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Volume 55 Issue 1



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January 14, 2016

INSIDE This Issue



Brandon Salutes helps soldiers, families. Page 3



Tearful decision to put family pet to sleep. Page 4



Sports played integral role in winner's life. Page 9



Photos by Jules Xavier

Winner lifts 600 pounds

1RCHA 's third annual Ex HEAVY LOADER was won by Gnr David Harte, who had a dead lift of 600 pounds (above) to help him finish with 1,480 total pounds in three events. Runner-up Maj Joe O'Donnell won the bench lift with 365 pounds, and his three-lift total came to 1,330 pounds. Gnr Alex Boucher-Dumont (inset) finished fifth overall. His squat lift total was 150 pounds less than winner Gnr Harte's 530-pound mark. For more on the weight-lifting competition, see page 6.

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For complete details and to find out if you qualify, visit Manitoba.ca/seniorsrebate or call 204-945-7555 (in Winnipeg) or 1-855-893-8266 (toll-free). Apply as soon as you receive your 2015 property tax bill.

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*Eligible seniors must occupy home in order to qualify for Seniors' School Tax Rebate.

**Eligible applicants must occupy home in order to qualify for the Education Property Tax Credit.



**Cpl Ryan MacGregor named
Base Soldier of the Year**

Shilo Stag

There was a festive mood at L25 when awards and promotions were handed out prior to the CFB Shilo holiday dinner.

Cpl Ryan MacGregor of Base Maintenance has the distinction of garnering the 2015 Soldier of the Year award for his exceptional performance where he works on Base.

Cpl MacGregor has consistently performed his technical duties and responsibilities to an extremely high standard. Pushing himself to become more proficient, he dedicated himself to learning and becoming efficient with the DRMIS system, as well as the duties and responsibilities of a floor supervisor.

Cpl MacGregor also volunteered to assist and support the annual United Way car care clinic.

His drive, leadership and dedication to duty reflect the highest standards of professionalism and reflect well upon himself, Base Maintenance, CFB Shilo and the CAF.

Meanwhile, Fitness Sports and Recreation manager Jim MacKenzie was honoured with the Civilian of the Year award. His outstanding job performance and "can-do" attitude have been a cornerstone to the success of PSP in 2015. MacKenzie's motivational leadership style and energetic approach to service delivery have inspired those around him to reach ever higher levels of excellence in customer service delivery.

MacKenzie had a significant and positive effect on the morale and welfare of the soldiers, civilian employees and family members of the CFB Shilo community.

Two soldiers traded their private stripe for that of a corporal: Thomas Organ of Base Maintenance, and Rob MacFarlane of BCE's works department.

Three other soldiers received their Canadian Decoration (CD): Base padre Maj Greg Costen, G1's Maj Ryan Sheppard and G4's Cpl Rene Duke. WO Darryl Gould of Base Ammo was the recipient of his CD first clasp.

Three civilians received their long service awards: William Gyselman or Base Maintenance and PSP senior manager Mike McEwan reached the 15-year mark of service on the Base, while Brett Mandryk at Central Registry marked his 25th year of service.

There were three Command Team commendations awarded

to Base staff:

Gisele Sayer of Base Supply was recognized for her outstanding preparation and execution of the high risk/high value stock-taking conducted last November. Her exceptional attention to detail in the performance of her duties ensured that Base Supply had nearly no discrepancies in its inventory of 8,000 line items.

This meticulous attention to detail translated to a high risk/high value audit with zero deficiencies of 119 items examined.



CPL RYAN MacGREGOR

See **DEDICATION** page 2

Pet of the Week

STAG MASCOT PURDY



In her 15th year, the Stag's mascot Purdy went for her 'long sleep' Jan. 4 in Carberry thanks to the compassionate assistance from Dr. Marie North. Born on Sept. 26, 2001, Purdy enjoyed a long life that featured road trips, doggie snacks and many long walks in the forests on Vancouver Island. RIP Purdy.



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Brandon Salutes chairman Matt Bolley shows off the billboard promoting the program in the Westman. Photo by Sarah Francis

Businesses support soldiers through participation in decade-old Brandon Salutes

Sarah Francis
Shilo Stag

Brandon Salutes is helping soldiers at home and overseas.

The organization has been running in Brandon for 10 years since the arrival of 2PPCLI to CFB Shilo from Winnipeg.

Chairman Matt Bolley said a main component of Brandon Salutes initiative is to direct members to businesses which offer benefits or provide discounts.

"What we've tried to do is match soldiers to businesses [which] want to provide discounts to deserving soldiers," he explained.

"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."

You will also find information on two other initiatives at this website.

The "We Care" package program sends care packages to Shilo-based soldiers who are deployed on tasks and operations in both Canada and around the world.

"Working with Shilo, [we] identified individuals who are overseas and have asked them what they would like as a care package," he said.

Often there are a few items which are specifically requested that remind those soldiers of home.

"We've had one soldier ask for Wheat Kings memorabilia," recalled Bolley. "We've had others ask for certain kinds of snacks or Tim Hortons coffee or Forbidden Flavours coffee from Shilo. Those are always very popular."

Bolley said Brandon Salutes has been fortunate in the past with donations from certain places such as the WHL's Brandon Wheat Kings. However, these packages do come at a cost and they are always grateful for any donations.

"We've tried to get donations and we've used our funding. We're hoping to get donations from the community," he said. "Both cash and goods to send over to these soldiers. Through different

military programs we can actually send these packages over free of charge."

Often Brandon Salutes does not know exactly who is receiving the package or where they are being sent, but they have received great feedback from those involved and soldiers receiving the goodies.

Mainly, Brandon Salutes ask for cash donations as they don't usually know what will be going into care packages.

