


CANEX
A division of CFMWS
Une division des SBMFC



PRICE MATCH GUARANTEE

WE WILL MATCH...
ADVERTISED PRICES ON ELECTRONICS, CAMERAS, COMPUTERS & MAJOR APPLIANCES. DETAILS ARE AVAILABLE IN-STORE OR ONLINE AT WWW.CANEX.CA



Shilo Stag

Find us on Facebook




CANEX

facebook.com/canex.ca

INSIDE
This Issue



Canadian Army has a new commander. Page 2



LCol Stewart Taylor off to Ottawa. Page 6



Golfers enjoy BComd's tournament. Page 9



Honing baseball skills

With the pitching machine continually firing balls towards home plate, young baseball players involved in the PSP summer program have an opportunity to hone their skills on the CFB Shilo diamonds. From t-ball to baseball, volunteer coaches assist with baseball fundamentals. From throwing to catching, the participants are also able to demonstrate their homerun power from the plate. Coach Wendy Knee (above) looks on as the first baseman juggles the ball as the base runner looks to see if there's an 'out' call.

Photos by Jules Xavier



Ethics, integrity focus for the new Commander of the Canadian Army

Steven Fouchard
Stag Special

There's a new Commander of the Canadian Army. The leadership of the Canadian Army passed from LGen Marquis Hainse to LGen Paul Wynnyk during the Commander Canadian Army Change of Command (CoC) ceremony held July 14 on Parliament Hill in Ottawa.

His journey to command began in the late 1970s in the rural community of Breton, Alberta, where he joined the Army Cadets.

LGen Wynnyk sat down for an interview just before assuming command to discuss his past, his greatest inspirations, and his vision for the Canadian Army (CA). "I'm truly humbled and honoured," he said of becoming CCA. "For a kid from a small town who always wanted to be in the Army, it's exciting. There's nothing else I'd rather be doing."

LGen Wynnyk said he joined the Army Cadets simply because "it was just a fun thing to do in a very small town," but it quickly became something much more.

"If you asked my mother, she'd say I always wanted to be a soldier. I knew from a very young age that it was the path I wanted to follow," he recalled.

LGen Wynnyk's late father, Walter, had a "profound impact" on his career direction. A Second World War veteran, he was not only his high school principal, but also the commanding officer of his Army Cadet corps.

"He was immensely pleased that I ended up taking this career path," he said. "He also instilled in me a sense of service and an ethical grounding."

Did he imagine then that he might one day be CCA? "Not at all," he said. "I was always focused on the job at hand, not the rank."

While the groundwork for a successful military career was laid by his father, LGen Wynnyk said he benefitted from the guidance of Col (Ret'd) Harky Smith, who was the director of administration at the Royal Military College (RMC) when he studied there.

"He was just a tremendous mentor and friend," he recalled. "In many ways, he was like a second father."

LGen Wynnyk added he has worked with many outstanding senior non-commissioned officers who have imparted valuable knowledge to him during the course of his career.

LGen Wynnyk comes to the position of CCA with wide-ranging experience which he said will inform his work.

His first posting after graduating from the RMC was to 4 Combat Engineer Regiment in Lahr, Germany, not long before the collapse of the Soviet Union.

"From an operational standpoint, that was as good



Commander of the Canadian Army (CCA) LGen Paul Wynnyk addresses the audience following his CoC ceremony in Ottawa. Photo by MCpl Andrew Wesley

as it gets," he said, noting the experience gave him a solid grounding in operational readiness.

He calls his tenure as Commander of Canadian Forces Intelligence Command and Chief of Defence Intelligence "incredibly enriching," adding that it, along with his time as the senior defence advisor and director of operations for the foreign and defence policy advisor to the Prime Minister, has given him valuable insight into working effectively with other government agencies.

"I personally feel very fortunate to have had these opportunities," he said.

LGen Wynnyk served as Deputy Commander under the previous two CCAs, LGen Peter Devlin, and LGen Hainse, and said he has learned a great deal from them.

"They have integrity, a sense of ethics, and also brought great enthusiasm," he said. "I think their example gave me a good grounding in what is required to lead the Canadian Army (CA). Time will tell, but I think it was great preparation."

The new CCA said he begins his tenure with confidence in the organization. Looking back on his 36 years of Reserve and Regular Force service, he said he has always viewed the CA as being "blessed" with strong leadership from officers and non-commissioned members alike. In his experience, he added, Canada's allies have always been "really impressed" with the men and women of the CA.

"The Army is extremely well-led at all levels," he said. "We have absolutely tremendous leaders. We do punch above our weight."

He also looks forward to working closely with CWO Alain Guimond, who currently holds the position of Army Sergeant Major (ASM). The ASM acts as a link

between officers and non-commissioned members.

LGen Wynnyk commended CWO Guimond for his work in this regard, and said he will follow LGen Hainse's example and maintain a close relationship.

"To me, the ASM is my principal advisor," he said. "That's not going to change a bit. That relationship is fundamental."

He acknowledged there are challenges ahead, including the implementation of recommendations from the Office of the Auditor General (OAG) on the Canadian Army Reserve. In a report released earlier this year, the OAG called for improvements in funding, training and recruitment within the Army Reserve. LGen Wynnyk said he has studied the report closely and that there is "widespread consensus" among senior commanders on many of the issues raised in it.

"The challenge," he said, "is how do we tackle those issues and in what order?"

"Reserve issues are Army issues," he added. "The Reserve, Regular Force, civilians and the Canadian Rangers: we are one big family. I want to be a steward of this family and the Reserve will certainly have my attention."

LGen Wynnyk pledged his support for several ongoing initiatives to make the CA a more inclusive and diverse institution.

In response to former Supreme Court Justice Marie Deschamps' 2015 report on sexual misconduct in the Canadian Armed Forces (CAF), the Chief of the Defence Staff implemented Operation HONOUR, directing CAF members to act on instances of inappropriate and sexual behaviour within the organization.

"Behaviour of this nature is abhorrent," he said. "We need to do all we can to stamp it out."

The CAF has also begun to implement Gender Based Analysis Plus (GBA+). A planning and analytical tool, GBA+ facilitates decision-making which considers the different ways combat or other crises affect men, women, and children.

"This is all positive," he said, "and in many ways long overdue."

LGen Wynnyk, as the Defence Team Champion for Aboriginal Peoples, said he will also continue to support aboriginal programs, noting that the CA must be "the employer of choice" for the very best candidates.

