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**INSIDE
This Issue**



Marc George honoured in Winnipeg. Page 2



2PPCLI commemorate 100th anniversary. Page 6



Base teams holding tryouts this summer. Page 10



Ride of a lifetime for lieutenant-governor

Manitoba's 24th lieutenant-governor, Philip S. Lee, is shown where he would sit during his M109 155mm self-propelled howitzer ride by his aide-de-camp 2PPCLI OC A Coy Maj Bob Barker. The ride was arranged during a visit by Lee and his family to the RCA Museum. For more on the ride, see Page 12.

Photo by Jules Xavier



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War stories fascinated future artillery soldier

Sarah Francis

Shilo Stag

A love of military history inspired Marc George to join the Canadian Armed Forces (CAF).

After a lifetime of interest and nearly eight years with the RCA Museum as director, George has received an award for his work.

He was presented with the Lieutenant Governor's Award for Historical Preservation and Promotion by the Manitoba Historical Society.

George, who is now 51, was born and raised in Boissevain and joined the CAF when he was 18.

"I think with any subject you reach a point where you understand — where you've reached the limit of what you can learn by reading about it," said George. "You've reached the point where if you want to know more about it you have to do it. That is in essence why I joined the military."

His interest in military history began when he was young. George recalled being so impressed with Decoration Day and seeing hundreds of community veterans in their blazers and medals marching down the main street.

George said he was fascinated with their stories and who these people were.

"I knew so many of them. Now it seems amazing to think back. I knew men that fought at Vimy Ridge," recalled George. "There was a veteran of the Second World War [who] was the janitor at our school."

As an artillery officer he spent the majority of his career at CFB Shilo where he retired from the CAF in 2007.

Part of his transition to civilian life was working at the museum.

During the course of the last eight years, George has seen the museum move buildings and expand, helped in creating three documentaries and helped the museum become certified to receive cultural property.

He is particularly proud of the museum for receiving the certification.

"It's a certification which only applies to about 10 per cent of museums, universities, libraries, archives and cultural centres in Canada. It was a big deal," George said excitedly. "That was largely acting director Kathleen Christensen, who did the vast majority of the work."

He added that the application for the certification was 17 binders long and required three years of hard work from the whole team.

For a museum to be able to qualify it has to meet the highest degree of professional museum standards in all operational aspects.

George describes working at the museum as the best job he ever had. He said a large part of that was the staff. Adding they were incredibly professional and worked hard to improve the museum to what it is today.

One of his favourite things about the museum is people's reaction when they see it.

"When they found a little bit of their own personal story, or learned a little bit more about someone they were related to," said George. "That for me is the most



Marc George looks over the award he received in Winnipeg from the Manitoba Historical Society.

Photo by Sarah Francis

satisfying thing."

The museum has seen its share of temporary exhibits over the years. George said he enjoyed having a part in bringing them to Shilo.

"From the [Canadian] War Museum, the Canadian Museum of History — we had several travelling exhibits. I very much enjoyed having a hand in creating the temporary exhibits. That's quite fun and it keeps it fresh for the visitors."

His work with the museum isn't the only aspect of his career being recognized. George also helped create a trilogy of documentaries produced by Graham Street.

It started off as a series of videos for YouTube about Camp Hughes.

Street inquired if George had ever thought of making a documentary, which he has. George was involved in documentaries for History TV, Yap Films and CTV.

They set off across Manitoba and parts of France to film what would be known as *Warpaths*. The focus was a story that reflected Manitobans during the First World War.

He said there were many moments of discovery.

"We went to the battlefields and we found the locations the people were in. The chance to be able to go over the battlefields in detail is

very rewarding," recalled George.

"We found some things that were unexpected. Some graffiti on a wall that showed there was a Manitoba soldier in a place where we thought the battalion had been. The wall was covered. There were thousands of names and it just happened that ... we spent the time and looked at the wall and there it was."

He said he enjoyed the production process and being able to have more input on writing and the final product of the trilogy. Adding that he fondly looks back on the experience of working with Street and the others involved in the process.

The second documentary brought them back to Manitoba.

It featured archaeology at Camp Hughes in partnership with Brandon University. The museum was working with the students to uncover artifacts from Camp Hughes. A task that was led by anthropology professor Suyoko Tsukamoto.

This was another partnership George described as very rewarding.

He credits a lot of accomplishments throughout the years to the teams he has worked with. He said this award honours the work he has done with those teams.

"The citation speaks of the work at the museum, it speaks of the archaeology at Camp Hughes and it talks about the documentaries," explained George. "It is an honour to receive it and it's also to a degree a bit humbling. I'm very cognizant of the fact that it's not just me."

He added that these projects would not be what they were without the people he's had the pleasure of working with.

"What Marc George could have achieved at the museum by himself is pretty close to nothing," said George. "What Marc George would have produced as a documentary film without Graham Street is nothing. Certainly there would have been no archeology at Camp Hughes if it was just me, and not Suyoko Tsukamoto and the students."

