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INSIDE This Issue



2PPCLI sergeant rides for Boomer. Page 2



Base Commander served 1974-75. Page 4



June is Recreation Month on Base. Page 12



Elusive run

It was a morning for sports action when Base side soldiers and civilians enjoyed flag football on the gridiron or slo-pitch on the diamond. BRSM CWO Don Askeland (left) ran hard rounding second base after a hard hit ball eluded the second baseman. The action was equally deceptive (above) when defenders tried to take the flag of an opponent during the pigskin action. For action from Base sports morning, see page 10.

Photos by Jules Xavier

Sgt Thomas Cole riding in memory of 'Boomer'

Jules Xavier
Shilo Stag

Sgt Thomas Cole of 2PPCLI's B Coy concedes it will be a tough first day when he pedals his bike during the ninth annual Boomer's Legacy BC bicycle ride on Vancouver Island.

From CFB Wainwright where he's extremely busy being part of Ex MAPLE RESOLVE along with more than 7,000 other soldiers, Sgt Cole said he will return to CFB Shilo when this exercise ends June 6.



2PPCLI's Sgt Thomas Cole (above) in Afghanistan during the war where he met Cpl Andrew 'Boomer' Eykelenboom (above right). *Photos supplied*

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

Friend Debbi Ferguson of Victoria — now retired from the Canadian Armed Forces (CAF) — let the *Shilo Stag* know Sgt Cole was planning to be part of this annual event on Vancouver Island. She's also cycling it, too.

Boomer's Legacy is named after Cpl Andrew "Boomer" Eykelenboom, a dedicated soldier and a CAF medic, killed by a suicide bomber on Aug. 11, 2006. Just 23, Andrew was committed to saving lives and helping the Afghan people realize freedom.

His death was the catalyst to creating the Boomer's Legacy Foundation to help men and women in uniform make a positive difference in the lives of others.

Andrew's humanitarian spirit lives on through Boomer's Legacy, committed to Helping our Soldiers Help Others.

The ride this year covering 240 kilometres along Hwy. 19, starts at CFB Comox and finishes in BC's capital, Victoria.

Boomer's Legacy raises awareness for our military's efforts on deployed operations around the globe and raises funds for Boomer's Legacy — money our soldiers can access to further help the people in communities where they serve.

It does this by holding fundraising events and by giving presentations to schools and interested groups. Funds raised have been used for basic humanitarian needs, medical care, and education.

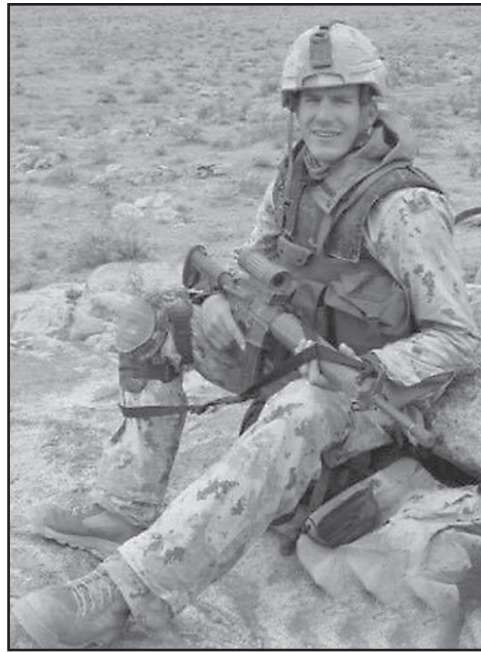
All charitable funds from Boomer's Legacy go to its operational partner, Boomer's Trust Fund, managed by the CFMWS. Boomer's Trust makes the funds available to sub-committees, which are operated on a volunteer basis by CAF members in deployed regions.

Humanitarian initiatives funded by Boomer's Trust are aimed towards improving conditions in areas such as health care, education and opportunities for women, with the goal of building local capacity to provide a lasting impact.

Projects can be as small as helping a single person or family by providing a life saving surgery, to assisting an entire area or institution by providing equipment to a hospital or supplies to a school.

Ideas for projects come from a variety of sources, including CAF members and trusted local contacts, with the purpose of addressing areas which would not receive attention from any other source.

Besides Sgt Cole, more than 100 riders will be involved. This group includes fellow CAF members, military veterans, firefighters and police.



"The goal of Boomer's Legacy is to empower CAF soldiers, sailors, airmen and airwomen with the ability to carry on Andrew's strongly felt desire to provide much needed humanitarian assistance to people in areas of deployed Canadian operations," offered Sgt Cole.

To those who don't know who Boomer was Sgt Cole offered up his *Reader's Digest* biography.

"Cpl Andrew Eykelenboom ... aka 'Boomer' was my platoon medic on my 2006 deployment to Kandahar province in Afghanistan. Sadly, he was killed by a POS suicide bomber just days before we were to return to Canada."

He added, "I miss my friend who died way too young. He was a goofy fun guy who assimilated with my platoon of crazy warrior grunts and became one of [the] troops, not just a medic."

There is a donation part to Sgt Cole's participation in the ride. If you wish to support your fellow soldier from CFB Shilo on this wonderful ride he would appreciate your support. All the proceeds go to Boomer's Dream of Soldiers Helping Soldiers.