"We need the best people and we need to ensure the Army is a place where aboriginal people want to work."

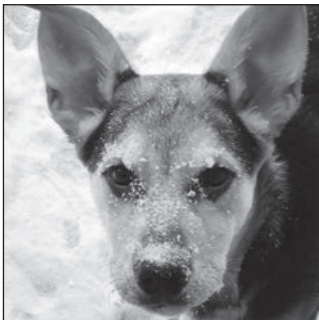
In his downtime, LGen Wynnyk enjoys fishing and travel. He is a military history buff as well as a collector of military memorabilia. An avid runner, he said he will lead by example to encourage CA members to stay focused on fitness.

Steven Fouchard is with Army Public Affairs

Pet of the Week

CLARKY

Just five months old, the Jenns' Clarky has the biggest ears ever "I can hardly get his head into any pictures." He is a cross of many things. His dad is a lab/rotti and his mom is a blue heeler/border collie. He is the biggest cuddle bug I know, and loves to steal dad's spot on the bed when he gets up to go to work in the morning. He sleeps with mommy all cuddled up in bed during the night and it is impossible for me to go anywhere without him, even the shower! Yes, he hops right in! He is my sidekick through and through. My husband always knows where I am because Clarky will be at the door waiting. He adores being outside and other puppies. Peanut butter is his favourite. Couldn't go a day without him.



Brandon **Animal Clinic**
your pet's **wellness** centre

**Veterinary services
focused on all aspects
of your pets' care**

CARING EXCLUSIVELY FOR PETS

Dr. Sandy Barclay, Owner and Director | Dr. Tracy Radcliffe, Certified Veterinary Acupuncturist

To arrange an appointment call 204-728-9140
or visit www.brandonanimalclinic.ca

2015-A Brandon Avenue, Brandon, MB R7B 4E5
Hours: Monday - Friday 8:00 a.m. - 5:30 p.m. | Saturday 9:00 am - Noon





Where are they now?

Former CFB Shilo BComd Col Richard Goodyear, seen here promoting his wife to major when she was with 2PPCLI, is no longer the Canadian Army's comptroller. Following his two-year stint here, Col Goodyear went back to school at CFB Toronto. He then moved to Ottawa for his comptroller position. His most recent posting kept him in Ottawa, but he's now the Commandant for CFSU(O).

File photo by Jules Xavier

Canadian MFRCs seeking inclusion in defence policy

Sarah Francis
Shilo Stag

MFRCs on military bases across Canada aim to solidify their place in the Department of National Defence (DND).

MFRC executive directors met recently for a week to discuss a brief, which will be submitted to the DND as part of the public consultations on the future of the Canadian Armed Forces (CAF).

As their first recommendation, the organization is looking to be included in the next defence policy, which is currently under review.

While she could not comment in detail, Shilo MFRC executive director Willemien van Lankvelt said it should help secure funding for the organization.

"Funding has never been a problem," she said. "We just want to have that [be] a little bit more formal ... basically confirming what is happening."

Van Lankvelt said families are an integral part of the military community.

"One of the messages we hear all the time are that military families are the backbone of the National Defence and operational effectiveness is depending a lot on military families being taken care of."

As well, the MFRCs want to be the official service providers for military families.

CFB Trenton MFRC executive director Tamara Kleinschmidt said in an interview with Shilo Stag's sister paper, The Contact, recognition of MFRCs was included in the recommendations because there are numerous non-profit organizations popping up to service veterans and military families and there is potential for this area to become muddy.

"You could have a very fractured set of services with funding going all different places," she said. "So, we want the statement that MFRCs are the service providers for military families. We need to be entrenched at this point because Treasury Board could determine tomorrow that it's no longer necessary to support military families."

Other recommendations being put forward include for the CAF to signal a commitment to military families, by creating programs or the addition of additional funds from various government ministries and institutions. This would include DND, Veterans Affairs, Health Canada, the Ministry of Family, as well as others.

The organization's final recommendation is to develop a strategy related to support and to issues facing military families. This includes support from all levels of government. This would be done by implementing a government cell to be signed and adopted by the Prime Minister, federal ministers and provincial premiers.

Kleinschmidt said this is a first when it came to "consensus on the issue was quickly arrived at by all 32 MFRCs across Canada, something that has never happened before."

She added this happened because service requirements at each Base vary, often preventing a total agreement from all involved with the MFRC. Kleinschmidt sees the document demonstrating a strong national voice of all 32 MFRCs.

"Current and recent governments have acknowledged they see the importance of continuing that family support system because it is imperative to meeting our national and international objectives in regards to defence, but that can change at any time."

The brief from CFB Shilo's MFRC is being delivered to local MP Larry Maguire.

CANEX

A division of CFMWS
Une division des SBMFC

CFB Shilo
204-765-2343



ALCAN®
BBQ Buddy
• Veggie pans or Grill Top pans
• Keep the heat outside
• 5 trays
• Reg. 4.69-4.89

3⁹⁹

Bull's Eye®
Barbecue Sauce

• Long weekend BBQ time!
• 6 flavours
• 425 ml
• Reg. 4.39

3/6⁰⁰

Maxwell House • Folgers®
Coffee
• Excellent price on 2 great names!
• Classic, original, or rich dark roast
• 920 gr
• Reg. 12.99-17.99

8⁹⁹

Pillsbury®
Pizza Pops
• Assorted flavours
• 400 gr
• Reg. 4.59

4/10

General Mills®
Cheerios
• Honey nut or original
• 260-330 gr
• Reg. 3.69

4/10

Betty Crocker®
Hamburger Helper
• Assorted Flavours
• Great Deal
• 166-220 gr
• Reg. 3.49

3/5⁰⁰

Heinz®
Canned Pasta
• Zoodles, Alpha-getti, or Spaghetti
• 398 ml
• Reg. 2.49

10/10

Nature Valley®
Granola Bars
• Assorted flavours
• 160-230 gr
• Reg. 3.99

5/10

Purex®
Bathroom Tissue
• Buy One, Get One FREE
• Limited quantities
• 8 roll pack
• Reg. 10.99

BOGO

Scott's®
Sponge Towels
• Buy One, Get One FREE
• Limited quantities
• 6 pack
• Reg. 10.99

BOGO

July 28 to Aug 10, 2016



Volume 55 • Issue 15

Regular Circulation: 3,000

Printed bi-weekly by
Struth Publishing, Killarney MB

General manager Mike McEwan ext 3073
 Managing editor Jules Xavier ext 3093
 Base Photographer ext 6008
 Assistant editor Sarah Francis ext 3013
 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

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>**HOME FOR SALE — \$274,900**DUNREA 1,564 sq.ft. home with 265-foot frontage.
Private yard. Many upgrades. Visit MLS 1617032

Phone: 204-724-4456

Details visit www.FayMcEachern.com

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

Photo by Jules Xavier

Exhibition features horse-drawn ambulance

Shilo Stag

The Battle of the Somme was a pivotal moment in human history and warfare, where the machinery of war often crushed the effort and ability of soldiers meeting on the often muddy battlefield.