Pet of the Week

BRUCE & OLIVER



Who wants a doggie treat? Bruce and Oliver do! Just ask proud owner Roberta Creasy, here offering up two large canine treats for her eight-month-old Great Pyrenees. Do you have a photo of your pet you'd like to share with our Stag readers? If so, e-mail it to stag@mymts.net



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Youngsters on the Base are kept active with recreational activities in June, with the soccer and T-ball seasons currently underway. Here, young players swarm the ball on the soccer pitch.
Photo by Jules Xavier

Enjoy recreation activities this month

Stag Special

To celebrate the annual June is Recreation Month campaign, Canadian Forces Morale and Welfare Services (CFMWS) is asking, why does recreation matter to you?

For the Canadian Armed Forces (CAF) leadership, recreation is a key enabler for promoting physical, mental and community well-being.

"This June, I encourage all CAF members to make physical activity a part of their workday, and active recreation a part of their leisure time with family and friends," says Commodore Mark Watson, Director General Morale and Welfare Services.

"As the campaign says, recreation matters. Incorporating physical activity into our everyday lives helps military members keep fit mentally and physically, factors that are critical for the operational readiness and effectiveness of our military."

Sgt Andre McLean is a flight engineer with 417 Squadron at 4 Wing Cold Lake. Between deployments and day-to-day operations, he knows how important fitness is to operational readiness and he says participation in physically active recreation helps support him and his family.

"Whatever activities that we do it is always a pleasure to spend time as a family," said Sgt McLean. "It help us bond and allows us to get away from the day-to-day stuff that can become heavy on us."

Recreation programming has special value for military personnel functioning in a technically-oriented force. A well-balanced program helps to maintain total fitness, a state of well-being which includes the physical, emotional, intellectual, social and spiritual health of the individual.

The Personnel Support Programs (PSP) Recreation program plays a key role in developing military communities that are active and families that are supportive of CAF members' fitness.

PSP Recreation offers military families opportunities to be physically active together and participate in programs

that meet their needs and interests.

"By reinforcing a more complete integration of families through recreation programming, there is a profound impact on the CAF's operational capability," said Dr. Michael Spivock, senior officer with Human Performance Research. "A family that is committed to physical activity will have a stronger influence of the individual CAF member's lifestyle, choices and commitment to fitness training."

The Canadian Physical Activity Guidelines recommend at least 60 minutes of daily physical activity for children, and at least 150 minutes per week for adults. While that may not sound like much, only about 11 per cent of children and 15 per cent of adults currently meet that standard.

Valérie Darsigny, a military spouse from CFB Trenton, decided to include physical activity into the family schedule to enhance quality of life and set a good example for her children.

"Exercising makes it easier for me to take on family commitments and get the energy I need to play with the kids," she said. "After my third child was born, I overcame exhaustion by integrating physical training into my routine."

In CAF communities, the PSP Recreation program provides access to a wide variety of structured and unstructured ways to be physically active.

Looking for a regular activity? Join one of our teams, classes or clubs.

Looking for a more relaxed way to play? PSP can help with equipment and facility rentals to help your family play at your own pace.

CFB Shilo will host its second annual June is Recreation Month outdoor movie and bonfire June 12 in conjunction with the Shilo MFRC's 25th anniversary week at the Community Centre.

The aim of this event is to promote June is Recreation Month and to provide an evening of entertainment for military and community members.

Bonfire will start at 9 p.m., followed by the outdoor movie one hour later. Free popcorn, plus smores being served.

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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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Posted later this summer to Calgary, Alberta, BComd LCol Stephen Joudrey and wife Penny (left) will enjoy their last Lobsterfest this Saturday at L25. Soldout early, don't forget to ask for your melted butter (right) when you attend this popular Base event.

Photos by Jules Xavier



Enjoying lobster is not an exercise in table etiquette

My inaugural exposure to lobster came as a youngster when my dad was posted to CFB St. Margaret's in New Brunswick.

Who knew the Xavier air force brats, fussy eaters that we were as children, would enjoy our father's lobster when he offered it to us. But we did, so that meant his lobster feast was interrupted.

Many a morning we awoke to find a pile of lobster guts and shells in the kitchen garbage can. Dad would feast after we went to bed.

The 12th annual Base Commander's Downhomer Lobsterfest June 6 is sold-out. Tickets were gobbled up within three weeks of going on sale earlier this spring.

This will be BComd LCol Stephen Joudrey's farewell Lobsterfest.

While learning about this east coast delicacy I was told eating a lobster is not an exercise in table etiquette.

Steamed or boiled, when my lobster — and the steak I'll trade with anyone for their lobster if they are not a fan of seafood, but prefer good chunk of Canadian AAA beef — arrives I have been told to let it cool so as to avoid being scalded by boiling water when handling it.

Eating a lobster depends partly upon the time of year. Lobsters moult — who knew they shed their shells — each year in early summer.

Just before shedding in May or June the shells are thick and hard, while the claws are difficult to break open. Just after moulting, the shells are as thin as heavy paper, the claws easy to open without tools.

The shells harden within a few weeks after moulting, but an August lobster is still much easier to eat than a May lobster.

