties as required. Starting salary is \$11.63 per hour, and after two-month probation increases to \$11.88. Apply in person at CANEX admin office, or NPF Human Resources office at base HQ.



We want you on our team

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

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

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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
Wawanese
Family Foods



It has been busy around camp for 1RCHA soldiers involved with Ex PROMETHEAN RAM being held at CFB Wainwright.



PHOTOS BY

Sgt Hugo Girouard/1RCHA

Army of the west continues high readiness training

Shilo Stag

Including representation from CFB Shilo's 1RCHA and 2PPCLI, about 3,500 soldiers from the Canadian Army's 1 Canadian Mechanized Brigade Group (1CMBG) are involved in Ex PROMETHEAN RAM at CFB Wainwright.

The exercise in Alberta runs from April 6 to May 5.

This training is an important component of operational preparations for Garrison Edmonton and CFB Shilo-based military personnel.

"Exercise PROMETHEAN RAM is critical to preparing our soldiers for the full spectrum of operational tasks," said BGen Trevor Cadieu, CO of 1CMBG.

"The exercise's challenging live-fire training will enhance the fundamental soldier skills of our troops, build their warrior spirit, and increase their confidence with the Brigade's weapons systems."

Ex PROMETHEAN RAM is a key step in the Canadian Army's preparation for Ex MAPLE RESOLVE 16 and the "road to high readiness" training program, which prepares soldiers for domestic or expeditionary deployments, as mandated by the Government of Canada.

Exercise PROMETHEAN RAM is a live-fire exercise that verifies the Brigade's offensive and defensive combat capabilities in a deployed environment.

Soldiers of 1CMBG will emerge from this demanding exercise as a highly cohesive team, having refined their battlefield skills, synchronized their combined arms effects, and expanded confidence in their weapon systems.

Quick Facts

- Ex PROMETHEAN RAM involves artillery, armour, engineer, infantry, tactical helicopter, logistical, and medical components training by day and by night.

- Ex PROMETHEAN RAM ensures that 1CMBG is prepared for the next high readiness exercise, Ex MAPLE RESOLVE, which is the culminating event that will confirm the Brigade's operational readiness.

- Starting this July, 1CMBG will serve as Canada's high readiness Brigade, prepared to provide troops from the individual to the Brigade level for the full spectrum of operational tasks, including security force assistance and combat.

- Ex MAPLE RESOLVE is the pinnacle of the Army's yearly training. Hosted by the Canadian Manoeuvre Training Centre at CFB Wainwright, and taking place from May 12 to June 17, it is the final validation exercise before a Task Force is declared ready to deploy on either domestic or international operations.

• • •

If you wish to send mail or packages to a soldier currently deployed to CFB Wainwright on exercise, there is a mail run established for that purpose. If you have a parcel, have it dropped off at the 1RCHA Regimental duty sergeant office before 3 p.m. daily.

Include the soldier's service number, rank, initials and last name and his/her Battery. All packages will be sent on even numbered days.

If you have any questions regarding the sending of packages, call the Regimental duty sergeant at extension 3413.

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