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1947 - 2017

Shilo Stag

70 YEARS

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INSIDE This Issue



Base's newspaper turning 70 in 2017. Page 2



Hamper program successful thanks to you. Page 3



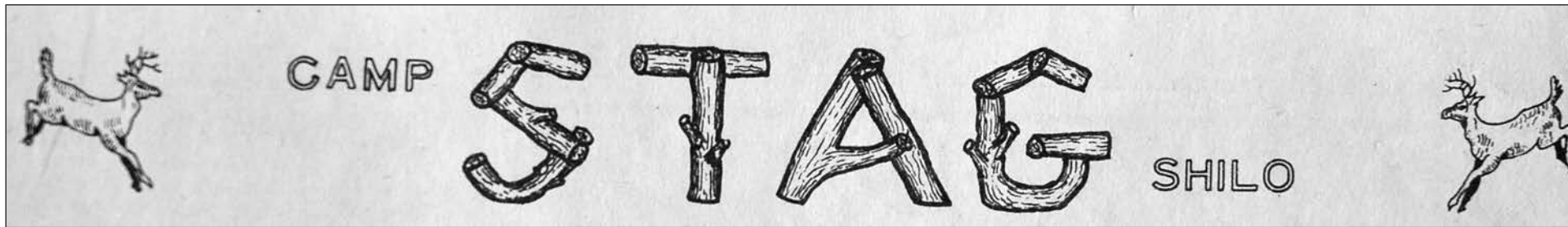
Base awards presented during luncheon. Page 9



FAREWELL 2016



It was a busy year for CFB Shilo, with soldiers training to prepare for deployments, including 2PPCLI off to the Ukraine for Op UNIFIER. Canada Day was Lt(N) Greg Ansley dunked, while soldiers in all units enjoyed sports activities. *Photos by Jules Xavier*



Newspaper covers Base for seven decades

Jules Xavier Shilo Stag

Seventy years ago when the inaugural *Shilo Stag* was published and distributed on this Base, Kodak Tri-X black and white film was used in what would now be considered an antique camera your grandfather brought out at family outings.

Layout was done the old-fashion way — wax, pica ruler, Photo Mechanical Transfers (PMTs), hot-lead type — by hand once the typesetting was done. Film was processed in a darkroom using Kodak D76 chemicals.

Reporters did interviews in person, not on-line, or via the dial telephone when you did not need to use an area code before the number. In fact, in 1947 you did not need an area code for making calls in Manitoba — there weren't that many phones compared to the population of Manitoba today. A phone number in Brandon 50 years ago was PA6-5377.

There were no fax machines, computers, digital cameras or cell phones. A lot has changed for the current Stag Team compared to seven decades ago when it was military staff producing your community newspaper.

A lot was happening in Canada in '47 — Jan. 1 Canadian Citizenship Act 1946 comes into effect; Jan. 2 Dominion of Newfoundland (later a province in '49) switches to driving on the right from the left; Jan. 27 the cabinet order deporting Japanese-Canadians to Japan is repealed after widespread protests; Feb. 13 oil is discovered near Leduc, Alberta; May 14 Chinese Immigration Act of 1923 is repealed; June 15 laws limiting Asian immigration to Canada are repealed and Canadians of Asian descent are allowed to vote in federal elections; July 22 two new nuclear reactors go online at the Chalk River research facility; Sept. 30 last group of personnel who had been on active service, for the Second World War, since Sept. 1, 1939, stood down; Dec. 29 federal law was changed such that Canadian women no longer lost their citizenship automatically if they married non-Canadians.

Stuart Garson was premier of Manitoba, while William Lyon Mackenzie King was our prime minister. Our dollar bill and all paper currency, plus coins, featured the face of King George VI, father of our current monarch Queen Elizabeth II.

Turning 70 this year are a number of famous Canadians: Andrea Martin, actress and comedian; Abby Hoffman, track and field athlete; Kim Campbell, politician and 19th — and first female — prime minister of Canada; Lynn Johnston, cartoonist; Rosella Bjornson, airline pilot, first female pilot for a commercial airline in North America; Ken Dryden, ice hockey player, politician, lawyer, businessman and author; RH Thomson, actor; and Burton Cummings, musician and songwriter who was born in Winnipeg.

This Base has been a training facility for the Canadian Armed Forces (CAF) since 1910, and saw an increase in its use as a training facility following the outbreak of the Great War, with nearby Camp Hughes home to thousands of soldiers preparing themselves for the battlefields of Belgium and France.

The principal purpose of this Base is for training in artillery and munitions, activities audibly recognized, though not begrudged, by generations of nearby residents. In 1942, training of the 1st Canadian Parachute Battalion was transferred here from Fort



The look and content of the 70-year-old *Shilo Stag* has changed over the decades based on technology and how the Canadian Armed Forces serves its members and families. This is evident in two different editions of the paper. The one on the left from Nov. 13, 2008 was done using pagination, with photos taken on digital cameras. Editorial staff were civilians, while military members had the responsibility to produce the the copy on the right which was published on July 30, 1964. Cut and paste and hotlead type was used in the late 60s, while photos were taken using film cameras containing Kodak Tri-X 400 ASA film.

Benning, Georgia. Five years later, the Base introduced soldiers and their families to this newspaper.

During the course of the next 12 months, we'll go back into our archives held by the RCA Museum and share with your some of the content from those yellowing newspapers.

Perhaps you have some old copies in your grandfather's attic you might want to share with us. We'll share stories, photos as well as some of the advertising which appeared in the tabloid newspapers.

When Canada was celebrating its centennial in 1967, *The Stag* as it was called then, was issued under the authority of BComd Col Orton, with the content "edited and approved" by Capt Rennie. His assistant editor was Lt Walker.

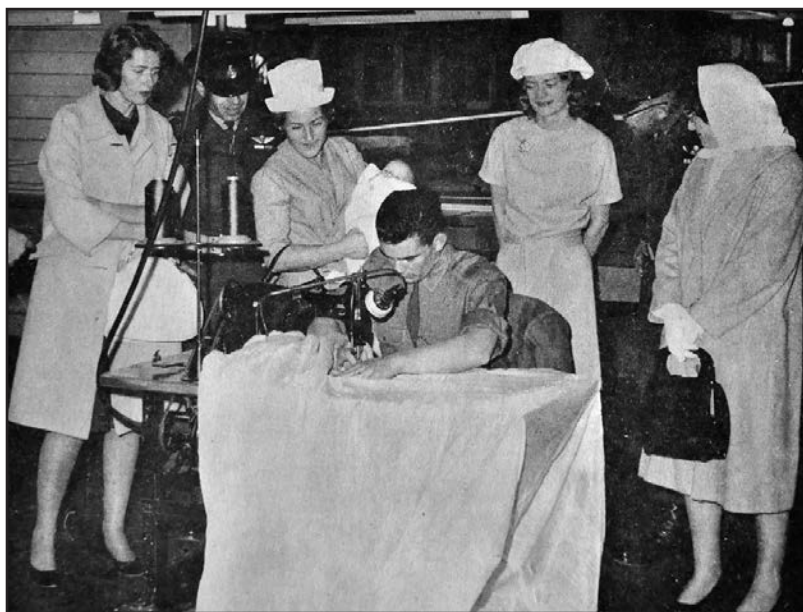
Fifty years ago you could buy an Impala Sport Coupe or Caprice Custom Sedan at Western Motors at 10th and Princess in Brandon. Brown's Drug Store at 902 Rosser Ave. had the Asahi Pentax SIA film camera on sale for \$149.95 (regular price \$202.40). Safeway in Brandon sold chuck steak 55 cents per pound, hamburger 59 cents per pound, California peaches 49 cents per pound or a gallon of ice cream for \$1.29. A blade roast for Sunday supper would cost you 59 cents per pound.