How do you eat a lobster? Along with the hot, just-cooked lobster, you might want the following items:

- Lobster bib to protect clothing from sprays of sea

water, lobster juice and butter

- Claw cracker — like a nutcracker — to crack the claws so you can extract the claw meat, which is a delicacy.

- Small fork or "lobster pick" — this slender instrument is used for extracting meat from difficult, bony places

To begin feasting on your lobster, first hold the body in one hand and the tail in the other, and break the tail off with a side-to-side motion.

Holding the tail upside-down, stick a fork (upside-down) between the bottom of the shell (now facing upwards) and the tail meat and pull the whole chunk of tail meat out.

The tail is the largest meaty portion of the lobster, but there's lots more.

Each claw should be broken and the meat taken out with the small fork or lobster pick, even from the joints that connect the claw to the body. This is the most delicious part, a real delicacy.

In larger lobsters weighing more than a pound and heavier, you will find tender little bites in other places, too.

Twist the four "flippers" off the end of the tail and chew out the delicate meat inside. Twist off each small leg: in the knuckle next to the body there's a nugget, and you can chew tender meat out of each segment in a leg.

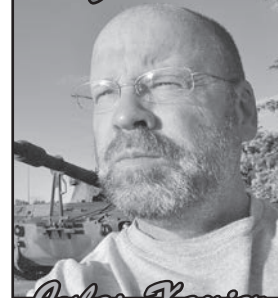
Lobster enthusiasts will tear the carapace — hard body cover — off, split the body lengthwise, and behind where each leg was attached there is a good bit of meat.

Of the innards, the gray-coloured liver — called tomalley — is edible. Restaurant chefs sometimes use it in sauces, though not everyone likes it.

If you find a waxy red substance in your lobster, you have a female. It is roe. The eggs are edible, but not choice.

Pass the garlic butter, please!

Reflection



Jules Xavier

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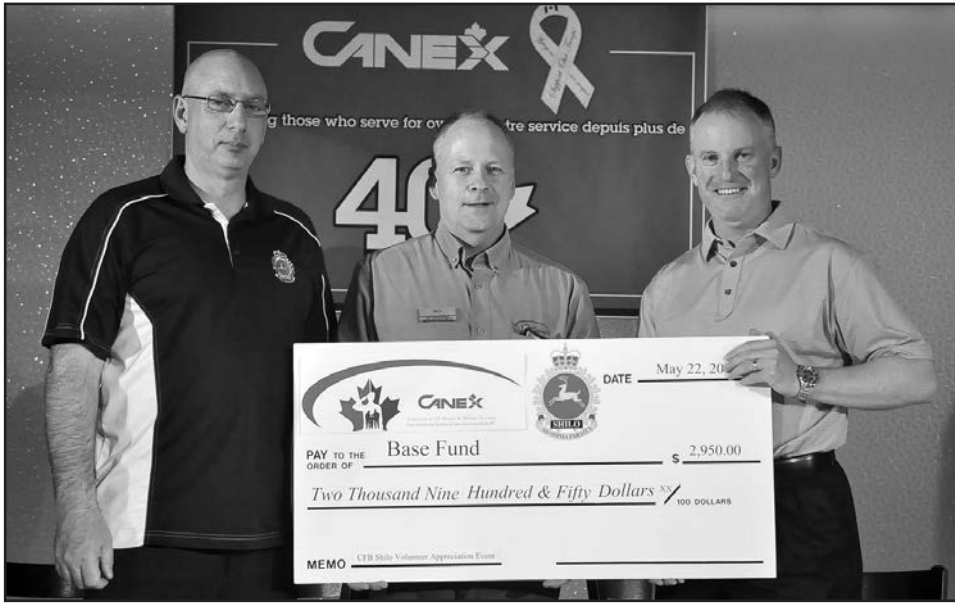
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June 5 Jupiter Ascending - 14A

June 12 Home (outdoors/bonfire @ MFRC 9:30 p.m.) - PG
June 19 The Duff - 14A

June 21 Mrs. Doubtfire (Father's Day 1:30 p.m. matinee)
Children aged 10 and younger require adult supervision at all times.
All movies start at 6:30 p.m. Doors open at 6:15 p.m.

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



Volunteer appreciation

Recipients of volunteer appreciation gifts line up on the Junior Ranks stage for a group photo (below). CANEX contributed to the annual event when manager Rick Kehler presented a cheque for \$2,950 to BComd LCol Stephen Joudrey (right) and BRSM CWO James Doppler (left). Following the formal portion of the event, those in attendance enjoyed a meal provided by Garrison Grill and entertainment by a hypnotist.

Photos by Jules Xavier



Shilo players golden in spring hockey

Shilo Stag

Two products of the Shilo minor hockey program did not put their equipment away following the end of the 2014-15 season. Instead, Awen Holden and DJ

Mysliki joined the Westman Wolves spring hockey team, which went undefeated in garnering gold at the recent Steinbach Millers Springs classic tournament. Mysliki and Holden played with teammates who call Killarney, Deloraine and Carberry home.

Thirsty?

