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Volume 54 Issue 5



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March 12, 2015

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Canadian Army returns to historic ranks. Page 3



Annual RCME hockey tournament is fun. Page 12



Net battle

Garrison Edmonton used a double team when they had to defend against the power hitting of CFB Shilo Stag Pte Kyle Van Genne during the Prairie Region volleyball men's final at the GSH. Here, Pte Van Genne finds an opening between two Garrison Edmonton blockers to score a point. But it was Garrison Edmonton prevailing 25-16, 25-22, 25-20 to earn gold, and a trip to CFB Kingston for nationals next month. For more on the men's and ladies three-day volleyball tournament, see page 6 and 7.

Photo by Jules Xavier

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CFOne card has many benefits, says Commadore

Jules Xavier
Shilo Stag

When it comes to change, think outside the box.

That was one of the messages relayed to PSP staff and others attending a luncheon with Commadore Mark Watson, the Director General Morale and Welfare Services.

Change is part of life, and there have been a few since Commadore Watson took on his appointment a few years ago. This included taking several cards, including CANEX and CFAppreciation, and consolidating the functions to introduce the CFOne card.

"This one card comes with a number of benefits if you need to access programs and services delivered by Canadian Forces Morale and Welfare Services [CFMWS]," he said, adding card users can access a plethora of "everyday discounts" by visiting the CFOne card website.

As the website points out: Whether you are looking for something fun to do during a rainy weekend, planning to go shopping for home furnishings, or looking to test drive a car, look no further than "everyday discounts."

The list includes exclusive offers from industry partners in various regions and covers camps, hotels, movies, sports teams, cafes, quick food delivery, outlet malls, museums, zoos, personal electronic, fitness, appliances, sporting goods, beauty care and historical sites. Even VIA Rail Canada supports the Canadian Armed Forces (CAF) community by offering discounts.

CFOne card holders are a few clicks away from discovering their card affords them an array of discounts thanks the thousands of industry partners at locations locally, nationally and internationally.

The CFOne card allows you to collect points when using it while making purchases at CANEX, but Com-



BComd LCol Stephen Joudrey looks on as Commadore Mark Watson, the Director General Morale and Welfare Services, addresses players involved in the Prairie Region volleyball tournament held at the GSH.

Photo by Jules Xavier

modore Watson points out it can also be used while vacationing in the United States.

"There are discounts available if you are travelling to the States, and are staying at a hotel," he explained. "Go to the website and check it out. There are benefits to you while travelling when you show your card."

While it's not a valid identification card, the CFOne card is a means for service providers to recognize you as a member of the CAF family.

Commadore Watson pointed out that CANEX and SISIP are also changing in how they service customers, with online access and the use of social media like Facebook all part of the program to expose military members and their dependents to what is available via CFMWS.

"Places like CANEX have to change, so bringing in E-commerce has allowed us to do more because shopping online [via www.CANEX.ca] is something people do more of today," he said. "My vision is to have CANEX be Canada's military store."

With these conversions moving forward he would like to see unit kit shops moved into CANEX so the products are exposed to a larger market. While there is resistance to make this happen from some units, Commadore Watson sees the change as a win-win for both parties.

Likewise, there are ongoing talks with Tim Hortons to have smaller kiosk-style coffee shops built within the CANEX venue. Commadore Watson sees partnerships with civilian businesses and the military as beneficial for both.

During his inaugural visit to CFB Shilo, besides meeting with BComd LCol Stephen Joudrey, he had an opportunity check out the messes, RCA Museum, GSH and other venues under the CFMWS umbrella. He was quick to engage with staff and query them about any concerns they wanted addressed.

"I have been impressed with the facilities here on this Base," he said. "Amazing messes ... a wonderful museum."

He learned the Base offers a plethora of clubs, but discovered many are "under used." He cited the auto and wood-working clubs as two which have excellent facilities made available to members on the Base, but just a handful are taking advantage of the venues and what is offered.

"Sometimes you need to get the word out about what is available. If there are events happening on the Base, there needs to be communication," he said. "Let your spouse know about that event at the mess. Take advantage of what's being offered on this Base because you only benefit from it."

He liked the idea of engaging military families with what's available to them with the Base providing information via the *Shilo Stag* as well as the quarterly magazine, *At A Glance*. Or the TV monitor at CANEX which runs a continual slide show promoting Base events.

While his visit to CFB Shilo was short, Commadore Watson said he gleaned a lot from his interaction with individuals on the Base, and will take back what he learned to Ottawa and see if more can be done when it comes to the morale and welfare of people who live and work on this army base.



Melissa Green was one of five PSP staff to receive CFMWS Recognition of Service certificates from Commadore Mark Watson during his inaugural visit to CFB Shilo. Green, along with Rosalind Lebel, Ginger Lamoureux and Lacey Collier received certificates for five years of service, while Kristen Lucyshyn received a 10-year certificate.

Photo by Jules Xavier

Pet of the Week



ASTA

This is Asta, a Lab mutt who is three years old. According to owner Ryan Scheer, no real canine quirks other than being well-behaved, loyal, obedient, always happy to see me come home, and she's a social butterfly with all my friends dogs. If you would like to see your pet in this space, send us a photo and biographical information to our e-mail: stag@mymts.net



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Canadian Army restore historical ties to ranks

Stag Special

The Canadian Army is working to restore key aspects of its identity, which includes changes to everything from organizational names to ranks and insignia.

