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Volume 54 Issue 19



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September 24, 2015

INSIDE This Issue



Sergeant top runner among 1RCHA teammates. Page 2



Army cadet sergeant visits Vimy, cemeteries. Page 9



National park offers an array of activities. Page 12



Family participation

CFB Shilo's 35th annual Terry Fox Run offered ideal weather conditions for the throngs who arrived at L25. Prior to his death, Terry Fox said "Even if I don't finish, we need others to continue. It's got to keep going without me." The Base has raised more than \$80,000 during 34 previous runs. Here, Cpl Peter Keagan of 1RCHA and Cpl Heather Keagan of 1 Dent U Det Shilo participated as a family as they head for the finish line. For more photos, see page 7.

Photo by Jules Xavier

2VP officer breaks record

Jules Xavier
Shilo Stag

When it comes to setting goals as a competitive runner, 2PPCLI's Lt Eric Henderson usually has one prior to arriving at the start line.

This was the case when he entered another Ex MOUNTAIN MAN challenge in Edmonton. Besides breaking his own personal best (PB) time from the 2014 event, he also wanted



Lt Eric Henderson

to erase the record set by his mentor, Sgt Brian Weigelt, who did not compete this time because he's on course at CFB Borden. "I want to beat his record," Lt Henderson told the *Stag* earlier this summer after winning the Shilo Run.

See **PUSHING** page 6



SHILO COUNTRY CLUB

Wind-up par-three tournament Oct. 17 with 1 p.m. shotgun start

Entry fee \$20 member \$30 guest — includes golf cart, prizes, meal afterwards

Two-person scramble — all 18 holes are par-three

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1CMBG Ex MOUNTAIN MAN Challenge Results

OVERALL MALE (258 competitors)

- 1 Lt Eric Henderson 2PPCLI 4:35.38 (record)
- 4 Cpl Bryce Cooper 2PPCLI 5:24.23
- 5 Cpl Michael Cole 2PPCLI 5:30.59
- 7 Sgt Peter Nadasdy 2PPCLI 5:33.37
- 12 Pte Nikolas Czelais 2PPCLI 5:47.16
- 21 Pte Fabien Cote-Vaillancourt 2PPCLI 5:55.12
- 22 Pte Thomas Emslie 2PPCLI 5:56.30
- 29 Cpl Patrick Boyd 2PPCLI 6:04.59
- 32 MCpl Kyle Roux 2PPCLI 6:07.25
- 49 Lt Adam Goddard 2PPCLI 6:27.03
- 52 Cpl Kreg Goertzen 2PPCLI 6:31.19
- 69 Pte Jake Maxwell 2PPCLI 6:39.07
- 73 Pte William Garrow 2PPCLI 6:40.21
- 78 Cpl Barrett Avery 2PPCLI 6:44.20
- 81 Cpl Joseph Innocent 2PPCLI 6:47.51
- 88 Cpl Marcio Ribeiro 1RCHA 6:53.46
- 90 CWO Paul Francis 3PPCLI RSM 6:55.11
- 93 MCpl Theodore Zip 2PPCLI 6:57.15
- 103 MCpl Robert Nederlof 1RCHA 7:01.24

- 110 LCol Wayne Niven 2PPCLI CO 7:06.18
- 115 Sgt Ed Seward 1RCHA 7:10.28
- 125 Lt Richard Walker 1RCHA 7:19.05
- 138 Capt Ben Clarke 1RCHA 7:26.28
- 139 Capt Bryan Pettigrew 1RCHA 7:26.30
- 145 Cpl Deano Legare CFB Shilo 7:32.09
- 150 Cpl Jonathan Maloney 1RCHA 7:33.47
- 155 CWO James Smith 2PPCLI RSM 7:38.49
- 157 Cpl Raymond Castel, CFB Shilo 7:39.37
- 163 2Lt Brent Neal 1RCHA 7:45.32
- 184 Lt Kyle Nielsen 1RCHA 7:57.55
- 193 Cpl Jordan Guillete 2PPCLI 8:05.39
- 200 MWO Daniel Holley 2PPCLI 8:17.50
- 204 Maj Joe O'Donnell 1RCHA 8:19.15
- 207 Cpl Brendon Pilon 2PPCLI 8:29.55
- 211 MCpl Stephen Damery 1RCHA 8:32.30
- 226 WO Nicholas Robicheau 1RCHA 8:46.24
- 230 Pte Hao Chen 2PPCLI 8:49.09
- 231 Cpl Brad Birrell CFB Shilo 8:52.17
- 248 Sgt Robert Breton CFB Shilo 9:12.07