This young entrepreneur used the annual spring yard sale to earn some cash. She set up a lemonade stand in front of her PMQ. However, sales were not as brisk as anticipated thanks to inclement weather during the May long weekend.

Photo by Jules Xavier



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100th anniversary celebrations in Europe

Stag Special

Approximately 150 soldiers from 2PPCLI concluded 100th anniversary celebrations in Europe early last month, marking a century of distinguished service to Canada.

The Frezenberg Commemoration, namely the final portion of PPCLI centennial activities, retraced the footsteps of the "Originals" during the First World War in the Ypres Salient. Ceremonial services were subsequently conducted at Voormezele, Frezenberg and the Menin Gate, supplemented by a freedom of the City of Ypres parade.

Just after sunrise in the small town of Voormezele, distinguished guests and Patricias gathered at Cemetery Enclosure Number 3, affectionately known as the PPCLI Regimental Cemetery of the Great War, to conduct a solemn and intimate service commemorating PPCLI sacrifices.

Inside the walls of Cemetery Enclosure Number 3 are the final resting places of 59 Patricias, the majority of who fell while serving Canada and the Commonwealth on the front lines at St-Eloi from Jan. 8 to March 24, 1915. To honour and pay tribute to them, 59 serving members of 2PPCLI stood behind each of their fallen Regimental brothers headstones and placed a small PPCLI flag to distinguish them amongst the fallen.

"We gathered at Voormezele on May 8, precisely one hundred years after the PPCLI Originals held firm at Bellewaerde Ridge and counted not the cost," said 2PPCLI CO LCol Bob Ritchie.

"Current soldiers of the Regiment are privileged to retrace the symbolic steps of our Regimental forefathers as we embark on another hundred years of service to Canada."

Notable among the many PPCLI interred at Cemetery Enclosure Number 3 are the first two Commanding Officers of the Regiment, LCol Farquhar and LCol Buller, both of whom were awarded the Distinguished Service Order for gallantry under fire.



2PPCLI CO LCol Bob Ritchie leads his men as they exercise the Freedom of the City of Ypres Parade in Belgium.

Photo by MCpl Louis Brunet

Great War battle forged regiment

Just prior to the conclusion of the service, the Memorial Baton Relay team departed on the final leg of their journey retracing the steps the Originals took 100 years ago to the day before their first major battle in the First World War.

Conducted 100 years to the day of the battle on the very same terrain, the Frezenberg Service memorialized Canada's participation in the historic action, rededicating a refurbished Frezenberg Memorial in front of many invited guests, spectators, and media on-site.

In attendance at the morning service were dignitaries from Belgium, United Kingdom, and Canada.

This included the Reviewing Officer for the Parade, Adrienne Clarkson, PPCLI's Colonel-in-Chief and the Commander Canadian Army, LGen Marquise Hainse.

"The Battle of Frezenberg forged the regiment as a combat effective force," said LGen Hainse.

"Despite great losses, the soldiers fought bravely that day as they found themselves holding the line.

quently placed in a glass case.

The case was then sealed and will eventually be housed on display at the Museum of the Regiments in Calgary, Alberta.

The refurbished PPCLI Memorial, which was surrounded by four Vigil Guards and one holder of the replica Ric-A-Dam-Doo Colour dressed in Great War period uniforms, was then officially unveiled.

The Memorial now includes a new centennial plaque, commemorating the May 8 service, as well as a Canadian Sugar Maple tree and a bronze Marguerite flower insignia, indicative of the original cap badge worn by the PPCLI at Frezenberg.

A poignant moment during the service was The Fall in of The Old Guard, which saw veteran Patricias march to the cadence of the Edmonton Police Service Pipes and Drums band from the battlefield at the conclusion of the service.

See 2PPCLI page 7

2PPCLI soldiers visit historic Vimy battlefield

Stag Special

Members of 2PPCLI formally recognized the Regiment's sacrifices and celebrated Canadian accomplishments during a somber service May 19 at the Canadian National Vimy Memorial.

The iconic and often feted Vimy Memorial is one of the most impressive war monuments in the world, providing a magnificent backdrop for the Regimental service.

Guests of honour included PPCLI Colonel-in-Chief Adrienne Clarkson, LGen (Ret) Ray Crabbe, Colonel of the Regiment PPCLI, and Graeme Clark, Deputy Head of Mission, Embassy of Canada, Paris.

"As Princess Patricia's, we can be proud of the contributions of the Canadian Corps in capturing the ridge on what has become synonymous with the coming of age of our Nation," said Clarkson. "It is wonderful to see this memorial so extensively restored. It is a beautiful material tribute to the courageous intangible sacrifices of all our soldiers here."

Prior to the service, members of 2PPCLI participated



2PPCLI Capt Mike Mason played Last Post during the May 10 PPCLI Vimy Service at Vimy, France.

Photo by MCpl Louis Brunet

in a historical battlefield study of the Vimy sector where they had the opportunity to follow a guided tour of the subway (tunnels) and trenches, visiting the final resting place of fallen Patricias and gaining an appreciation of the fortified German positions that were taken when Canadians stormed Vimy Ridge in April 1917.