If you would like to make a contribution to the program, you can drop off your cheque made out to Brandon Salutes at the Brandon Chamber of Commerce office. It's located at 11th Street and Rosser Avenue.

Brandon Salutes is also working to recognize hardworking veterans and military members with its Westman Salutes program.

The stories of the nominated soldiers are broadcast on Brandon radio stations Star FM and CKLQ.

"We're just started this program in the summer time. Our hope is that eventually all the submissions will be self-generated by the Westman community," he said. "Right now, we're working with Shilo to find deserving people. We're encouraging people to go to our website and there is a form there you can fill out to nominate someone. They can be a former serving member or current serving member."

The goal of the campaign is to show what soldiers do for the community both in and out of work.

Brandon Salutes would like to let businesses know that if they want to offer a military discount or benefit, to simply give the organization a call.

Bolley said Brandon Salutes would like local businesses to receive their due recognition.

Once they are signed up, a business will receive a Brandon Salutes sticker and a table card. This allows customers to quickly see that business offers a deal for military members.

When you go out shopping or taking the family out for dinner, look for a card with the Brandon Salutes logo on it, or visit the website to check the list of available places.



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This Week's Deals!

<p>Catelli ® Pasta • Spaghetti, macaroni, and fettucinne • 900 gr • Reg. 5.49</p> <p style="text-align: right; font-size: 2em;">3⁹⁹</p>	<p>Prego ® Pasta Sauce • Assorted flavours • 654 ml • Reg. 3.59</p> <p style="text-align: right; font-size: 2em;">2⁵⁹</p>
<p>Green Giant ® Canned vegetables • Corn, cream corn, beans, peas • 341 - 398 ml • Reg 2.19</p> <p style="text-align: right; font-size: 2em;">4/5⁰⁰</p>	<p>Saputo ® Sunny D Citrus Punch • Smooth, tany original • 1.3 litre • Reg. 2.49</p> <p style="text-align: right; font-size: 2em;">1⁸⁹</p>
<p>General Mills ® Cereal • Cheerios, Lucky Charms, Honey Nut Cheerios • 525 - 685 gr • Reg. 3.79</p> <p style="text-align: right; font-size: 2em;">2/5⁰⁰</p>	<p>Betty Crocker ® Fruit Snacks, or Fruit By the Foot • Assorted varieties • 128 - 226 gr • Reg. 3.79</p> <p style="text-align: right; font-size: 2em;">2/6⁰⁰</p>
<p>Allen's ® Apple Juice • 1 litre • Reg. 1.49</p> <p style="text-align: right; font-size: 2em;">.99</p>	<p>Eggo ® Jumbo Waffles • Original, or blueberry flavour • 1.68 kg • Reg. 12.99</p> <p style="text-align: right; font-size: 2em;">8⁹⁹</p>
<p>Nescafe ® 3-in-1 Instant Coffee • Convenient, delicious • 330 gr • Reg. 6.99</p> <p style="text-align: right; font-size: 2em;">5⁹⁹</p>	<p>Mr. Noodle® Noodles in a Cup • Chicken or beef flavour • 64 gr • Reg. 1.19</p> <p style="text-align: right; font-size: 2em;">.99</p>



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This newspaper is issued by authority of LCol John Cochrane, Base Commander, CFB Shilo. The views expressed herein are not necessarily those of the Department of National Defence or of the editorial staff. The editorial staff reserves the right to edit, to abridge, to reject copy or advertising to adhere to the policy, as outlined in CFAO 57-5, and for clarity and/or content.

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>

Decision to put family pet to sleep tearful

*If it should be that I grow weak
 And pain should keep me from my sleep,
 Then you must do what must be done,
 For this last battle cannot be won.
 You will be sad, I understand,
 Don't let your grief then stay your hand.
 For this day, more than all the rest,
 Your love for me must stand the test.
 We've had so many happy years.
 What is to come can hold no fears.
 You'd not want me to suffer so;
 The time has come — please let me go.
 Take me where my need they'll tend,
 And please stay with me till the end.
 Hold me firm and speak to me
 Until my eyes no longer see.
 I know in time that you will see
 The kindness that you did for me.
 Although my tail its last has waved,
 From pain and suffering I've been saved.
 Please do not grieve — it must be you
 Who has this painful thing to do.
 We've been so close, we two, these years;
 Don't let your heart hold back its tears.*
 — Anonymous

Jules Xavier
Shilo Stag

My co-pilot is no longer riding shotgun for me during our many road trips.

Purdy, who was by my side for 2,378 days after coming home with me on July 2, 2009 following the death of my first Jack Russell Terrier (JRT) Tassja the day before, was put to sleep in Carberry Jan. 4 at 12:15 p.m.

With the exception of visiting a dentist, this was the hardest thing I've ever had to do in my life. I received plenty of advice from friends and family who have had to visit a vet so their beloved family pet could be euthanized because of health ailments.

For Purdy, in her 15th year of canine life, it was old age that had crept up on her, especially during the festive season when she no longer had an appetite, including enjoying her favourite treats.

The above poem helped me decided it was time I thought of Purdy, and not my own desire to not let my elderly JRT go.

While cancer was not devastating her body, old-age sure was as I watched her stop eating, which led to considerable weight loss.

She could no longer see properly, so was unable to jump up and down from her chair or the bed we shared.

Her wagging tail was no longer saluting me when I arrived home, greeting me at the door after watching from the window as I pulled up in the driveway. No more Purdy doggie kisses.

Sleep was her one comfort in her final days.