OVERALL FEMALE (23 competitors)

- 2 Sgt Carolyn Brooks 1RCHA 6:05.53
- 15 Capt Samantha Wall 1RCHA 8:49.25
- OVERALL MASTERS (27 competitors)
- 8 CWO Paul Francis 3PPCLI RSM 6:55.11
- 10 MCpl Robert Nederlof 1RCHA 7:01.24
- 11 LCol Wayne Niven 2PPCLI CO 7:06.18
- 15 CWO James Smith 2PPCLI RSM 7:38.49
- 22 MCpl Stephen Damery 1RCHA 8:32.30

OVERALL MAJOR TEAM (seven squads)

- 1 2PPCLI (Lt Eric Henderson, Cpl Bryce Cooper, Cpl Michael Cole, Sgt Peter Nadasdy, Pte Nikolas Czelais, Pte Fabien Cote-Vaillancourt, Pte Thomas Emslie, Cpl Patrick Boyd 44:48.34 (5:36.05))
- 7 1RCHA (Sgt Carolyn Brooks, Capt Peter Dickinson, Cpl Marcio Ribeiro, MCpl Robert Nederlof, Sgt Ed Seward, Lt Richard Walker, Capt Ben Clarke, Cpl Jonathan Maloney 55:53.43 (6:59.13))



Sgt Caroline Brooks had company on the last leg of her Ex MOUNTAIN MAN challenge, with 1RCHA CO LCol Stuart Taylor joining her on the course.

1RCHA sergeant records PB time

Sarah Francis
Shilo Stag

Sgt Caroline Brooks may not have received gold this year during Ex MOUNTAIN MAN, but she did beat her personal best (PB) time and finished first among all 1RCHA participants.

This was the second time the 1RCHA pay supervisor raced in Edmonton and she ended up beating her first time by three minutes.

She covered the course in 6:05.53 and was two minutes behind winner Lt (N) Ashley Atkins.

Among all competitors, she finished 32nd overall.

Cpl Marcio Ribeiro was the first male to finish wearing 1RCHA's distinctive blue T-shirt, and he was 88th with a clocking of 6:53.46.

As the daughter of a military member she was born in Auffenberg, Germany and arrived in Canada in 1981.

Having been immersed in military life as a child, Sgt Brooks joined the Canadian Armed Forces (CAF) in 2003.

It was when she was with 1PPCLI at Garrison Edmonton that she and a number of other female clerks decided to give the annual challenge a shot.

"One of the chief clerks told me she did the race before. A lot of the guys at

the unit have obviously done the race," she said.

"I really wanted to get fit and in shape and I said, 'I'll jump on that training and see what I can do.'

"We got a group of girls together. We said we were going to do this race. We trained right from April until August [for] the race in September. We did it and I got first place."

The 34-year-old said the portage and paddle were a major challenge for her the first time she competed.

"The first year doing Mountain Man the portage was absolutely horrible for me. It hurts a lot. The portage is something you generally don't get really good at.

"It kind of sucks all the time, no matter what you do, no matter how you rig your canoe. It sucks."

This time, she felt stronger on that leg, adding she actually passed Lt (N) Atkins during the portage, entering the paddle portion about 10 minutes before her. Much of the increase in confidence comes from other training. Particularly cross-fit, which she credits for making herself stronger.

"That's actually going to be my next thing, trying to get good at cross-fit and be a part of Strong Contender for tactical athlete."