"Overall, the experience was spectacular, from the monument to the veterans shouting out three cheers for the Regiment at the ceremony," said 2PPCLI MCpl Mackenzie Murphy. "After standing on the trench line and seeing the front lines being less than 100 meters apart, it really allowed one to imagine what was going on in the minds of soldiers at Vimy."

On Easter morning, April 9, 1917, as part of the Seventh Infantry Brigade within the Third Canadian Division, the PPCLI attacked approximately 500 metres south of the memorial along the 14-kilometre long Vimy Ridge.

The hard-fought victory was swift, but did not come without a cost. Out of 10,602 casualties 3,598 Canadians gave their lives.

100th anniversary celebrations in Europe

Pte Jake Dow experiences Patricia's pride

Stag Special

A native of Peterborough, Ont., Pte Jake Dow is a member of 2PPCLI and recently participated in the final commemorative events for the 100th anniversary of Service to Canada by the PPCLI in Belgium and France.

His trip overseas included running the final legs of the Memorial Baton Relay (MBR).

What were the preparations for the commemorations like?

JD: "As part of our preparations for the Frezenberg commemoration, Freedom of the City of Ypres, and Menin Gate service, C Company spent three weeks sharpening our drill in Shilo before flying over.

"For the Memorial Baton Relay, being physically prepared to run was essential. In total, a lot of hours were put in but the payoff was an incredible experience."

What was it like participating in the commemorative events?

JD: "I am only 19 and just recently joined the Battalion, so being fortunate enough to participate in these events is not something I took for granted. It was a true honour.

"It may sound like a cliché, but it was a once in a lifetime experience that deepened my understanding of and pride in the Patricia's."

What was it like interacting with the Belgians and French?

JD: "The cultural differences were there in terms of food and language but it was nice to see how well we were treated by the locals. People in this region have a deep understanding of their history and they haven't forgotten that Canada helped liberate them. Needless to say, there was lots of cheering and waving when



Pte Jake Dow, a PPCLI Memorial Baton Relay team member, completes the final leg of the relay in Frezenberg, Belgium, May 8. The relay retraced the steps the "Original" Patricia's would have travelled 100 years ago to the day before their first major battle in the Great War.

Photo by MCpl Louis Brunet

we paraded through Ypres, it was cool."

Which aspect of the commemorations has been the most memorable?

JD: "I will never forget the baton relay experiences over the last year. Meeting thousands of new people and seeing all the pride that serving and retired Patricia's have for our Regiment was inspirational. Running those final steps in Frezenberg, 100 years to the day of the battle, carrying their names is my proudest moment in the Army."

Were there any difficult or challenging aspects of the commemoration ceremonies?

JD: "Due to the amount of preparatory work we put into the ceremonies prior to departing ensured we were setup for success. However, during the battlefield studies, where we retraced the very footsteps the 'Originals' would have walked in World War One and now contain cemeteries, it was emotional. Learning about the battlefield conditions and sacrifices that thousands of Canadians made was humbling."

Which portion of your experiences in Belgium and France did you enjoy the most and why?

JD: "This was my first time in Europe and immediately I noticed how different and interesting the architecture is. You don't really see that kind of diversity in Canada. I especially liked Cloth Hall in Ypres and hope to have the opportunity to visit more countries in the future."

If you could pass along a message to any 'Original' PPCLI soldiers who fought during the First World War, what would you like to say to them?

JD: "If given that opportunity, I would first off pass along a deep and sincere thank you. I would then explain what their sacrifices and accomplishments mean to Canada, our identity as a nation and professional Army, and the legacy they created for the PPCLI. They were incredible."



Poignant ceremony

2PPCLI Cpl Kaleb Owen places a PPCLI flag at a headstone of a fallen PPCLI soldier during the Voor-mezele Service in Belgium.

Photo by MCpl Louis Brunet

2PPCLI soldiers parade proudly on Ypres streets during Belgium visit

From page 6

Members of 2PPCLI paraded proudly through the streets of Ypres with their bayonets fixed, drums beating and colours flying for only the third time in Regimental history as they exercised the freedom of the City of Ypres, exploiting the honour initially bestowed on the Regiment on Aug. 12, 1964. The tradition, which can be traced back to the 17th Century when military units were granted the privilege of protecting towns, is the highest honour a military unit can receive from a municipality.

To commence the ceremony, LCol Ritchie, summoned the Mayor of Ypres, Jan Durnez, by knocking on the door of City Hall with the hilt of his sword to ask for permission to exercise the parade.

The request was graciously granted by the Mayor of Ypres after an inspection of the troops.

"Parading through the beautiful City of Ypres was an incredible experience and one of the highlights of my career" said MCpl Tyler Culbert.

"Seeing the locals cheering us on tells us that the PPCLI are remembered fondly and our sacrifices here made a big difference."

The 2PPCLI Drum Line conducted an inspired performance which delighted spectators as the parade departed Ypres Cloth Hall for their route through the City of Ypres. The event demonstrated the Regiment's historic association with the City of Ypres, and judging by the thousands of locals who witnessed the parade, that association is as strong as ever.