Going back to 1964, the newspaper was referred to as *Camp Shilo Stag*, with Col Hunt as BComd, while Lt Busby "edited and approved" the content. A yearly subscription was \$2.50. Camp Shilo's new GSM was Clifford Ludtke, who served with the PPCLI during the Second World War and Korean War. The Base was also actively involved in Brandon's annual Travellers Day parade.

Five years later, *The Shilo Stag* was under the authority of BComd Col Francis, while Capt Numbers was editor in a six-person newsroom, which included photographer Sgt Hull and teen editor Sharlene Rowland and ladies editor Thelma McFarland.

While seven decades might seem young in comparison to the centennial of the Battle of Vimy Ridge which will be celebrated this April, your Base newspaper has been around as long as some of the other CAF publications serving other Canadian Bases.

While we're not the oldest, we're close when you compare publishing dates for the following: CFB Petawawa *Post* '44, CFB Esquimalt RCN *Gangway* '43 (now the *Lookout*), CFB Trenton *Contact* '40 (now published by newspaper giant Metroland 2011) and CFB Borden *Citizen* '48.



Pte JP Gignac shows the wives "how to do it" on one of 28 COD sewing machines. Looking on with interest as 28 Central Ordnance Depot celebrates its 15th anniversary are Mrs. Brando, Pte DeBartolo, Mrs. DiBartolo, Mrs. Hagget, Sgt Cunningham and Mrs. Cunningham. This photo was on the front page of the *Camp Shilo Stag* newspaper published on Nov. 18, 1965.

Younger Base newspapers include: 17 Wing Winnipeg *Voxair* '52, CFB Comox *Totem Times* '60, CFB Cold Lake *Courier* '54, then reborn in '67, CFB North Bay *Shield* '66 (first moniker was *The Jet*), CFB St. Jean/Montreal *Servoir* 1993 (fusion of the *Aladin* and *Parapet*), CFB Halifax *Trident* '66, CFB Val Cartier *Adsum* '72. CFB Greenwood's community newspaper was born in 1953 as the *Wings over Greenwood*. Its moniker later changed to *The Angus*, then to its current *The Aurora*. So happy 70th anniversary as the *Stag* continues to cover your community.



Padre Dennis helps unload boxes of food donated by Base units for the annual Adopt a Family hamper program. *Photos by Jules Xavier*

Adopt a Family hamper program successful based on contributions

MFRC Special

Through the blustery, swirling snow typical of Manitoba winters, the community of CFB Shilo extended warmth and joy this past holiday season.

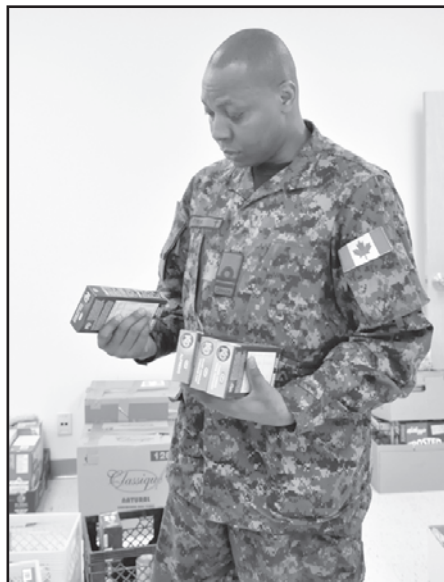
The recent Adopt a Family hamper program was a great success due to the enthusiastic generosity of military units, businesses, and families.

More than 44 hampers were filled with non-perishable food items. These items, along with additional support from the Support Our Troops Fund, allowed Shilo's chaplains and MFRC staff to provide Christmas dinner for families in our community.

In addition, the surplus hampers were delivered to smaller surrounding communities to help fill the cupboards of local food banks.

CFB Shilo's chaplains and MFRC staff wishes to extend a heartfelt thanks to all those who participated in this year's Adopt a Family campaign.

Thanks for your generosity this past holiday season.



Padre Ihuoma helps MFRC staff with the sorting of food items at the Faith Centre.

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2/10

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4/5

Campbell's®
Soup
• Chicken Noodle, Vegetable
Beef, Cream of Mushroom
• 540 ml
• Reg. 3.29

1⁹⁹

Christie®
Cookies
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Chunky, Fudgee-O, Oreo
• 500 gr
• Reg. 6.99

3⁹⁹

Duncan Hines®
Frosting
• Chocolate Fudge, Vanilla,
Chocolate
• 450 gr
• Reg. 3.49

2/5

Duncan Hines®
Cake Mix
• Assorted Varieties
• 432-515 gr
• Reg. 2.79-4.19

4/10

Kool-Aid Jammers®
Kool-Aid
• Assorted Varieties
• 10x180 ml
• Reg. 5.19

3⁹⁹

Quaker®
Crispy Minis
• Assorted Varieties
• 100 gr
• Reg. 2.59

2/4

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6⁹⁹

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2/8

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Advertising rep Elaine Bullee ext 3736
Editorial advisor Lori Truscott ext 3813
Proof reader Elaine Bullee ext 3736

Fax: 204-765-3814 Email: 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, 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>



Follow the puck!

It was a hive of activity on the ice during the second period intermission of a Brandon Wheat Kings WHL tilt. During the break, HIP players from CFB Shilo had an opportunity to play shinny in front of a full house. Wearing the home and away jerseys of the Shilo Sentinels, the young players chased after a number of pucks to the delight of their parents, who stood on the visitor's bench taking video of their hockey antics.

Photo by Jules Xavier

Op UNIFIER recycles while supporting a good cause

Capt Stephen Neil Stag Special

In addition to training their Ukrainian counterparts while on Op UNIFIER, members of Joint Task Force - Ukraine (JTF-U) have been supporting an initiative to provide prosthetic limbs for Ukrainian soldiers.

When Canadian troops in Ukraine recycle their bottles and caps, the monetary value of the weight of the plastic is donated to OBEC, an organization that provides prosthetic limbs.

Caritas is a charitable organization that operates under the auspices of the Ukrainian Catholic church, and part of the current mandate of Caritas is to be a bottle cap delivery depot.

So far, 72 tonnes of plastic has been collected to provide prosthetic limbs for 10 Ukrainian soldiers.

This past fall several members of JTF-U had the opportunity to meet representatives of OBEC, as well as Roman Didera — a veteran who has received a prosthetic limb.

Canadian soldiers appreciate how prosthetic limbs are readily available at home for injured veterans. Realizing that prosthetic limbs aren't as easily available for Ukrainian veterans has inspired the members of JTF-U to commit to recycling for charity.

The conversation with the Ukrainians also helped members of JTF-U appreciate the wide range of services that are offered to our members and their families.

For example, Canadian troops have access to the services of the Military Family Resource Centre (MFRC), chaplain services both in theatre and on the home front, as well as mental health services.

A poignant takeaway from the meeting was the appreciation of many Ukrainians for the work of JTF-U.

Canadians are helping to make a difference in the lives of Ukrainians who have experienced trauma as a nation at different times in the not-so-distant past.

At the meeting at Caritas Canadian soldiers could express their support for the sacrifices being made by Ukrainian soldiers.

Capt Stephen Neil is JTF-U chaplain

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 Jan. 20 Trolls Rated G
 Jan. 27 Masterminds Rated PG

Children aged 10 and younger require adult supervision at all times.
 All movies start at 6:30 p.m. Doors open at 6:15 p.m.
 FREE GSH popcorn — h2o from CANEX

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

Pet of the Week



DAISY & MISTY

Nicole Gauden's has two pets at home to keep her company. Daisy is a four-year-old miniature retriever, while Misty is a three-year-old mini pincher/dachshund. She says they love non-stop attention. Do you have a photo of your pet — cat, dog, bird, snake, hamster — you'd like to share with our *Stag* readers? If so, e-mail it to us via stag@mymts.net



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Three-day Brandon event features seven pavilions

Shilo Stag

Do you enjoy sampling foreign foods or dancing to music not normally on your CD player at home?