Remember those who fell, sacrificing their lives so you could be free after two world wars, as well as battles in Korea and Afghanistan

For our Nov. 5 Remembrance Day edition, your Base newspaper would like to share stories, photos, and letters from the First and Second World Wars involving the men and women of CFB Shilo and area who went overseas. This could be your grandfather or great-uncle who fought in the trenches of France or Belgium in what became known as the Great War. Or your dad or grandfather who fought the Japanese in the Pacific campaign or the Germans in the liberation of Holland. What about an uncle or son — did they see action in Korea with 2PPCLI? What about the more recent Afghanistan war? We're also looking for submissions related to the centenary of the First World War. Dust off the family album and drop off your war treasures at the Stag. Deadline is Oct. 26.

Pet of the Week

DYSON

Julie Harris is proud of her canine companion. Dyson, who is her "lil man," is four years old and everything to us. We always refer to this pose as "Century guard" — always protecting his people. Do you have a photo of your pet you'd like to share with our Stag readers? If so, e-mail it to stag@mymts.net



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Tank arrival

It was a busy morning unloading tanks and other support vehicles which arrived from Garrison Edmonton to participate in a brigade exercise under the moniker Ex KAPYONG MACE.

Photo by Jules Xavier

Effective Oct. 13 Approved identification required by GSH users

Shilo Stag

GSH users will need to show their approved identification if they want to go for a swim or lift weights.

Effective Oct. 13, GSH staff and the duty corporal will be enforcing the policy of showing identification when you arrive to use the various facilities available in the building.

"Over the past while, it has come to our attention that unauthorized members have been gaining access to GSH without presenting approved ID," said Fitness, Sports and Recreation (FS&R) manager James MacKenzie. "All individuals entering the GSH not in uniform must show military ID or GSH access cards to gain usage of the facility."

MacKenzie added the only time approved identification is not required is if you are visiting a staff member.

"The front desk staff will stop all users entering the building and will ask for proof of ID," said MacKenzie on the GSH policy. "If proper ID cannot be shown, then access to GSH will not be permitted."

"Many members arrive in PT gear throughout the day with the intention of conducting a workout without carrying ID. This is no reason not to have ID. A military member should have their ID card with them at all times."

MacKenzie has asked that the Chain of Command (COC) throughout the Base to remind troops at briefings or meetings about the policy enforcement so that no one is blindsided when they arrive at the GSH Oct. 13 to workout.

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2/6⁰⁰

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1⁹⁹

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2⁴⁹

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3⁹⁹

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5⁶⁹

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2⁹⁹

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6⁹⁹

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6⁹⁹

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The Shilo Stag is produced every second Thursday.

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

Submitting articles and photos for print:

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

...

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Facebook by visiting:<http://www.facebook.com/ShiloSTAG>

Teamwork important when chaplains work with soldiers

Sarah Francis
Shilo Stag

The Canadian Armed Forces (CAF) Chaplain General was impressed with what he observed during his August visit to CFB Shilo.

BGen John Fletcher took this opportunity to get to know the units on this Base, learn about the struggles and accomplishments of its men and women in the military, and take part in some general camaraderie with the local chaplains.

His visit here coincided with a number of other visits to other western Bases. BGen Fletcher said these visits are an important part of what the chaplaincy does.

"Ultimately, the chaplain team is part of the caring professionals on any given Base. It was nice to finish the afternoon by connecting with other important caregiving resources — obviously the mental health clinic to speak about how all the caregiving professionals can work collaboratively to support the men and women in uniform and their families."

The team spent the afternoon visiting 1RCHA, 2PPCLI and the MFRC to name a few places on BGen Fletcher's busy schedule. It's been a while since he last visited CFB Shilo, but said this visit was great.

"It's been a number of years since I've been here. My last visit was when I was the Army command chaplain and on the occasion of the opening of the Faith Centre," he recalled.

"It's really good to be back here again to meet the



community and the chaplains that serve them."

BGen Fletcher added he was grateful to see the teamwork which is going on between all the caregiving units.

