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Three Shilo soldiers place top-10 in Edmonton. Page 2

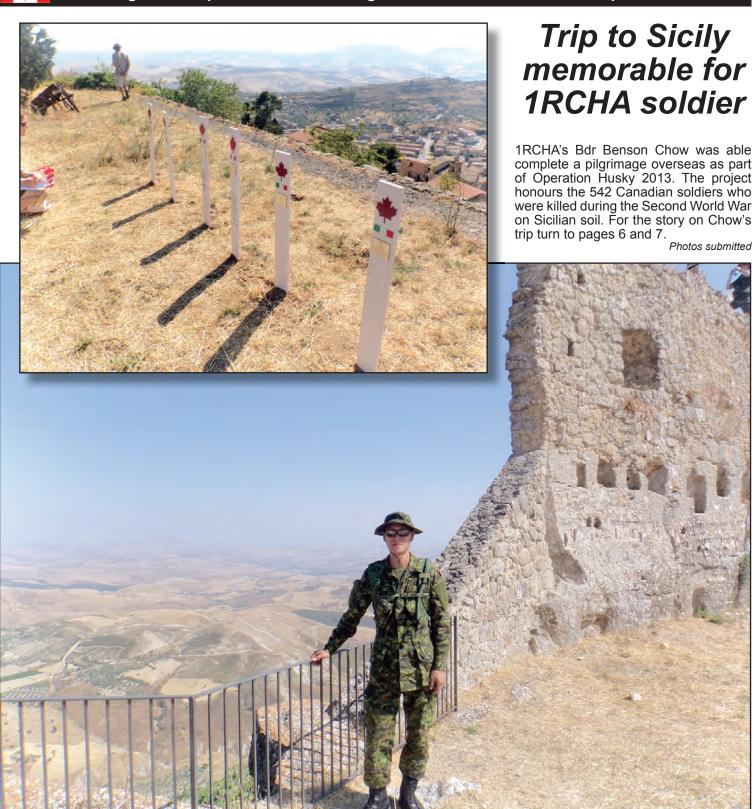


Army Cadet enjoys northern wilderness. Page 4



Base landfill site is no longer just a dump. Page 12







Capt Robert Barker top Shilo competitor in sixth

Cpl Alfred Barr

Special

With bruised and battered bodies, CFB Shilo soldiers from 1RCHA, 2PPCLI as well as one hardcore dental tech hobbled off a bus last week having com-

1RCHA CO LCol Stu Taylor offers encouragement along the mountain man route to Cpl Shannon Robertson of 1 Dental Det in Shilo. She finished 189th with a time of 8:47.18. Photo by Capt Dohyun Shin



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 crovez être un explosif, signalez-le à la

police locale, qui prendra les mesures nécess-

aires 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 Dédense nationale

Ottawa, Canada

17630-77

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 pronibited

> **BY ORDER Deputy Minister** Department of National Defense

OTTAWA CANADA 17630-77



pleted one of the Canadian Armed Forces' more masochistic sporting events - the 1 CMBG Mountain Man Challenge.

Held annually in the heart of Edmonton since 2001, the rolling hills along the South Saskatchewan River have been the backdrop to a unique endurance event

reserved solely for military members for whom a mere marathon sounds too easy.

The 51-kilometre distance is broken up into four stages: An initial 32-kilometre forced march followed by a three-kilometre portage, a 10-kilometre paddle in a canoe and, a final sixkilometre march to the finish line.

Just to keep it more interesting for all military competitors, all racers carry a 32-pound rucksack for the duration of the race.

Nearly 300 participants toed the start line in chilly pre-dawn darkness at William Hawrelak Park. At 5 a.m. they set off, the leaders setting a blistering five minutes per kilometre pace while the rest of the pack settled in for the long haul at a slow jog, conserving energy for the kilometres ahead.

The average racer finishes the first 32-kilometre

Future Air Force pilot

Shilo Stag

Squadron won the 1 Canadian Mechanized Brigade Group mountain man challenge held in Edmonton, Alberta.

2Lt Brandon Phillip covered the course — 32 km march, 3.2 km canoe portage, 10 km canoe paddle, 5.6 km second march — in a blistering five hours, 19 minutes and 58 seconds.

1 Field Ambulance covered the same distance in five hours, 27 minutes, four seconds, while third-place winner Cpl Alexander Marinutti of 1 CER crossed the finish line in five hours, 33 minutes, 20 seconds.

The mountain man competition at Emily Murphy Park was held Aug 29. Two hundred and sixty-three soldiers took part in the race at William Hawrelak Park, where they travelled east to Capilano Park before returning to the start line.

The top CFB Shilo competitor was 2PPCLI's Capt Robert Barker, who was 25 minutes behind the winner after crossing the finish line in sixth with a

1RCHA's strong contingent of competitors saw two gunners finish in the top-10, with Cpl Alfred Barr finishing eighth in 5:57.20, while Bdr Jonathon Podolas was ninth in 5:58.05.

cer LCol Bob Ritchie finished top-20, crossing the finish line in 17th with a 6:08.41 timing. His RSM, CWO Todd D'Andrade, finished in 113th with a 7:33.54 clocking.

make paddling down the river an arduous and frustrating task, as eddies spin the clumsy canoes around in circles and legs twist and cramp into painful knots. After reaching land, racers ruck up one last time and ask their dying legs for the strength to make the final six-kilometre slog up hill to the finish line to re-

ceive a coin from the Brigade Commander and the satisfaction of proving what they are able to endure. The winning time this year was an impressive five hours, 19 minutes by 2Lt Brandon Phillip of 408 Tacti-

march in four hours and, with no time for recovery,

they were further burdened with a 70-pound alumi-

The three-kilometre portage route is a trail of tears

Unfortunately for many participants, the canoe

stage proves anything but blissful with an average

time of one hour, 20 minutes. Fatigued shoulders

and muffled curses, as sweat-stained soldiers grimly

trudge to the promise of a blissful 10 kilometre paddle

num canoe.

down the river.

cal Helicopter Squadron. Once again our soldiers did CFB Shilo proud with three members placing in the top-10, finishing in less than six hours with Bdr Jonathan Podolas shaving two hours off his previous time.

This success is owed in large part to our fantastic PSP staff Amy Coveney and Melissa Green. Their gruelling workouts made this race just a little bit easier.

As always, 1 CMBG Mountain Man Challenge proved to be a worthy event, fostering esprit de corps and encouraging a lifestyle of fitness and mental fortitude.