"Our badges and flags, as our symbols along with our customs, traditions, and our soldiers' stories, are part of how the Canadian Army maintains pride and builds fighting spirit. The restoration of the Canadian Army's former identity enables today's soldiers — with stories from Afghanistan and UN missions — to share in and connect with the proud history and heritage of our veterans," said Patrick Bryden, the Canadian Army's heritage manager.

Across Canada, the former Land Force Areas, which comprised the former Land Force Commands, are now proudly flying their five distinctive Second World War coloured Division flags at their Division Headquarters.

The Canadian Army is also in the process of reverting back to its unique Corps identities — which includes featuring bilingual metal shoulder titles on uniforms — all while returning rank trade names to soldiers and rank insignia to officers.

General officers began to wear their restored rank insignia during Army Week last September to mark the commencement of a larger scale rollout of the newly restored insignia to the officers of the Canadian Army. Colonels reintroduced their Army rank insignia last November.

Likewise, all honorary appointments — Colonels-in-Chief, Colonels Commandant, Colonels of the Regiment, and Honorary Colonels — across all units implemented the restored rank at the same time. The officers' rank features Corps coloured slip-ons to restore this part of the Army's history of uniqueness to personal identification.

While many Corps have informally continued to use the terms Trooper, Gunner, Sapper, Signaller, Rifleman, and Craftsman, these rank trade names were not in formal use.

As a result, changes are being made to internal regulations and orders that will see the names to these and other ranks restored this year.

"As we roll-out the restored Canadian Army identity, I would like to

encourage our soldiers to wear their new insignia with pride," said LGen Marquis Hainse, Commander of the Canadian Army. "Together, we stand strong, proud, and ready as we honour our connection to previous generations of warriors."

The return to the common use of traditional and internationally recognized Army rank convention of stars and crowns has already received favourable comments from officers serving with NATO, who say that the restored Canadian rank is more easily recognized by our allies.

The introduction of metal pin-on rank will also create a longer-term cost savings as the metal rank is a much more economical option than the cost of tailoring sleeve rank and officers can wear their newly promoted rank immediately.

"The changes to our nomenclature and our insignia represent not only a change to our identity, but a shift in our culture as an Army," said the Director of Land Personnel Management for the Canadian Army, Col Tim Young.

"It is very timely that this change comes as we mark the commemoration of the 100th anniversary of the Canadian Army's role in the First World War, and the 70th anniversary of the beginning of the Second World War."

During recent commemoration ceremonies in Holland, local citizens were quick to point out the very recognizable coloured Division patches that their fathers and mothers remember. During a recent wreath laying, the Regimental Sergeant Major for the Algonquin Regiment, Kent Griffiths, noted: "I was quite surprised by the number of Dutch people who came up to me just to touch my 4th Canadian Division patch on my shoulder, connecting my attendance with their liberation by the green patches of our veterans. Our Canadian Army identity is still strongly remembered overseas."

Much work has already taken place, and the Canadian Army is now rolling out the restored rank by officer cadets to lieutenant-colonels.

These officers began to put up their restored rank last December, and all of those wearing the Army uniform completed the introduction of the restored rank last month.

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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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Rekindling memories are all part of the RCA Reunion experience when Gunners return to CFB Shilo.

RCA REUNION**Gunners rekindle memories every three years with gathering****Shilo Stag**

Gunners from across Canada will hold a national reunion at CFB Shilo.

Past and current members of The Royal Regiment of Canadian Artillery will once again gather for the RCA home station reunion at CFB Shilo from June 25 to 29 to renew acquaintances and friendships.

Scheduled every three years, this will be the 11th edition held at the Shilo home station since 1985. Those attending will have served the guns from the Second World War, Korean War, Cold War, UN Peacekeeping, Afghanistan War, and nearly all other operational deployments at home and abroad of the Canadian Army in between.

Any Regimental member — past or current and members of other branches who have served in any artillery unit, their spouses, relatives, friends or associates will be welcome at the reunion.

It is expected about 500 members and their spouses will attend this event. Many visitors to the reunion will have come from parts of Manitoba and Saskatchewan, but a good number from coast-to-coast in Canada as well as the United States are expected as in years past.

CFB Shilo has been the host site for the national reunion largely because of its long history as an artillery training camp that dates back to 1910. It has been a centre of operational training for Canadian Artillery units for more than a century.

Additionally, the Base has been designated the home station of The Royal Regiment of Canadian Artillery since 1960. Most regimental members will have served some part of their career at CFB Shilo.

Those attending the reunion will be able to enjoy numerous social events; play in a friendly golf tournament at the nearby Shilo Country Club; visit our national artillery museum which is a destination in its own right; experience the firepower and equipment used by current gunners; and also see some of the many changes to the facilities at CFB Shilo since their last visit.

The newly constructed RV park across the road from the golf venue will be a welcome addition for many who travel and wish to stop in. As in years past, a memorial service will be held the morning of June 28 at the artillery park.

The Canadian Artillery's long service with Canada's various airborne formations will be marked this year with the gathering of our Airborne Gunners, held concurrently with the reunion.

For information on the RCA reunion contact Cal Gibson at 204-573-9197.

Information and tickets can be obtained by writing: RCA Reunion, PO Box 214, Shilo MB R0K 2A0 or e-mail cdnartillery@gmail.com.

There's also a new Facebook page you can visit for reunion updates: www.facebook.com/RCAreunion-SHILO

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The LAV – backbone of Canadian Army domestic, operational forces

Lynn Capuano
Stag Special

Canadian soldiers can depend on the safety and mobility of the Light Armoured Vehicle III (LAV III), which was explicitly designed for and operated in extremely challenging and complex terrain as experienced in Afghanistan and other conflicts.