"The collaborative approach from the Chain of Command (COC) and from the caregiving professionals — both the medical side of the house and the chaplains for the team approach — to strengthening and supporting the mission of the men and women in uniform and their families ... there's a real sense that there's a commitment to maintaining a strong community here in Shilo."

There are around 220 military chaplains in the Regular Force and approximately 120 in the Primary Reserve. Those chaplains come from more than 20 Christian denominations, and also include Jewish and Muslim chaplains.

"That's my team of professionals and it's been a real privilege to champion their ministry and support them in it," said BGen Fletcher.

He added it's important for military chaplains to be able to reflect the religious demographics of the nation as a whole.

"The same way the Canadian [Armed] Forces wants to be representative of the entire Canadian population. We want to have a chaplaincy representative of that religious diversity."

BGen Fletcher said military chaplains look forward to expanding their diversity even more in the future and they are always looking for people to help them with the diversification.

"The same way the Canadian [Armed] Forces wants to be representative of the entire Canadian population. We want to have a chaplaincy representative of that religious diversity."

— BGen John Fletcher

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Steaks will sizzle on winner's new barbecue

Shilo Stag

For the second time in the past 13 years, Debra and Paul Noel have won the CANEX backyard barbecue contest.

The couple had their names drawn by BComd LCol John Cochrane and BRSM CWO Don Askeland from the hundreds of entries deposited in the contest ballot box.

According to CANEX manager Rick Kehler, each summer CANEX runs this contest during July and August to give patrons of the Base store an opportunity to win all the fixings for a great time, including a BroilKing barbecue, Tank Traders propane tank, Coca Cola, Obermaiers rib eye steaks, baked potatoes, Lay's and Old Dutch chips, and all the rest of what is needed for a backyard barbecue.

The value of this prize is about \$700.

"They will be hosting a backyard barbecue along with 10 of their friends/family as soon as Paul returns from exercises in Edmonton ... before the snow flies," said Kehler, who thanked his long-time major sponsors, Coca Cola and Tank Traders, as well as many other CANEX suppliers who all help to support this annual CANEX event.

Summer of change for MFRC

Jodi Billard MFRC Special

The beginning of another school year marked the end of summer programming for youth programs at the Shilo Military Family Resource Centre (MFRC).

This past summer we saw a lot of changes in our school age group. We replaced our full-time summer fun camp with daytime, evening, and weekend programming and weekly field trips.

Some of the most memorable moments from the summer included: getting messy during egg roulette at Fear Factor; running through the rain at the zoo and getting stuck in the butterfly house during a thunderstorm; feeding ducks and geese at the Forks; and pushing past our anxieties at Miracle Ranch to have an amazing experience riding horses.

Our teenage group kept busy with during Teen Centre drop-in nights two to three evenings a week; programs like Fear Factor and a bonfire; and a special trip to Winnipeg just for teens.

No need to worry, however, for the end of summer does not mean the end

of fun. We have lots planned for the 2015-16 school year.

Our kid's club program, which is always popular, is back Wednesday night with just a slight time adjustment which we hope will be more convenient for parents. We'll also offer workshops, fun and creative programs, and some great field trips.

For teens, our Teen Centre will once again be open four nights a week. This venue located at the MFRC facility is a great place for teens to get together and hang out. We have TVs, gaming systems, and a canteen.

And membership is just \$10 for the entire year.

As in the past, we will also have special events and activities, such as movie and game nights, educational workshops, and fun field trips like the corn maze and snow tubing.

Join our Facebook groups: Shilo MFRC Youth Programs and Shilo MFRC Teen Centre to communicate with our staff and see what we've been up to or are planning.

To keep up to date on programs and services at the MFRC, be sure to subscribe to our monthly newsletter by visiting www.familyforce.ca

Debra Noel is looking forward to putting a barbecue she won to good use this fall. She is the winner of CANEX's 47th birthday celebrations backyard barbecue draw. This is the second time she has won the backyard barbecue draw.

Photo by Rick Kehler

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2PPCLI's Lt Eric Henderson crosses the Ex MOUNTAIN MAN finish line with a new record, eclipsing the previous one by three minutes.