For many soldiers, Mountain Man is their first foray into the world of endurance sports and it serves as a bridge to even greater challenges.

As the pain is forgotten, the pride of accomplishment remains. Without a doubt, CFB Shilo soldiers will be rucking up again for another round Mountain Man in 2014.

Cpl Alfred Barr is with 1RCHA

sets blistering pace to win

An air force pilot in training with 408

Runner-up MCpl Ryan Mackenzie of

5:44.39 clocking.

2PPCLI's new Commanding Offi-

A lower body injury kept 1RCHA CO LCol Stu Taylor from competing, but he was on the sidelines throughout the annual event encouraging his soldiers on to the finish line.

The top female soldier from CFB Shilo was 1RCHA's Gnr Rhea Parcher, who finished 144th following a 8:02.35 clocking. Cpl Shannon Robertson of 1 Dental Ďet in Shilo was timed in 8:47.18 for a 189th finish.

Here are the results from CFB Shilo featuring the 34 participants, with 1RCHA leading the way with 18 competitors:

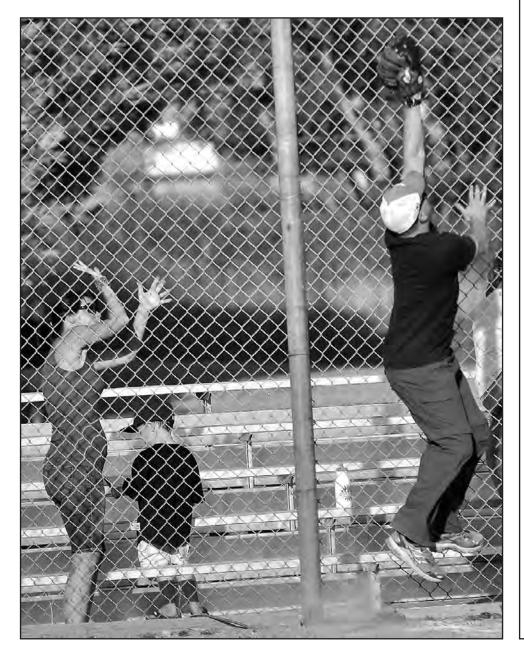
- 6th Capt Robert Barker 2PPCLI 5:44.39
- 8th Cpl Alfred Barr 1RCHA 5:57.20 9th Bdr Jonathon Podolas 1RCHA 5:58.05
- 17th LCol Bob Ritchie 2PPCLI 6:08.41
- 23rd Cpl Kyle Roux 1RCHA 6:18.12 24th Cpl Brendan Turgeon 2PPCLI 6:18.14
- 50th Cpl Barrett Avery 2PPCLI 6:48.25 53th Capt James Grannan 1RCHA 6:49.04
- 68th Bdr Sean White 1RCHA 7:05.02
 - 78th WO Richard Schulz 2PPCLI 7:09.13 80th Bdr Evan Robichaud 1RCHA 7:10.53 98th Sgt Ed Seward 1RCHA 7:22.27
 - 102nd Lt Jesse Kettles 2PPCLI 7:23.59 106th Cpl Craig Puumala 1RCHA 7:27.08 113th CWO Todd D'Andrade 2PPCLI 7:33.54 115th Bdr Garret Taylor 1RCHA 7:35.23 117th Sgt Mike Wiseman 1RCHA 7:39.25 128th Gnr Blaine Eden 1RCHA 7:48.45 129th MBdr Roy Matheson 1RCHA 7:49.32 131th Pte Skipp Hanson 2PPCLI 7:52.40 142nd Cpl Brock Purse 2PPCLI 8:01.45 144th Gnr Rhea Parcher 1RCHA 8:02.35 146th Bdr Derek Sedgewick 1RCHA 8:03.24
 - 149th Bdr Paul Dainard 1RCHA 8:05.26 158th Pte Joshua Keough 2PPCLI 8:17.10 162nd Bdr Bret Morgan 1RCHA 8:19.27 163 Maj Stephen Burke 1RCHA 8:22.12
- 177th Cpl Josh Finn 2PPCLI 8:35.32 182nd Cpl Kyle Marcotte 2PPCLI 8:39.53 189th Cpl Shannon Robertson 1Dental Det 8:47.18 193rd Pte Linwood Williams 2PPCLI 8:56.52 210th Pte Paul Oberski 2PPCLI 9:33.12 226th Gnr John Psallias 1RCHA 9:45.44 251st Cpl Lawrence Kong 2PPCLI (DNF)



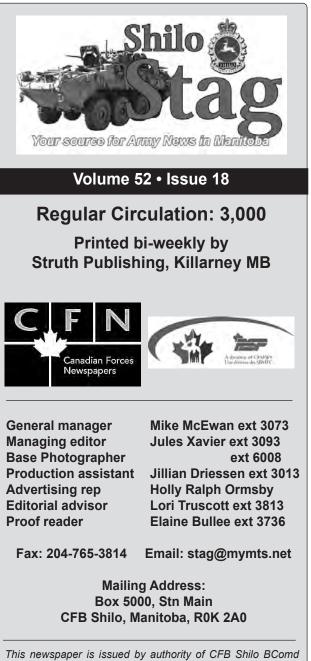


Slo-pitch champions garner league, playoffs titles

"1R cha" can brag they are not only regular season champions after edging A Bty 14-13 in a tiebreaker game, but also playoff slo-pitch champs after edging the Service Club by two runs in the final. Here, "1R cha" pitcher Cpl Cliff Hilliker (above) slashes a single over the first baseman. Seanna Myles, with son Jack at her side, reacts to the "1R cha" catcher climbing the back stop to pull down a foul ball during the tiebreaker tilt. Photos by Jules Xavier







LCol Stephen Joudrey. The views expressed herein are not necessarily those of the Department of National Defence or of the editorial staff. The editorial staff reserves the right to edit, to abridge, to reject copy or advertising to adhere to the policy, as outlined in CFAO 57-5, and for clarity and/or content.

The Shilo Stag is produced every second Thursday.

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

Submitting articles and photos for print:

Please submit articles as a MS Word Document.
Include the author's full name, rank, unit and contact information.
Include photos with your articles whenever possible,

however, do not embed photos in word documents.
Please submit photos as high resolution jpegs (if

scanned 300 dpi), digital images or in hard copy format. • With photos, include a caption that names the individuals in the photo; what is taking place; and the name, rank, and unit of the photographer.