Developed for the Canadian Army (CA) to answer an ongoing requirement for a highly mobile light armoured vehicle, the LAV III is a wheeled all-weather armoured personnel carrier that can be used in most types of terrain, including through hard-bottomed bodies of water of up to 1.5 metres in depth. It can be set for four or eight-wheel drive and is capable of speeds up to 100 kilometres per hour on roads.

The LAV III is a large, relatively heavy combat vehicle that is fitted with sophisticated weaponry, including a two-man turret armed with a stabilized M242 25 mm Bushmaster cannon and a C6 7.62 mm co-axial machine gun.

It can also be outfitted with add-on armour as required for additional protection.

Wheeled vehicles such as the LAV III, as opposed to tracked vehicles like the M113 Armoured Personnel Carrier, provide quieter movement for tactical operations and generally have higher ground clearance to avoid obstacles.

They are significantly more comfortable, manoeuvre much faster and are substantially less difficult to maintain.

The advantages of a wheeled vehicle also include its ability to transition quickly from hard surfaces such as roads to softer off-road conditions by adjusting its central tire inflation system to increase contact with



2PPCLI soldiers are currently training on the new LAV 6.0 which arrived on the Base in 2014.
Photo by Jillian Driessen

the ground, which also improves stability.

This capability allows crews the flexibility to deal with the multitude of situations that are encountered on operations.

The Army's LAVs have been driven over 15 million kilometres to date. Using an average crew size of 3 soldiers (a conservative number since the LAV III can accommodate up to 10, depending on the variant) which represents 75 million soldier-kilometres travelled in this vehicle, frequently over difficult terrain and in combat operations.

The relatively low casualty rate is a tribute to crew training and the quality of the vehicle.

During both CA training events and live combat operations, the tactics and procedures, along with the capabilities of the LAV III itself, are focused on reducing the risks to the crews that operate these vehicles.

The CA continually gathers lessons learned from operations and training in order to inform and improve future training and safety.

The Canadian Army actively supports the Government's efforts to showcase this widely-used, Canadian designed and built vehicle to Allies and potential customers. A number of Canadian allies, including New Zealand, also depend upon the capabilities and safety of the LAV III.

Simply put, the LAV is the backbone of the Army's combat vehicle fleet and will remain so for many years to come.

In line with the Canada First Defence Strategy, the Government is committed to providing the Canadian Armed Forces (CAF) with the right equipment to perform their missions.

Building on the successes of the LAV III to date, the CA is modernizing this fleet to ensure it remains a highly protected, operationally mobile and tactically agile combat vehicle that will remain the backbone of domestic and expeditionary task forces, extending the life span of the LAV series to 2035.

The Light Armoured Vehicle III Upgrade (LAV III UP) Project, announced in July 2009, will upgrade the LAV III fleet by improving the protection, mobility, and lethality of the LAV III platform, while maximizing command support and human interface factors.

This new vehicle, the LAV 6.0, is equipped with a larger and more powerful engine and a completely new driveline from General Dynamics Land Systems - Canada. It features an optimized hull for comfort and survival of its occupants, and although the 25mm cannon will remain unchanged, the turret will be wider and will include a new integrated fire control system. More than 60 of these vehicles have been delivered and are currently in use.

Lynn Capuano is with Army Public Affairs

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CFB Shilo's Pte Kyle Van Genne (13) hammers the ball past a 4 Wing Cold Lake blocker during round-robin volleyball action at the GSH. Pte Van Genne and the Stags won 22-25, 25-19, 15-6 and finished second in pool play. A 17 Wing player (above) stuffs a 4 Wing Cold Lake player during the ladies Prairie Region championship game. 17 Wing prevailed 25-17, 21-25, 25-23, 25-21 to earn a trip to nationals at CFB Kingston next month.

Photos by Jules Xavier



Momentum swing blocks Stags from net victory

Shilo Stag

Volleyball is a game of momentum.

CFB Shilo learned this facing Garrison Edmonton in an all-army final during the men's Prairie Region volleyball tournament held at the GSH.

Up by five in the second game of the best-of-three series, it looked like the Shilo Stags were en route to knotting the series at one game apiece. However, a few key blocks on Shilo's power hitter Pte Kyle Van Genne of 2PPCLI, and solid defensive digs by Garrison Edmonton saw the momentum swing in their favour. End result, the visitors went up 2-0 on the host team with a 25-22 comeback triumph.

After winning the opening match of the men's final 25-16, Garrison Edmonton swept the series by taking the third and deciding tilt 25-20.

In round-robin play during the three-day tournament, Garrison Edmonton went undefeated facing CFB Shilo, 4 Wing Cold Lake and 17 Wing Winnipeg to earn a berth in the finals. Solid at the net, and strong on defence, the Edmonton squad outscored their opponents 162-114. Of the seven round-robin matches, they only dropped one game to 17 Wing Winnipeg 25-22.

Facing the Stags, Garrison Edmonton prevailed 25-

13, 25-12 in round-robin play.

CFB Shilo went 4-4 in matches during round-robin play, finishing second in the four-team pool with a 2-1 win-loss record. The team scored 146 points, but also gave up 146.

17 Wing Winnipeg finished third in the pool with a 1-2 win-loss record. While the RCAF players tallied 147 points, they also gave up a tournament-high 161 after posting a 4-4 mark in matches played.