That evening, 2PPCLI participated in a service at The Menin Gate, a massive memorial dedicated to Allied soldiers killed in the First World War with no known grave in Ypres. The Menin Gate has the names of more than 700 Patricias engraved on its walls which echo with the sounds of bugles each evening as the Last Post is played.

"Participating in this ceremony, directly in front of the engraved names of fallen Patricias and commonwealth soldiers, lets those who have fallen know that they are not forgotten and never will be" said Capt Andy Mitton, 2PPCLI Parade Adjutant. "A testament to what they accomplished is that hundreds of spectators still come each evening to pay their respects at the Menin Gate."

Spectators, who had lined up at least an hour before the service, were packed within and surrounding the memorial as Clarkson laid a wreath on behalf of the Regiment in an inner corridor of the Hall of Memory where the names of 54,896 soldiers with no known grave are inscribed.

Spectators dispersed after the final Rouse, enjoying the freedom which was achieved a century ago at such a heavy price by the individuals whose names are etched in stone on the Menin Gate.

Taken collectively, the PPCLI Frezenberg Commemorative events were a fitting tribute to a century of dedicated service and supreme sacrifice.

The maroon, gold, and royal blue of the PPCLI colours is well situated to fly with distinction for another 100 years.

Changes to short leave Know about your benefits

Shilo Stag

Recently, amendments to the Canadian Armed Forces (CAF) leave policy manual were introduced to improve clarity and optimize flexibility for commanding officers.

These changes include new options for the use of "short leave."

Previously, commanding officers had the authority to approve up to 48 hours of short leave each calendar month. Short leave can now be divided and issued throughout the month.

Members can be granted short leave for periods as small as half a day, to a combined limit of two full days per calendar month.

Also, four days of short leave could not previously be granted back-to-back and needed to be separated by at least one day of annual leave or duty.

Now, commanding officers can grant four short leave days in a row, by authorizing two days at the end of one month, followed by two days at the start of the next month.

For information on this and other leave policy manual amendments, refer to the amendments to the CAF leave policy manual.



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1RCHA MCpl N. Raymond, 2IC for Roto 3 of the national sentry program, gives commands to (left) Gnr Marc-Antoine Vivier and Gnr Joshua Kives — both of 1RCHA — as they prepare to stand sentry at the Tomb of the Unknown Soldier in Ottawa. The entire Roto 3 sentry team posed (above) for a photo in front of the historic Tomb of the Unknown Soldier, which features sentries from April 9 to Nov. 11.

Photos by Lt(N) David Lewis

Sentry duty a 'privilege' says soldier

Lt(N) David Lewis
Stag Special

The National War Memorial took on a slightly different persona as the third rotation of the national sentry program took their place at the Tomb of the Unknown Soldier.

The rotation began May 25 and saw soldiers of Third Canadian Division, Army in Western Canada begin their tour of duty at the iconic monument in the heart of Ottawa.

The national sentry program reinforces Canada's commitment to remember and honour those who have served in both World Wars, as well as those who have contributed to Canada's long-standing tradition of military excellence.

"It is a great privilege to be selected by my chain of command for this opportunity," said Sgt Ryan Vigar of Lord Strathcona's Horse (Royal Canadians) based at Garrison Edmonton.

"This is an incredible opportunity to personally honour the service and sacrifice of so many."

Sgt Vigar provides strong leadership as the section commander for Roto 3 which stands sentry at the Tomb from May 25 to June 12.

Cpl Kenneth Watchorn of 1 Service Battalion and Cpl Shaun Stuckenberg of 3CDSG Sig Squadron DET Wainwright are both equally proud to have this opportunity.

Also on this rotation are six members of the PPCLI, members from 1RCHA stationed at CFB Shilo, 38th Sig Regt Det Thunder Bay, and the Janzen sisters, Anna and Madeline, from the North Saskatchewan Regiment, a primary reserve infantry regiment headquartered in Saskatoon.

"We both have tremendous pride in our country, our unit, and our opportunity to be here," said the Janzen sisters, who stand sentry together.

Uniforms sharp and drill moves sharper, the members of Roto 3 move as a single unit. They have come together from across Canada's west to stand at our most iconic visible reminder of the enormous sacrifice, both historic and recent, of members of our military.

They had the occasion to stand vigil May 27 as King Willem-Alexander and Queen Máxima of the Netherlands laid a wreath at the Tomb of the Unknown Soldier.

Their state visit marked the 70th anniversary of the liberation of the Netherlands during the Second World War.

Sentries are posted at the Tomb of the Unknown Soldier each day from 9 a.m. to 5 p.m. from April 9 to Nov. 11.

Members of Royal Canadian Air Force (RCAF), Canadian Army (CA) and Royal Canadian Navy (RCN) will all have rotations during this season.