Follow the Shilo Stag on Facebook by visiting:

http://www.facebook.com/ShiloSTAG



Army Cadet Eric Bolech rock climbed at the beautiful Whitehorse-based Rock Gardens in the Yukon during his summer away from Brandon. *Photo by 2Lt Betty Froese*

Army Cadet experiences northern wilderness

2LT Betty Froese

Special

As friends and family wondered what to do this summer, Eric Bolech of Brandon's 2520 Royal Canadian Army Cadet Corps 71 Battery, took to the great waters and wilderness of the Yukon.

He was exposed to the beautiful landscape of Whitehorse's Cadet Summer Training Centre (CSTC). Bolech spent his summer with 60 other army cadets from across Canada including 12 cadets from the

from across Canada, including 12 cadets from the United Kingdom, in the expedition instructor course. Throughout July and August, more than 200 army

cadets arrived at the Whitehorse CSTC to train in various courses: general army training, basic expedition, basic marksmanship and the expedition instructor course.

Throughout the expedition instructor course cadets learn a lot about each other, about themselves, and how to be effective leaders and instructors for their home cadet corps.

This six-week-long course included activities such as hiking, mountain biking, canoeing and first-aid training which was practiced on their 18-day expedition in the Yukon.

During this expedition, the cadets mountain-biked close to 200 kilometres and hiked approximately 40 kilometres on the spectacular mountain trails surrounding Whitehorse.

The final leg of Bolech's expedition was canoeing four days down the Takhini River, starting at the Kusawa Lake campground southwest of Whitehorse.

"Our instructors let us hang out on the beach to watch for the Northern Lights the night before we were to canoe down the river," said Bolech.

"And we were looking up and seeing the stars ... we fell asleep on the beach in our sleeping bags. I would never have thought a year ago I would be doing this, sleeping on the beach in the Yukon, in a military sleeping bag."

Bolech, 17, summarized how it felt returning back to camp.

"The pride, excitement, relief, disappointment, happiness, and joy of marching back into Whitehorse Cadet Summer Training Centre after just finishing our 18-day expedition and having the whole camp cheer you back in and applauding and congratulating you ... then having other course members and platoon members jump all over on you with excitement for not seeing you for 18 days."

Each summer, the Whitehorse CSTC offers a unique wilderness experience to more than 200 cadets from

across Canada, being the only cadet camp located 'North of 60.'

A small number of positions are available to cadets from the prairie and eastern provinces as this training centre caters primarily to cadets from the northern regions of Canada.

"Summer training is an enhanced opportunity that allows cadets to build self-confidence, and learn new skills and abilities," said WCSTC CO LCol Kiecker.

"This prepares them for their future, and to assume leadership roles at their home cadet corps. Those cadets who are chosen to train at Whitehorse Cadet Summer Training Centre truly have a unique opportunity to develop these necessary skills in an incredible location."

All WCSTC training courses implement various exciting outdoor activities for youth to enjoy the wonders, beauty and adventure of the Yukon.

More than a dozen army cadets from the Brandon/ Shilo corps attended summer camps across western Canada this summer from general Army training to music courses, such as bagpipes and drums, to drill and marching, to expedition leadership training.

This was done all under the full sponsorship of the Department of National Defence (DND).

To see more of Bolech and his fellow cadets at the Whitehorse Cadet Summer Training Centre visit a photo gallery at www.whitehorsecadet.smugmug. com

The cadet program is a national youth development program which aims to grow in youth the attributes of good citizenship and leadership, promote physical fitness, and stimulate the interest of youth in the sea, land and air activities of the Canadian Forces.

2520 RCACC – 71 Bty RCA Cadets parade every Wednesday evening from 6:30 to 9 p.m. at the Brandon Armoury located at 1116 Victoria Ave. in Brandon and at the MPTF in CFB Shilo, serving Brandon, Shilo and their surrounding communities.

The cadet program is an accredited program recognized by all provincial high schools.

Registration for the 2013-14 year started Sept. 11. However, youth may join at any time throughout the training season.

Marksmanship and biathlon training for 2520 members will be held Tuesday night at the Brandon Armoury beginning in October.

For more information call Captain Rob Lussier at 204-720-1494 or visit to www.cadets.ca

2Lt Betty Froese is Unit Public Affairs Officer with 2520 Royal Canadian Army Cadet Corps and 71 Battery Royal Canadian Artillery Cadets

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

Brandon Safeway Brandon Armoury Women's Resource Centre - Town Centre Mall Royal Cdn Legion Branch No. 3 Sobey's Forbidden Flavours ANAF CFB Shilo CANEX Mall Forbidden Flavours Shilo Community Centre GSH Country Club (Rick's) All Messes Carberry East Side Service Carberry Legion Douglas General Store

Minnedosa Legion Sprucewoods The Shilo Inn 340 Esso Wawanesa Lucky Dollar



Soldiers warmed up prior to their participating in the Terry Fox Run in 2012 (above), while Terry Fox (below) runs along Hwy. 17 north of White River, Ont. Photo by Jules Xavier



Terry Fox event slated for Sept. 20

Shilo Stag

Thirty-three years have passed since Terry Fox made his 3,339-mile, 143 day Marathon of Hope across Canada in support of cancer research. Fox suffered from bone cancer which caused him to

have his right leg amputated. CFB Shilo's 33rd annual Terry Fox Run will be held

Sept. 20 from the track behind the GSH. Registration is from 8:15 to 9 a.m.

Opening ceremonies will begin at 9:15 a.m., with a group warm-up led by a PSP fitness instructor. The official race/walk/run starts at 9:30 a.m.

Participants can either chose to do the five-kilometre route (one lap) or the 10-kilometre route (2 laps). Students in kindergarten to Grade 2 will have a shorter course to cover.

This Base event will be followed with the Terry Fox barbecue at 11 a.m. adjacent to the start area. Hotdogs and drinks will be available for all participants.

Raffle tickets and Terry Fox merchandise such as tshirts will be sold Aug. 29 to Sept. 12 at CANEX from 10 a.m. to 1 p.m. They will also be sold at the site Sept. 20, with proceeds going towards the Terry Fox Foundation.

Raffle tickets are one sheet for \$5 or three sheets for \$10. Draws will be made at 11 a.m. during the barbecue.

Pledge forms are available at the GSH and MFRC. Thanks to SISIP Financial Services and Base Fund for supporting this event.

For more information contact the recreation office at 204-765-3000 ext 3317/3588.

Need a speaker?

Jennifer Wright

Stag Special

Canadians across the country know that Nov. 11 is Remembrance Day — a day to remember our veterans, and all who served Canada during war, armed conflict and peace.