If so, then why not take in the 14th annual Westman Multicultural Festival — formerly the Lieutenant Governor's Winter Festival — running over three days starting Jan. 26.

In past years, Westman residents have become accustomed to celebrating the broad cultural diversity within our community as they visit the various host pavilions at locations throughout the city.

This signature event in Brandon has become a welcome winter respite as festival goers enjoy warm friendship, food, beverages, entertainment, art and customs from around the world.

This year, seven pavilions will be part in the three-day festival. This includes the Scottish, Mauritius, Irish, English, Filipino, Ukrainian and Honduran pavilions.

Admission to each pavilion is free, making this a very popular, inclusive, family event. Last year, 32,000 people attended.

The festival is entirely run by volunteers recruited by the various cultural societies and associations that host the pavilions. It generally takes more than 1,000 volunteers to help make the festival as successful as it's been.

This year's event is being organized by the Westman Multicultural Festival Society. The organizing committee chose to change the name of the event to be more inclusive to guests outside the city of Brandon and to better depict what the event encompasses.

Details on the Westman Multicultural Festival can be found by visiting www.gotothepavilions.com

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Can I quote you?

Stag scribes scribbled these words from interviews in 2016

Jules Xavier
Shilo Stag

Your award-winning *Shilo Stag* is back for another 24 editions, but this time we're celebrating our 70th anniversary.

Around since 1947, your *Stag* team was kept busy in 2016. Besides the words you peruse every second Thursday in this community newspaper, Stag staff also shared some of the thousands of digital images which were captured on our Nikon cameras, from Base and community sports to military exercises and annual events such as Canada Day or the Easter egg hunt held at the GSH.

There was also a Change of Command (CoC) ceremony for 1RCHA's incoming CO LCol Stephen Haire, and a contingent from 2PPCLI led by 2PPCLI CO LCol Wayne Niven was deployed to the Ukraine for Op UNIFIER.

Plus just life on the Base which piqued our interest while out exploring in the different seasons CFB Shilo residents experience here on the Manitoba prairies.

Looking forward to another busy 52 weeks, we decided to look back on the past 24 editions and pulled from our pages memorable quotes, plus a few of our favourite photographs.

"What we've tried to do is match soldiers to businesses [which] want to provide discounts to deserving soldiers. We've worked over the years to come up with a comprehensive list, which you can find on our website, www.brandonsalutes.ca. It lists all the businesses in Brandon that give discounts to military members if they identify themselves."

— *Brandon Salutes chairman Matt Bolley*

"The competition is not about the most weight lifted or 'absolute strength' but rather 'relative strength,' meaning the goal is not just to be strong, but to be strong for your size. It's easy for a big guy to get some big numbers, but seeing a lightweight dead lift 400 pounds is like seeing Spud Webb win the [NBA] slam dunk competition."

— *Ex HEAVY LOADER III runner-up Maj Joe O'Donnell*

"Even though my job says I work seven-and-a-half hour days, very seldom do I work seven-and-a-half hour days. It's nothing. My days probably average anywhere from eight-and-a-half and up. That's my choice, it's too easy. I'll come in at six o'clock — it's so nice to be able to come in, no distractions for an hour to hour-and-a-half before the phone starts ringing. It's not like I have to do it, I want to do it."

— *Civilian of the Year winner Jim MacKenzie, CFB Shilo's Fitness, Sports and Recreation manager*

"I can talk to those sailors, soldiers and air men and women about their areas of concern and challenges. I can see what they do firsthand and then take that back to Ottawa with me. Every time I come off a road trip I can say to the Provost Marshal here are the concerns of your young officers and the challenges they are facing. I need to hear

what the challenges are for each of our sections in the Canadian Armed Forces, whether it's the CFMWS or the CFMP, we need to do this in order to be successful."

— *Retired BGen Peter Atkinson, and PSP/CFMWS vice-president, was appointed Honourary Colonel Commandant of Canadian Forces Military Police (CFMP)*

"Every time we had a course I would have to pack up boxes with dictionaries, all my reference books, my modules and stuff. Then go over to MPTF and set up the class. Then we would hire a teacher. Then once it was done, I would go back over there, pack up the boxes again and bring them over to headquarters building."

— *CFB Shilo Language School co-ordinator Sylvie Drapeau on finally having a permanent venue to teach languages to military students*

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

— *Former 2PPCLI CO Col Mike Wright on retiring CO executive assistant Joyce Smit outlasting the various officers who took up residence in the command suite*

"I like to give back to the community. I don't do what I do to be recognized. I do what I do because that's my job and people appreciate what I do. I work for the soldiers on this Base, and I contribute to the community further when I volunteer. I eat, breathe and sleep giving back to the military community."

— *SISIP financial counsellor/insurance rep Debbie Hoddinott on receiving the CFMWS Woman of the Year award*

"The suffrage movement in England was much more militant. They tended to wear more aggressive clothing, more bloomers, more off the floor, sort of at the ankle rather than on the floor. They were much more aggressive in their stance. They threw rocks in public buildings windows, they threw little letter bombs into mail boxes."

— *RCA Museum senior curator Kathleen Christensen on a new exhibit that showcased women's fashion from before the First World War up to the 1960s*

"At the troop level, the relationship between us and Parks Canada is outstanding. They are incredibly professional and skilled at what they do."

— *Lt Aaron Brideau commented on Op PALACI, which also featured soldiers from 1RCHA as part of the Avalanche Control Troop which triggered avalanches using high explosive projectiles fired from the C3 105mm Howitzer from various gun positions on the highway*

"One contentious issue which has been lingering since my arrival in 2014 was the problem of potholes on the Base. I am sure this is near and dear to everyone's heart as this seems to be an issue in every community including bigger cities across Canada. In recent years the RPOU(W) Det Shilo has spent upwards of \$150,000 annually in addressing pothole repairs throughout the Base. Repairs were often completed at inopportune times as a result of a variety of issues."

— *Former BEng Maj Andrew Wall on purchasing an asphalt reclaimer which is used to repair potholes on the Base. The previous paving jobs as well as old asphalt shingles from roofing projects into new asphalt that can be prepared and installed in the matter of minutes*

"The types of injuries I see here are more severe and more intense. So it's a bigger challenge. [At Moose Jaw] it was mostly sports-related injuries. You knew they were still at work, they maybe just weren't doing full duties. Whereas here, there are guys here [who] can't do any of their duties."

— *Registered Adaptive Fitness Specialist Brandi Sheppard on working with soldiers versus airmen following her move to this Base from CFB Moose Jaw*

"Archie [Londry] is the only one who trained pilots at this site. As for trainees, we just lost Reg. I don't know if there is anyone else now, sadly. We're coming to that tipping point where it's just going to be the history and the stories we've managed to collect."

— *Stephen Hayter on being part of the Brandon-based Commonwealth Air Training Plan Museum*



Selfie taken at Peace Gardens following CFB Shilo's participation in a 9/11 anniversary ceremony.
Photo by Jules Xavier

"Training in the army is an interesting animal. You can't always just march with your rucksack or go to the shooting range and fire your service weapon. [The event] promotes a little bit of a competitive environment and at the end of the day, we're a better team for it."