With an 0-3 win-loss mark, 4 Wing Cold Lake finished in the cellar after scoring a tournament-low 125 points, while allowing 159 against. Of its seven matches, they only won one — the opening tilt 25-19 over CFB Shilo.

CFB Shilo advanced to the finals by sweeping 17 Wing Winnipeg 3-0. When the dust had settled in this hard-fought series, the Stags prevailed 25-20, 25-19, 25-20.

The CFB Shilo roster featured Capt Andy Burke 1RCHA, WO Jim Davidson 2PPCLI, Sgt Dan Lavigne 1RCHA, Bdr Al Cabungul 1RCHA, Cpl Brock Purse 2PPCLI, Gnr James Baber 1RCHA, Pte Nick Burns 2PPCLI, Pte Rob Doliwa 2PPCLI and Pte Kyle Van Genne 2PPCLI. 1RCHA's Bdr Jon Kaiser was unable to play because he was on his PLQ.

It was an all-RCAF final during the three-team ladies tournament. CFB Shilo's entry was withdrawn

prior to the start of action due to lack of players to fill a roster.

Going 4-0 after winning all eight of its matches, 17 Wing Winnipeg outscored Garrison Edmonton and 4 Wing Cold Lake 200-130.

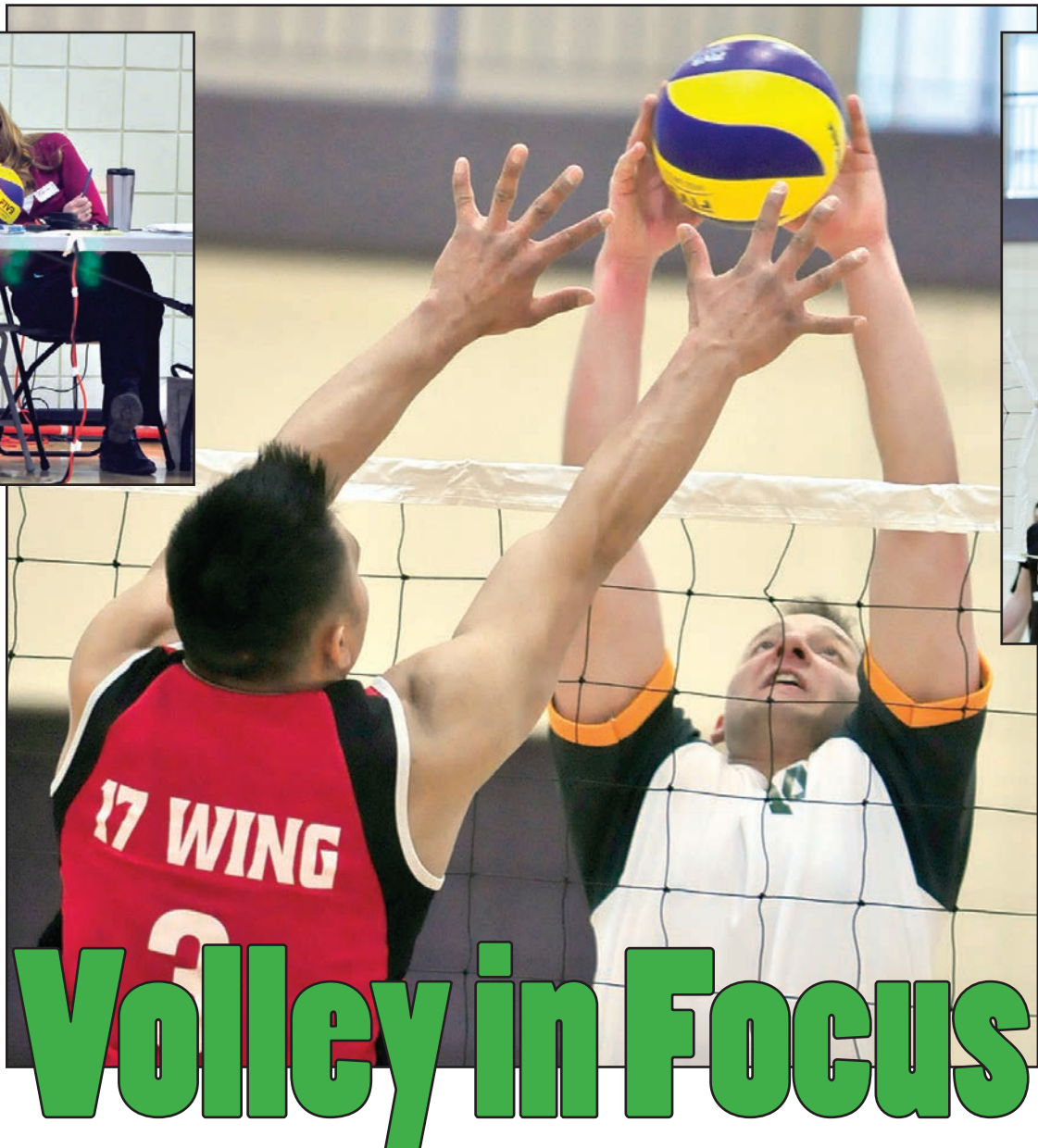
4 Wing Cold Lake advanced to the final after finishing second with a 2-2 win-loss mark. Scoring 168 points, the team also gave up 173 points while posting a 4-4 mark in matches played.

Garrison Edmonton went winless in four matches, losing all eight games after scoring a tournament-low 135 points, while allowing a tournament-high 200 points against.