But did you know that the week leading up to Remembrance Day is actually Veterans' Week in Canada?

From Nov. 5 to 11 events and activities are hosted across the country where Canadians can learn about, remember and honour those who have served, and those who continue to do so today.

In support of Veterans' Week, Canadian Armed Forces (CAF) personnel across the country participate in the National Veterans' Week speakers program.

The objectives of the speakers program is to honour the achievements and sacrifices of all who have served Canada and to bring awareness to Canadians of modern-day Veterans' and their families.

The key to the success of this program is the full participation of currently serving CAF members from the Regular and Reserve Forces who fill public requests from schools and other civic organizations across the country.

If you are a school or civic organization wanting to request a speaker, visit http://dgpaapp.forces. gc.ca/en/vet/index.asp

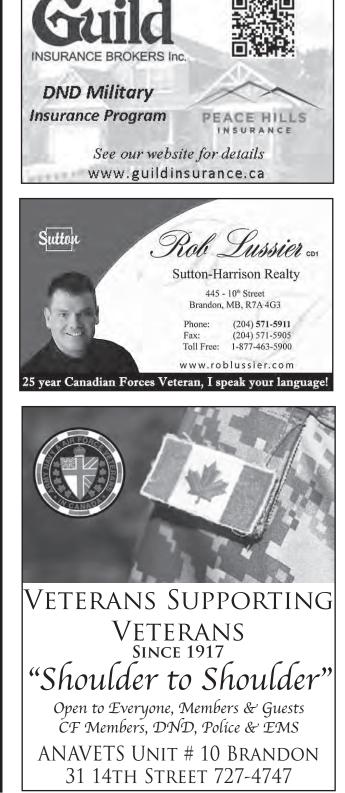
Requests for speakers are filled on a first-come, first-served basis, and are subject to the availability of a CAF member. Therefore, you are encouraged to submit your request as soon as possible.

The deadline for submission is Oct. 25. Every attempt will be made to fill your request, provided the location of your group or event is within 150 kilometres of a CAF Base or facility.

If you are a serving member and are interested in speaking for a public event, such as a school Remembrance Day service or a Royal Canadian Legion event, fill out the speaker application at http://defenceteam-equipedeladefense.mil.ca/ histo-milestones-evenements/events-commemo/ veterans-ancienscombattants/index-eng.asp

Did you know: 3 Cdn Div provided more than 350 guest speakers to schools and civic organizations across Western Canada in 2012.

Jennifer Wright is deputy public affairs officer out of Edmonton with 3 Cdn Div Hq





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CF members look out on the landscape in Sicily where Canadian soldiers fought during the Second World War.

Bdr Benson Chow observes markers being placed for fallen soldiers

Jillian Driessen

Shilo Stag

To honour the 542 Canadian soldiers whose blood was shed on Sicilian soil, a Montreal-based high school partnered with students in Italy to raise funds for personalized markers in memory of each soldier.

The project was named Operation Husky 2013. Operation Husky, a July 1942 landing in Sicily, was the largest allied landing in the Second World War.

Operation Husky 2013, meanwhile, brought civilians, volunteers, and Canadian military members to Sicily in July to place the handmade markers in the spots where Canadian lives were lost in battle.

"This man named Steven Gregor has a son who was doing a history project on Operation Husky. They found it wasn't well-known," explained Bdr Benson Chow, who was one of two Shilo-based soldiers to complete the pilgrimage. "They decided to raise a bunch of money and made these markers between their school and the schools in Sicily."

Bdr Chow, along with several other CF members, travelled alongside the group of civilians selected to place the markers.

"The group all went to follow the footsteps of the Canadians who landed," said Bdr Chow. "We didn't have a chance to do a lot of the marching with them. When the group got to a town, there would be almost a miniature Remembrance Day ceremony. We would march in, they would lay wreaths and do speeches."

Also joining the tour was a veteran from the Second World War, who was in Sicily 70 years ago. He travelled alongside the civilian group giving speeches.

Although the troops weren't marching with the group placing markers, they gained their own following during the trip. In each town, people marched alongside the Canadians in uniform.

"A lot of people followed us," he said. "It started off smaller, and it grew as the days passed."

The CF members, who spanned several trades and all elements, stayed at a central location and joined the tour each day. The tour visited several towns and communities throughout the area.

"Each day, we were bussed part way and we would march in with drums. We had a good number of local civilians who marched with us," explained Bdr Chow.

"We would gather at the town square — they call them piazzas — and they usually had a monument and a list of Italian soldiers who died from the town. That's where the wreaths were laid. People just gathered around to take in the ceremony."

The ceremonies often filled the piazzas with onlookers who shared warm smiles, words, and gestures with the Canadian visitors.



1RCHA's Bdr Benson Chow holds one of the personalized markers which was placed for a Canadian soldier who shed his blood on Sicilian soil during the Second World War. This marker was for Frank Henry Granite of Three Rivers Regiment who was killed in action on July 24, 1943. The markers are in Italian. *Photos submitted*

Each day, 10 soldiers were selected to march into the piazza. Although it was a short distance for an artilleryman accustomed to marching with a full ruck sack, the march was challenging. "It was probably only 10 kilometres as the crow flies, but it was uphill and winding roads. It was pretty wild," said Chow of the Sicilian terrain. "When we started, the destinations looked so small."

The days were busy for CF members overseas. Most, like Chow, completed several days of marching. Between marching and parades, free time was minimal. Despite not being able to complete the typical tourist activities, Bdr Chow valued the week.

Staying at the Naval Air Station was cozier than the usual army amenities.

"We stayed at the naval air station. Every little unit had a shared bathroom and a kitchen and bedrooms with bunk beds. We slept four to a unit, but it was nice," he said of the accommodations. "In the field, sometimes we sleep in a bivvy bag in the rain."

Although the accommodations weren't five-star and the days were busy with travel, Bdr Chow said he wouldn't trade his participation in Operation Husky for anything.

With such a small contingent of CF members attending, CFB Shilo was lucky to see two soldiers offered a spot to go to Sicily. Bdr Chow was joined by 2PPCLI's Sgt Robert Patterson on the trip.

Bdr Chow was offered the spot with little notice.

"Before I went on leave, they told me there was one or two open spots to go to Sicily," recalled Chow. "When I came back from leave, they told me I had to start dagging because I was leaving on Sunday. It was a go-go-go week."

me I had to start dagging because I was leaving on Sunday. It was a go-go-go week." Having not expected the spots to remain open through the duration of his leave, Bdr Chow was delighted to learn he was off to Sicily. "I thought it was great. It was a look at a com-

"I thought it was great. It was a look at a completely different lifestyle," he said of his Sicilian adventure. "Shilo is flat. All their towns are built on hillsides. If you're not going up, you're going down."