"Please help me reach my goal, and support me for this cause. Donate [as] every little bit helps," he said.

To donate visit <http://supportourtroops-ca.donorpages.com/BoomersLegacyBCRide/ThomasCole>

The site only accepts credit cards. However, you can send a money order to the following address to the attention of corporate outreach: Boomer's Legacy, Canadian Forces Morale and Welfare Services, 4210 La-belle St., Ottawa, Ont., K1A 0K2

Ferguson acknowledged her friend was there when Boomer was killed "something he will never get over."

Although he trained prior to two major spring exercises at CFB Wainwright, Sgt Cole told Ferguson he won't bow out of the ride.

"He told me, and these are his words, 'I do not care if I have to push my bike the whole way to Victoria. I need to do this for Boomer, and for myself. He was my friend, and I miss him.'"

Once he has completed Ex MAPLE RESOLVE, Sgt Cole has a goal of raising \$2,000 during the bike ride.

Pet of the Week

CAPER

Maclean family dog is an eight-month-old mastiff currently weighing more than 100 pounds. His favourite life enjoyment is chewing anything in sight and chasing the cat. He's a wonderful dog and we wouldn't be without him. Do you have a photo of your pet you'd like to share with our Stag readers? If so, e-mail it to us via stag@mymts.net



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Deployment medal

Health Promotion manager Shelly Moore looks at her third medal after receiving the General Service Medal - Expedition (GSM-EXP) during the spring quarterly parade held at the MPTF. This general service award has been created as a means to recognize in a timelier manner those who provide direct support to operations in the presence of an armed enemy. Rather than creating a new honour for each new Canadian Armed Forces (CAF) operation as it arises, the General Campaign Star (GCS) and General Service Medal (GSM) — with their theatre or service specific ribbons — can be awarded in future to honour participation in any operation that meets the criteria. The GSM is awarded to members of the CAF and members of allied forces serving with the CAF who deploy outside of Canada — but not necessarily into a theatre of operations — to provide direct support, on a full-time basis, to operations in the presence of an armed enemy. The GSM may also be awarded, depending on the operation, to Canadian citizens other than members of the CAF, who are deployed outside Canada, either inside or outside a theatre of operations and working with the CAF to provide direct support, on a full-time basis, to operations in the presence of an armed enemy. Moore was working with PSP in Kuwait during her deployment. Moore was also recognized with her 10-year long service award as part of the PSP team.

Photo by Jules Xavier

CAF survey participation important

Stag Special

Here's a message from Gen Jonathan Vance, CDS, and CWO Kevin West, the Canadian Armed Forces (CAF) CWO:

Since the launch of the Statistics Canada survey on sexual misconduct in the CAF in April, many of you have taken the time to complete this important survey.

However, we are aware there may be some perceived and existing barriers to people participating in the survey.

We would like to take a moment to address these concerns and discuss maximum member participation, the voluntary nature of the survey and confidentiality.

We are pleased with the response thus far, as Statistics Canada indicates that tens of thousands of Regular Force and Primary Reserve members have already shared their thoughts and experiences on harmful and inappropriate sexual behaviour.

While this is encouraging, we need the level of participation to be higher in order to provide the most complete understanding of the issue as possible.

We recognize that some of you may have been unable to find the time necessary to complete the survey due to ongoing operational and other military commitments.

In response to this reality, the survey collection period has been extended to June 24, but we encourage you to submit your responses soonest.

We have recently heard comments that the survey should have been mandatory instead of voluntary. Some have even suggested that forcing all Regular Force and Primary Reserve personnel to complete it would have been appropriate.

priate.

This survey is voluntary for a very important reason. The Government of Canada directives and CAF policy dictate all surveys of this sort must be voluntary — they cannot be directed.

Moreover, experience tells us forcing people to complete a survey is likely to encourage misrepresentative responses, which decreases the accuracy of the eventual survey results.

We have also heard some CAF members have expressed concern their opinion would be less relevant or less influential in the overall survey findings.

Every CAF member's perspective matters and every individual survey counts towards fully understanding the problem — this is true whether or not members have been directly or indirectly impacted by harmful and inappropriate sexual behaviour.

Every single survey will be evaluated and integrated into the analysis with the exact same value and influence. It is therefore crucial for all of you to be part of the solution.

Finally, some of you continue to voice concerns about the confidentiality of the survey. Once again, we assure you that all participant information will remain strictly confidential.

Statistics Canada is executing the survey in complete independence, and will not at any point, or in any form, share individual responses or member information with us. There will not be a single exception.

Help us ensure a professional environment of trust, respect and dignity for all of our members. Acting upon your survey request will be an important step toward achieving success with Operation HONOUR.

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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
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Proof reader	Elaine Bullee ext 3736

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NEWSPAPER
AWARD 2014Mailing Address:
Box 5000, Stn Main
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The Shilo Stag is produced every second Thursday.

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

Submitting articles and photos for print:

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

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BComd Col Alex Matheson 1974-75

Talented artist worked as ACC illustrator following CAF career

Shilo Stag

A talented artist with a penchant for drawing caricatures on the knees of family and friends and former CFB Shilo base commander has died.