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

Reliance for success as part of the war effort was placed on a sophisticated transport system for supplies and equipment, plus massive and powerful artillery support.

An agile Royal Flying Corps was also called on with aerial support.

The key to the battle was the well-equipped and determined British — and colonial — soldier who was the inheritor of more than 200 years of Empire.

The British had also developed a secret weapon called the tank, which the army brass felt would change the course of the war.

The battle commenced on July 1, 1916 and began with the heaviest losses ever suffered by the British

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

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

The RCA Museum's latest Great War temporary exhibit reviews the Canadian experience at the Battle of the Somme through the equipment, supplies, guns and vehicles brought forward as well as the men who had to fight at close range with the Germans.

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

A rare horse-drawn army ambulance on loan from the Prairie Mountain Regional Museum is part of the temporary exhibition. Both of these army vehicles were purportedly used at Camp Hughes while it was in full operation from 1915 to 1917.

The exhibit runs until Nov. 25.

Snapshots could win photo contest

Shilo Stag

Are you taking lots of photographs this summer?

If so, why not participate in the 2016 Canadian Armed Forces (CAF) photography contest.

Running from July 2 to Sept. 15, contest organizers want you to send them your best digital or film images.

Whether you're a seasoned professional or a neophyte amateur photo buff, this is the contest for you.

The photography contest accepts images in eight diverse categories, and is open to all members of the Defence Team and their families.

Photographers will be eligible to win \$10,000 in prizes

from contest sponsors.

The CAF photography contest also welcomes nominations for the Military Photographer Achievement Award, a prize introduced last year to recognize the contributions that a CAF Imagery Technician has made to the CAF community. For the past 48 years, the photography contest has celebrated the talented photographers that capture life in CAF communities across Canada.

As you take photos this summer, keep the photography contest in mind. Family gatherings, sports tournaments, scenic vacations, work events — the possibilities where you are in creative focus are endless.

To enter your photos, visit www.cafphotocontest.ca

Shilo Theatre
(Located in the General Strange Hall)

July 29 Barbershop: The Next Cut Rated PG
 Aug. 5 The Angry Birds Movie Rated G
 Aug. 12 Captain America: Civil War 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

CARBERRY SMALL ANIMAL VETERINARY CLINIC

Dr. Marie North, DVM

115 – Third Avenue East, Carberry



Now offering professional grooming service

Phone: 204-834-2033 Fax: 204-834-3990

E-mail: info@carberryyvet.ca

Job flexibility offered to Army Reservists

**Sgt Marc-André Clément
Lynn Capuano
Stag Special**

Sometimes known as citizen soldiers, Canadian Army (CA) Reservists are professional part-time soldiers who train a minimum of one night per week and one weekend a month in any of 143 units, located in 177 cities and communities across the country, including Brandon.

Canada, unlike many nations, does not require its citizens to perform military service — it is a voluntary decision.

Like any part-time job, the extra money it brings can come in handy to help pay for school or to supplement a family's income, and the training given provides many skills and abilities which often prove valuable in civilian life.

In Canada's early days, before the Canadian Armed Forces (CAF) existed, defence was carried out by the

militia – citizens who worked their regular jobs by day and trained in the evening and on weekends, much as our modern-day Reservists do.

This tradition of the citizen soldier has become the Canadian Army Reserve Force, with 18,700 Canadians currently taking part.

As Reservists, they still have the flexibility to follow full-time careers in a wide range of civilian occupations or even as full-time students.

A benefit for the Army is that while new Reservists need military training, they bring with them their civilian career knowledge and experience, which enhances Army operations.

MCpl Marianne Pichette from Le Régiment de Hull in Gatineau, Quebec joined her armoured reconnaissance unit in May 2008.

"I was inspired by my older brother and father who both had experience in the Reserve," she explained.

In turn, the younger brother joined Le Régiment de Hull and, for a period of time, both Pichette brothers and their sister were members of the same unit.

"These family bonds are common in the Reserve whether or not you are actually from the same family," she added.

"The Reserve option is interesting because it allows you to pursue your studies and civilian career as well as doing your military duty and bringing the military experience into the civilian life and the community," said MCpl Pichette, who recently completed a bachelor's degree and looks forward to receiving an acceptance letter so that she may study for her Master's degree in physiotherapy.

Army training is known to be challenging, but ev-

ery training exercise is also a bonding and teamwork exercise. There is something to be said for "sharing the suffering."

It is not uncommon for Reservists to recall, for example, a patrol they did at three in the morning in the pouring rain and then say "Yes! It was awesome," and mean it.

At the weekly parade nights at the local armoury and during monthly weekend training, MCpl Pichette says that besides sustaining her training level and helping to train others, she appreciates the deep sense of community that runs through the unit.

"Despite the short nights, rough Monday mornings in the classrooms and periods of time away from the civilian life, the training weekends are worth the hardship because of the bonds and friendship it creates."

The link between the CAF and the Reserves is strengthened by former Regular Force members who have chosen to continue to serve as members of the Reserves and vice versa.

Lt (N) Jamie Bresolin, who was part of the Regular Force Navy for four years, mainly in Halifax as a Maritime Surface and Subsurface (MARS) Officer, is an example.

After deciding to leave the service, he worked in the public service in Ottawa for about two years before being approached to join the Naval Reserve as a public affairs officer.

He completed his nine-month Reserve Public Affairs Officer (PAO) training in June 2014 while working at the Army Headquarters.

See **RESERVISTS** page 10

Challenges for Army in recruiting soldiers for Canadian military

Stag Special

LGen Marquis Hainse, former Commander of the Canadian Army, issued the following statement regarding the 2016 Auditor General spring report.