While taking in the country, culture, and the experience, Bdr Chow gained a deep understanding of the history of the infamous allied landing. One story in particular is the allied capture of Mount Assoro.

"At the top of Mount Assoro, there was a German observation point. From there you can see everywhere," he observed. "The Germans called fire from that point. There was one side of Mount Assoro the Germans didn't cover because they didn't think anyone could come up the rock face. The Hasty P's scaled it with full kit and took over the OP."

The capture of Mount Assoro is often credited as the key to forcing Axis Forces out of Sicily.

Bdr Chow and other CF members also had the opportunity to visit a war cemetery while overseas.



CF soldiers on the trek overseas to areas where the RCA saw action in Sicily check out what's left of a fortress that was damaged during the Second World War.

Gunners laid to rest after aircraft hits gun position

From Page 6

"We went to the war cemetery in Agira. It is huge. There are rows and rows of soldiers," described Chow. "There is one whole row that is just Gunners. They all died on the same day. They shot down a plane and it crashed on their gun position. It took out their command post. There are 10 or 15 of them together there."

For Bdr Chow, this was especially poignant. As an

artillery member, honouring fallen Gunners has a special meaning. When Operation Husky was brought to 1RCHA's

When Operation Husky was brought to 1RCHA's attention, acting CO Maj Mike Draho challenged the unit to raise funds for six Gunners still in need of markers. Maj Draho made the personal commitment to match every dollar raised by 1RCHA in support of the project.

At a cost of \$150 per marker, the Regiment raised the \$900 required to place markers for the six remaining Gunners.

Bdr Chow happened to see a few of these markers on his travels. As they travelled a slightly different path, the CF marching contingent didn't have the opportunity to pass each marker.

¹ Having seen some markers for fallen Gunners, Bdr Chow can count himself lucky.

For further information regarding Operation Husky 2013, visit www.operationhusky2013.ca





Besides marching with the Sicilians who placed personalized markers for Canadian soldiers who lost their lives in their country during the Second World War, 1RCHA's Bdr Benson Chow was able to experience the culture and cuisine when he was not out participating in official functions. He checked out a sign (left) that told the history of the RCA in Sicily, and stood in front of one of many war memorials (above). The Italians also have their own cenotaphs to war dead (right).

Photos submitted



8 Shilo Stag



Preparing for the new asphalt on the parking lot west of the GSH, work crews have been busy removing the old pavement (left). Additional earth was removed next, then fresh earth brought in and leveled. PMQs 40, 38, 36 and 34 are no more (right) after a demolition crew from Cumming and Dobbie took the defunct homes down on Kingston Avenue. There are five more similar duplexes to be removed once the asbestos is removed. *Photos by Jules Xavier*

Paving, demolition of PMQs discussed at meeting

Jillian Driessen

Shilo Stag

With what Maj Reg Sharpe — and Shilo's mayor — believed to be a successful Communities in Bloom campaign packed away, the Base's community council is moving into autumn with full steam.

"The tour of the Base went phenomenal in my opinion," said Maj Sharpe of the Aug. 20 tour. "I can sincerely say there was nobody who disappointed me and there was nothing I would have changed."

He added, "The Base looked fantastic and the judges were truly impressed by the Base."

With summer block leave taking many community members from CFB Shilo in August, the month was quiet and very few issues arose.

With only a few issues on the docket, council is now looking forward to the next season's events and happenings. As many have noticed, CFHA is completing a series of demolitions. Fourteen (seven duplexes) units are to be torn down in the coming weeks.

CFHA manager Jodi Laba reminds residents to be cautious around the various demolition sites and to discourage children from playing in the immediate area.

Outside of demolition, Laba reported the RHA looks great.

"The housing area looks really good," she said. "There is only a small percentage — less than 10 per cent — that aren't maintaining lawns. It's a small number, but it is an ongoing challenge."

Laba said the small number of homes stand out to

the CFHA staff because of the impeccable maintenance surrounding them. She offered a reminder that residents must maintain their property in the residential area.

Other business discussed at the community council meeting included:

• There is a new community policing representative. MCpl Jennifer Amiro will be working out of 30 Quebec Cres.

"We're pretty [much] open," said Amiro. "We are looking to get some more traffic through, so come on in."

• CE is continuing its clean-up of the Base after the July 18 wind storm. With the summer students term coming to an end, staffing levels will be reduced to normal size. CE staff ask for your patience while the remainder of the clean-up is completed.

• There are several paving projects underway on the Base. MWO Robert Brassington asks residents to be mindful of the paving and to watch for it. The Faith Centre, Community Policing Centre on Quebec Crescent, and the GSH parking lot to the west are all lined up to receive asphalt.

• The Terry Fox Run, initially scheduled for Sept. 13, has been rescheduled for Sept. 20.

The starting point will be the running track behind the GSH, not L25.

"There are some other activities on the Base that conflicted," explained fitness, sports, and recreation director Jim MacKenzie. "This has ultimately bumped back the Ultimate Challenge as well."

-The Halloween haunted house will be held in L25 Oct. 29 and 30. There will be no haunted house Oct. 31 to allow volunteers to be home for the evening.

"It was hard to get volunteers when you've got one spouse handing out candy at home and the other out with the kids," said MacKenzie.

• The revamped community garden has had a successful season, according to co-ordinator Karen Burton.

"[The Base's] community garden is going well. We are already getting calls from gardeners wanting to reserve their plots for next year," she said. "I am going to offer up plots to current gardeners and we will give away the remaining plots to new gardeners."

For those looking to preserve their community garden goodies, there is a canning and preservation workshop Sept. 17 hosted by the MFRC.

• Those who find papers on their lawns are encouraged to contact either the *Brandon Sun* or the *Shilo Stag* to raise their concern. Complainants are encouraged to contact the correct paper.

"Several times we have received complaints of the *Stag* blowing around and found other papers on the ground. Ward reps should reiterate to their ward [residents] the importance of confirming which paper it is and to lodge their complaints with the proper newspaper," said *Stag* rep Jillian Driessen.

"If it is the *Brandon Sun*, for example, the circulation department is the place to make their complaint. If it is, indeed the *Shilo Stag*, calling us is the proper venue. We cannot guarantee the complaint will be answered if it comes in any other forum."