Lt(N) David Lewis is the Public Affairs Officer (PAO) with the national sentry program

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Manitoba 

SHILO RUN



10-KM winners
 (M) Capt Jay Hudson 2VP 39:47
 (W) Cpl Carmen Pietracupa
 MPSS 47:40

Half-marathon winners
 (M) Lt Eric Henderson 2VP
 1:26:20
 (W) Alex Bell 1:33:43

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When it came to the Commanding Officers, 2PPCLI CO LCol Bob Ritchie garnered 10-KM bragging rights after crossing the finish line first. He was followed by 1RCHA CO LCol Stewart Taylor, with BComd LCol Stephen Joudrey garnering third-place honours.
Shilo Run photos by Jules Xavier

Reg Helwer
 MLA for Brandon West

Constituency Office:
 20 18th Street
 Brandon, MB R7A 5A3
 P: (204) 728-2410
 E: reg.helwer@leg.gov.mb.ca
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 E: cliff.cullen@leg.gov.mb.ca
 www.cliffcullen.ca



A 1RCHA runner had her puppy tag along for 10-KM (above). Lt Eric Henderson (left) and Alex Bell (below) won their respective half-marathons.



While a runner catches his breath (below), the husband-wife tandem and 2PPCLI Master Corporals Dustin and Aspasia Mitchell started the half-marathon together. Aspasia dropped out with a foot injury, while Dustin went on to finish his race.





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**LARRY
MAGUIRE, MP**
Brandon-Souris

LARRY.MAGUIRE@PARL.GC.CA WWW.LARRYMAGUIRE.CA 204-726-7600



Soldiers on the Base interested in playing for the regional men's and ladies slo-pitch teams should take part in tryouts which start June 9 at the ball diamonds south of the GSH. Sessions are held in the morning.

Photos by Jules Xavier



Base teams seek players, coaches

Stag Special

With the advent of spring, CFB Shilo offers two community recreation sports leagues for the military — golf and slo-pitch.

The Labatt's recreation golf league commenced April 29. Sixteen teams are in action every Wednesday afternoon at the Shilo Country Club.

Representation from the following units/sections/batteries are teeing it up for the 2015 golf league: A Bty (two teams), B Bty, C Bty, HQ Bty (two teams), 1RCHA RHQ, Z Bty, Base Maintenance, BCE, Country Club/FS&R, 3CDSG TC, 3CDSG Sigs, Base Ops/BHQ, and 2PPCLI (two teams).

The Labatt's recreation slo-pitch league started May 19 with seven teams in the fold. Action on the Base diamonds runs every Tuesday and Thursday evening. Spectators are always welcome.

The seven teams registered for the league include four from 1RCHA — A Bty, B Bty, C Bty/Z Bty, HQ Bty — plus Base Reps, 2PPCLI and Admin Coy.

During the next few weeks there will be Base team tryouts for the following sports — golf, soccer and men's and ladies slo-pitch. Besides players, the teams also require coaches.

Any team winning a Prairie Region championship will advance to play in the Canadian Armed Forces (CAF) national championships which are held in August or September. This summer the Base is hosting ball hockey regionals July 5 to 9, with team tryouts currently un-

derway at Gunner Arena.

Golfers looking to make the CFB Shilo golf team need to participate in the Base playdowns on the local course June 8, 11 and 12. Tee times are from 7:30 to 8:30 a.m.

To register for golf playdowns contact sports co-ordinator Danny Hamilton before June 5 at 204-765-3000 ext 3894.

The top five males and top two females will represent CFB Shilo at regionals hosted by Garrison Edmonton from July 11 to 16.

The men's and ladies slo-pitch tryouts on the Base diamonds start June 9, with sessions running from 7:30 to 9 a.m. Monday, Tuesday, Thursday and Friday.

Players selected for both teams will participate at regionals being hosted by 17 Wing Winnipeg from July 12 to 17.

Base soccer practices, meanwhile, start June 9 on the local pitch adjacent to 2PPCLI's building from 7 to 9 a.m. Sessions will run Monday to Friday. Tryouts for the team which will participate in the regional tournament hosted by Garrison Edmonton from Aug. 16 to 20 will be announced in July.

For both slo-pitch, soccer and golf, you must be Regular Force, Class B and C Reserves to be eligible.

All CAF sports championships will be held at Ontario-based CFB Borden, with the exception of Canadian Armed Forces (CAF) national golf championship being hosted by CFB Shilo Aug. 24 to 26.

If interested in a coaching position, or looking to attend tryouts for any of the sports teams, also contact Hamilton.



Ball hockey tryouts are underway at Gunner Arena. The Shilo Stags are hosting regionals for ball hockey from July 5 to 9.



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 



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

Prepare kids for summer

Carolyn Senchuk-Lavergne
MFRC Special

It's the end of another school year. This is an exciting time of year because warm weather is mixed with field trips and end of year celebrations.

A reminder to parents out there — for some children and teens, this can be a very anxious time of year as well. Besides all of the fun and excitement, this is also a time for endings and adjustments, for grading and final reports.

This is especially true for children who have had difficulties adjusting in the fall. This time of year means an end to the comfort and predictability they have worked so hard to establish.

It would be great if all children and teens spent this time enjoying their youth and basking in pride over another year of accomplishments, but the truth is that some are overwhelmed with what lies ahead.