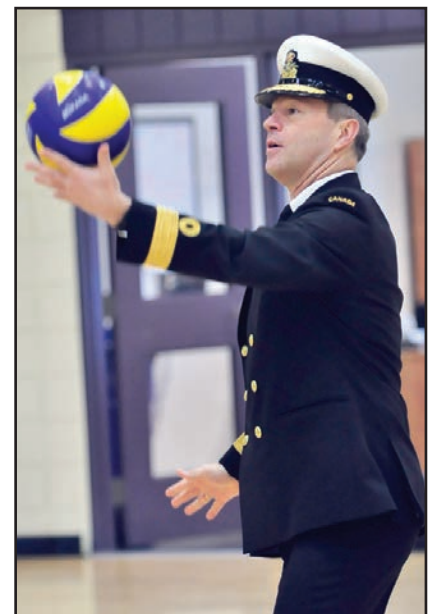
Relying on a finesse game on both sides of the net, 17 Wing and 4 Wing battled hard in the ladies final. The ladies from Winnipeg won the opener 25-17, then watched Cold Lake's ladies rebound to take the next tilt 25-23.

Defensively solid on both sides of the court, little ground was given in the next two tilts as it came down to who would break first. In the end, the taller 17 Wing Winnipeg dominated at the net with kills and blocks, taking the Prairie Region title 3-1 after prevailing 25-23, 25-21 in the next two games.

Garrison Edmonton and 17 Wing Winnipeg now advance to the Canadian Armed Forces (CAF) nationals being held at CFB Kingston from April 27 to May 1.



Volley in Focus



The Stag focused on three days of Prairie Region volleyball action at the GSH, whether it was on the court or in the training room. A few fans showed up to cheer on their spouses/friends on the CFB Shilo men's team, which finished second to Garrison Edmonton in the finals. The ladies championship tilt saw 17 Wing Winnipeg bounce 4 Wing Cold Lake. Director General Morale and Welfare Services Commodore Mark Watson opened the tournament with his serve.

Photos by Jules Xavier



Post-season at Gunner Arena

1RCHA B Bty saw its hockey season come to an end (following a 6-5 overtime loss to 1RCHA HQ Bty at Gunner Arena. HQ Bty swept the best-of-three series 2-0, and will face 2PPCLI A/C Coy in a semi-final. Starting tonight, the other series will see the regular season champs 1RCHA A Bty battle 1RCHA Z Bty. Playoff games go at 5 and 6:30 p.m., and fans are encouraged to come out and cheer on their favourite teams.



JOIN OUR EDITORIAL TEAM

Interested in hanging out of a helicopter while photographing infantry soldiers repelling down to the ground? What about driving across the barren prairie landscape in a LAV while chasing down enemy targets? Does working on a military base in the middle of Canada pique your interest? If so, why not apply for the Shilo Stag's assistant editor's job — this Category I unionized position is open to all interested parties. Preference will be granted in accordance with the Collective Agreement for the UFCW bargaining unit for Category I NPF employees at CFB Shilo — by sending your resume to the NPF HR office by March 27. This is a full-time position with the award-winning military newspaper which has been publishing since 1947. What are we looking for? Under the supervision of the managing editor, the Assistant Editor assists in the preparation of stories, advertisements, posters, and other material for publication in the bi-weekly Base newspaper. He/she ensures stories and photos meet quality, content and deadline standards, and submits them for final approval based on established deadlines. There are other duties as assigned, including filling in for the managing editor during vacations. If you have a college diploma or certificate in journalism, communications, or related field and some years experience or high school diploma and several years experience in journalism, communications or related field you have the qualifications we are looking for. English language is a requirement. Must also demonstrate proficiency working with digital photography and InDesign on MAC computers for layout and design of spot colour and full-colour ads/page design for newsprint or magazine. Other experience requirements include Photoshop editing, office administration, news and feature writing using CP Style, and adept at social media platforms such as Facebook and Twitter. Salary is \$15.24 to \$18.70 per hour. NPF employees must demonstrate the following shared competencies: client service, organizational knowledge, communication, innovation, teamwork and leadership. Start date for this position is "as soon as possible." Submit your resume and cover letter to NPF HR office quoting competition #SHI-15-02 via e-mail at: npfhrshilo@cfmws.com or you can go online by visiting www.cfmws.com
We thank all applicants in advance for their interest in this position, however, only those selected for an interview will be contacted.



PHOTOS
BY
JULES
XAVIER

Learn how to apply for CANSOFCOM

Shilo Stag

This year, the Canadian Special Operations Forces Command (CANSOFCOM) will conduct an information campaign across Canada, visiting various Bases, Wings and Reserve Brigades.

In this province, CANSOFCOM will deliver presentations at CFB Winnipeg and CFB Shilo. The local presentation goes March 13 at the GSH starting at 1:30 p.m.

The aim of the presentations are to educate Canadian Armed Forces (CAF) Regular Force and Reserve Force members about:

- What CANSOFCOM is, how they operate, and what they do;
- The different CANSOFCOM units and the employment opportunities within them such as JTF2 — Special Operations assaulters and coxswains, specialists and supporters; CSOR — Special Forces operators, specialists and supporters; CJIRU — CBRN operators and supporters; 427 SOAS — supporters; CSOTC — supporters; and CANSOFCOM HQ — supporters.
- The different application processes for how to apply.

This will also serve as an excellent opportunity for all levels of leadership to gain an understanding on how to best support members' applications throughout the process.

The presentation is open to all military personnel of any gender, rank or MOSID and their spouses; however, it is not open to the public. Military personnel must provide a valid CAF ID card.