Col Alex Matheson served as this Base's commander from 1974-75, then retired from the Canadian Armed Forces (CAF) after serving his country for 33 years.

He was 91 when he died in his sleep May 16 at his residence at Hillcrest Personal Car home in Brandon.

Born in Vancouver, BC, Col Matheson was active in sports in his youth, excelling in swimming, diving, lacrosse and soccer.

He enlisted in July 1943. During his service, he was a pilot, a parachute instructor, and an officer in the Royal Canadian Dragoons, an Armoured Corps Regiment.

Col Matheson's military service took him to many places including Korea, Cyprus, Laos and South Vietnam.

He married the love of his life, Margaret (Peggy) Clark, on May 31, 1947. They were happily married for 68 amazing years and raised four terrific sons, Dan, Bruce, Gordon and Murray.

Following his retirement from the military, Col Matheson was employed as an illustrator at Assiniboine Community College in Brandon — a job he thoroughly enjoyed for 10 years.

Active in his community, Col Matheson was president of the 1979 Canada Winter Games. He was a long serving member of the Brandon Rotary Club and member of the Royal Canadian Legion Branch No. 3.

He enjoyed playing the bagpipes, public speaking, painting and making wonderful personalized cards for family and friends and was an active member of the local calligraphy club.

Col Matheson's funeral was held May 21 at St. Matthew's Anglican Cathedral in Brandon.

Messages of condolence may be placed at www.brockiedonovan.com.

"I will always remember the colonel's kindness to



Col Alex Matheson

us in 26th Field RCA, his playing of Turkey In The Straw on the pipes, and his masterful painting of HMCS Brandon cresting waves of wheat in the picture he did for presentation at the ship's commissioning in June of 1999," recalled retired Maj Brian Midwinter in a message of condolence left on the funeral home's website.

Added Kathryn Henry, "From the first day I met him back in the 70s when he was playing a quirky piece on his pipes — much to the dismay of some other pipers I must add — to the last time at Rotary he always had a smile and a kind word. The world has lost a true gem."

Murray Beare shared his memories.

"So many fond memories of our time in Shilo with Colonel Alec next door. Piping down Sapper Avenue, faces on the knees of many, great caricatures of family and friends," he wrote.

"Col Matheson was key in improving my public speaking and getting me to 'annunciate!' His

positive spirit, boundless energy and constant smile are an inspiration to this day. An exceptional leader who managed to command CFB Shilo as an Armoured Corps officer — a feat not matched to this day."

Beare added, "I learned to better appreciate tennis and basketball through his love of the games. He had a full life with a wonderful family as his legacy. So many expressions, including ... love a duck. The Beare family was so fortunate to cross paths with him. He will be missed."

Another fellow soldier offered his thoughts on Col Matheson.

"How saddened I was to learn of Alex's passing," wrote retired LCol Dave Henderson. "I first met him in Petawawa [in the] early 60s when he was with the Army tactics and organization board, and I was the Operations Officer with the Eighth Hussars.

"Alex was a fine Scotsman who played the pipes on many occasions. He was a leader in providing his knowledge and experience on field operations. His great wit and character made him to be a wonderful gentleman to be around. He will be fondly missed."

"From the first day I met him back in the 70s when he was playing a quirky piece on his pipes — much to the dismay of some other pipers I must add — to the last time at Rotary he always had a smile and a kind word. The world has lost a true gem."

— Kathryn Henry

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2PPCLI hone fighting skills training with Australian soldiers

1CMBG PA
Stag Special

"Wow, they almost look like a couple of Canadians," observed a 2PPCLI soldier, as two Australian soldiers efficiently navigated down a live pairs range.

2PPCLI hosted a section of soldiers from the Third Battalion, Royal Australian Regiment (3RAR) for a week during Ex PROMETHEAN RAM held in April at CFB Wainwright.

"This exchange is an opportunity for our two units to pay tribute to our shared history and reinvigorate ties into the future," said LCol Wayne Niven, 2PPCLI CO. "Despite the geographic differences between us, there are certainly many more similarities in the way we operate."

Following a familiarization session, which introduced them to the Canadian kit and weapons they would be using, the section of Australian soldiers was attached to the 2PPCLI Recce Platoon for dry and live-fire training of increasing complexity.

Their integration into 2PPCLI culminated in a live convoy range held Oct. 24, where the combined Canadian and Australian soldiers needed to defend their vehicle convoy in various scenarios.

Later that day, the two units marked the 65th anniversary of the Battle of Kapyong — a defining moment of the Korean War that originally brought the two units together.

"The exchange is a great chance to connect with an ally," noted Lt Iain Best, section commander of the nine-man team from 3RAR. "I'm looking forward to training in some new terrain, picking up some tips from our Canadian counterparts, and certainly commemorating the Battle of Kapyong."

2PPCLI and 3RAR were both awarded the United States Presidential Unit Citation for their actions during the Korean War at Kapyong from April 21 to 25, 1951.

Both units continue to proudly display the blue Distinguished Unit Emblem, affectionately referred to as the "swimming pool," on the sleeves of their dress uniforms to this day.