— *Garrison Edmonton Public Affairs Officer (PAO) Capt Brian Kominar on why 1,082 soldiers from western Canada Bases competed in the annual Ex STRONG CONTENDER as part of building fitness and esprit de corps*

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

— *Capt Victor Pak, a Base physiotherapist, shared why he re-mustered and took on his current trade*

"I remember a few months into Joyce's tenure with 2PPCLI explaining to her all of the officers

that would be moving the following summer, and that I'd be moving out of the Adjutant's office and



2PPCLI CO LCol Wayne Niven was interviewed by CBC prior to his departure for the Ukraine where he's the Op UNIFIER CO.
Photo by Jules Xavier

CONTINUED ON PAGES 7 & 8

"My intent is to load up my truck and head to Victoria to do Boomer's ride. [Cpl Andrew 'Boomer' Eykelenboom] was my medic and I need to do this. I will have no saddle time on a bike when I get there, so it will be one hell of a tough first day for me, I am sure."

— Sgt Thomas Cole of 2PPCLI's B Coy on taking part in the ninth annual Boomer's Legacy BC bicycle ride on Vancouver Island

"The Base engineers authority is \$1-million. Anything higher than that requires higher approvals and a lot of paperwork. Frankly, we've seen projects over \$1-million stall for 12 years, 15 years before it gets approval."

— Engineering Officer Robert Riesz discussing what major projects are being worked on at CFB Shilo

"I am passionate about soldiering and the artillery. Watching each component of the artillery come together in the field is exciting and rewarding. From the acquisition of a target, the hustle and drive on the gun line to the delivery of effects on time on target is a process that requires well trained and well led soldiers working together in unison. As a husband and father I try to find the balance between the time required for work and home. I enjoy spending time watching our kids grow, learn, play sports and just being together."

— New 1RCHA CO LCol Stephen Haire describing his personality when it comes to soldiering, and when he's away from his military responsibilities

"I, myself was pretty tired, from just walking back and forth, not even manhandling these things and I asked him for a no BS time on when he and his crew would need to shut down. His response was quite to the point where he replied 'when it's f-ing done, Sir.' I figured it was the standard [senior] NCO response."

— Outgoing 1RCHA A Bty OC Maj Joe O'Donnell on a response he received from Sgt (Ret) William Bruce during Op LENTUS 14 while observing soldiers building tiger tubes during flooding in Portage la Prairie

"In order to achieve our organizational goals we need to work together, military and civilian. Communicate with one another — not only by e-mail, [but] talk in person. You'd be amazed at what can be accomplished. Work as a team."

— Retiring after 36 years working on the Base, Sylvia Budd offered words of wisdom to her replacement, former COS Maj Craig Ethelston

"We got the same experience as them. We got to know what it was like, what kind of physical demand they're looking for. So we can come back and train our home units, and realize what they're doing ... we can specify programs."

— CFB Shilo Physical Exercise Specialist Janelle Boyd on her inaugural Ex MAPLE RESOLVE experience at CFB Wainwright

"Most of these soldiers we are training are combat veterans from the eastern part of their country. They have experience in combat operations. We're there to assist them in developing their skills and bring them [up] to a more NATO standard. They are proud soldiers. Establishing that trust and relationship is the key. If you can open that door, then everything becomes smoother. We like to say soldiers speak a universal experience ... everyone's got a war story. If you know how to open that door and make that connection, then things become much easier."

— Op UNIFIER CO LCol Wayne Niven on the deployment of 200 soldiers, more than half from 2PPCLI, for six months to help train Ukrainian soldiers

"I was extremely proud of the Regiment's



1RCHAA Bty hone their M777 skills during a fall exercise which featured Shilo Army cadets observing the morning activities in the training area.

Photo by Jules Xavier

support to international and domestic operations. Internationally, the Regiment made a significant contribution in growing the capacity of the Afghanistan National Security Force as part of Operation ATTENTION — the CAF's training mission in Kabul, Afghanistan with Task Force 2-13 from June 2013 to March 2014. What was also significant about this deployment was that it marked the final rotation of over a decade of the CAF's engagement in Afghanistan since 2002, when members of 1RCHA, as part of the 3PPCLI BG, deployed to Kandahar under the rubric of Operation APPOLLO."

— Outgoing LCol Stewart Taylor on some of the memorable moments from his three-year stint as 1RCHA CO

"1RCHA is the most senior army unit in Canada as they were the very first Regular Forces Army unit, dating its roots back to 1871. So, there is a lot of history going back with 1RCHA. We're really quite happy to be working with the Command Team, the CO and the RSM at 1RCHA to bring this cadet corps to fruition."

— 2502 Royal Canadian Cadet Corps CO Capt Rob Lussier on starting up army cadets again at CFB Shilo

"In a word ... frustrating. During training you always achieve the objective, you take the trench and consolidate. The Taliban weren't hiding in trenches or even staying in buildings. They were as elusive as ghosts. Fixing the enemy in position and destroying them would have been very rewarding, but real world

enemies are living people who don't want to die and in the mission I was on [Op ATHENA] they had learned over years of conflict how to survive encounters with NATO militaries."

— Ex-Patricia Cpl Bryce Cooper, who has remustered to become a CAF imaging tech, explained what his experience was like facing the Taliban during the Afghanistan War.

"We recommend that in the field, [soldiers] do tick checks daily. Even twice daily. That way there is a good chance they're not going to be on you long enough to transmit any lyme disease. I know a lot of the guys pull them of themselves, but we always try to tell the Med Techs to do the removal. That way we're sure it's done right and they can keep the specimen for me for identification."

— Senior PMED Tech

Sgt David Jenkins on dealing with ticks when soldiers are on exercises in the training area

"Being in the artillery in the field, I've got to pick up 100-pound rounds and stuff like that and move them. There are a lot of awkward shaped things that are pretty heavy that you've got to carry. You've got to do it with speed and precision. In a way, strong man kind of helps you out that way. I think that being in the military you should branch out of your comfort-zone."

— 1RCHA Gnr Tyler Harte on being in powerlifting competitions and how it helps with his military job

"The purchase of this QF 13-pounder was not possible without his support. [Julius Schulich] joined the 7th Brigade Canadian Field Artillery on April 26, 1917. In France, he worked in the ammunition column transporting and loading munitions to the guns. He served in a number of brigades over 26 months of service [and] discharged 28 June 1919."

— RCA Museum director Andrew Oakden explained a donation from Seymoure Schulich from Toronto, Ont., was instrumental in acquiring the QF 13-pounder field gun, circa 1904, for the museums artillery collection

"I wanted to move away from home," she recalled. "I wanted to go and be on the ocean. That was to me, the best way to get away from home. I wanted to be in the Navy — I thought. Once I was in, I realized that a career in the Army was going to be something that I was — would motivate me and I always kind of wanted to be a police officer or something more physical and helping the community."

— New Base COS Maj Katherine Haire was thinking about education when she joined the CAF 19 years ago

"Shilo's contribution was admittedly down from previous years. It has been as high as \$66,000 in the past so we are hoping to revitalize the campaign a bit in order to make the biggest impact possible on our community which has been so supportive of the military. Our goal this year is \$35,000."

— Shilo United Way chairman Maj Greg Costen set a goal for the Base after the previous year fell short of its goal

"At least my mom had the centre pieces with the candles and whatnot. So we had candle light by dinner. It was nice, but it was getting risky. It was getting a little hot in there. I kept telling my husband, we can't really keep everybody here. If there's not going to be any entertainment, people are going to want to leave sooner than later."

— Bride Chelsea Mitchell received help from Base firefighters after there was a Base-wide power outage as the wedding reception was underway



United Way chairman Maj Greg Costen shows off the goal, and the end result of the 2016 Base campaign. The new sign was created by PSP administrative assistant Elaine Bullee. Photo by Jules Xavier



GSH Bowling Alley

Open bowling for all ages
Saturday 2 to 4 p.m.
Sunday 2 to 4 p.m.

Adult: **\$2.50** per game
Youth: **\$2.25** per game
Child: **\$2** per game
Shoe rental: **75 cents**

Prices subject to tax

Ask about Glow bowling
birthday parties!