"On behalf of the Canadian Army, I thank the Auditor General for his advice and recommendations in his report on the Canadian Army Reserve. I accept this report and will address its recommendations.

"The Canadian Army Reserve is an integrated part of the Canadian Army that contributes to the success of operations at home and abroad. This has been proven across the world most notably in Afghanistan over the last decade and here in Canada as recently as last summer with the forest fires in Saskatchewan.

"Equally important, the Army Reserve provides a footprint in over one hundred Canadian communities across Canada. Over the next year, the Canadian Armed Forces (CAF) will consider the personnel pressures that are affecting attrition and retention and develop a plan to keep the Army Reserve strong and healthy.

"We are now in the process of implementing strategies to reduce a number of challenges identified in the recruiting process to make sure we have the right people for the future.

"Training is fundamental to operational excellence and I appreciate that the Auditor General has recommended areas where we can further improve. We are putting measures in place to continue to ensure that each reservist is prepared for any mission, domestic or international.

"Any gaps in training will be assessed and resolved before deployment and the completion of Army Reserve training objectives will be confirmed annually. We are also currently developing a plan to address the accessibility of equipment available for Reserve training as identified in the report.

"The Canadian Army takes the stewardship of public resources seriously and continuously works to improve its funding model. The Canadian Army is currently revising the Army Reserve funding model as part of its planned cyclical review process.

"The recommendations of the Auditor General will serve to inform this review and ensure the funding model is more transparent and accountable to the Government of Canada. The Canadian Army will work to ensure that funding is allocated in an efficient, responsive and timely fashion.

"Finally, I would like to emphasize that the Canadian Army always strives for excellence and we will continue to work at finding solutions to ensure that our soldiers are well trained, well lead and well equipped."

RECYCLING IN MANITOBA

Share Your Views

concerning eight stewardship program plans

The Manitoba government is reviewing eight proposed new plans for the recycling and collection of designated products.

Under the Waste Reduction and Prevention Act regulations, Producer Responsibility Organizations have submitted product stewardship plans concerning the proper recycling and collection of materials and products such as: paper and packaging, paint, fluorescent lights, other household hazardous waste, electrical and electronic waste, used tires, primary and rechargeable batteries, lead-acid batteries, unused medications, and mercury-containing thermostats.

We Want to Hear from You

Manitoba Sustainable Development wants to hear what you have to say about the stewardship plans for the following programs:

- Packaging and Printed Paper Program
- Household Hazardous Waste Stewardship Program
- End-of-Life Electronics Stewardship Program
- Tire Stewardship Program
- Battery Stewardship Program (primary and rechargeable batteries)
- Manitoba Stewardship Program for Lead-Acid Batteries
- Manitoba Medications Return Program
- Manitoba Stewardship Program for Mercury-Containing Thermostats

You can review the plans at greenmanitoba.ca/new-stewardship-plans or on Manitoba Sustainable Development's public registry: www.manitoba.ca/conservation/eal/registries/index.html.

You may request printed copies by calling 204-945-0578 or 1-866-460-3118.

Please provide any feedback via email to: stewardship@greenmanitoba.ca. The deadline for comments on the plans is October 4, 2016. Feedback may also be sent in writing to:

Green Manitoba
Manitoba Sustainable Development
Box 50, 160-123 Main Street
Winnipeg, MB R3C 1A5



After three-year stint LCol Stewart Taylor posted to Ottawa

Outgoing CO proud of his time with Regiment

Jules Xavier
Shilo Stag

It will be a stark contrast to his new job in Ottawa to what LCol Stewart Taylor experienced the past three years as CO of 1RCHA.

There won't be any trips to the Base's training area to observe his artillery soldiers firing the M777 at far off targets, nor will he be training for the annual trek to Edmonton for Ex MOUNTAIN MAN. In fact, he joked during Lobsterfest that he had to look up his new job title.

It looks like LCol Taylor will be getting used to working out of an office in our nation's capital, and not having to worry about checking for ticks after returning from the training area.

While this is not his first posting to Ottawa, LCol Taylor has been assigned as a section head for the Directorate of Defence Programme Co-ordination within the Chief of Programmes Division of the Vice Chief of Defence Staff Group.

"Given my limited exposure with this organization I look forward to the challenges and opportunities this new position presents," he offered.

Looking back on his three years at the helm of 1RCHA, the Stag asked LCol Taylor if he could come up with his top-10 moments list of events or activities that stand out as 1RCHA's CO.

"It's hard to pick out top-10 moments given everything the Regiment accomplished over the last three years. That said, there a number of moments which stand out and deserve mention:

"I was extremely proud of the Regiment's 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 APOLLO.

"On the home front, the Regiment was also the lead mounting unit for Immediate Reaction Unit (East) to Portage la Prairie, on Op LENTUS in July 2013 in support of the province of Manitoba's flood mitigation efforts. I was particularly impressed as to how quickly the Regiment mobilized and responded to this request for assistance.

"I was even more impressed and proud to see members at every level step up and assume key leadership positions in the accomplishment of their missions and tasks to assist fellow Canadians in their time of need.



Former 1RCHA CO LCol Stewart Taylor (left) enjoyed testing himself not only physically, also mentally, when he participated in Ex SEALFIT 16. Here, he takes an ice bath with a fellow soldier during the March event.

Photo by Jules Xavier

"Despite the Regiment's operational training commitments, I was especially proud of the 1st Regiment's support to pan-RCA events, specifically the Junior Officer's and Royal Canadian Artillery reunion. These events provided a great opportunities to showcase 1RCHA while promoting our history and heritage as part of the broader regimental family. What were also memorable were the 1RCHA Family Days to celebrate our families and friends of the Regiment and recognize them for their steadfast support.

"I was heartened to witness how the Regiment responded to adversity and mobilized resources to assist fellow members. There were a numerous occasions where the unit went above and beyond to care for our people and their families. Each occasion was reflective of the character and resiliency of the men and women who serve within this proud unit and epitomized the true spirit of the Regimental family.

"I was truly inspired by the outstanding individual contributions made by members of the Regiment in and around CFB Shilo. Whether it was volunteering for search and rescue efforts and the local Cadet Corps or participating in other community relation events, I truly admired the selfless actions of members within the Regiment in their active engagement in building a stronger community.

"These member's do so without any fanfare and/or recognition and are richly deserving of mention in making CFB Shilo and the surrounding a community a great place to live and work.