If you have an issue with the *Stag* blowing across your lawn you are encouraged to contact Driessen at local 3013.





Slow down in school zones

CANADIAN

The Military Police

NOTEBOOK

School is back in session.

It is obvious that roads on the Base become busier with vehicles dropping off students, pedestrians, bicycles, and school buses all operating almost simultaneously. Historically, this mix of traffic has inter-

acted well on the Base and we are sure that 2013-14 will bring another year of uneventful commutes.

Nonetheless it is important that drivers be reminded of important laws when driving near schools and school buses.

• School buses — it is illegal to pass a school bus with activated lights and/or a displayed stop sign. This

includes when the bus is parked with a displayed stop sign in a pull out, as you may see at O Kelly School.

The fine for passing a school bus is \$673.65 and a loss of two demerits.

• School zones — CFB Shilo does not have designated school zones. However, the adjacent road to both schools, St. Bar-

bara Avenue, is a designated 30km/h zone. We will be actively enforcing speed limits in this area when children are arriving at and departing from school.

When you are in other communities be diligent for school zone signage and be aware of the speed limit as it is inconsistent across the province.

• Distracted driving — the use of portable electronic devices while driving in Manitoba is illegal. Recent statistics suggest that distracted driving, specifically mobile phone use, is now killing more Canadians than impaired driving. The fine for distracted driving is \$200 and a loss of two demerits.



• Erratic pedestrians — do not assume that children have been taught all the rules of the road. Children, even when trained on road safety, are traditionally the least predictable of pedestrians which puts that at the greatest risk for themselves, and for drivers.

Stay alert and if you are a parent/guardian take an opportunity to reinforce safe pedestrian habits with everyone

in your family. • Lighting — as the fall season continues there will be less and less light in both the morning and afternoons. At dusk drivers tend to believe there is more light than there really is.

This period about 30 minutes before sunset, as a result, is the most dangerous to be driving. Remember that using headlights is a requirement 30 minutes before sunset, and 30 minutes after sunrise. Have a safe commuting season.

Capt Dane Nicolson is Platoon Commander 1 Military Police Regiment at CFB Shilo



Back to school for students

It was a hive of activity around O'Kelly School as parents arrived that morning with their kids laden down with new supplies, clothes and backpacks. Photos by Jules Xavier



Reminder Notice Of Public Hearing

Applicant: Manitoba Public Insurance Corporation

HEARING:

The Public Utilities Board (Board) anticipates holding a public hearing of an application from Manitoba Public Insurance Corporation (MPI) for approval of rates and premiums for compulsory vehicle and driver insurance as of March 1, 2014. The hearing would take place at the Board's Hearing Room, 4th Floor, 330 Portage Avenue, Winnipeg, MB (commencing at 9:30 a.m.) on September 24, 2013.

RATE IMPACT:

The Corporation is requesting approval for Basic Autopac vehicle and drivers licence insurance rates and premiums effective March 1, 2014, which, if approved, would result in a 1.8% overall increase in MPI's Basic premium revenue (excluding the impact of vehicle upgrades and an increased overall driver and vehicle population).

Actual vehicle and driver premiums would vary depending on claim and driving experience, insurance use, territory and vehicle rate group. Full particulars, including the rate impact and application, can be found on the Manitoba Public Insurance website www.mpi.mb.ca.

PARTICIPATION:

Parties wishing to submit a brief or to express comments at the hearing should contact the Board Secretary (204-945-2638 or 1-866-854-3698, toll free).

GENERAL INFORMATION:

Interested parties should take note that the Board does not have jurisdiction over the MPI lines of business denoted as Extension or SRE, or as to MPI's Driver and Vehicle Licensing operation.

Persons seeking further information as to MPI's application, or with respect to the Board's process, and/or wishing to address the public hearing in French should notify the Board Secretary by September 16, 2013. As well, interested parties may examine MPI's application and supporting materials, either at the offices of the Corporation or on its website, or the Board's office.

DATED this 7th day of August, 2013.

H. M. Singh

Secretary The Public Utilities Board







Expect some Shilo soldiers to return home next month

Shilo Stag

Canada will begin pulling troops from Afghanistan starting next month, with the last soldiers leaving that country next March.

Canadian Maj-Gen Dean Milner said the plans for the withdrawal have now been completed.

There are just under 800 Canadian troops left in Afghanistan — in including a large contingent from CFB Shilo — conducting training of Afghan security forces, he noted.

The first phase of the withdrawal will take place in October when that number will drop to around 650 soldiers, Maj-Gen Milner said in a telephone conference with reporters.

By Christmas the deployment number will drop to around 375 and, by January, there will be fewer than 100 Canadian soldiers in Afghanistan.

All CF personnel will be home by March, he added. The Canadian military has been involved in Afghanistan since late 2001. One hundred and fiftyeight CF personnel — including 20 from this Base have died and more than 1,800 were injured.

In July 2011, the CF ended its combat mission in Kandahar province and focused on training Afghan security forces.

The mission, called Op Attention, has most Canadian soldiers in or near Kabul, while a small number are located in the northern centre of Mazar-e-Sharif.

Maj-Gen Milner said the total size of Afghanistan's security forces, including police and military units, has increased from 192,000 in 2009 to the current 345,000.

He said there are far fewer insurgent attacks and Afghan forces, not western militaries, are involved in providing security and going after insurgents.



Cpl Mitchell Hillyard from 2PPCLI carries out maintenance on the Rapid Weapon System C6 machine gun in Camp Phoenix, Kabul, Afghanistan July 8 during Operation ATTENTION.





ANA soldiers from 3-207 MICO Kandak receive their final predeployment orders prior to deploying in early July. Photo by Capt Henry Leung (Signals/1RCHA)

Capt Ryan Salsbury Stag Special

While the responsibility for the day-to-day security of Afghanistan has been passed from NATO to the Afghan National Security Forces (ANSF), NATO continues to focus on enabling the ANSF to successfully conduct their operations and training.

NATO Training Mission – Afghanistan (NTM-A) is a vital component to Afghan National Army capacity building.

Canadian Armed Forces involvement in NTM-A is principally located in Kabul and focuses specifically on individual training at the Kabul Military Training Centre (KMTC) and on collective training at the Combined Fielding Centre (CFC).

Afghan soldiers pass from their various basic, specialist, and leadership courses at KMTC to CFC to be assembled into kandaks (battalions) and conduct predeployment training and validation prior to moving on to join their corps across Afghanistan.

on to join their corps across Afghanistan. The mission of the Coalition mentors of the CFC/ KMTC Training Advisory Group (TAG) is to assist Afghan trainers preparing these kandaks as well as the leaders and soldiers of the kandaks themselves to prepare for their future operations.