Photo by Sgt James Ross, Canadian Army Public Affairs

Pushing yourself on course key to surviving challenge

From page 1

"That's my goal, to beat my mentor's time."

The C Coy platoon commander did just that during the 2015 Ex MOUNTAIN MAN challenge, not only finishing first overall out of 258 fellow male soldiers (this year's event saw 278 competitors finish), but smashing Sgt Weigelt's 2014 mark with a record-setting time of 4:35:38.

Ex MOUNTAIN MAN is an annual challenge where members of 1 Canadian Mechanized Brigade Group (1CMBG) race against the clock and one another covering 52 kilometres in the Edmonton River Valley.

Competitors begin with a 32-kilometre foot race starting in darkness with a 15-kilogram rucksack strapped to their backs, followed by a 3.2-kilometre canoe portage, a 10-kilometre paddle along the North Saskatchewan River and finally finishes with a 5.6-kilometre run, while still carrying their packs. This competition an extreme mental and physical challenge.

According to LCol Bryan Davidson of 1 Service Battalion, which organized the event, the majority of participants, like Lt Henderson, spend six months training for the event because the event is a challenge of physical fitness, will and determination that demonstrates the mental and physical fortitude needed to be a soldier.

Lt Henderson will run five and 10-kilometre races as part of his training, though these are also for helping him prepare for half-marathons and marathons. He ran the half-marathon earlier this year in Ottawa. He was seventh in his age category for men aged 20 to 24.

A 10-kilometre run for the Brampton-born soldier is for honing his speed as a runner. Marathons are about endurance, two traits he used on the Ex MOUNTAIN MAN course.

"There has to be a balance between speed and endurance when you are a runner. You have to know this balance when you are racing, therefore, there

must be an emphasis on this in your workouts," he explained, adding he is also looking to run a qualifying time which can be used to land a spot on the CISM running team.

"I still need more training because it's not just about your times with CISM," he said. "They require minimum standards."

Following his record-setting run, Lt Henderson spoke with *St. Albert Gazette* reporter Kevin Ma about why he enjoys the experience of being part of Ex MOUNTAIN MAN.

"It's really [about] how hard you can push, and how hard you can push your body and find those limits, and training yourself to push those limits farther," he told Ma.

Runner-up Capt Richard Hayes of 1 Service Battalion was ahead of Lt Henderson after the 32-kilometre run, which started at 5 a.m., so competitors had to rely on glow-sticks and head lamps to see their path. Once the two competitors arrived at the 3.2-kilometre canoe portage, that's where Lt Henderson separated himself from Hayes, who finished in 4:46:22.

Hayes was unable to gain any ground while in the water for the 10-kilometre paddle, finishing 23rd to Lt Henderson's 10th placing. It was no contest once the 2PPLI officer left his canoe at the river's edge, finishing first in the 5.6-kilometre run, while Hayes was fourth.

Henderson told the *St. Albert Gazette* reporter he tried kneeling in the canoe for about two minutes before leg cramps made that impossible. He spent the rest of his row doing kicks to loosen his legs.

The last five-kilometre run is the toughest part of the race, Henderson said because of leg spasms from an hour spent in a canoe.

Once out of the canoe, runners still have to put their rucksack back on, and the hilliest part of the course awaits the competitors.

Because your balance is off, "you have to force yourself to run," he said.

Henderson admitted adrenaline plus his goal of beating the 4:38:55 record set in 2014 by Sgt Weigelt, pushed him to the finish.

With this year's Ex MOUNTAIN MAN but a memory, Lt Henderson now turns his attention to EX KAPYONG MACE. Still he wants to be back for the 2016 challenge, and has already set a goal for himself: finish first and cover the distance in less than four hours, 30 minutes.

He's also mentoring he fellow 2PPCLI runners, who combined to win the major unit team title with a 22 minutes difference facing 3PPCLI's top-eight finishers.

"The trick when you are working with guys learning to run is to ease them into it, build on what you give them each time you go out for a group run ... I still push them, but at the same time I give them goals," he said.