The tables then turned when 3RAR hosted a contingent of 2PPCLI soldiers. The Canadians are looking forward to celebrating ANZAC day in Australia, as well as participating in 3RAR's Opie Trophy.

"It'll be tough as the newcomers, but we're looking forward to representing Canada well," said Sgt Matt Lewis, who will lead the section from 2PPCLI's Recce Platoon against teams from 3RAR.

The Opie Trophy emphasizes section level (eight-person) teamwork and tests military skills including a navigation exercise and live-fire range.

Despite the friendly competition to bring out the best in each individual soldier and team, the unit exchange as a whole has already provided a great opportunity for Canadian and Australian soldiers to rub shoulders with their fellow commonwealth allies, trade best practices, and pay tribute to a long-standing unit affiliation forged in 1951 during the Battle of Kapyong.



A member of 2PPCLI instructs soldiers from 3RAR on the live pairs range during Ex PROMETHEAN RAM held in April at CFB Wainwright.

Photo by 1CMBG PA

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Projects large, small keep Base engineers busy

Sarah Francis
Shilo Stag

Between basic maintenance and new infrastructure projects, Real Property Operations Unit (West) — Detachment Shilo remains extremely busy.

Since transformation April 1, the Detachment has seen its budget increase as well as received additional funding in the order of \$8-million for road upgrades throughout the Base in 2017-18.

Under the watchful eyes of OC Maj Andrew Wall, his unit has a long running list of projects, some including renovations to barrack blocks, upgrades on the ranges, upgrades to interior/exterior spaces in office buildings as well as lengthy list of projects in the approval process.

Some projects are harder to miss, such as the improvements happening behind CANEX and the Junior Ranks.

These buildings are receiving some much needed electrical upgrades.

Engineering Officer Robert Riesz said it will make the electrical systems in the Junior Ranks safer and improve the service to CANEX.

"We'll be replacing the transformers, supplying dual feeds so we can perform maintenance on the system without taking out power to the CANEX," he explained to the *Shilo Stag* during a tour of various projects around the Base.

Being proactive in upgrading electrical services is important, because if the system fails it could take months to fix.

"In the Junior Ranks, its transformers are in a vault inside the building. Which is contrary to the codes, it's inherently dangerous," said Riesz. "It's dangerous to work on, and transformers occasionally do overheat and explode. We don't want that happening in the building".

This \$800,000 project is slated to be completed sometime in the fall.

Also on the unit's radar is the single living in quar-



Engineering Officer Robert Riesz gave the *Stag* a tour of the newly renovated quarters by the WOs and Sergeants Mess.

ters on the Base.

Those by the Officers' mess and Sergeants' and WO's, are receiving an internal facelift. New carpet, tiles and bathrooms are being put in, as well as air conditioning (AC) units.

nology incorporated into the buildings. Simulation technology offers a safe and effective tool for training soldiers.

See **LONG** page 7

In addition, AC units are going into L101, L103, and L104. AC units for the single living in quarters were one of the unit's shelf projects, which are items they planned on completing over a few years.

They were in for a pleasant surprise when they applied for funding.

"When federal infrastructure funding came in 2015, Maj Wall was proactive in submitting the list of these projects to ADM(IE) Because Shilo had all of our designs ready, the funding that was available for Shilo ended up being four times as much as what they initially allocated us," explained Riesz.

The living in units were in great need of an update and will now have a modern look for those who call the barracks home.

Riesz said people were asking why fenced patios were being built outside of the barracks, but those are to contain the AC units. The fences give the buildings a neater look than having them exposed.

Meanwhile, those travelling out on the ranges for training exercises will soon notice a difference in visibility.

Segments of gravel road are being lifted and remixed with a chemical to bind clay particles to reduce the dust kicked up by military vehicles.

"It's mixed in the top four inches of the road base," he said.

"So, it's impregnated in that road base. Once it's watered and compacted it should reduce the dust."

One road that is currently receiving that treatment leads out to the new Urban Ops training site which was recently completed. The miniature town which will be used by soldiers to hone their urban ops fighting skills includes a bank and an apartment building.

The buildings are basic, but Riesz said the exciting part is the simulation training technology incorporated into the buildings. Simulation technology offers a safe and effective tool for training soldiers.

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

— Engineering Officer Robert Riesz



A panoramic view of the recently completed Urban Ops training space on the ranges. The facility features simulation training technology.

Photos by Sarah Francis

Long-awaited road renovations planned for Base's residential area

From page 6

It took just under a year to build and was a project ordered by the Department of National Defence (DND).

Soon every military base in Canada will have a similar training facility. Building instrumentation is not scheduled to be installed until summer of 2017.

Returning to the residential area of the Base, Riesz pointed out there will be road upgrades that are a long time coming. Since 2003 there was a plan to redo Lundy's Lane and now it's finally coming to fruition. Originally it was slated to be repaved along with the other roads. As time went on the road project prices had escalated.

Therefore, it needs to go through Ottawa for approval.

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

The bill for road improvements reached that price because they will be revamping all of the roads components.

"When we first identified it, we identified it because it was the last road in the RHUs that had to be done that was still original construction from 1962," noted Riesz.