Coalition mentors are drawn from across NATO and include significant components of Canadian, British, American, Croatian, Romanian, and Turkish forces.

The culmination of training here at CFC is a final validation exercise where all the skills learned are supervised and confirmed by representatives of the Afghan Ministry of Defense (MOD) in a kandak-level exercise.

This three-day-long exercise includes two days of planning and orders at the kandak and tolay (company) levels, followed by the execution of complex collective tasks and action-on (battle) drills.

Following the completion of the validation exercise and a graduation parade, the kandaks will receive deployment orders to leave the Pol-e-Charki Garrison and join their affiliated corps.

These deployments require a collaborative effort

Training vital to Afghan mission

from the kandak leadership, the ANA CFC trainers and their coalition mentors.

The kandak which departed the night of July 7, was just as important as any other.

It started with a phone call from the Afghan mentoring team that the Military Intelligence Company (3-207 MICO) would be deploying imminently. The ANA maintain the exact deployment dates a

The ANA maintain the exact deployment dates a secret for operational security reasons, and the units normally depart under the cover of darkness.

When Canadian Training Mentor Team 2 from CFC was informed that 3-207 MICO was departing, the team assembled to assist with their preparations.

We linked-up with the company as they were finishing their last meal within the confines and safety of the camp.

The Afghan soldiers of 3-207 MICO said farewell to the numerous comrades that they had made over their period of collective training and proceeded to receive their allotment of operational ammunition with the assistance of their Canadian mentors.

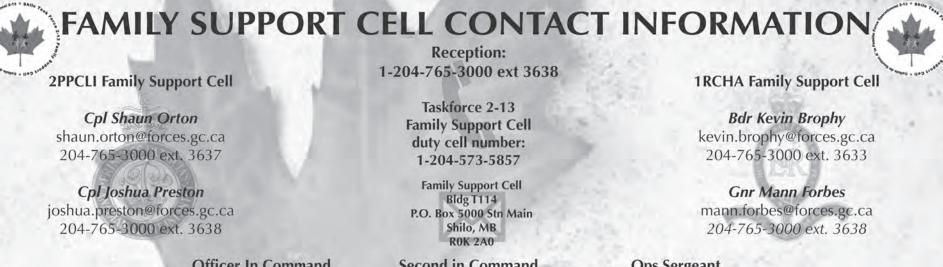
For the first time outside of a range, these courageous Afghan soldiers were issued live ammunition, and were fully prepared and trained to use it.

After final good-byes and congratulations from both senior NATO members and Afghan CFC instructors, they mounted their Light Tactical Vehicles (Ford Rangers) complete with machine guns mounted to the roll bars and set-off on a three day road move which would take them across Afghanistan to their final destination in Herat.

The soldiers of 3-207 MICO entered the ANA training system as young men, some of whom who had never fired a weapon or driven a vehicle, and left as confident and professional soldiers.

It will be these men, and others like them who will establish and maintain the sovereignty and security of Afghanistan and ensure the maintenance of order and stability.

It is with these men that we stand "Shoulder to Shoulder" or in Dari, "Shona ba Shona" the motto of NTM-A. During the past three years, Canadian Forces have helped train more than 100,000 ANA soldiers and officers at KMTC and have assisted the fielding of 159 kandaks, comprising 82,782 soldiers, at CFC.



Officer In Command Capt Rob Parker charles.parker@forces.gc.ca 204-765-3000 ext. 3632 Second in Command WO Eric Grulke eric.grulke@forces.gc.ca 204-765-3000 ext. 3629 Ops Sergeant Sgt Murray Bard murray.bard@forces.gc.ca 204-765-3000 ext. 3639 September 12, 2013





1RCHA bragging rights KAISER



A Bty's Jon Kaiser was called out on this play, beating the tag when the "1R cha" second baseman applied his tag to the base. It was not a force play. "1R cha" went on to post a 14-13 victory to break the regular season slo-pitch tie between the teams.

Program offered for new moms

Elaine Desbiens

MFRC Special

Are you or someone you know expecting a baby? Are you a new parent?

If so, why not check out a program being offered by Shilo MFRC — Coping with Change is an ongoing workshop series for new and expecting parents.

Whether it is your first baby or your fourth, having a baby changes everything in your world.

If you are like most new mothers, your life might be very different than how you thought it would be. Coping with Change workshops can help you under-stand the everyday changes that happen when a baby enters your life.

Join us as we discuss emotional adjustments, relationship changes, and getting support.

It is normal to feel many things at this time — joy, happiness, confusion, anxiety, anger, sadness and tearfulness — sometimes all mixed up together. These are all normal feelings.

Changes in your body and your hormones can also affect your moods. Some of us may have positive birth experiences; some of us may feel disappointed and these feelings can last beyond the birth.

The program is geared towards helping new mothers understand the relationship between their birth experience and its effect on their emotions.

This workshop also aims to educate and normalize the spectrum of emotional adjustments felt by women during the postpartum period and to explore the changes that happen in relationships after a baby arrives.

We will also look at new ways of understanding our needs as mothers and to be able to communicate them effectively to others.

Participants will explore and develop support sys-ems and who they can approach to ask for help.

Shilo MFRC is hosting a drop-in information ses-sion Sept. 26 from 9:30 to 11 a.m. Snacks and free childcare will be provided.

The Coping with Change workshop will begin Oct. 8 and run twice a month from 9:30 to 11a m.

If you enrol, mark the following dates on your calendar: Oct. 8, 29; Nov. 12, 26; and Dec. 3.

The workshop will take a break around Christmas and commence again in January. Childcare is available for all sessions.

For more information contact Elaine Desbiens at 204-765-3000 ext 3373. Or use e-mail at elaine.desbiens@forces.gc.ca

CLASSIFIED ADS

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

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

Sept. 19 at noon Free ads (non-commercial only) restricted to members of the CF, 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 **Our Lady of Shilo Roman Catholic Chapel** Sunday 10:30 a.m. Wednesday 12:05 p.m. Confession by appointment Padre Inienwe - ext 3089

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

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.

Services

For Military Weddings performed in uniform, dress uniform, or mess kit call Rob Lussier 204-571-5911

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. Sept. 21, 22, Virden and Sept. 27, 28, 29 Melita• Examinations by appoint-ment • 204-725-1608 • E-mail: ggs57@wcgwave.ca.