The briefings are approximately 45 minutes in length followed by a question period.

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Sick parade? Ask your pharmacist

Shilo Stag

Do you have questions when it comes to using the Base pharmacy? If so, pharmacy officer Capt Katherine Windl of Shilo's 11 CF Health Services Centre offered up answers to a number of questions often asked by soldiers.

"We often get the same questions over and over again here in the clinic's pharmacy," she said.

With this in mind, Capt Windl shared some of the common questions she hears while at work.

Q: Can my family have prescriptions filled at the Base pharmacy?

A: "Unfortunately no. The CAF [Canadian Armed Forces] treats military personnel only, here in Shilo. However, there is good news, the majority of prescriptions for your family are covered under your SunLife plan, just present your card at the pharmacy and they should be able to process the transaction immediately under your plan or you can submit the bills to SunLife afterwards.

"Just remember you might not be covered for the entire portion or for certain medications so make sure you check your plan's coverage."

Q: What if I have a minor ailment and do not think its serious enough to see an MO, can I just come to pharmacy?

A: "Yes. Skip the sick parade wait. If you need some over-the-counter medications to help you get through a cold or a minor muscle ache you can be assessed by the pharmacist and be on your way."

Q: Sometimes the pharmacy is closed what should I do?

A: "Check the hours of operation. Usually the pharmacy is open 0730 to

1430 hours [and] closed over lunch and closed Thursday afternoons for admin.

"There are some days it will be closed for a meeting etc. Watch for signs within the clinic and online on the CFB Shilo webpage. If it's not for an emergency medication return to the pharmacy the next day."

Q: What if I can't wait to get my medication?

A: "If it is an urgent or emergency medication that must be filled take it to a local pharmacy by using your BlueCross card. But remember, the fact you have a prescription does not mean it is always an emergency. Take a minute to decide. Medications such as antibiotics and moderate to severe pain treatments are considered urgent however that Viagra prescription is not. There are policies with respect to the misuse of civilian pharmacies by CAF members."

Q: How do I get my refills?

A: "If you have refills of a medication you can call the refill line at local 3166. It's available 24 hours a day. Follow the directions and your prescription should be ready for pick up the next day. If there are problems with your prescription a pharmacy staff member will call you to let you know, so leave an up-to-date contact number.

"If your prescription is over a year old you may still have refills however it is no longer valid. Prescriptions by law are only valid for one year and you will need to see your prescriber for a new prescription."

If you have any other questions do not hesitate to visit and ask. Pharmacy staff will be happy to assist you, said Capt Windl.



Playoff action featuring 1RCHA B Bty versus 1RCHA HQ Bty at Gunner Arena.

CFB SHILO SCOREBOARD

LABATT'S 2014-15 COMMUNITY RECREATION WINTER NO-HIT HOCKEY
Top-10 Final Scoring Race

	G	A	P
Gnr Fred Savard B Bty	21	31	52
Bdr Alex Boucher-Dumont A Bty	25	20	45
Gnr Francis Gagnon A Bty	20	24	44
Pte Brandon Hillis A/C Coy	19	24	43
Bdr Kevin Lefleche B Bty	24	14	38
Bdr Kyle Dillon Z Bty	12	18	30
Bdr Joel Roy A Bty	9	20	29
Gnr Mike Ross-Leclerc A Bty	18	9	27
Bdr Micky Wilson Z Bty	23	3	26
MBdr JC Houle Z Bty	8	18	26

LABATT'S 2014-15 COMMUNITY RECREATION WINTER NO-HIT HOCKEY - Final

	GP	W	L	T	GF	GA	P
A Bty	17	16	1	0	134	54	30
B Bty	17	10	4	3	111	64	23
A/C Coy	17	11	5	1	81	43	23
Z Bty	17	10	4	3	97	56	23
B Reps	17	5	10	2	59	72	12
B Coy	17	5	11	1	77	84	11
HQ Bty	17	4	11	2	49	45	10
Adm/Cbt Sup Coy	17	0	17	0	24	217	0

FOR SALE BY TENDER

Sealed, written tenders for the property will be received by:
MEIGHEN HADDAD LLP
110-11th Street
Brandon, MB R7A 4J4
Attention: W. Bryan Webber

Property:

SW ¼ 27-8-17 WPM RM of Oakland

Conditions of Tender:

1. Tenders must be received on or before 5 p.m. on March 18, 2015.
2. All persons submitting a tender shall rely on their personal knowledge and inspection of the property. The land is tendered on an "as is" basis. The Vendor makes no representation or warranty with regard to the condition, suitable use, size, or zoning for any of the land.
3. The highest or any tender not necessarily accepted.
4. Each tender must be accompanied by a \$10,000.00 deposit cheque payable to Meighen Haddad LLP. The deposit will be forfeited to the Vendor if the tender is accepted and the Purchaser does not complete the purchase. All unsuccessful bidders shall have their tender cheques returned following the close of tenders.

Terms and Conditions of Sale:

5. The bidder whose tender is accepted will be required to complete an agreement covering terms and conditions of sale.
6. In addition to the deposit, the balance of the accepted tender is due and payable on the date of closing which shall be April 10, 2015, or evidence provided that the purchase funds will be available under conditions acceptable to the Vendor. If the balance of the accepted tender is not paid within the set time limit the deposit paid will be forfeited as liquidated damages and not as a penalty.
7. Possession is not authorized until acceptable arrangements for full payment are made following acceptance of tender.
8. All mines and minerals will be reserved from any transfer.
9. The Purchaser shall be responsible for the 2015 property taxes in their entirety. All other taxes including GST and Land Transfer Tax (if applicable) shall be the responsibility of the Purchaser. Each of the Vendor and Purchaser shall be responsible for their own legal fees to complete the sale.