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



The Leslie Barracks was demolished last summer.

Photo by Cpl Bryce Cooper

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Where's Willie?

Somewhere on the pages of this *Shilo Stag* is a picture of Willie, the Wheat Kings mascot.

Tell us on what page, in what particular advertisement Willie was found and correctly answer the following skill-testing question for your chance to win two tickets to an upcoming Wheat Kings home game in Brandon.



Entry Form

Name: _____
Address: _____
Phone: _____
Page #, ad: _____

Answer skill-testing question:

Who was the Base Commander at Camp Shilo in 1964?

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

Memorable quotes from 2016

From page 7

"Our strategy was to be unaccustomed to carrying the 15-kilogram ruck and instead to be used to running fast for long distances. We fooled our bodies into carrying weight fast. I like to train light. Although it's part of the competition, I disagree with training with lots of ruck runs. I didn't love carrying a 15-kilogram rucksack 50 kilometres, but I did love the competition."

— *Former 2PPCLI Ex MOUNTAIN MAN competitor Cpl Bryce Cooper on training for the annual event held in Edmonton in early September*

"When muscles get tight and you get those knots, that's where toxins tend to sit. A lot of times when someone is a tighter or denser individual, you can touch some people and the muscles are really just like a rock."

— *Registered Massage Therapist (RMT) Patricia Keough explained how she can help release toxins from the body with her various techniques*

"I say there is absolutely no need for worry now. It will be time enough to worry when I get to travel. Besides that I am going with the artillery. We fight many miles away from the battle line and danger is very small indeed."

— *Excerpt from a Sgt Henry Hayes letter he wrote to his parents on July 16, 1915. The letters were donated to the RCA Museum by a family member from Trenton, Ont.*

"After tackling the main fire and rescuing a dummy, we groped our way up the stairs. We were escorted through some fire from a burn barrel under the stairs. Pulling dummies was hard work and I heard my breath sucking back precious air from my bottle. The bottles are good for 30 minutes sitting on the couch. Or considerably less time if you are pulling a 150-pound dummy around a burning tower."

— *Cpl Bryce Cooper on being a firefighter as part of Fire Ops 101 and spending time in the training burn tower*

"We thought \$35,000 was doable as a goal. We had enough reps to be creative and bring new life to events. It was their efforts that made this campaign work."

— *Shilo United Way chairman Maj Greg Costen on the success of the 2016 campaign after announcing more than \$54,000 was raised between Sept. 16 and Nov. 18*

"Injuries are kind of more my jam. Those are the kinds of things I like to deal with."

— *New fitness and sports instructor Kristin Atkinson on what injured soldiers can expect under her fitness tutelage*

"I'll assess them. If there is any physical things like any vestibular components ... that means your inner year — balance. If there are any deficits that way, then there are some simple exercises I can give, or [for] visual disturbance there's exercises I can give."

— *Base physiotherapist Brianna Coulter on helping soldiers with head injuries, such as concussion*

"This is crazy. I've never had a game-winner before like that. I've played high-calibre hockey, but I've never been the hero."

— *B Bty rookie Gnr Jonathan Carroll in a post-game media scrum offered his thoughts on scoring the game-winner in overtime to pace Bty to a 3-2 win over A Bty in the annual Kingston Cup played at Gunner Arena*

"There's lots of history with this hockey game, and

with it comes bragging rights when you win. It's funny for me, too, to see guys who were with me 15 years ago. It's like a reunion of sorts, with guys who were gunners and now they are warrants."

— *Former 1RCHA BC with B Bty and current CO of the Canadian Army in Western Canada BGen Simon Hetherington was a spectator at the annual Kingston Cup game which he once skated. It was like a high school reunion for him as called his time with 1RCHA as the "best years of my career."*

"It is important for us to remember our mortar troop would likely face a built-up area in any deployment. Deploying next to or inside of a building, skills in operating inside of a five-man stack allow the troop to clear and secure urban areas. It is also not unheard of for such formations to be employed in an infantry role. Although the specific drills are somewhat different from those we normally train for, artillery officers and NCOs are always considering their own force protection when operating with the M777s. It is always a priority for us to prepare for a near battle to insure that our ability to provide fire support is not interrupted. These drills allow us to meet the specific requirements of a built-up area."

— *Capt Jonathan Lee, 1RCHA A Bty Gun Position Officer (GPO) discusses why artillery soldiers should hone combative, breaching skills during Urban Ops training*

our 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. 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]. 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."

— *The Gardiners, Karen and Rob, on providing funeral services for Westman and area pet owners at their Virden-based Peaceful Valley Pet Crematorium*

"Teaching and training soldiers in Battalion is set to a specific standard and method that allows the soldier to react to their gun drills under stress. At the gun club, we teach those members who are unsure or have not been taught updated rifle and pistol drills to the same standard and safety, but not to the same level of stress."

— *Former Shilo Gun Club president WO Matthew Aseltine on the difference working with soldiers and gun club members when it comes to honing shooting skills at the Base ranges*

"If it's not used, it will be gone. We as a military do a really good job of looking after our people while they are in uniform. The military way of life becomes ingrained not only in the member, but also in the family, based on the way we are moved around and the activities and score that we have. To go from that full level of support to literally none on the day you are released is very difficult."

— *BComd LCol John Cochrane on the CFB Shilo being the site of a four-year national pilot project that provides support to medically releasing CAF members and their families*

"I've always had an interest in history. It helps you uncover your heritage. Originally, I was always into history because I like writing papers — usually on war. That was my first interest. It just developed as I've lived in different places and gone to a lot of museums."

— *New RCA Museum director Andrew Oakden on his new job*



POWER



PERRY



MIGUEL



KENNALEY



GREER



BUGERA



CULLEN



POIRIER

Cpl Tommy Poirier named Soldier of the Year

Shilo Stag

It was a festive mood at L25 when promotions and awards were handed out during the annual Base Christmas luncheon.

BComd LCol John Cochrane and BRSM CWO Don Askeland did the honours, with the ceremony also featuring the awarding of the annual Soldier and Civilian of the Year honours.

Cpl Tommy Poirier from Base Maintenance is CFB Shilo's 2016 Soldier of the Year.

As the acting IC EO Section, he ensured his section was professionally led, mentored and equipped in order to support all CFB Shilo units. He mentored all junior EO technicians on Base and ensured each obtained the requisite knowledge for the successful completion of their DP2 training.

His exceptional performance contributed to an effective maintenance program that ensured all CFB Shilo units achieved their operational objectives and thus bringing credit to himself, CFB Shilo and the Canadian Armed Forces (CAF).

Jennifer Greer was awarded the 2016 CFB Shilo Civilian of the Year award.

Since arriving in 2014, Greer has been the driving force in the CFB Shilo release section. Her care, compassion and loyalty to both the members releasing and the institution have supported the smooth transition of those departing the CAF.

Last year alone she has been responsible for processing 107 releases, with each one treated with the same care and concern as the last. Her continuous efforts have greatly contributed to the Defence Team and CFB Shilo.

Meanwhile, Maj Greg Costen received a Command Team commendation on behalf of his United Way campaign team.

The United Way Campaign Team was recognized for their outstanding work during the 2016 campaign drive. Their fundraising ideas were both numerous and creative, ensuring that everyone in the CFB Shilo community could participate.

With a lofty goal of \$35,000, it was quickly smashed early in the campaign. The entire team's efforts, hard work and dedication successfully raised more

than \$54,500 brought great credit to CFB Shilo and the Military community.