This begins with the disruption of routine within their day, as the last month involves assemblies and activities out of the norm — and the dreaded field trips — for some.

Also, teachers and parents tend to behave differently as they sense the end drawing near, and worried little ones can sense that change, and may misinterpret this.

The first step in helping your child with worries is to be aware and to acknowledge that, for this child, at this time, they are real.

It is important to normalize anxiety and validate that being uncertain and uncomfortable happen to all of us, particularly during transition.

Draw from past successes. Anxiety can cloud our judgement of what is to come, and we view the future through a lens of worry.

Help your child by reminding them of times they were anxious and uncertain and how they were able to overcome this and handle the unknown.

The reality is that saying good-bye or leaving school is emotional. We all experience grief and loss when moving into a new chapter, and it is normal to feel some sadness and worry.

It might help your child to know this is okay and that they will be able to handle this change, just as they did the last.

Model being able to know some things, and not know others. Try not to get trapped into answering every question and providing constant reassurance about the upcoming year.

Acknowledge that some details we will only know in time, and that nervousness is normal.

Enjoy the month ahead, and fill your family with anticipation and excitement regarding what the future holds.

Carolyn Senchuk-Lavergne is the Shilo MFRC family liaison officer

Experience history with a bang!

Visit the RCA Museum, Canada's national artillery museum.

For information, call 204-765-3000 ext 3570 or visit www.rcamuseum.com.

MFRC 25th anniversary

You are invited to the following events:

- June 8 — 3 to 5 p.m. coffee break at the MFRC
- June 9 — 6 to 8 p.m. family tug-a-war behind the MFRC
- June 10 — 4 to 6 p.m. dinner's on us barbecue at the MFRC
- June 11 — 6 to 8 p.m. scavenger hunt around the MFRC
- June 12 — 9 p.m. bonfire and outdoor movie behind the MFRC
- June 13 — 6 p.m. to 2 a.m. formal gala

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

June 11 at noon

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

Services



St. Barbara's Protestant Chapel
Sunday @ 10:30 a.m. with Sunday school & nursery
Padre Lee - ext 3088
Padre Neil - ext 3090
Padre Olive - ext 6836
Padre Costen - ext 3381

Our Lady of Shilo Roman Catholic Chapel
Sunday 10:30 a.m.
Wednesday 12:05 p.m.
Confession by appointment
Padre Inienwe - ext 3089

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 by demand. Examinations by appointment • 204-725-1608 • e-mail: ggs57@wcgwave.ca. huntershooterguy.com

Nad's Simply Clean For all of your cleaning needs weekly, bi-weekly, and monthly. Also available for offices, contract cleanup and single occasions. Receipts provided. 204-573-1509.

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Acreages For Sale

WAWANESA - Scenic six acres with fixed dwelling overlooking the valley. Over 1400 sq. ft. of living space. Updates include siding, shingles, bath, windows, & central air. All appliances stay. For more info or to view call Bob Daymond 204- 573-668 Sutton Harrison Realty.

Employment

Home & Electronics Sales Clerk (permanent part-time) at CANEX. \$12.14 - \$14.64/hr. Visit www.cfmws.com or contact npfhrshilo@cfmws.com for further details. Competition @SHI-15-43 closes June 6.

Visit the **RCA Museum open Monday to Friday**
204-765-3000 ext 3570

Homes For Sale

WAWANESA - Well-maintained three-bedroom, 1152 sq. ft. bungalow-style modular home on owned private lot. Open concept, large master with en suite. New windows, central air, low taxes & heating costs. All appliances stay. New price \$129,900.

Three-bedroom mobile on owned corner lot priced to sell at \$42,900. Cheaper than rent.

Cozy two-bedroom bungalow with new plumbing, electrical, & kitchen cabinets. Totally redone. Some furniture & all appliances are included. Just move in. Listed at \$114,500. For info on these or other homes call Bob Daymond 204-573-6688 Sutton Harrison Realty.

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ANAF
CFB Shilo
CANEX Mall
Forbidden Flavours
Shilo Community Centre
GSH

Country Club (Rick's)
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Carberry
East Side Service
Carberry Legion
Douglas
General Store

Minnedosa

Minnedosa Legion
Sprucewoods
The Shilo Inn
340 Esso
Wawanasa
Family Foods



The four-day RCA home station reunion will see plenty of story sharing/telling when old Gunners return to CFB Shilo. The Stag will be there covering it as we did during the last event in 2012.



Ride of a lifetime

An excited Manitoba Lt-Gov Philip S. Lee had the best seat in the house when he enjoyed a ride in a M109 155mm self-propelled howitzer. While wife Anita watched from the sidelines, Lee's two daughters joined him during a visit to the RCA Museum. Lee had help, besides taking photos, from his aide-de-camp 2PPCLI OC A Coy Maj Bob Barker. Lee was in Brandon attending Brandon University's 2015 convocation ceremony where he received a doctor of laws honorary degree along with former NHLer Theoren Fleury.

Photos by Jules Xavier



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