She would still follow me around the house, but her walk no longer had pace or her canine bounce. In her last few weeks I had to take her outdoors, for fear



Purdy the puppy (above enjoying a snooze) was born on Sept. 26, 2001 on Vancouver Island. Purdy the elder (below) was unable to climb the deck stairs in her final days at home.



in Virden — I held her front paws as I did driving to Carberry as we drove west on Hwy. 1.

I spent almost four hours with Purdy at the crematorium as she lay swaddled in her favourite baby-blue blanket. I shared stories about Purdy's life with Karen



Gardiner of Peaceful Valley Pet Crematorium, which has operated in the Westman for 11 years. It was Maj Reg Sharpe, former Base Engineer, who recommended the pet crematorium. He had used this pet service when his JRT Milo died while he was posted to CFB Shilo.

she'd slip off the snowy deck steps and hurt her fragile physique.

When she was no longer able to climb up the stairs, I'd carry her back and let her settle on her favourite blankets, whether on the floor, or on her chair.

Life for an energetic JRT is drastically changed when they become elderly. Her nose did not let her down, but her other senses like hearing, sight and agility had waned. My decision to send her on the "long sleep" came down to Purdy's quality of life.

While she could not communicate with me vocally, her body language spoke volumes when I looked at her on my bed in the morning of her final day of life.

Tearful as I held her at the vet's in Carberry, Dr. Marie North was compassionate to my plight, and Purdy was gone in seconds after the injection.

A final blink, and her head went limp as she rested it on my shoulder. The tiny heart beat I felt seconds earlier had stopped.

We then made the 126-kilometre drive to the pet crematorium

in Virden — I held her front paws as I did driving to Carberry as we drove west on Hwy. 1.

I spent almost four hours with Purdy at the crematorium as she lay swaddled in her favourite baby-blue blanket. I shared stories about Purdy's life with Karen Gardiner of Peaceful Valley Pet Crematorium, which has operated in the Westman for 11 years.

It was Maj Reg Sharpe, former Base Engineer, who recommended the pet crematorium. He had used this pet service when his JRT Milo died while he was posted to CFB Shilo.

Purdy was born on Sept. 26, 2001 on Vancouver Island. She was with my sister Morgan Cattrall for her first eight years, then joined me after Canada Day 2009.

Cremated as the sun was setting on the Manitoba prairies, Peaceful Valley Pet Crematorium had my pet's remains back to me 48 hours later.

I know my pain will wane over time as I adjust without Purdy not being in the front passenger seat as I go on another road trip.

My new JRT puppy Dotti will now have to fill the void left by Purdy's death.

As Dr. North's condolence card read: "Pets are not our whole life ... but they make our lives whole." How true!

Love you Purdy — RIP!

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OK Tire winner

CANEX customers who had OK Tire install tires from September to December had their names entered in a draw. CFB Shilo's Raymond Bildeau (middle) had his name drawn and received a \$400 CANEX gift card presented to him by CANEX manager Rick Kehler and Rob Bridges of OK Tire.

Photo submitted

Shilo Theatre
(Located in the General Strange Hall)

Jan. 15 *Shaun the Sheep* Rated G
Jan. 22 *The Peanuts Movie* Rated G
Jan. 29 *Burnt* Rated 14A

Children aged 10 and younger require adult supervision at all times.
All movies start at 6:30 p.m. Doors open at 6:15 p.m.

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

Paramedics training on new ambulance

Jules Xavier
Shilo Stag

CFB Shilo's paramedics are enjoying that new vehicle smell since a new ambulance arrived in mid-December.

According to Fire Chief Dennis Hurley, the new ambulance was one of six purchased on a national contract, with the others going to Petawawa Garrison, CFB Meaford, CFB Wainwright and two to Garrison Gagetown.

"Generally, ambulances last between 10 and 15 years," he explained.

"The old one is a 1999 and it was showing its age, with more frequent problems."

The old ambulance will not be kept for spare parts, or to be used as a back-up. Instead, Hurley said it will be returned, likely going to Crown Assets for disposal.

The fire chief likes what he sees after checking the ambulance out along with his staff when it arrived Dec. 16.

"The most noticeable difference is the height of the truck," offered Hurley. "Except for our tallest personnel, you can stand upright in the back, rather than crouch."

"The amount of storage space has increased. The vehicle also came with a stretcher and a defibrillator, equipment that was not provided on the last ambulance."

The ambulance is currently being housed in the fire hall, but needs acceptance testing, and must be licensed.

"And our personnel need training before it goes into service," said Hurley.

Shilo firefighter Dennis Gullett sees plenty of advantages with the new ambulance once it goes into service.

"The advantages of this new ambulance is there is a much larger working area for our medics when treating patients, [and] the lighting is second to none with the newest LED out," he explained.

"Along with more working room come more storage for equipment as our service is expanding its scope of treatment and skills. The equipment we require expands so the additional storage room is much needed."

Gullett acknowledged there is not a lot different from the ambulance currently in service other than the room.

"As with any new equipment they have made some minor changes to make accessing our gear easier," he said. "We are required to rotate vehicles at a certain age to keep up to the trends and ensure our Emergency Services is well equipped and ready to respond."

He added, "The crews are looking forward to getting the new ambulance into service and are presently going through the unit to familiarize themselves with the operation."



Notice of Public Hearing

TO REVIEW MAXIMUM ALLOWABLE CHARGES AND FEES FOR PAYDAY LOANS

PURSUANT to *The Consumer Protection Act* (C.C.S.M.2006 c.206 c.200) the Manitoba Public Utilities Board (Board) will conduct a public hearing to review charges and fees for payday loans and consider the impacts of possibly reducing the maximum allowable rate from \$17 per \$100 borrowed to \$15 per \$100 borrowed. Additionally, the Board will consider the impacts of reducing the proportion of a borrower's net pay, which is used to determine the maximum loan amount, from 30 percent to 25 percent. These considerations, and other related matters, will be included in the Board's report to the Minister.