For the next eight or nine years the road was still in relatively good condition, but in the recent years it has seen some deterioration and has reached the end of its life.

"We've had to invest quite a bit of money into temporary repairs. It gets to the point where the temporary repairs could end up costing almost as much as replacing the road and the utilities underneath it," he said.



A segment of road out to the training ranges which has been dug up. It's waiting for a treatment to help prevent dust from rising when vehicles pass over during training exercises.

Photo by Sarah Francis

This includes water and sewer.

"We'll assign a life to pavement of roughly 20 years. So if you have utilities underground that are going to last 20 years, we won't replace it. If you have utilities that are getting [to be] 50 years old ... there is no point in repaving the road and having numerous waterline breaks or sewer repairs, which means digging up all the road you just built."

He believes construction will start next year. Additional roadways which will see some upgrades are Gunner Road and Boulouge Road this year.

"We have a lot of roads and we actually have a larger list to complete. Approval has been recently received for upgrading the road network as part of special funding called Infra2016. So there is actually \$4 million that's been additionally assigned to CFB Shilo for roads," he said.

Defence Construction Canada (DCC)

is partnered with them to help move these projects along.

"Defence Construction Canada works on behalf of [DND] to administer the contracts and do the day-to-day contract inspections. They are a partner with the Real Property Operations Unit at Shilo."

Although they have a number of large jobs to complete during the next year, their day-to-day operations are full in order to keep the Base running.

The Detachment is continuously working towards improving the infrastructure holdings at CFB Shilo and making this Base a better place to live and work.

With targeted investment through the Federal Infrastructure Investment program, the Infra 2016 program, and the annual budget the Detachment receives, the overall health of the infrastructure portfolio at CFB Shilo has been advanced significantly in the last two years and will be further improved in the coming years.

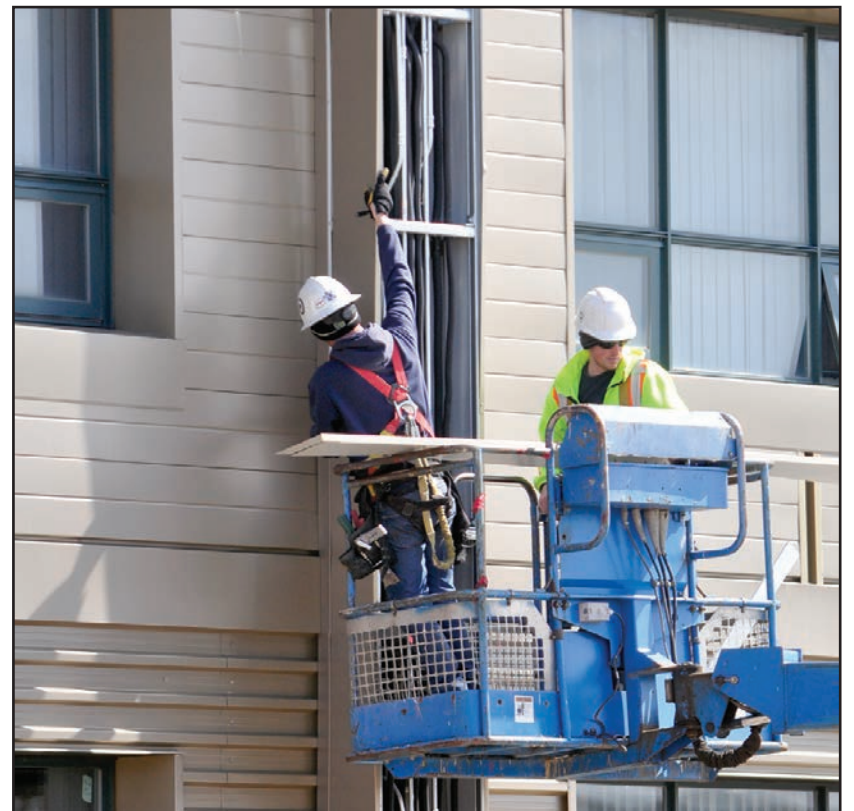


Workers (left) dig behind the Junior Ranks in the parking lot as part of the electrical project for the club and CANEX. Work will continue into the fall. This project will result in safer more effective power for the two buildings.

Photo by Sarah Francis

Stays at the Base barracks are becoming more comfortable with the addition of air conditioning (AC). Workers (right) are hoisted into the air to continue progress on the AC units outside one of the barrack blocks.

Photo by Jules Xavier



Shilo Theatre
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June 17 Zoolander II 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



GSH Bowling Alley

Open bowling for all ages
Wednesday 6 to 8 p.m.
Saturday 2 to 4 p.m.

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

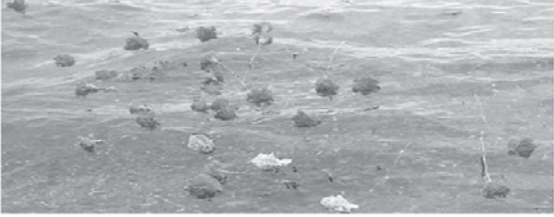
Prices subject to tax
Ask about Glow bowling birthday parties!

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

The Circle of Remembrance

A special time of reflection for family, friends, and co-workers who have lost someone to suicide.