Receiving promotions were the following soldiers:

Jennifer Kennaley of Base Maintenance went from Pte(B) to Pte(T)

Ben Collins of 3CDSG Sig Sqn went from Pte(T) to Cpl

Emma Sao Miguel of Base Transport went from 2Lt to Lt

Caroline Dubé Tremblay from Base HQ went from 2Lt to Lt

Jacob Mount from Base Maintenance went from Pte to Cpl

Two soldiers received service medals:

MCpl Andrew Perry of Base Kitchen received his Operational Service Medal - Expedition Ribbon, while MWO Patrick Surprenant of Base Ammo received his South West Asia Service Medal Bar.

A handful of soldiers received their Canadian Decoration (CD): Sgt Chris Opaluk of Range Control; Cpl Susan Cutler of Base Dental; Capt Andrew Curr of Base Ops; PO2 Candace Mundy of MPSS; and Lt(N) Greg Ansley of Military Police.

Two Base firefighters garnered the Fire Services Exemplary Service Medal: Dennis Gullett and Michael Simpson.

The Fire Services Exemplary Service Medal honours members of a recognized Canadian fire service who have completed 20 years of service, 10 years of which have been served in the performance of duties involving potential risks.

Leo Bugera of Base Transport was the first to receive a Command Team coin from LCol Cochrane.

Those attending the Christmas luncheon were told Bugera has demonstrated exceptional job knowledge, initiative and professionalism. During his time with Base Transport he has developed the skills needed to become an excellent operator and mentor within base transport.

This past fall he identified a qualification gap in Base Transport. He then took on the responsibility to develop a training plan to address this. His efforts resulted in cost savings and increased capability for the Platoon.

Five soldiers received a Command

Team coin for their part in training and participating in the annual Ex STRONG CONTENDER held in Edmonton. The coin recipients were Pte Lealand Mulero, Cpl Thomas Organ, Pte(B) Jay Hewko, Cpl Raymond Bilodeu and Lt Caroline Dubé Tremblay.

The five participants were recognized for the dedication and resilience they displayed while training for and completing their first attempt at Ex MOUNTAIN MAN in early September.

Competition is not for the faint of heart, and required training well in advance of a competition which featured a 32-kilometre run carrying a 15-kilogram ruck sack; a 3.2-kilometre portage; 10-kilometre paddle on a fast-flowing river, and finally a 5.6-kilometre run to the finish line still carrying the ruck sack.

Another Command Team coin recipient was Base Maintenance's Cpl Chris Homuth. During a Technical Assistance Visit (TAV) to Resolute Bay, Cpl Ho-

muth organized a charity beard growing contest amongst the members of the TAV. The proceeds of the event went to purchase needed sports equipment for the Qarmartalik School.

Following the coin presentations, up next were Command Team commendations.

CFB Shilo's Language School pedagogical advisor Joëlle Annick Buenacruz was the first of 12 individuals or groups to be recognized.

Annick Buenacruz has demonstrated exceptional dedication at the Base's Language School.

She is a gifted instructor who maintains, and expects, the highest standards for all her students and from her staff.

She is a tireless worker who ensures the smooth operation of the school by working long hours and taking on a myriad of extra tasks. Her dedication to, and promotion of, Canada's two official languages has been essential to the success of the CFB Shilo Language School.

The Non-Public Funds (NPF) human resources team of Silvia Ukleja and Jennifer Wilbee were recognized for their continuous outstanding performance.

Their hard work and exceptional efficiency coupled with their dedication to duty has, and continues to be, instrumental in ensuring smooth, efficient and reliable NPF operations.

Their often unseen efforts result in significant and positive impacts on the quality of life of all members of the CFB Shilo community.

Robert Love from the RCA Museum has demonstrated exceptional performance in co-ordinating the design, transport and manning of the museum's display of artillery and vehicles during the 2016 Threshermen's reunion.

In addition, his substantial historical and technical knowledge allows him to inform and educate the public about Canada's military technology, culture and heritage.

Love's efforts have greatly increased, and contributed to CFB Shilo's profile within the community and reflects credit upon himself, CFB Shilo and the Defence Team.



There's a military tradition at Christmas dinners that the youngest soldier will change places with their commander. For the Base's Christmas luncheon, this meant BComd LCol John Cochrane supplied 20-year-old cook Pte Kenton Hodgins with his jacket, including medals.

Photos by Jules Xavier

See **SELFLESS** page 11



SCHNABEL



MOUNT



MacLENNAN



LOVE



HOPALUK



MUNDY



CRILLEY



CUTLER

Money raised goes to prosthetic limbs

Op UNIFIER recycles while supporting a good cause

Capt Stephen Neil
Stag Special

In addition to training their Ukrainian counterparts while on Op UNIFIER, members of Joint Task Force - Ukraine (JTF-U) have been supporting an initiative to provide prosthetic limbs for

Ukrainian soldiers.

When Canadian troops in Ukraine recycle their bottles and caps, the monetary value of the weight of the plastic is donated to OBEC, an organization that provides prosthetic limbs.

Caritas is a charitable organization that operates under the auspices of the Ukrainian Catholic church, and part of the current mandate of Caritas is to be a bottle cap delivery depot.

So far, 72 tonnes of plastic has been collected to provide prosthetic limbs for 10 Ukrainian soldiers.

This past fall several members of JTF-U had the opportunity to meet representatives of OBEC, as well as Roman Didera — a veteran who has received a prosthetic limb.

Canadian soldiers appreciate how prosthetic limbs are readily available at home for injured veterans. Realizing that prosthetic limbs aren't as easily available for Ukrainian veterans has inspired the members of JTF-U to commit to recycling for charity.

The conversation with the Ukrainians also helped members of JTF-U appreciate the wide range of ser-

vices that are offered to our members and their families.

For example, Canadian troops have access to the services of the Military Family Resource Centre (MFRC), chaplain services both in theatre and on the home front, as well as mental health services.

A poignant takeaway from the meeting was the appreciation of many Ukrainians for the work of JTF-U.

Canadians are helping to make a difference in the lives of Ukrainians who have experienced trauma as a nation at different times in the not-so-distant past.

At the meeting at Caritas Canadian soldiers could express their support for the sacrifices being made by Ukrainian soldiers.

Capt Stephen Neil is JTF-U chaplain

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The Shilo Stag is now on Facebook.
Check out www.facebook.com/ShiloSTAG
for videos and more photos!

NEXT HOME GAME:

WHERTKINGS 50
1967-2017

Jan. 13 vs Kootenay @ 7:30 p.m.
Jan. 14 vs Kootenay @ 7:30 p.m.
Jan. 21 vs Medicine Hat @ 7:30 p.m.
Feb. 3 vs Edmonton @ 7:30 p.m.

SHILO MFRC EMPLOYMENT

Shilo's Military Family Resource Centre is now accepting applications for deployment and volunteer assistant position. This is a part-time position (four days/week). You will be responsible to assist the co-ordinator in the planning and delivery of deployment supports to families of deployed personnel. You will also deliver special events, programs and services provided by Shilo's MFRC to enhance the quality of life for military families.

Required Qualifications:

Post-secondary education preferably in marketing, public or community relations, event planning
Experience in program planning and delivery
Experience in event planning
Excellent communication skills and interpersonal skills
Strong computer skills
Excellent customer service and organizational skills
Ability to work independently as well as within a team
Familiar with military life style
Able to work evenings and weekends
Valid Manitoba driver's license
Criminal record and child abuse registry clearance required
French a definite asset

General Statement of Responsibilities:

Provide support in all aspects of the deployment area as required
Provide support programs to deployed partners' families
Facilitate and deliver "warm line" calls to partners of deployed members
Co-ordinate and deliver special events
Provide clients with information/referrals on services, programs and resources available
Evening and weekend work required
Perform other duties as assigned
Update the MFRC mailbox on the Family Information Line
For a complete job description please contact us at 204-765-3000 ext 3367
We thank all who apply, but only those called for an interview will be contacted.