For further information, contact W. Bryan Webber at phone 204-725-8773.

Manitoba is opening birth records related to adoptions

If you are an adult adoptee
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Aggressive curling key to golden victory

Jules Xavier
Shilo Stag

The role of a curling coach often goes unnoticed when you compare this sport to that of the bench boss coaching a hockey or baseball team.

Still, coach Leigh McFarlane, who has worked at CFB Shilo for more than 35 years, has been coaching the girls at Carberry High School for about six years.

The resource manager for the Base's Engineering Services has enjoyed mentoring his young charges because of a family connection.

"My older daughter Kristen played on the team for four years, then graduated, but the younger daughter Michelle was eligible the year after, so she has been on the team for four years," he recalled in a post-provincial championship interview with the Shilo Stag.

"Kristen's team was in provincials twice, and Michelle twice. We had almost the same team as last year, except for the second. Tenna Olmstead — Karen Olmstead from 11 Health Services daughter — played second last year, but graduated last year. The new second, Camryn [McMillan], and the fifth Nicole [Buurma] are only Grade 9, but will have to carry the team on next year."

Having a senior-laden roster was key to having the Carberry Cougars prevail at the recent high school provincials in The Pas.

"It is important. There's a lot of potential and development in that age group from Grade 9 to 12. Even a couple years more in age and experience makes a lot of difference in skill level and in the mental ability for strategy," he said, adding "Dori [Vince], Michelle, and Danica [Fitzsimmons] have curled together on and off for several years," he explained. "Dori and Michelle started together when they were about nine."

The familiarity helped the Cougars go undefeated at provincials, with the Carberry foursome skipped by Dori Vince adding the school's fifth overall provincial banner, but the first for a girls' curling team.

Carberry advanced to the final by edging Miles Macdonell 5-4, while its opponent the Jeanne Sauve Olympiens clipped Dauphin 6-5.

The Cougars crushed the Olympiens 12-5 in the A-side final, then swept to the provincial title by easily bouncing the same opponent 11-3 in the B-side final. The Vince foursome prevailed by at least seven points or more in three of its final four tilts.

Coach McFarlane marvelled at his team's ability to dominate their competition and go undefeated during provincials. Playing mistake-free also helped.

"The girls started the games a bit slow, but after the half-way point, they just kept going," he said. "They were on a roll and just kept getting stronger. My girls were playing very well ... the other team was playing fairly well, but making some mistakes. The girls just kept taking advantage of those mistakes."

Playing well at the right time also allowed the Cougars to dominate on the scoresheet.

"They were playing well," he said. "They stayed aggressive."

Coach McFarlane also praised the leadership of his skip.

"[Dori] was thinking, planning, and

calling a very smart game," he said.

When it came to tactics and game strategy during provincials, coach McFarlane noted offering his input was limited once the girls got into a groove and kept winning games.

"The team called one time out in six games, and it was an easy decision on what shot to make," he said.

Curling against older ladies in other leagues have also benefited the Cougars foursome.

"The four of them also played in the Carberry Ladies League," he said. "Dori, Michelle, Danica, and a girl from Souris also curled in the Junior Super League in Brandon."

This year, Vince is also skipping a competitive team out of Rivers, while his daughter Michelle and Fitzsimmons curl together in the Carberry Ladies

League, while teammates McMillan and Buurma curl together with two other ninth graders, also in the same Carberry Ladies League.

Unlike team sports like football or basketball where the players are exposed to more practice time, plus league play leading up to playoffs and provincial berths, it's a different story for the school's curling team.

"We usually practise about once a week for an hour as a team," said coach McFarlane. "The girls are all curling in various leagues at least once a week, but not all together."

How does it work for a high school team to qualify for provincials?

Coach McFarlane explained his foursome, plus fifth Nicole Buurma, had to win a zone playoff to earn a trip to provincials. Zone 7 features high schools from Carberry, MacGregor, Gladstone, Neepawa, Minnedosa, Erickson, Rivers, and Forrest.

The six-team girls' zone tournament was held in Rivers Feb. 6 and 7. Carberry prevailed going undefeated during two days of curling.

Building a competitive high school girls curling program is no easy task for a coach compared to drawing on players at tryouts for basketball, soccer or volleyball.

According to coach McFarlane, he drew on girls who were already interested in curling, and who curl outside of the high school in ladies leagues.

"Dori and Michelle have been on the high school team since they were eligible in Grade 9, curling with older girls who had been my other daughter's 'younger girls,'" recalled the coach.

"There wasn't really an established team of girls curling together, so they have been making teams as they went from the best, and usually only, curlers available.

"Dori and Michelle became the 'older girls' last year as the others had graduated. They picked up Danica, found a fourth player, and carried on."

While the team will be in a rebuild for 2016, having the 2015 championship banner might be a catalyst for attracting new curlers.

"There are some kids curling out of Carberry, so hopefully having a girls team win a provincial championship will get more interest," he said.

"Having Braden Calvert, two-time Canadian Junior Men's champion, coming out of Carberry seems to help drawing the interest of some young curlers, too."

With high school curling done for another year, coach McFarlane watched his daughter Michelle and Fitzsimmons along with Katlyn Payette from Brandon, and Allison Trimble from Gladstone compete at the under-18 provincials in Melita this past weekend after that foursome earned a berth by winning the Westman zone.