Join us for a time of comfort and hope.




WEDNESDAY JUNE 8, 2016
7:00 P.M.—8:30 P.M.
Riverbank Discovery Centre
545 Conservation Drive, Brandon

For general information and to register for interpretation services, call 204-571-4183 or email: kmoffat@klinik.mb.ca

There will be an indoor service with a brief memorial walk and flower release.

'Offering hope to all people, faiths and cultures'




SUMMER BBQ at the FAITH CENTRE

Come have fun, grab a burger, something to drink and relax

Our Lady Of Shilo Chapel is organizing a summer BBQ for all children and youth on base
June 11th from 1130 - 1330

Faith Centre, Bldg T-119




Maj Craig Ethelston, COS, and MWO Wendy Boyer look on as Command Team commendation recipients MCpl Burt, Cpl Andrews, LS Spencer and Pte Breier march on to the parade square. *Photos by Jules Xavier*

Four promotions during spring quarterly

Shilo Stag

Two retiring Canadian Armed Forces (CAF) members stood in for the Base Commander and by Base RSM during the spring quarterly awards parade.

COS Maj Craig Ethelston is retiring in June after 20 years service, while MWO Wendy Boyer started her retirement a day after the quarterly parade following "37 years of unwavering service" with the CAF.

They handed out the awards and promotions while BComd LCol John Cochrane and BRSM CWO Don Askeland looked on from the sidelines.

Health Promotion manager Shelly Moore received the General Service Medal (GSM) Expedition medal following her deployment with PSP to Kuwait, while CDs were presented to MCpl James Tucker and Sgt Dustin Mitchell.

Long service awards were handed out to a number of Base civilian staff: Jeff Gero (35 years), Lianne Christie (25 years), Darcy Cantlon (15 years), Shelly Moore and Shonell Higgins (10 years), and Kellan Gero and Tracy Askeland (five years).

Debbine Hoddinott of SISIP Shilo was acknowledged for an award she received this past winter: DGMWS women of distinction award she received in Ottawa.

Lt Adam Houghtaling of 3CDSG Sigs Sqn was presented with his Commissioning scroll.

A number of BComd coins were handed out during the morning ceremony held at the MPTF: MCpl Duane Klym and MWO Alfred Williston (for helping with a DWD dinner); MWO Boyer (for her more than 35 years of service with the CAF); Cpl Michael Guerette (for running the spring car care clinic on the Base); Maj Ethelston (for his work with the Command cell); Cpl Bradley Birrell, Melody Ann Cullen and Chris Storozinski.

The foursome of MCpl Burt, Cpl Andrews, LS Spencer and Pte Breier of CFSSG (MB/SK) SSU (W) received a Command Team commendation for their work setting up an emergency callout system for the Base.

There were four promotions to end the ceremony, with LCol Mike Draho having his wife Tracy present him with his new rank after being a major working for RHQ. Lt Brechin Piper, C Tp Comd CFSSG (MB/SK) SSU (W), had his wife Christina Moura present him with his junior officer captain insignia.

And the husband-wife tandem of Sgt Gary Mitchell of range control and Sgt Kim Mitchell of Base Supply each presented themselves with their new WO insignias.



Donating Gift of Life

1RCHAA Bty BC Maj Joe O'Donnell was among a number of soldiers and civilians who gave blood during a Canadian Blood Services donor clinic held at the MPTF. Here, Maj O'Donnell converses with a Canadian Blood Services worker while putting pressure on his arm following the donation process. *Photo by Sarah Francis*



Base promotions

With help from Base COS Maj Craig Etheston and BCom LCol John Cochrane, wife Tracy helped with the promotion for LCol Mike Draho (above) during the Base spring quarterly held at the MPTF. There was plenty of kidding and laughter when the spouse combo of Sgt Mitchells looked after their promotions (below) to warrant officer. WO Gary Mitchell from Range Control and WO Kim Mitchell of Base Supply/Clothing Stores exchanged WO epaulettes. *Photos by Jules Xavier*



Military underemployment for spouses being addressed with transition program

MFRC Special

Military Family Services (MFS) has recognized the need to address unemployment and underemployment for military spouses.

The Canada Company had already established a successful transition program for releasing military members; they were ready and willing to expand their existing program to incorporate military spouses and address their specific needs.

This past April 1, the Canada Company, in partnership with MFS, launched the METSpouse program (Military Employment Transition Program for Spouses).

For a period of one year, seven Military Family Resource Centres (MFRCs) across the country are piloting the program.

CFB Shilo is one of the pilot sites. The METSpouse program has been developed to connect spouses to a network of national military spouse friendly employers. Spouses who register for METSpouse online through their MFRC employment counsellors are able to access career development tools, "hot jobs," employer profiles and much more.

All military spouses of Active, Reserve and Veteran military service

members are eligible to register for the program.

How do you register?

Simply contact the Shilo MFRC's Employment and Education program coordinator Christine Helgason to set up an appointment where she will determine your "job readiness."

For example, do you have an attainable job goal and an effective resume/cover letter?

Do you have at least two professional references and an appropriate email address?

Once the job readiness checklist has been completed, registration takes a couple minutes and then you will have direct access to the METSpouse program and all its resources.