"I admired the Regiment's emphasis on celebrating its history and heritage. Specifically, were its efforts to recognize a number of members with the time-honoured Gunner tradition of firing their last round, which included former Deputy Commander Cana-

dian Army, MGen Howard (Ret'd), and the former Colonel Commandant and Commander Canadian Army, LGen Jeffrey (Ret'd).

"The Regiment's surprise visit to the RCA Museum in the form of a "flash parade" to bid a fond farewell to the RCA Regimental Adjutant and former RSM 1RCHA, Capt Chris Barth, for his dedicated and loyal service was another memorable moment.

"I was equally impressed by the Regiment's efforts to mark the 25th anniversary of Trig Keen in memory of Capt Keen with a re-dedication ceremony attended by his widow, Marie Keen.

"Equally important was the unit's continued engagement with our local veterans to ensure their participation in the Regimental events such as the soldier's appreciation dinner.

"An important and memorable milestone for the 1st Regiment was its first successful test-firing of the Global Positioning System guided 155 mm artillery Excalibur round on Canadian soil in support of a Director Land Requirements trial hosted at the Defence Research and Development at Suffield, Alberta's Experimental Proving Ground in October 2014.

"The Excalibur round represents a precision capability that enables the Canadian Army to bring to bear scalable, reliable and judicious effects at the right place and time to achieve mission objectives in the conduct of full spectrum operations. While the Excalibur round had already been successfully used on operations in Afghanistan, the 1st Regiment's validation of this capability in Canada deserves mention and bodes well for future capability development initiatives to include the upcoming DLR-led Precision Guided Kit (PGK) trials scheduled in Shilo this fall.

"The Regiment made great strides to enhance individual readiness and resiliency of our soldiers through a number of bottom-up initiatives to improve the operational effectiveness of the unit. One of these initiatives included the SEALFIT program, which I was fortunate to attend and complete.

"While enhancing the readiness and resiliency requires continual work, the unit's ability to continually deliver the Gunner guarantee on operational training commitments and strategic engagements with outstanding results validates this important investment.

"Another impressive milestone was the Regiment's excellent performance during road to high readiness confirmation training on Exercise PROMETHEAN RAM and Exercise MAPLE RESOLVE in Wainwright, Alberta.

"During these exercises the Regiment integrated and delivered decisive joint fires throughout the course of live fire ranges and dry force-on-force engagements in support of 1CMBG maneuver elements.



With wife Kathleen and daughters Michaela and Eleanor, former 1RCHA CO LCol Stewart Taylor posed for a family portrait during an officers' Christmas party for the kids last December. During Change of Command (CoC) rehearsals, LCol Taylor left the parade square in a jeep. However, because of rainfall on the actual day of the 1RCHA CoC, the ceremony was moved indoors and the jeep was not used.

Photos by Sarah Francis/Jules Xavier



Resourceful soldiers impress former CO

From page 6

"Ultimately, these exercises marked the culmination of the hard work and efforts of the entire Regiment over what could best be described as a punishing year-long training campaign. Without a doubt these collective efforts will set the conditions for its continued success as it enters into high readiness.

"A fond memory was observing CWO Rice and his son, then Pte Rice [with 3PPCLI] conduct a static line parachute descent from a CH-146 Griffon helicopter in the Shilo range and training area during an exchange with 7RHA Para (UK) in September 2014. It is a rare sight to see a father and son participate in military parachute operations these days.

"It was a 'passing of the torch' so to speak and I was glad the Regiment, in collaboration with 3PPCLI, was able to realize this training opportunity for CWO Rice and his son."

What has LCol Taylor learned following his three-year stint as CO with 1RCHA?

"First and foremost, the success enjoyed by any organization can be tied directly to having the right people 'on the bus' so to speak. 1RCHA is no exception and has been fortunate to have been endowed with great leaders at every level.

"It has been the leadership and professionalism of our great soldiers, non-commissioned officers and officers that has enabled this unit to deliver excellence on operations at home and abroad.

"Secondly, you never stop learning. Every day I learned something new from members of the unit. Furthermore, I never ceased to be amazed by how incredibly adaptive and resourceful our soldiers are and their talent in developing tactics, techniques and procedures to advance artillery capabilities and ensure our institutional relevancy and credibility within the Canadian Army.

"Thirdly, the basics count. To succeed in any of our missions and tasks requires 'brilliance in the basics.' The success enjoyed by 1RCHA during the road to high readiness campaign culminating with confirmation training in Wainwright on Ex MAPLE RESOLVE validates the unit's focus on mastering foundational soldier skills and technical drills.

"Finally, the last three years has reinforced the importance of our military families. As I have stated before, the success of our soldiers on operations can be attrib-

uted to the steadfast and overwhelming support of our military families.

"Given the demands our service places on our families we need to do our utmost to provide them with the services, resources and tools they need to ensure their wellness, readiness and success.

What memories of your time here will you look back on fondly — besides military experiences, that of life with the family?

"We really appreciated the sense of community offered by a smaller Base like CFB Shilo. This is something that you may not always see in larger communities. The strong sense of community within CFB Shilo stems from the collective efforts of all those military and civilian members, working in close collaboration with the families and key stakeholders, to make the Base a better place to live and work."

What will he miss the most from his CO job as he moves to the next chapter of his military career?

"It has been a most humbling and proud experience to soldier with an incredibly talented team of men and women who have dedicated themselves to serving this great country."

Was he able to meet many of the objectives he set out for himself as CO, and that of the women and men under his command?

"One of my primary objectives was unit readiness. Reflecting back on the Regiment's accomplishments on operations at home and abroad over the past three years I would say we achieved this objective. However, maintaining readiness required continuous training, resourcing and evaluation to ensure the unit was properly postured for all contingencies."

What words of wisdom did he share with LCol Stephen Haire on his taking over the CO role with 1RCHA?

"I had the privilege to serve with LCol Haire in 2RCHA and at the Royal Regiment, Royal Canadian Artillery School at the Combat Training Centre in Gagetown, New Brunswick. Not only is LCol Haire a great friend, he is a proven combat leader with extensive operational and staff experience. All I told him was to 'be yourself' and 'enjoy your command experience because it will pass quickly.' The Regiment is in good hands and will be well-served by LCol Haire as it transitions into high readiness."

Ubique!