This competition allows the younger curlers to improve their game as they move up the competitive ladders, offered coach McFarlane.

"The more varied the competitions, high school, under-18, juniors [under 21], the better. You get to curl against different people and to curl on different ice," he said. "It is a great experience for the kids and has been very enjoyable for me. My daughters know people from all over the province from curling."

"An opponent/friend of my older daughter from the 2009-10 time period is Jessie Iles from The Pas. Jessie is the lead on the women's Canadian Junior curling team and is in Estonia competing for the World championship, along with the Braden Calvert team."

What's next for coach McFarlane after coaching his two daughters on the Cougars team?

"This was probably the last chance I will have to coach one of my own kids in competition, so to go out as a provincial champion makes me pretty proud," he said.



Competing in The Pas, the Carberry Cougars rink of fifth Nicole Buurma, lead Danica Fitzsimmons, second Camryn McMillan, third Michelle McFarlane, skip Dori Vince hold their provincial high school curling banner alongside coach Leigh McFarlane.
Photo supplied

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

Shilo Theatre
(Located in the General Strange Hall)

March 13 The Hunger Games: Mockingjay Part 1 Rated PG
March 20 The Hobbit: The Battle of Five Armies Rated PG
March 27 American Sniper Rated 14A

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

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

UPCOMING HOME GAMES:

March 13
Saskatoon Blades
7:30 p.m.

March 21
Moose Jaw Warriors
7:30 p.m.

Wheat Kings

For Tickets Call 726-3555 or Visit Wheatkings.com

Good food healthy for you

Cheryl Bradley
MFRC Special

With all of the extras we may have indulged in during winter, our mood and bodies may not feel right thanks to low energy, headaches and an overall feeling of "blah."

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Canada's food guide is a great source of information about what foods to eat and the size each serving should be.

CFB Shilo's MFRC is also here to help. We have a program called the Good Food Box. Two times per month an assortment of affordable fresh fruits and vegetables are delivered to the MFRC.

We sort it depending on what size you ordered — small \$15, medium \$20 and large \$25. All you have to do is pick it up. You go home with bags of fresh produce and recipes so you can try something new, or perhaps an old favourite.

Our next two deliveries are March 17 and April 7.

For more information and dates visit www.family-force.ca or call the MFRC at 204-765-3000 ext 3352.

Come by the Shilo MFRC front reception to order your Good Food Box. Your good mood and health won't be far behind.

Cheryl Bradley is the MFRC's deployment and special events assistant



The atom girls Westman Falcons based out of Glenboro for the 2014-15 season featured players from Killarney, Wawanesa, CFB Shilo, Carberry, Glenboro and Cypress River. Competing in the girls atom D provincials in Altona, they returned home with gold after defeating Strathclair 4-1. In round-robin action, CFB Shilo's Emily Planetta helped her teammates down Neepawa 5-2 and Altona 9-3. Advancing to the semi-finals, Wawanesa's Rene Gullett and Lexi Shearer were part of the team's 7-0 skunking of Elkhorn. The coaching staff featured Brittany Vrooman, Corey Anderson and Brendin Dubyts, while Robert Gudnason managed. The team line-up included (middle) Kiera Potvin, Jenna Dubyts, Tesa Anderson, Tasha Falk, Lexie Shearer, Maddy McIntyre, Sophia Anderson, Rene Gullett, (front) Emily Planetta, Tynille Steen, Sienna Gudnason, Anna Forbes. Marlie Rutherford was missing. *Photo submitted*

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

March 19 at noon

*Free ads (non-profit only)
restricted to members of the
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citizens of the surrounding area.*

We want you on our team

The Shilo Stag is looking for another sales consultant for its team. It's posting season, which is the perfect opportunity to sell the Brandon business market on advertising in the Stag. They have a captive audience — people 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 Jillian or Jules about the job. Or call 204-765-3000 ext 3013/3093. Be part of the award-winning Shilo Stag team.

Services

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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. May 30 Neepawa Gun Show. Examinations by appointment • 204-725-1608 • e-mail: ggs57@wcgwave.ca. huntershooter.orguy.com

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Employment

CANEX Assistant Store Manager (full-time/permanent), salary \$44,750 - \$52,640/annum. Visit www.cfmws.com or contact npfhrshilo@cfmws.com for further details. Competition closes March 20, 2015

Homes For Sale

Wawanesa 3 Bedroom home - 1537 sq ft on 2 levels. Home is totally renovated and in excellent condition. Part basement - finished garage 26 x 26 lined - insulated built 2010. Fenced backyard, garden, shade trees, low taxes. Easy walk to school, pool, and recreation centre. Check out MLS 1502877. Priced under 200,000. Call Dave Mooney 204-824-2094

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CANEX Mall
Forbidden Flavours
Shilo Community Centre
GSH

- Country Club (Rick's)
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- Minnedosa**
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The Shilo Inn
340 Esso
Wawanesa
Lucky Dollar

RCEME ice fun hockey tournament



Fun and frivolity, to quote the late Toronto Maple Leaf defenceman Bill Barilko, is what you have while playing in a hockey tournament. And that's just what players did during the annual two-day RCEME tournament held at Gunner Arena. Here, action from the ice saw 1RCHA drop a 4-2 decision to 2PPCLI on the opening day. 17 Wing went on to prevail in the final, defeating 2PPCLI 4-3.

Photos by Jules Xavier



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