Volunteer **Opportunities**

First Shilo Scouts is seeking First Aid Trainers and Computer savvy individuals interested in volunteering time to instruct Cubs and Scouts (ages 8-13) on these Badges. Contact Linda at 204-765-3000 ext 3396

1ST Shilo Scouts is looking for individuals who like children, outdoors, hiking, camping, and crafting to become leaders. Contact Linda at 204-765-3000 ext 3396

Lots for Sale

Wawanesa - 2 large lots 100 x 150 five miles south at Noble Lake. Enjoy privacy and everything nature has to offer. Priced at 24, 900. Call Bob Daymond Sutton Harrison realty for more info. 204-571-5918

Employment

Senior Manager (Full Time/ Permanent), Salary \$81,520 -\$101,920, Competition ends September 16, 2013. Visit cfpsa.com or contact

npfhrshilo@cfpsa.com for further details.

Homes For Sale

Wawanesa - Great 3+1, 2 bath, bungalow with insulated double attached garage. Many updates including windows, bath, flooring, newer siding. Two decks on very private large lot. A pleasure to show. MLS# 1315809 Call Bob Daymond Sutton Harrison Realty for more info. 204-571-5918

Wawanesa - Well-maintained 3+1 bungalow, large eat-in

kitchen with double insulated & heated detached garage (22 x24). Many updates in the last two years, ideally located on large treed lot close to Waterpark. MLS # 1311181. Call Bob Daymond Sutton Harrison Realty for more info. 204-571-5918

Homes for Sale

1978 Bondix 14 x 72 mobile home in good shape. New energy efficient windows all round. Trailer is ready to have an additional layer of siding and insulation added to bring it up to 6" R20 from 4" R12. New floor in kitchen and two small bedrooms. Patio door onto deck as well as two main doors. Entrance vestibule (10 x 12), electric forced air 20KWhr - \$173 @ current rates per month over the last 6 years. To be moved by purchaser. Price is negotiable. \$30,000.

Can be seen at #18 Sprucewoods Trailer Court. Call 204-763-4051.





Mario Lajoie (above) surveys the landfill in front of the heavy equipment used at the site. Maj Reg Sharpe and Lajoie discuss the layout in front of a burn pile (right). Maj Sharpe inspects the compost pile (below).

Photos by Jules Xavier







From learning to save, TO RESPs FOR POST-SECONDARY EDUCATION, we have an account for that.



Focus on recycling helps change image of dump

Jules Xavier Shilo Stag

"This is truly now a landfill site, not a dump."

Looking west across the garbagestrewn landscape, Maj Reg Sharpe had reason to smile thanks to work done by his lone landfill attendant, retired CF soldier Mario Lajoie, who has been on the job for the past seven years.

"Compared to a year ago, this site is now organized and clean because of Mario," said Maj Sharpe. "Our intent in a few years is that we will drastically reduce what goes into the landfill."

Open Monday to Friday from 7:30 a.m. to 4 p.m., as you arrive at the CFB Shilo landfill site you are greeted on the right just inside the gate by a large compost pile.

"Recycling is the way to go," offered Maj Sharpe, who looked at what the City of Brandon did at its landfill site to come up with a plan for the former Base "dump." Composting and recycling Base-wide are key to reducing what is thrown into a landfill site.

"Here at the landfill with Mario's leadership, we are making better use of our space," said Maj Sharpe.

In the south corner of the venue are separate open-air compartments where Base residents can drop off metal, tires, electronics, furniture, branches, mattresses, leaves, wood furniture and appliances.

There's also a large pile of mulch, which is used to reduce the odour at the site, thanks to the debris left on the Base from two severe wind storms this summer. A wood chipper is used to turn the branches into this mulch.

Maj Sharpe also had his CE staff set up another collection depot for grass clippings and yard waste, such as branches, adjacent to 30 Quebec Rd. His staff will clean it out when it's filled, and this is transported to the landfill site to be turned into mulch, or added to the compost pile.

"We've taken the time to learn about composting and how it can benefit the Base. We had to learn about the temperature, and moisture content to produce a good compost," explained Maj Sharpe. "Our composting is in its infancy, but it's a good start. Mario will turn it two or three times a week, working the compost."

Maj Sharpe grabs a handful of a soillike substance from the compost pile and let's the Stag feel the warmth generated by the pile. It's not luke warm to the touch, but hot.

"This will be where we take the pumpkins this fall after Halloween and add to the compost pile," he added.

Likewise, after Christmas, the trees

from the PMQs will be tossed into the chipper and added to the mulch pile. Same goes for any leaves raked up from lawns with the advent of fall.

No more burning of leaves, branches and logs in a giant bonfire.

"We are getting away from burning everything as was done in the past," said Maj Sharpe. "It's now the exception that we will burn. This time last year, our wood and branches would have been burnt. Now we use the chipper to make mulch, which is then recycled back into the Base."

If there is a fire at the landfill, Lajoie is likely burning mattresses or wood furniture which won't be going into the landfill to be buried. Instead, these items are burned and the leftover metal collected and placed in a Wesman Salvage bin. Same goes for the tires dropped off — they are sent to Toronto where they are ground up and recycled and used for outdoor playground flooring versus gravel or sand.

Material that does go into the landfill is layered with clay, according to Maj Sharpe. With Lajoie navigating the surface in a special crusher machine, usually three feet of garbage is crushed, then a layer of clay added.

"We're probably standing on about 15 to 20 feet of garbage here," said Maj Sharpe as he walked across a built up area compared to the landscape that slanted to the west. "You're seeing a lot less bulk garbage going into our landfill site now. Operations [collecting garbage] on the Base has vastly improved.

"More of the bulk garbage we see, especially during posting season, is now being recycled rather than tossed, then buried here."

However, Maj Sharpe acknowledged there's an ongoing education program on the Base when it comes to garbage collection, especially with new residents here following another posting season.

"I encourage people on the Base to come and make use of it," he said. "I was here three or four months, and had no idea this was here. I was bringing my [household bulk] waste to the Brandon dump."

The landfill site is not hard to find. It's located a few minutes east of the Shilo Country Club on Aldershot Road.

And there's no cost for Base residents when you are greeted by Lajoie, who will point you in the right direction depending on what you have to toss out — garbage or yard waste.

Whether posted in or out, Maj Sharpe said if you are de-cluttering and want to rid yourself of an old couch, defunct 1984 computer or antiquated washing machine, make use of the monthly bulk garbage pick-up, or bring your items yourself down to the landfill site.



Maj Reg Sharpe checks on the mulch at the landfill site.