If you know a "military friendly" employer, you can refer them to Helgason for inclusion as an employer partners in the program.

Additionally, the METSpouse program promotes educational institutions that have something to offer military spouses; either scholarships/bursaries, well developed prior learning assessments or training geared for mobile careers.

For more information about the METSpouse program, e-mail Helgason at christine.helgason@forces.gc.ca or dial 204-765-3000 ext 3227.

RELEASING / RELEASED CAF MEMBERS AND THEIR FAMILIES

If I sprain my ankle, chances are you will know what to do.



If I have a panic attack, chances are you won't.

Become certified in Mental Health First Aid

In support of the Veteran Community and in partnership with Veterans Affairs Canada, a customized version of the Mental Health First Aid for members of the Veteran Community is being offered in your area. The training will be offered in collaboration with the Shilo Military Family Resource Centre and will be offered in English.

Mental Health First Aid Veteran Community is the help provided to members of the Veteran Community developing a mental health problem or experiencing a mental health crisis. It does not train people to become counsellors or therapists and just like with physical first aid, we need to ensure that those most in contact with members of the Veteran Community can identify an emerging mental health problem and respond effectively in the event of a crisis.

For more information and to register contact:

The Shilo MFRC at 204-765-300 ex. 3352
Or Pamela Hall, Veteran Family Coordinator
204-765-3000 ex. 4557
pamela.hall@forces.gc.ca

Join us to become certified in Mental Health First Aid Veteran Community. Releasing and released members of the CAF and their families will receive this training at no cost. Seats are limited and registration will be on a first come first serve basis.

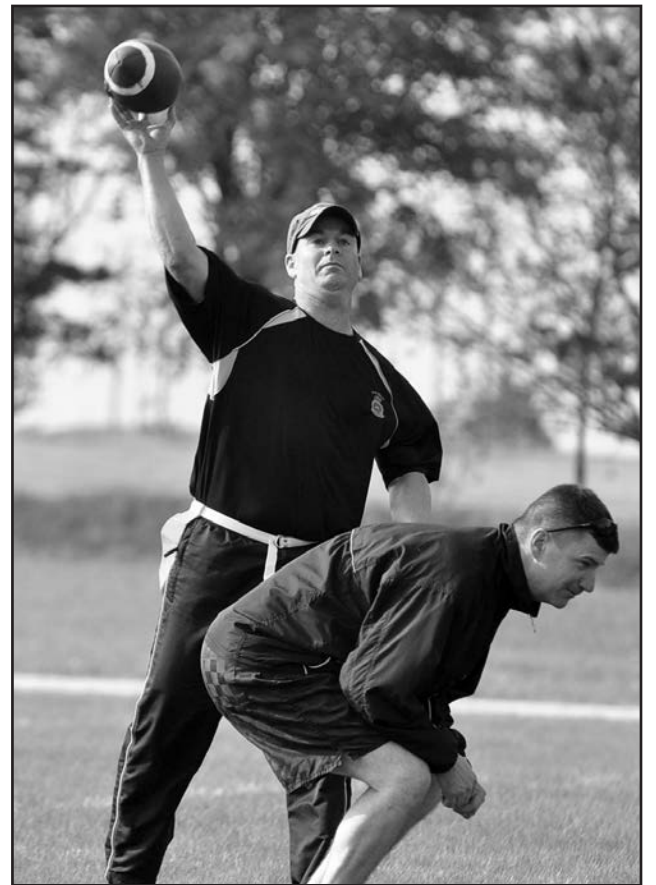
Date: June 13th and 14th, 2016

Registration deadline: June 3rd, 2016

Time: 8:30am – 4pm

Location: Tenne Club (Upstairs of Junior Ranks Mess)

There will be an hour lunch break. Lunch is not provided but you are welcome to bring or buy your own lunch.



Despite hungry black-flies on both the ball diamonds and gridiron field, Base sports day was a hit for all involved during slo-pitch and flag football action. Padre Olive (below left) enjoyed himself despite a few wipeouts along the third base line. To end the day there was a tick-tack-toe relay race, then hotdogs and burgers served by the officers.
Photos by Jules Xavier



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Cement preparation

With the house construction completed inside and outside, workers have turned their attention to the outdoor cosmetics on the new RHUs on the Base. This includes sidewalks, driveway and backyard patio. Here, looking down from a bedroom window, a work measures out where he wants to stake the frame that will contain concrete waiting to be poured.