SPECIFICALLY SEC. 164 OF THE ACT PROVIDES:

164(2) Within three years after the first regulation under clause 163(1)(f.1) (maximum cost of credit) comes into force, the board must commence a review of

- (a) the meaning of «cost of credit» for the purposes of this Part;
- (b) the maximum cost of credit — or any rate, tariff or formula for determining the maximum cost of credit — that may be charged, required or accepted in respect of a payday loan; and
- (c) the maximum amounts, or the rates, tariffs or formulas for determining the maximum amounts, that may be charged, required or accepted
 - (i) in respect of any component of the cost of credit for a payday loan,
 - (ii) in respect of the extension or renewal of a payday loan,
 - (iii) in respect of a replacement loan, or
 - (iv) in respect of a default by the borrower under a payday loan.

Further, the Board will submit its report to the Minister which will include

- (i) a description of the board's consultation and the results of the consultation, and
- (ii) the board's recommendations about the matters reviewed under subsection (2); and
- (b) may include any other recommendations about the regulation of payday lenders or payday loans.

HEARING DATES AND LOCATIONS:

A Public Hearing will be held on the following days:
Date: Tuesday, April 12 to Monday, April 18, 2016 at 9:00 a.m.

Location: Board's Hearing Room – 4th floor, 330 Portage Avenue Winnipeg, Manitoba

PARTICIPATION AND SCOPE OF HEARING:

PUBLIC PARTICIPATION AS AN INTERVENER

The public may participate in this review as an Intervener. Interveners provide evidence to the Board and are subject to cross-examination. Those seeking Intervener status should file their application with the Board by February 29, 2016. Intervener Application Forms are available on the Board's website at: <http://www.pub.gov.mb.ca/faq.html>

Interveners must identify their reasons for intervention and be prepared to cooperate with other interveners to avoid duplication of interventions.

The Board may determine whether an intervener is entitled to costs for participating in the hearing and may fix the amount of those costs. Criteria defining the award of costs are described in the Board's Rules of Practice and Procedures which are also available on the website.

The Board will issue a procedural order dealing with scope, process and intervener status following the February 29, 2016 filing deadline.

PUBLIC PARTICIPATION AS A PRESENTER

The Public is welcome to provide written submissions to the Board. Written submissions should be received by March 11, 2016.

The public may also present their views orally to the Board during the Hearing. Anyone wishing to present oral submissions to the PUB should contact the Board Secretary by March 11, 2016.

Persons wishing to address the Hearing in French are required to notify the Board's Secretary prior to March 11, 2016.

SCOPE OF REVIEW

Interveners may also wish to make written submissions regarding the scope of the review and to address any specific issues, beyond the mandatory review requirements that they seek to have the Board consider.

FILING OF INFORMATION

The Board will set out a timetable for the orderly filing of information and confirm the hearing dates in its Procedural Order.

All material filed by approved Interveners, as well as public presentations, will be provided on the Board's website.

PROCEDURE

The Board's Rules of Practice and Procedure will apply to the conduct of these hearings. All Interveners must familiarize themselves with the Board's requirements. This document is viewable on the Board's website or is available upon request to the Secretary of the Board at 400 - 330 Portage Avenue, Winnipeg, Manitoba, R3C 0C4 or by calling (204) 945-2638 or 1-866-854-3698 (toll free). The Board's email address is publicutilities@gov.mb.ca.

The Manitoba Ombudsman has recently issued privacy guidelines for administrative tribunals. The Board is mindful of its obligations under those guidelines. Its decisions in respect of the Application being considered will be sensitive to the guidelines. Personal information will not be disclosed unless it is appropriate and necessary to do so. However, the Board advises participants that these proceedings are public and that as a result personal information protections are reduced. The proceedings before the Board are transcribed and the transcript is posted on the Board's website. Names of Presenters and their written or oral presentations are included in the publicly available transcripts.

DATED this 14th day of October, 2015.

Darren Christle
Secretary, Public Utilities Board

Need help with a family law matter? Maybe we can help.



Introducing the Family Justice Resource Centre

The **Family Justice Resource Centre** is a new service provided by Manitoba Justice.

Staff can direct you to the services you and your family may need to deal with family law matters. They can help you learn more about such common legal matters as hiring a lawyer, filing for separation or divorce, enforcing child support payments and more. Information is free and confidential.

Hours: 8:30 a.m. – 4:30 p.m.
Messages returned within 24 hours.



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Five days notice required.



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EX HEAVY LOADER III



1RCHA A Bty's Gnr Alex Boucher-Dumont dead lifts 485 pounds during Ex HEAVY LOADER III. Winner Gnr David Harte (inset left) won this event with a 600-pound lift, and showed off the winner's belt afterwards. With encouragement from Gnr Boucher-Dumont (inset right) Gnr Harte lifted 350 pounds in the bench lift. However, Maj Joe O'Donnell won this portion of the three lifts with 365 pounds. Overall, Gnr Harte finished first with a combined lift total of 1,480 pounds. Photos by Jules Xavier

1RCHA's Gnr David Harte lifts his way to victory

Jules Xavier
Shilo Stag

Imagine hoisting 600 pounds in a dead lift?

1RCHA's Gnr David Harte did just that en route to winning the Ex HEAVY LOADER III title during the morning competition held prior to block leave.

When Gnr Harte successfully lifted the 600 pounds from the floor, the crowd surrounding the competition area let him know they were impressed by giving him an enthusiastic round of applause.

A Bty OC Maj Joe O'Donnell was the closest when it came to challenging Gnr Harte in the dead lift competition, finishing second with a lift of 535 pounds. Z Bty's Capt Andrew Burke was next with a 500-pound lift.