Terms of Reference:

Salary: \$15.34 hour
Anticipated start date: As soon as possible
Deadline for applications: Jan. 16, 2017
Please submit resume to Shilo MFRC executive director Willemien Van Lankvelt at willemien.vanlankvelt@forces.gc.ca



Pension contribution rates increasing

Stag Special

Pension contribution rates for Canadian Armed Forces (CAF) members who contribute under the Regular Force or full-time pension plan — Part I of the Canadian Forces Superannuation Act (CFSA) — will increase this year.

Contribution rates for Reserve Force Pension Plan members remain unchanged.

The new contribution rates came into effect Jan. 1 and will be applied to Jan. 15 pay statements.

Regular and Reserve Force members who contribute under Part 1 of the CFSA will pay a rate of 9.47 per cent up to the maximum pensionable earnings of \$55,300 this year. On earnings of more than \$55,300, members will contribute 11.68 per cent.

For example, under the new contribution rates, a member earning \$60,000 will on average contribute an additional \$21.39 per month when compared to

their average contributions in 2016.

In this case, the CAF member will contribute 9.47 per cent towards their pension on the first \$55,300 of salary and 11.68 per cent on the remaining \$4,700.

The CAF continues to provide one of the best pension packages in Canada.

CAF pension plans help members achieve financial security in retirement and represent a key component of their overall compensation package.

Treasury Board, which establishes the contribution rates for CAF pension plans, announced this year's rate increase as part of an ongoing plan to move towards a 50:50 cost-sharing model between employees and employers.

This change is consistent with the Government's commitment to ensuring compensation is reasonable and affordable, as well as aligned with similar plans offered by other public sector and private sector employers.



EX IRON STAG

FRIDAY 27 JANUARY 2017

1 RCHA LINES

CHECK IN: 0900

LIFTING COMMENCES: 0930



3 EVENTS: SQUAT, BENCH PRESS, DEAD LIFT

**FIND OUT WHO IS "POUND FOR POUND" THE STRONGEST
BASE SIDE SOLDIER!**

**ALL LEVELS OF TRAINING WELCOME TO COME
OUT!**

TO REGISTER: EMAIL/TALK TO CPL BOUCHER-KOVACS

OPEN TO PERSONNEL POSTED TO CFB SHILO, 11 HS, 1 DU, 3 CDTC, 3 CDSG
SS, 3 LINE SQN, 1 MP DET SHILO, RPO(W) DET SHILO,

Selfless volunteer WO Power supports Base community

From page 9

Bonnie Hildebrand has excelled as the MFRC's prevention, support and intervention co-ordinator. Her skill and professionalism ensure her clients receive the best possible support while continuing to raise awareness surrounding mental health in an effort to reduce the stigma that still sometimes surrounds it.

Her dedicated and caring is seen not only in her day-to-day responsibilities, but also her volunteer activities in the community.

She is a driving force behind the annual Christmas Hamper program that supports the members of CFB Shilo and their families, which brings great credit to herself and Shilo's MFRC.

The efforts of Dawn MacLennan have been essential to the financial administration of Base Headquarters and CFB Shilo. She has on multiple occasions assisted all Branches with the completion of financial transactions during the absence of their internal administrative support staff.

Her dedication to responsible financial management, willingness to take on additional duties, and meticulous record keeping has been invaluable to the CFB Shilo Team.

RRSP or TFSA Which one is best for you?

Stag Special

When it comes to retirement savings, many are still unsure which to choose: a Registered Retirement Savings Plan (RRSP) or a Tax Free Savings Account (TFSA).

As a young Canadian Armed Forces (CAF) member, you are likely not even considering retirement as it seems too far off.

However, it may be time to give it some thought, since the decisions you make now could have a considerable impact on your retirement income.

Keep in mind there are other elements that come into play which may not apply to your particular situation. Such as:

- No change to annual income/salary over the years.
- Marginal tax rates are based on 2015 and average for Canada.

- All three income levels qualify for Old Age Security.

In addition there are instances where an RRSP should be avoided, making a TFSA the better choice:

- You expect to be in a higher tax bracket at retirement.
- You have a lower income.

Here are some questions you might want to ask yourself when it comes to your annual income based on low (\$30,000), medium (\$60,000) or high (\$90,000).

Will the Guaranteed Income Supplement be available at retirement? Low: Only if a TFSA is used; Medium and High: — No (income would be too high). Will Old Age Security be clawed back? Low: No; Medium: Yes (not much); High: Yes (more than 50 per cent if RRSP is used, and only slightly with a TFSA).

Which is best (RRSP/TFSA) for each income level? Low: TFSA; Medium and High: RRSP.

Calculations are based on the TFSA versus RRSP calculator provided at www.TaxTips.ca

The best way to determine with considerable accuracy whether an RRSP or TFSA is right for you is to speak to a financial advisor.

Serving or former members can contact their local SISIP financial advisors who, understanding the complexity of your military lifestyle, can assess your personal financial situation — taking into account all elements including severance payments, investment options and tax planning — to help ensure you are financially healthy when you retire.

"Regardless of the tool utilized, what matters most is that every CAF member should be saving a portion of their current income for their financial objectives," said Pierre Goulet SISIP Financial Client Services associate vice-president.

Drop by CANEX and visit your SISIP financial advisor.

MCpl Caleb Daniel Lalonde is recognized for his outstanding dedication, skill and effort in planning Ex SHARPENED STINGER for Base Maintenance.

MCpl Lalonde led the conceptual planning and execution of Ex SHARPENED STINGER. This field exercise was created to ensure all members of the maintenance team were trained, and ultimately prepared, for demanding operations in a field environment.

A dedicated hard worker and a consummate professional, MCpl Lalonde's efforts have improved the operational effectiveness CFB Shilo's Base Maintenance team.

Upon arrival in Base Maintenance's components section, Chris Storozinski quickly proceeded to clear a legacy maintenance backlog, helped to guide operators in utilizing their equipment more effectively and mentored OJT and apprentice members.

In addition to his day-to-day responsibilities, he was an active volunteer in support of United Way events. Storozinski's professionalism, commitment to safety and support to those served by Base Maintenance reflects great credit on the Defence team.

As the Base Transport IC GPV, MCpl Darcy Lee Crilley has performed exceptionally in planning and coordinating the movement of personnel and equipment to ensure GPV has met all its tasks. In the absence of more senior personnel he was required to initiate rental contracts and liaise with military and civilian personnel. His outstanding organizational skills, dedication and leadership set an excellent example for all members of CFB Shilo to emulate while contributing greatly to the Defence team.

CFB Shilo's Food Services team received a CFB Shilo Command Team commendation for their exceptional performance in the execution of an emergency move of the FLDH to the Warrant Officers' and Sergeants' Mess during the course of the evening Nov. 8

The Food Services Team — represented by MCpl Duane Klym, Shauna Primmer and Cpl Clinton Grierson — promptly prepared and executed a seamless crisis response plan with determination and ingenu-

ity.

Their commendable actions ensured the continuous operations of Base Foods and minimized the impact on customer service.

Melody Cullen was recognized for her exceptional service as the finance clerk in Base Maintenance. Her positive attitude, outstanding initiative and steadfast reliability provided both the platoon and the branch exceptional expertise assuring both were able to submit their financial returns accurately and on-time.

She also assisted in the training of new staff and was instrumental in the creation of a Standing Offer proposal. Cullen's dedication and reliability is essential to the effective financial management of CFB Shilo's Base Maintenance team.

From Base Ammo, Cpl Daniel Schnabel's leadership, professionalism and organizational skills have been instrumental to the success of the ammo section this past year.

He consistently demonstrates effective communication and management skills at a level that exceeds his current rank. Showing exceptional attention to detail he ensured that ammunition stock levels resulted in uninterrupted support to all CFB Shilo units' exercises.