Photo by Jules Xavier



Adventure Bible Camp

CFB Shilo
August 2 - 5, 2016
9 to 12 PM

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

A ministry of:


With:


For more information, visit
www.adventuredaycampmb.org





FREE

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:

June 9 at noon

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




Your source for Army News in Manitoba

We want you on our team

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

Services



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

Services

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

Home For Sale

One-bedroom renovated house for sale in Brandon. Includes all new siding, shingles, windows, countertop and flooring. Located in a nice neighbourhood. \$114,900. Call 204-726-0909

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:

<p>Brandon Safeway Brandon Armoury Women's Resource Centre - Town Centre Mall Royal Cdn Legion Branch No. 3 Sobeys</p>	<p>Forbidden Flavours ANAF CFB Shilo CANEX Mall Shilo Community Centre GSH Country Club (Rick's)</p>	<p>All Messes Carberry East Side Service Carberry Legion Douglas General Store Minnedosa</p>	<p>Minnedosa Legion Neepawa Legion & Fas Gas Hwy. 16 Sprucewoods The Shilo Inn & 340 ESSO Wawanese Family Foods</p>
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PSP events at CFB Shilo during June

Shilo Stag

With the advent of June think about recreation. Why? Because June is recreation month on the Base. Throughout the month of June, participate in any of the activities listed on the June is recreation month calendar you can find in your summer edition of the At A Glance magazine and receive a ballot to enter into a draw for some great prizes. Draw is being made July 4. Registration is not required.

Or participate in any of the following events this month:

- **Water Safety Week**

Water Safety Week is an annual campaign to educate Canadians on how to stay safe around water and prevent drowning incidents. This year's event runs from June 4 to 11.

Every year, approximately 520 Canadians die needlessly in unintentional water-related fatalities. Fill out a water safety questionnaire while at the GSH and you will be entered into a draw for some great prizes.

- **Outdoor Movie and Bonfire**

Join us outside at L25 as we kick off June is recreation month with an outdoor movie, bonfire, and s'mores June 3 from 9 p.m. to midnight. Open to all ages, organizers ask that you bring your own lawn chair or blanket. Registration is not required.

- **Safety Sizzler**

Let us help you get ready for bike season while at the same time win some awesome prizes. From 1 to 3 p.m. at the Community Centre Annex, or often referred to as L25, take part in the June 4 safety sizzler event.

Participants can take part in an MPI bike rodeo, or have your car seat, bike and helmet inspected. Enjoy an ice cream sundae. Bring your own bike and helmet.

- **Father's Day Swim**

Open to all ages, visit the GSH pool with your dad for a swim, and have a chance to win a gift. This event runs from 12:30 to 4 p.m. Cost is a \$3 drop-in fee or free for military members and GSH membership holders.

Contact the aquatic supervisor at 204-765-3000 ext 3318 for information. For information on any other recreation month activities contact the community recreation office at 204-765-3000 ext 3317/3588.



Cycling on the Base is an ideal activity for young and old as part of recreation month which started June 1. This year's PSP theme is "This is my therapy!" Cycling is a getaway, with time spent in the saddle being stress free time that can be used for reflection.

Photos by Jules Xavier

Cycling is good 'therapy' during recreation month

Stag Special

This is my therapy

Speeding down a bike trail under sunny skies, the day's stressful moments melt away: that's Lt(N) Aaron Bradley's recreation "therapy."

Each June, Personnel Support Programs (PSP) marks June as recreation month by illustrating the many benefits of recreational activities.

This year's theme is "This is my therapy!" which highlights how recreational activities restore us and better prepare us for challenges ahead.

"Cycling is a getaway. Time spent in the saddle is stress free time that can be used for reflection," said Lt(N) Bradley.

"Besides physical strength, cycling will increase your mental toughness which will naturally transfer to other areas of your life."

From triathlon clubs to safety rodeos, cycling is one of many forms of recreation that the military community can engage in through PSP.

Recreation programming has special value for military personnel functioning in a technically oriented force.

A well-balanced program helps to maintain total fit-

ness, a state of well-being which includes the physical, emotional, intellectual, social and spiritual health of the individual.

For Canadian Armed Forces (CAF) family members of all ages, postings, deployments, careers, and hectic family schedules can lead to periods of stress. Road to Mental Readiness (R2MR) training advises engaging in things we enjoy actually gives us more energy to manage stress.

When under stress we often stop having fun due to a lack of time or a decreased interest or drive. However, during stressful times it is even more important to schedule positive activities in our day in order to effectively manage the demands in our life.

"By recharging with physical activity and community programs, CAF members and their families help protect their physical and mental health," says Col Andrew Downes, director of mental health.

"Scheduling fun, recreational activities into our day can help us to effectively manage the stressful demands in our lives."

For Lt(N) Bradley, hitting the road on his bike three times a week is a priority on his schedule. As a youth, he was a runner and swimmer, so he added cycling to his recreation routine with the goal of trying a tri-

athlon.

"I have competed in triathlons, road racing, and most recently cyclo-cross," said Lt(N) Bradley says. "Anytime you reach a goal you get a feeling of accomplishment and cycling is no exception. Whether it's finishing your first century (100-mile ride) or winning your first race, each goal completed will leave you thirsting for more!"

"Recreation programs, designed specifically for our Canadian Armed Forces members and their families, provide great opportunities for families to improve their mental health, and synchronize efforts to meet their family goals," said Col Dan Harris, director of Military Family Services (MFS). "What better way than recreation to bring the family together!"

Added BGen(R) Peter Atkinson, PSP senior vice-president, "Our recreation services are tailored to help families with the challenges they may face due to postings and deployments, and make the most of everyday leisure activities. By ensuring the highest quality of programming, we help create stronger, more resilient and happy families."

To learn more about community recreation and to enter CFMWS - PSP's June is recreation month contest, visit www.cfmws.com/JRM