The annual Ex HEAVY LOADER competition features competitors taking part in three events: bench lift, squad lift, and finishing off with the always popular dead lift.

There were 10 competitors for the third annual, with some of the participants sending their results in

via video uplink from British Columbia where they are on avalanche control duty in the mountains.

With 1RCHA headquarters, Gnr Harte scored 404 points to take the Ex HEAVY LOADER III belt, while Maj O'Donnell finished runner-up with 342.7 points. Third-place honours went to Gnr Francis Gagnon, with 337.8 points, of A Bty.

Based on his three best lifts, Gnr Harte lifted the most of his fellow competitors. Once tabulated, his total was 1,480 pounds.

Maj O'Donnell was second with 1,330 pounds, while Bdr Simard edged Capt Burke by 10 pounds for third-place with a three-lift total of 1,195 pounds. During the 2014 competition Maj O'Donnell lifted the most combined weight with 1,360 pounds. So, Gnr Harte eclipsed this mark by 120 pounds.

Gnr Harte won the squat and dead lifts, while Maj O'Donnell took the bench lift with 365 pounds, 15 more than Gnr Harte.

Bdr Simon Morin was unable to defend the title he won in 2014 after being posted from 1RCHA. He had the best dead lift total that year with 555 pounds on his bar.

Maj O'Donnell said he continues to be impressed with the attendance to observe the competitors in action, but also the dedication each of the participants demonstrate in preparing to compete. And it's a friendly competition, with the winner having bragging rights for the next 12 months prior to Ex HEAVY LOADER IV.

Moreover, each year organizers add to the overall look and feel to the competition, from enhancing the leader board and updating scores and weight statistics for the audience to keep track of where their favourite competitors are sitting in the rankings.

While it gives 1RCHA soldiers another avenue to test their fitness, this competition is not about being the strongest soldier, according to Maj O'Donnell.

"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."

Fitness an integral part of award winner's life

Sarah Francis
Shilo Stag

Not many people can say they are working their dream job, but this year's Civilian of the Year award winner Jim MacKenzie can.

CFB Shilo's Fitness, Sports and Recreation manager has approximately 37 years working in military fitness, and approximately 18 of those years as a member of the military himself. He spent time on military bases in Trenton, Chilliwack, Shilo, as well as spending some time in Germany.

"I've always been involved in sports. Not necessarily hockey. I've got two brothers that played hockey. I tried it for a year or two, didn't like it. I'd rather go into the gyms where it was warm. I've always been a basketball or volleyball-type of player."

— Jim MacKenzie

I've got two brothers that played hockey," recalled MacKenzie

"I tried it for a year or two, didn't like it. I'd rather go into the gyms where it was warm. I've always been a basketball or volleyball-type of player."

His career of organizing sports started in high school when he and a group of students decided they wanted a physical education class for their Grade 12 year.

They approached the principal and they were even-

MacKenzie worked in the Physical Education Recreational Instructor (PERI) trade until it was converted to a civilian position in 1997.

He chose to continue in the position as a civilian.

After three years, he was promoted to his current position working out of the GSH. He has held the position for 16 years.

Fitness has been an integral part of his life since he was a child.

"I've always been involved in sports. Not necessarily hockey.

"I've always been involved in sports. Not necessarily hockey," recalled



Civilian of the Year award recipient Jim MacKenzie received his citation from BComd LCol John Cochrane and BRSM CWO Don Askeland prior to serving turkey dinners to soldiers and civilians at L25 as part of the Christmas dinner event.

Photo by Jules Xavier

ually able to get a weekly class.

His high school career was spent on this Base, a place he planned on never returning to when he headed for university in New Brunswick.

A year later, he found himself joining the military and eventually returning to CFB Shilo.

Being involved with sport in the military for so long, MacKenzie has had the opportunity to travel to a number of places. More recently to England for International Defence Rugby Competition (IDRC).

"It's been a great adventure so far," he offered. "Hopefully [there] is more to come."

At his GSH office, you can find him hard at work planning tournaments and other fitness events, sometimes while "Flashback of the 70s" plays on a large TV screen in the background.

Doing the bare minimum is not how MacKenzie likes to work.

"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."

He added, "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."

His outstanding job performance and "can-do" attitude has been cited as helping with the success of PSP in 2015. His leadership style and energetic approach to service has encouraged other staff members to reach for an ever higher level of excellence in customer service.

He is also credited with having a significant and positive effect on the morale and welfare of soldiers, civilian employees and families of the Shilo community.

It was for those reasons he was awarded the Civilian of the Year Award during the recent Christmas dinner celebrations held at L25.



Enjoy winter during Winterfest

Shilo Stag

With your Christmas and New Year's activities but a memory, there's no need to feel the winter chill by yourself.

The Base is hosting its annual Winterfest family day Jan. 30 at L25. So, toss on your winter parka, snow boots, toque and mitts and head over to the

Community Centre Annex for a morning of food and entertainment.

There's a free pancake and sausage breakfast to start your day at 10 a.m.

Children's activities include snowmobile rides, bouncy castle, petting zoo, craft station and live entertainment from 11 to 11:40 a.m. with Chris Without the Hat on the main stage.


Everything wraps up by 1:30 p.m.

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 Jan. 15 7:30 p.m.
 Jan. 16 @ 7:30 p.m.
 Feb. 5 @ 7:30 p.m.
 Feb. 6 @ 7:30 p.m.



BRANDON WHEAT Kings
 vs Red Deer
 vs Moose Jaw
 vs Prince George
 vs Medicine Hat
#GOLDRUSH

Job opportunities for veterans

Shilo Stag

A number of Veterans Affairs Canada frontline staff positions are ready to be filled now.