"A fond memory was observing CWO Rice and his son, then Pte Rice [with 3PPCLI] conduct a static line parachute descent from a CH-146 Griffon helicopter in the Shilo range and training area during an exchange with 7RHA Para (UK) in September 2014. It is a rare sight to see a father and son participate in military parachute operations these days."

— LCol Stewart Taylor

Guidance available preparing your marketing tools

Sarah Francis
Shilo Stag

Some people know what they're destined for at age five.

Perhaps you knew exactly what you wanted to do, but upon entering the work field, it didn't meet your values, expectations or needs. Maybe you're like me, with many ideas growing up, with Jack-of-all-trades skills and can't seem to make up your mind.

There is also the hurdle of being a military spouse.

If you need some guidance MFRC employment and education co-ordinator Christine Helgason is able to shed some light on the situation.

"The bulk of what I do is helping folks with their marketing tools — about 50 per cent of the time," she explained. "The other portion is ... I'm doing assessments with people. Interest assessments, skills assessments and values-based assessments."

To start, Helgason will need to know why it is you'd

like to schedule time with her.

"It can range anywhere from, I would like to update my resume, or I would like to create a resume. [Or] I would like to get my Grade 12, to I'm having a hard time finding a position in my field, can I get some labour market information? It's a broad spectrum. I can mesh the program to what the needs."

For me, we jumped right in. My situation is being a military spouse, who does not know when or even if I will get posted, and wanting to find a career I can take with me when that happens.

This is a thought on my mind from when my father would be posted and my mom would be searching for jobs. Depending on where we were posted to this could be a tough order. You never know if a posting will be to a metropolis of employment like Ottawa, or a tiny town like Wainwright.

Who knows, maybe when I see a posting, I'd be lucky enough to snag another job at a Base newspaper. If you're looking to see what field you may be interested in, there are a few ways she can help guide you.

"The interest assessment — I can give either a paper copy or there is an electronic version through the Career Cruising website that is listed on our website. It's a really good portal and it has that interest assessment imbedded," she said. "I have one that is a paper copy that is linked to all of the NOC (National Occupational Classification) classifications."

The other assessment is the values and skills assessment, which is directed by her, which involved cards.

"We sit and we go through it. It can take a whole appointment, so an hour or two. For a lot of people if they're recreating themselves when they come to a new Base the common things they will be looking for in employment is those values."

I found the cards to be interesting. It showed me things about my work choices and what I value in employment. The cards have three piles — things you need to have in a job; things you don't need at all and an in-between; things that are nice, but not deal breakers.

"It takes a look at what your core values are, so do you place a high salary over autonomy," she explained. "[It's] looking at the values that impact the choices you would make in your career."

It was interesting to think about what had changed since I was fresh out of college. If I were to do the exercise in college, I probably would have put high salary and job stability above all else.

Now, three years later and my values have shifted. I'd rather give up a bit of that job security and get paid a bit less, but work in a place where I'm respected and have supportive supervisors, and have more balance in my personal and work life.

On the other hand once you develop your core values, she said they don't usually change a lot.

Another device in her arsenal is the website Career Cruising. Once you create your account you take assessments for your skills and interests along with your learning style.

Once completed, a list appears with 40 occupations you may find interesting, as well as a rating for what skills you already



CHRISTINE HELGASON

have for that job. It also grades your current skills against those job options. These can be particularly handy if you're not willing or able to return to school.

After completing the quiz, I was surprised by how accurately it had interpreted my answers. The questions don't ask you about specific jobs, but aspects of jobs. For example, would you like a career in health care? Would you like a job with driving? Would you like a job working with children? It was great, it helped prevent me from giving biased answers based on what I thought

I would like to do. The paper version, which doesn't ask as many questions, can seem very intimidating at first. The chart section is huge and has hundreds of occupations. However, don't let it scare you while perusing it.

Once you finish the questions, you only focus on two or three sections. From my experience doing all three of these evaluations, it was immensely helpful having someone who knew them inside and out, as well as being able to walk me through my answers.

If you're not quite ready to commit to the financial and time commitment of university or college try an online approach. I learned recently about something called MOOC (Massive Open Online Courses). This gives you the opportunity to do some learning in a particular field at little or no cost.

Free education from Harvard, McGill, UCLA. Yes, please! Want to learn about the history of the early middle ages, you can do that with an online course from Yale. Keep in mind, these courses won't count toward a degree or post-secondary credits.

However, it could be a useful tool in seeing if you enjoy a subject or occupation and possibly help your chances of being accepted to a school. If you have already selected your career and are moving to another base, the METSpouse pilot program may be of interest to you.

"The Canada company has screened employers and has identified those who are military friendly," she said, adding, "They've done some training — military spouse 101. So they know what they're looking at when they see a military spouses resume. They know what it means and what it doesn't mean."

For example, she said the fact you've had four jobs in six years does not mean you're a job hopper.

"They recognize some of the values I think even spouses don't necessarily attribute to themselves — the strength of character, the perseverance, the loyalty, the ability to transition," offered Helgason.

There are also a number of educational tools and resources spouses signed up for the program have access to, including funding and scholarships, and training. Another great aspect of having Helgason go through it with you, she's been in the military spouse situation and also changed her career a few times.

"I've been in that chair, I know what it's like to have your identity shaken. Because we tend to identify ourselves by what we do."

Another option if you are a spouse looking for work, or leaving the military is the Helmets to Hard Hats program. "It links military members with professional trades, unionized red seal trades. They've recently decided for that to include dependant children — 18 to 25 years old if your parent served or is serving in the military. Military spouses can get into the program as well."

She has seen a number of spouses go to Assiniboine Community College for trades such as carpentry, welding and heavy duty mechanics.

If you are posted one thing she was adamant about was, you should apply for EI. I was surprised by this advice. I thought it wasn't an option if you quit a job. However, when you quit a job for the relocation of your spouse for work reasons, you are eligible. This gives you time to adjust to your new surroundings and not worry as much about finding new employment. "People think, 'I quit my job, to relocate, we got posted, I had to quit. Therefore I'm not eligible for EI,'" she said. "You absolutely are! There are about 19 or 20 different reasons why you can quit a job and still be eligible for EI."



Full Line of Aggregate Products

SERVICES INCLUDE:

- Excavating, Demolitions
- Sewer & Water, Septic Fields
- Culverts, Driveways, Grading
- Skidsteer, Pay loader services


Sewer and Water Bonded (City of Brandon)
Certified for Septic Field Installations
Bobcat & Trucking service

204.726.3217


GUIDELINES

For optimal health benefits, children and youth (aged 5–17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.