In addition to his exceptional performance at work, he donated a significant amount of his personal time to a wide-range of charitable events and functions. His performance and volunteerism is a credit to the Defence team and CFB Shilo community.

WO Jason Power of 3 Cdn Div TC Coy Det Shilo is a dedicated soldier and a selfless volunteer in support of CFB Shilo's community events. He is currently vice-president of the Shilo and Region Service Club and has also volunteered with Spruce Woods Snow-Drifters, the Royal Canadian Legion as well as a number of other charitable and community oriented organizations. His continued volunteerism in support of the defence community is an example for his peers and superiors alike and reflects great credit upon the CFB Shilo Defence team.

CLASSIFIED ADS

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

January 19 at noon

Free ads (non-profit only)

restricted to members of the

CAF, employees of CFB Shilo and the

residents of the surrounding area.

Services



St. Barbara's

Protestant Chapel

Sunday at 10:30 a.m. with
Sunday school & nursery
Padre Costen - ext 3381
Padre Dennis - ext 3088
Padre Lee - ext 3090
Padre Neil - ext 6836

Our Lady of Shilo

Roman Catholic Chapel

Sunday at 10:30 a.m.
Faith Studies Tuesday 18:30
Starting again in September
Confessions by appointment
Padre Ihuoma - ext. 3089

Services

Greg Steele Canadian Firearms Safety Course Instructor/Examiner Offering Red Cross first aid training. Manitoba Hunter Safety instructor. Courses offered at least monthly, more often with demand. Firearm/hunter safety courses planned seasonally. Restricted and non-restricted. Call 204-725-1608. E-mail gstele4570@gmail.com

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Gnr David Harte (left) of 1RCHA A Bty defended his Ex HEAVY LOADER IV title by accumulating 407.9 points to runner-up A Bty's MBdr Evan Robichaud's 351.8.



Photos by Jules Xavier



1RCHA CO LCol Stephen Haire presented the Ex HEAVY LOADER IV belt to ladies winner MCpl Beth Thompson, who edged runner-up Sgt Caroline Brooks (middle) 264.2 t 236.6 to win the title.

Pte Spettigue undefeated in 10 matches

Stag Special

It was court action for a number of CFB Shilo soldiers during badminton and squash regionals held at CFB Moose Jaw.

On the badminton court, 1RCHA's Bdr Paul Dainard, competing in men's open round-robin, claimed fourth-place out of five with a win over 15 Wing Moose Jaw's Capt David Wright (21-16, 21-15); plus three losses to 4 Wing Cold Lake's Capt David Hung (9-21, 9-21), Garrison Edmonton's Capt Hans Shih (11-21, 12-21) and Cpl Merle Buck (11-21, 21-23).

In the elimination playoffs, Bdr Dainard placed ninth after falling to CFB Wainwright's Cpl Diaz Araux (21-15, 22-20) and Cold Lake's Cpl Thuy Ly (21-15, 21-15).

Paired with the 10th-place seed for doubles play, Bdr Dainard and Capt Wright, fell in three straight matches to finish eighth overall.

On the squash court, 1RCHA's Sgt Livian Doucet, competing in men's open round-robin, went unde-

feated in four matches to claim first-place in his pool.

Doucet's playoff run was detoured early with a loss to Capt Audrey Jordon of 17 Wing Winnipeg in the first round.

He battled back with four wins on the bottom part of the draw to eliminate Capt Jordon in a grudge match, before Sgt Doucet himself was eliminated by Capt Jillian Sicard of 17 Wing Winnipeg.

Meanwhile, 2PPCLI's Pte Tom Spettigue, competing in the U30 round-robin, went undefeated in six matches to garner first-place honours.

During the same elimination playoff for all ages combined, Pte Spettigue placed first after going undefeated through an additional four matches.

He ousted Cpl Mahoney of Garrison Edmonton in an exciting best-of-five final (18-16, 11-3, 12-10).

Pte Spettigue also claimed the title of the most sportsmanlike player from those participating in the squash championship.

Nationals are being hosted Feb. 17 at CFB Borden.

With files from Danny Hamilton

Contributions to pensions increasing for CAF members

Stag Special

Pension contribution rates for Canadian Armed Forces (CAF) members who contribute under the Regular Force or full-time pension plan — Part I of the Canadian Forces Superannuation Act (CFSA) — will increase this year.

Contribution rates for Reserve Force Pension Plan members remain unchanged. The new contribution rates came into effect Jan. 1 and will be applied to Jan. 15 pay statements.

Regular and Reserve Force members who contribute under Part 1 of the CFSA will pay a rate of 9.47 per cent up to the maximum pensionable earnings of \$55,300 this year. On earnings of more than \$55,300, members will contribute 11.68 per cent.

For example, under the new contribution rates, a member earning \$60,000 will on average contribute an additional \$21.39 per month when compared to their average contributions in 2016.

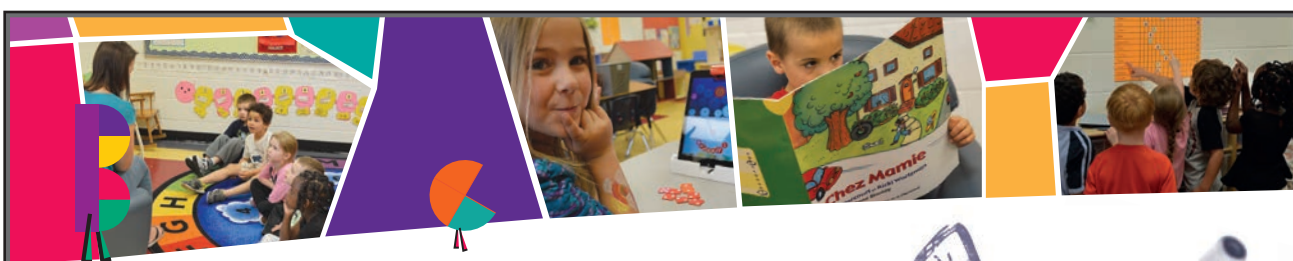
In this case, the CAF member will contribute 9.47 per cent towards their pension on the first \$55,300 of salary and 11.68 per cent on the remaining \$4,700.

The CAF continues to provide one of the best pension packages in Canada.

CAF pension plans help members achieve financial security in retirement and represent a key component of their overall compensation package.

Treasury Board, which establishes the contribution rates for CAF pension plans, announced this year's rate increase as part of an ongoing plan to move towards a 50:50 cost-sharing model between employees and employers.

This change is consistent with the Government's commitment to ensuring compensation is reasonable and affordable, as well as aligned with similar plans offered by other public sector and private sector employers.



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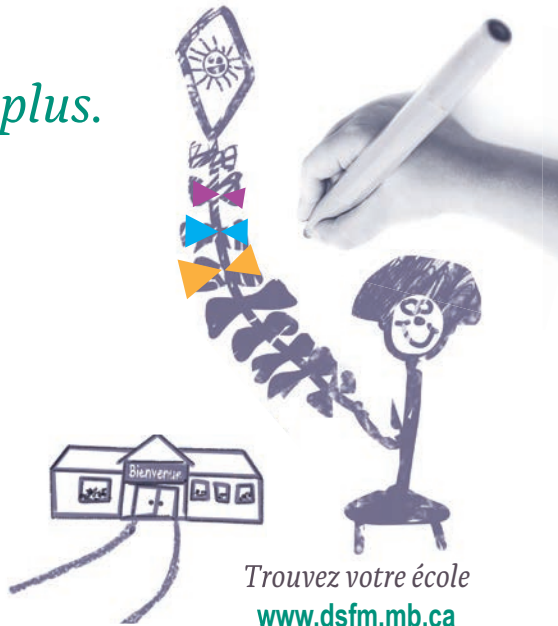
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