The Government of Canada is committed to helping Canadian Armed Forces (CAF) personnel find meaningful employment to help ensure a successful transition from military to civilian life.

With the new Veterans Hiring Act, which came into force July 1, 2015, CAF members and military veter-

ans have increased access to open positions within the federal public service.

For military veterans and CAF members interested in finding out more about transitioning to the federal public service, the Public Service Commission of Canada created a brochure with information on how to apply for jobs along with contact information for assistance, if needed.

More information about these positions can be found at jobs.gc.ca



Drop by Gunner Arena for hockey action.

Photo by Jules Xavier

CFB SHILO SCOREBOARD

LABATT'S INTERSECTION HOCKEY
 Top-10 Scoring Race

	G	A	P
Alex Boucher-Dumont A Bty	17	18	35
Mike Roosma Cbt Sup Coy	22	11	33
Fred Savard B Bty	20	13	33
Tyler Perry C/Z Bty	11	12	23
Kevin Lefleche B Bty	13	9	22
Nicolas Lamothe-Bastien B Bty	12	10	22
Steve Richer A Bty	12	9	21
Devin Robertson Cbt Sup Coy	12	9	21
Brad Larocque B Bty	12	9	21
Francis Gagnon A Bty	10	7	17

LABATT'S COMMUNITY RECREATION WINTER NO-HIT HOCKEY - Jan. 8

	GP	W	L	T	GF	GA	P
Cbt Sup Coy	11	9	0	2	91	23	20
B Bty	11	10	1	0	84	26	20
C/Z Bty	11	7	4	0	54	42	14
A Bty	7	5	2	0	62	25	10
A/C Coy	10	4	4	2	32	35	10
HQ Bty	11	5	6	0	28	63	10
B Repts	9	2	7	0	27	59	4
B Coy	11	2	9	0	33	75	4
Admin Coy	10	0	10	0	18	78	0



Are you renting or leasing?

Are you in a building that provides tenant services?

If you or someone you know is renting or thinking about renting, knowing your rights and responsibilities may help make the transition from years of home ownership to renting a smoother process.

The Residential Tenancies Branch:

- Provides information and advice to tenants and landlords
- Offers solutions and assistance concerning tenancy issues
- Mediates differences between tenants and landlords

Contact the Residential Tenancies Branch with your questions concerning rent increases, repairs, privacy, deposits, tenant services and more.

Visit our website at
www.manitoba.ca/rtb
 or call us at **204-945-2476**
 or **1-800-782-8403**

Manitoba 

FOR SALE BY TENDER

Please accept our invitation to submit a sealed, written tender for the Property situate at 114 – 7th Street in the Town of Wawanesa, in the Province of Manitoba and described below to be received by:

THE COURT OF QUEEN'S BENCH
 1140 Princess Avenue
 Brandon, MB R7A 0P9
 Attention: Master E. Harrison
 Telephone: 204-727-6787

Legal Description for the Property is as follows:

LOT 21 BLOCK 6 PLAN 32 BLTO
 IN SW 1/4 26-7-17 WPM

CONDITIONS OF TENDER

- Interested parties must rely on their own inspection and knowledge of the Property and not on any representations made by or on behalf of the Vendor.
- Tenders must be received on or before noon on January 18, 2016.
- Tenders must be accompanied by a 20 per cent Deposit by way of certified cheque or bank draft payable to Paterson Patterson Wyman & Abel. Deposits accompanying unacceptable bids will be refunded.

- Highest or any Tender not necessarily accepted.

TERMS AND CONDITIONS OF SALE

- The Closing of any Purchase and Sale resulting from an acceptable Tender will take place on a mutually acceptable date for both parties.
- The bidder whose Tender is accepted will be required to complete an agreement covering the terms and conditions of sale.
- The bidder whose Tender is accepted must provide evidence of the purchase funds available under conditions acceptable to the Vendor within fourteen (14) days of the acceptance of the Tender. If the balance of the accepted Tender is not paid as of the closing date, the Deposit may be forfeited as liquidated damages and not as a penalty.
- Possession will be provided to the Purchaser as of the Possession and Closing Date (to be determined).
- The successful bidder will be responsible for real property taxes commencing on the agreed possession date.
- Any mines and minerals are excluded from the Tender.

For further information, please contact Jodi L. Wyman
 at Paterson Patterson Wyman & Abel at 204-727-2424.



LAV exploration

Wawanesa students were treated to an array of military vehicles when 1RCHA soldiers paid a recent visit to the school. There was a long convoy of vehicles that left CFB Shilo for the trip south on Hwy. 340. While soldiers offered information on the various vehicles, most students were more interested in a hands-on tour, and climbed on, and explored inside.

Photo by Jules Xavier

Where's Willie?

Somewhere on the pages of this *Shilo Stag* is a picture of Willie, the Wheat Kings mascot. Tell us on what page, in what particular advertisement Willie was found and correctly answer the following skill-testing question for your chance to win two tickets to an upcoming Wheat Kings home game in Brandon.