A healthy 24 hours includes:




SWEAT



STEP



SLEEP



SIT

SWEAT	STEP	SLEEP	SIT
MODERATE TO VIGOROUS PHYSICAL ACTIVITY	LIGHT PHYSICAL ACTIVITY	SLEEP	SEDENTARY BEHAVIOUR
An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week;	Several hours of a variety of structured and unstructured light physical activities;	Uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years, with consistent bed and wake-up times;	No more than 2 hours per day of recreational screen time; Limited sitting for extended periods.

Caddyshack Army-style on the links



Photos by Jules Xavier



A baby prairie ground squirrel (above) had a great view of the golfers teeing off at the second hole during the annual BComd's golf tournament hosted by LCol John Cochrane held on the 18-hole Shilo Country Club. While golfing was taken seriously, there was plenty of hijinks on the links when CANEX manager Rick Kehler sunk a long putt on one hole, but then cringed when he missed an easy putt for birdy. Plenty of ribbing from his foursome ensued for the next few holes. Fitness, Sports and Recreation manager Jim MacKenzie used a tape measure to see how close his ball was to the hole. It was a perfect day for drives from the tees by BRSM CWO Don Askeland and fitness instructor Dean Kachur on the picturesque fairways. Base CE had fun in their foursome, whether playing air guitar or analyzing each of their putts on the greens. En route to her tee off, fitness co-ordinator Ginger Lamoureux waved at Juno.



GSH Bowling Alley

Open bowling for all ages
Wednesday 6 to 9 p.m.
Saturday 2 to 4 p.m.

CLOSED FOR THE SUMMER

Adult: \$2.50 per game
Youth: \$1.50 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

Jon REYES

Special Envoy for Military Affairs
military.envoy@leg.gov.mb.ca
www.Jonreyes.ca
204-945-7900



Time capsule contents

BComd LCol John Cochrane shows off a Brandon Wheat Kings jersey which was placed in the Shilo MFRC's time capsule.
Photo by Sarah Francis

National Defence / Défense nationale

WARNING SHILO RANGES

Day and night firing will be carried out at the Shilo Ranges until further notice.

The range consists of DND controlled property lying approximately 32 kms SE from Brandon and N of the Assiniboine River in Townships 7, 8 and 9; Range 14 WPM, Townships 8, 9 and 10; Ranges 15 and 16 WPM and Townships 9 and 10; Range 17 WPM in the Province of Manitoba. If required, a detailed description of the Shilo property may be obtained from the Base Construction Engineering Office at Canadian Forces Base Shilo.

All boundaries, entry ways, roads and tracks into the Range are clearly marked and posted with signs indicating that there is to be NO TRESPASSING. Hunting is no longer permitted on the Shilo Ranges.

STRAY AMMUNITION AND EXPLOSIVE OBJECTS
Bombs, grenades, shells, similar explosive objects, and their casings are a hazard to life and limb. Do not pick up or retain such objects as souvenirs. If you have found or have in your possession any object which you believe to be an explosive, notify your local police and arrangements will be made to dispose of it.

No unauthorized person may enter this area and trespassing on the area is strictly prohibited.

BY ORDER
Deputy Minister
Department of National Defense

OTTAWA, CANADA
17630-77

Canada

National Defence / Défense nationale

AVERTISSEMENT POLYGONES DE TIR DE SHILO

Des tirs de jour et de nuit seront effectués aux polygones de tir de Shilo jusqu'à nouvel ordre.

Les polygones de tir sont des terrains sous le contrôle du MDN situés à environ 32 km au sud-est de Brandon et au nord de la rivière Assiniboine dans les cantons 7, 8 et 9; polygone 14 OMP, cantons 8, 9 et 10; polygones 15 et 16 OMP et cantons 9 et 10; polygone 17 OMP, dans la Province du Manitoba. Au besoin, une description détaillée de la propriété de Shilo peut être obtenue du Bureau du génie construction de la Base des Forces canadiennes Shilo.

Toutes les limites, voies d'accès, routes et sentiers menant aux polygones sont clairement marqués et ornés d'écriteaux d'ACCÈS INTERDIT. La chasse est dorénavant interdite aux polygones de tir de Shilo.

MUNITIONS ET EXPLOSIFS PERDUS
Les bombes, grenades, obus et autres engins explosifs similaires et leurs enveloppes peuvent causer des blessures ou entraîner la mort. Ne ramassez pas ces objets et ne les gardez pas comme souvenirs. Si vous avez trouvé ou si vous avez en votre possession un objet que vous croyez être un explosif, signalez-le à la police locale, qui prendra les mesures nécessaires pour l'éliminer.

Aucune personne non autorisée ne peut entrer dans ce secteur où tout accès est strictement interdit.

Par ordre du
Sous-ministre
Ministère de la Défense nationale

Ottawa, Canada
17630-77

Reservists contribute to Army operations

From page 5

The primary role of the Reserve Force is to augment, sustain, and support the 22,800 current members of the Regular Force. Not all Reservists are employed or in school full-time outside the CA; in fact, many Reservists serve full-time in the CAF on employment contracts, as does Lt (N) Bresolin.

"Being in the Reserve allows people like me to try different jobs in the public service and the civilian world and then bring this knowledge and experience back to the Forces," he said.

Members of the Reserve Force are not required to go on a deployment; however, they have the option to volunteer for paid deployments if they would like to take part in overseas operations and if there is a need for their skills.

Lt (N) Bresolin notes that many Reservists would jump at the chance to deploy overseas for both patriotic and other reasons, such as experience or higher pay.

"Everyone has a different story and different desires for their career," he said.

In recent years, Reservists have contributed substantially to Canada's international and domestic operations. Since 2000, more than 4,000 Primary Reservists from all branches of the CAF

have been deployed in operations in Afghanistan, Haiti, Nepal and elsewhere.

In Canada, they have supported the 2010 Winter Olympics in Vancouver; assisted with flood relief efforts in Quebec, Manitoba and Alberta; participated in recovery efforts following ice storms in eastern Canada; fought forest fires in western Canada; and assisted with hurricane relief efforts in Newfoundland and Labrador.

Another important role of the Reserve Force is to serve as a link between the CAF and the Canadian public. They are a force for national unity and a visible reminder to their local communities of the work of the Department of National Defence and the services it provides.

Reservists often help at or participate in cultural events, parades, festivals and other public events in their own and neighbouring communities across Canada.

"While walking in uniform next to an elementary school on my way to a Remembrance Day parade," recalled MCpl Pichette, "some children ran towards me to say hello. It gave me a sense of pride and I hoped I would inspire others the same way other women from Le Régiment de Hull have inspired me."

Lynn Capuano and Sgt Marc-André Clément are with Army Public Affairs

Being deployed? Sign up for workshop

MFRC Special

Deployment is a fact of military life. For most Canadian Armed Forces (CAF) personnel the opportunity to deploy around the world, making a difference in lives of others, is what prompted their desire to join the military in the first place.

However, for many families, managing deployments can be particularly challenging — extended separations, increased workloads, anxiety related to the safety of their loved one, and managing transition and reintegration issues upon completion of the tour — all amount to increased stress.

Road to Mental Readiness (R2MR) training encompasses an entire package of resilience and mental health training which is embedded throughout CAF members' career, including the deployment cycle.

This training also includes two family components specifically related to pre-deployment and post-deployment, focusing on building education and language around mental health as well learning skills to manage stress and a focus on how to assist children through these transitions.

Phase three is ideally offered prior to the departure of your military member and focuses on the pre-deployment phase, including the challenges of separation, the Mental Health Continuum Model, as well as tools for managing the separation, supporting children, and resources for support while your loved one is deployed.

Phase five is conducted just before your family member returns, and examines the post-deployment phase, building on the knowledge already gained from phase three training.

This includes transitioning from operations, the challenges of reintegration, how to identify potential problems post-deployment, as well as learning tools for managing the reintegration, supporting children, and making a plan for a successful reintegration.

A variety of resources for support for the entire family post-deployment are also discussed.

Counselling staff work together with the deployment co-ordinator to offer these briefings multiple times a year, with added programming surrounding times of deployments.

Visit www.familyforce.ca and the Shilo MFRC's Facebook page regularly to find a date and time which works for you.

Evening sessions will include supper, and childcare is included free-of-charge if required.

Contact the deployment co-ordinator if you prefer a one-on-one session briefing.

On-line training can also be found at www.forces.gc.ca/en/caf-community-health-services-r2mr-family/index.page

The next R2MR family briefing offered will be R2MR phase three family pre-deployment workshop scheduled Aug. 16 from 5 to 8 p.m. in the boardroom at the MFRC.

This free workshop will feature instructors Ryan Blackman and Carolyn Senchuk-Lavergne.

To register visit www.familyforce.ca or call 204-765-3000 ext 3352. Deadline for registration is by noon Aug. 12.

While childcare is provided, children must be registered with occasional childcare also by noon Aug. 12.

Adventure Bible Camp
Adventure Day Camp

CFB Shilo
August 2 - 5, 2016
9am - noon

Contact: Sophie Egloff,
Chaplain's Admin Assistant
Ph: 204 765 3000 ext 3091
sophie.egloff@forces.gc.ca

What to bring:
Hat & Water bottle

No pre-registration available.
For more information, visit
www.adventuredaycampmb.org

FREE

A ministry of:
onehope CANADA

With:
green équipe team verte

CLASSIFIED ADS

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

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

August 4 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 Fire-arms Safety Course Instructor/Examiner Now offering Red Cross first aid training. Manitoba Hunter Safety Instructor. Courses offered at least monthly and more often with demand. Firearm/hunter safety courses planned seasonally. Restricted and Non-Restricted. Call 204-725-1608 or e-mail ggs57@wcgwave.ca

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

Advertise with us! To place an ad, e-mail elainebullee@gmail.com or call 204-765-3000 ext 3736 or contact Sarah Francis at stag@mymts.net or call 204-765-3000 ext 3013

Services

NEED YOUR TAXES DONE? Fast, friendly, and personal service. Located outside the gate. For all your income tax needs contact Ingrid Wasserburg at 204-763-4357. **OPEN ALL YEAR.**

Employment

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

Employment

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

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

Brandon

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

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

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

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



Rick's
Restaurant & Bar
GOURMET PIZZA & PASTA

75th Anniversary
SUMMER CELEBRATION
July 1 to August 31
To book tee-times call 204-765-3623

\$50
EAT & PLAY SPECIAL
Breakfast or Lunch,
Golf and Cart

\$45
golf & shared cart

FREE
15 minute Introductory Golf Lesson from a CPGA Professional
Call Pro Shop for details

SALES ON TITLEIST, PING & NIKE | DRAWS FOR GIFTCARDS & MERCHANDISE | MORE INFO AT SHILOCOUNTRYCLUB.COM

FREE HOME DELIVERY

PRESCRIPTION SERVICE

GLENBORO PHARMACY



Terry Dubyts Pharmacist

Toll free: 1-855-668-1066
Phone: 1-204-827-2841
Fax: 1-204-827-2081

SAME DAY DELIVERY IF ORDER IS PLACED BY 2 PM
glenboropharmacy@gmail.com



Shotgun start Army-style

BComd LCol John Cochrane invited the Canadian Army's mascot, Juno, to fire a round to let golfers involved in the annual BComd's tournament know they should commence golfing on the picturesque 18-hole Shilo Country Club course.

Photo by Jules Xavier



A division of CFMWS
Une division des SBMFC



CANADA'S MILITARY STORE

LE MAGASIN MILITAIRE DU CANADA

CANEX SUPERMART BLDG L-125 CANEX MALL, SHILO, 204-765-2343

Enter for your chance to

WIN a
BACKYARD
BBQ!

Prize List

Broil King Sterling 4964-54 BBQ
Prize package contains; BBQ, Tank
Trader propane tank, 10 Obermaier's
Rib Eye steaks, fresh potatoes & corn
on the cob, 2 x 12 packs Coca Cola®
product, snacks from Frito Lays®
and Old Dutch® and
all the fixings for a
Backyard BBQ.



PLUS your
CANEX manager will
deliver it all to your party
AND BBQ for you!

Prize package value approximately \$500.

Many thanks to our sponsors:
Coca Cola®, Tank Traders®

Only CFB Shilo CANEX SuperMart receipts showing a total purchase of minimum \$50 before taxes are eligible. Receipts must be dated 1 July through 26 August 2016 and generated from personal purchases only. Use your CF1 card and enter to win. Sorry, no prize substitutions.

1 July- 26 August 2016

CANEX.ca