Entry Form

Name: _____

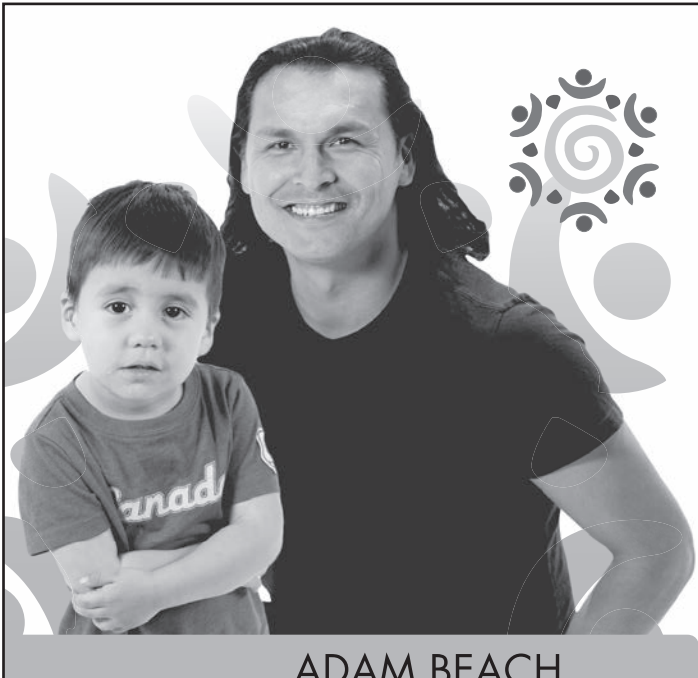
Address: _____

Phone: _____

Page #, ad: _____

Answer to skill-testing question:
Where was Jack Russell Terrier Purdy born on Sept. 26, 2001?

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.







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Is the RRSP a good option for CAF members?

Pierre S. Goulet SISIP Special

SISIP Financial advisors are used to hearing this question from Canadian Armed Forces (CAF) members who think they don't need RRSPs because they have a very good pension plan.

Unfortunately, misconceptions like these may cause CAF members to make decisions which could affect their financial security and financial goals, without all the facts.

Registered Retirement Savings Plans (RRSPs) provide the foundation for many people's retirement savings and have at least two benefits no investor should overlook: the tax refund when you make a contribution; and the tax-deferred growth for as long as the money remains in the account.

Therefore, getting an account started, even if your budget only allows you to contribute \$50 per month, should be a priority for most. Less taxes, means more savings.

What makes RRSPs so attractive is that they allow you to defer tax on up to 18 per cent of your previous year's income — to a maximum of \$24,930 (for the 2015 tax year).

As a CAF member, your contribution room is reduced by a pension adjustment formula because you are a participant in a defined benefit pension plan.

The money in your RRSP will eventually be taxed when you withdraw it, but because most members and their spouse will earn less income in their post-working years, than while actively employed, those withdrawals should end up being taxed at a lower rate.

If you are in a higher tax bracket today, an RRSP is the way to go.

Another major benefit of RRSPs is that

they allow your contributions to grow tax-free. This means you don't have to pay capital gains taxes when you sell stocks or funds at a profit, and you don't have to pay tax on dividends or interest you receive in cash. Indeed, you will only be taxed on income you withdraw from your RRSP.

Put your finances on "autopilot." Younger investors who plan to be working for several decades can afford to fill their RRSPs with growth-oriented equities, because they can ride-out market dips.

One of the most effective ways to build up your RRSP is to set up an automatic pay allotment so that money goes into the RRSP before you have a chance to spend it and you'll barely miss it.

This strategy of "paying yourself first" not only establishes good savings habits, it also has the major benefit of dollar-cost averaging — by making contributions on a regular schedule, you buy more shares when prices are low and fewer when prices are high — not to mention the added satisfaction of watching your money grow more steadily.

Should you invest in a Tax-Free Savings Account (TFSA) instead? The TFSA is yet another way to grow your investments tax-free. When is it more suitable than RRSPs? The key difference between the two is when your contributions are taxed. Putting money in a TFSA earns no up-front tax refund: your contributions are made with after-tax dollars.

But unlike RRSPs, withdrawals from TFSA are not taxed as income. For more on the TFSA, visit the SISIP Financial online learning centre at www.sisip.com

For either of these options, consider the "simple savings solutions" available to all CAF members via the Canadian Armed Forces Savings Plans (CAFSP).

You can make an appointment online with a SISIP Financial advisor at www.sisip.com to determine which is the best option for your investment purposes. Or visit CFB Shilo's SISIP office at the CANEX Mall.

What makes RRSPs so attractive is that they allow you to defer tax on up to 18 per cent of your previous year's income — to a maximum of \$24,930 (for the 2015 tax year).



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Ann.Ransom@gov.mb.ca.

Your deadline to apply is March 15, 2016.

Manitoba 

MFRC says thanks

MFRC Special

From the dazzling lights of the Polar Express to interactive elves busy building toys, the community of CFB Shilo created many incredible displays to promote and collect food items for the annual Christmas hamper program.

The 29 collection sites contributed non-perishable items and monetary gifts used to fill 21 hampers, which gave these families a more bountiful holiday season.

The competition for this year's Christmas hamper challenge was intense. A team of our judges graded each display on visual impact, craftsmanship, originality, holiday theme, and completeness.

Community members were also invited to cast their vote online or by visiting the MFRC.

The 2015 display winner is the staff and students at O'Kelly School. Base Transport also created an amazing display and finished runner-up.

O'Kelly was presented with an award to display in the school. In addition, they will be added to the MFRC's Christmas hamper champs plaque which will be on display in the MFRC reception area. Congratulations O'Kelly School.

Thanks also goes out to our units, military and community members who made it their mission to visit our Giving Tree and purchase a gift. We received the perfect number of gifts to include in the Christmas hampers. Your generosity is appreciated.

This project would not be possible without our many volunteers who participated by decorating, food collection and sorting, and delivering excess food to the Samaritan House in Brandon.

A special thanks to the Youth Revolution at O'Kelly School. They spent several hours tirelessly organizing food donations.

Once again, CFB Shilo has demonstrated incredible caring and generosity. For this, the Chaplain Team and Shilo MFRC would like to say a heartfelt thanks.

Veteran Family pilot project launched

Help available for soldiers, families

MFRC Special

Transitioning from military to civilian life can be an exciting time for Canadian Armed Forces (CAF) members and their families, and it can also pose some challenges.

Assistance with this transition is now available through the Shilo Military Family Resource Centre (MFRC).

As of Oct. 1, 2015 the Shilo MFRC was one of seven MFRCs to launch the Veteran Family pilot program.

This four-year pilot program will assist medically releasing CAF members and their families with the transition from military to civilian life for two years post-release.

The Veteran Family program provides services in the following areas: enhanced information services, transition and prevention programs, and support services.

Enhanced information services assist with the navigation of health and mental health systems.

Whether it is finding a family doctor, or assessing

community services, the MFRC is able to provide families with information about the services that are available to them.

In terms of transition and prevention programs, the MFRC is proud to offer a transitional booklet that helps individuals work through the stages of transition and develop strategies to manage transitions.

Additionally, FOCUS (Families Overcoming Under Stress), a resilience based program designed specifically for military families, will be available for couples and families.

Support services are offered through one-on-one navigation which will assist families in developing a step-by-step plan, provide referrals to appropriate community services, as well as information and support in accessing funding for childcare.

These services are offered through the Shilo MFRC's Veteran Family co-ordinator.

For more information about eligibility contact Veteran Family co-ordinator Pamela Hall at 204-765-3000 ext 4557.

Or e-mail her at pamela.hall@forces.gc.ca

CLASSIFIED ADS

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

January 21 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 fall/winter. Examinations by appointment • 204-725-1608 • e-mail ggs57@wgcwave.ca

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House for sale in Brandon. Fresh total reno. 840 square feet. Two-bedroom available Jan. 1. 204-726-1760. Asking \$170,000.

Employment

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

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Royal Cdn Legion Branch No. 3
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CFB Shilo
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Shilo Community Centre
GSH
Country Club (Rick's)

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

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

Cpl Andrew Stewart of Base Transport, seen here driving 1RCHA soldiers to Ex MANTRACKER, was the recipient of the 3CDSG Soldier of the Year award. Besides his dedication to work, Cpl Stewart's award cited his involvement in the community, including volunteering as president of the Brandon Bluefins Swim Club.

Photo by Jules Xavier



Dedication to job garners soldier commendation

From Page 2

Sayer's exceptional performance was in keeping with the finest traditions of the public service and reflected credit upon herself, Base Supply, the Base and the Department of National Defence (DND).

Cpl Cody Morris of Base Maintenance was cited for his outstanding dedication to Base Maintenance and the CFB Shilo community. Since joining the Base Maintenance team last July, Cpl Morris has demonstrated an expert knowledge of technical processes and repair techniques. He has continually contribute to supporting the Base's routine and high-tempo maintenance operations.

Additionally, Cpl Morris has worked tirelessly volunteering to coach one of the Hockey Introduction Program (HIP) teams with Shilo minor hockey.

He was also involved with the annual United Way's car care clinic.

Cpl Morris' tenacity, selflessness and commitment to the organization reflect the highest standards of professionalism upon himself, Base Maintenance, this Base and the Canadian Armed Forces (CAF).

Working for Base Transport, Mark Nystedt received his commendation for his outstanding work performance and community involvement. He vast experience and dedication to the achievement of excellence working with and training MSE Operators on the Base has enabled the creation of a well-trained and motivated transport team.

This dedication and pursuit of excellence is not limited to his professional life, with Nystedt being an active volunteer in his community by supporting the RCA Museum through the transport of artifacts to different exhibitions.

He also volunteers at community fairs and rodeos throughout Manitoba, and is a member of the board of directors for the Provincial Exhibition of Manitoba.

Working with Base Transport, Cpl Andrew Stewart received the 3rd Canadian Division Support Group (3CDSG) Soldier of the Year award. His outstanding work performance and community involvement is widely known and respected throughout the Base.

Cpl Stewart is a consummate professional ensuring that his tasks are completed efficiently and effectively. Despite extended hours of work away from home, he is an active member of his community — volunteering as president of the Brandon Bluefins Swim Club which is currently training at the GSH pool while the home pool at the Sportsplex is undergoing extensive renovations.

In addition, during the last year Cpl Stewart could often be found assisting an injured member of CFB Shilo with house and yard work.

When he was a master corporal, Robert Young of G4 Foods was deployed to Portage la Prairie in July 2014 to assist with the flood relief effort in that region. Acting as kitchen officer, now Sgt Young fulfilled his duties with pride and confidence, implementing the feeding plan for more than 500 personnel.

Leading and mentoring a team which produced expedient and superior food services, Sgt Young's skill and leadership contributed to the success and high morale of the operation, bringing great credit to himself and Canadian Joint Operations Command (CJOC). For his efforts, Sgt Young was awarded the Comd CJOC award that goes to 3CDSG members.

Former Cpl Leo Bugera was the recipient of the DND collision-free award — 250,000 kilometres collision-free driving — while with Base Transport. He received the award as acknowledgement of his remarkable performance of safe driving practices. His knowledge and skillful execution of safe driving practices serve as a superb example of a true driving professional.



VETERAN FAMILY PROGRAM: COMMUNITY DISCUSSION

The Veteran Family Program is a pilot project that provides medically releasing CAF members and their families with access to extended services for two years post-release. The Shilo MFRC would like to meet with medically releasing or recently released members and their families interested in assisting us identify the unique needs and services that would benefit medically releasing and released members in our community.

Join us at the MFRC on February 3 from 6-7 p.m.

To register please contact Pamela Hall at pamela.hall@forces.gc.ca or 204-765-3000 ext. 4557

***Childcare is available with pre-registration**





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