Of the top-10 finishers in the men's division, four wore 2PPCLI colours, including Lt Henderson.

The top 1RCHA finisher was Sgt Carolyn Brooks, who was the second fastest woman, and crossed the finish line in 32nd with a time of 6:05:53. This was her second time on the course, and shaved three minutes off of her PB time. Winner Lt (N) Ashley Atkins covered the course in 6:03:39.

In the master's division, 1RCHA's MCpl Robert Nederlof was the top CFB Shilo finisher, with a 10th in 7:01:24. Winner LCol Joshua Major of LDSH (RC) covered the distance in 5:32:39.

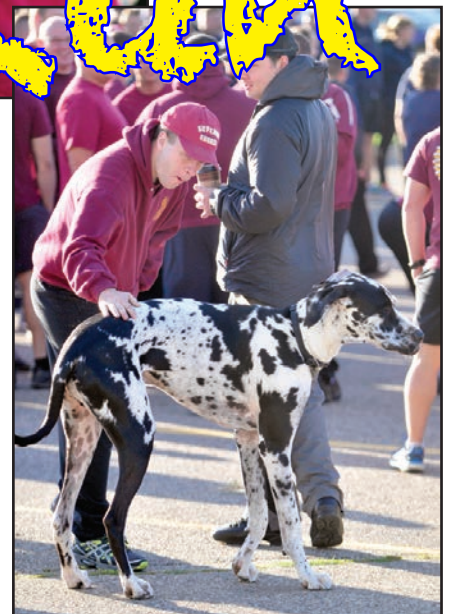
2PPCLI CO LCol Wayne Niven was 11th in 7:06:18, while is RSM CWO James Smith was 15th in 7:38:49.

Stag assistant editor Sarah Francis' father, the 3PPCLI RSM, CWO Paul Francis was eighth overall in 6:55:11.

The CO for 1 Combat Mechanized Brigade Group (1CMBG), Col Trevor Cadieu, who presented the trophies and medals to the top finishers, also competed. He finished 18th in the master's division with a clocking of 7:55:41.

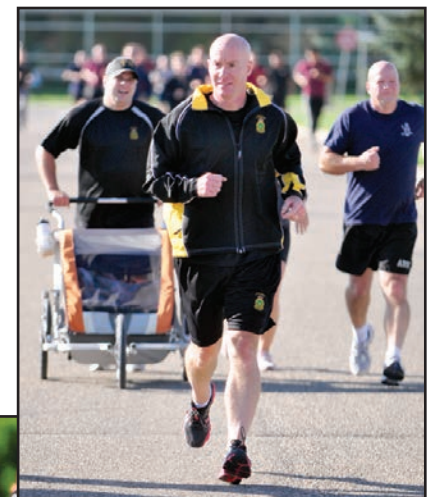


Terry Fox Run



Ideal weather conditions greeted Terry Fox Run goers at L25 when the Base hosted its 35th annual event. BComd LCol John Cochrane had an opportunity to take part in his inaugural run, which has raised more then \$80,000 for the Terry Fox Foundation since the first event was held in 1980. Prior to the warm-up, LCol Cochrane had a chance to talk with students from O'Kelly School. A number of pets also participated, with this year's run garnering plenty of sponsor support.

Photos by Jules Xavier



Happy 47th birthday CANEX!

 **The Shilo Stag is online!** 

 @ShiloStag

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It was a hive of activity as more than 300 attended CANEX's 47th birthday celebrations during an outdoor party. The petting zoo (above) as usual was a popular attraction for kids and adults alike. CANEX manager Rick Kehler (below) and SISIP branch manager/financial counsellor John Clarey presented a cheque for \$115,400 to CFB Shilo's Base Fund. Accepting the cheque during the birthday party held in the CANEX parking lot were BRSM CWO Don Askeland and BComd LCol John Cochrane. Cotton candy was another popular treat during the celebrations held 11 a.m. to 2 p.m. LCol Cochrane (below right) also experienced the bouncy velcro attraction with encouragement from his son.

Photos by Jules Xavier

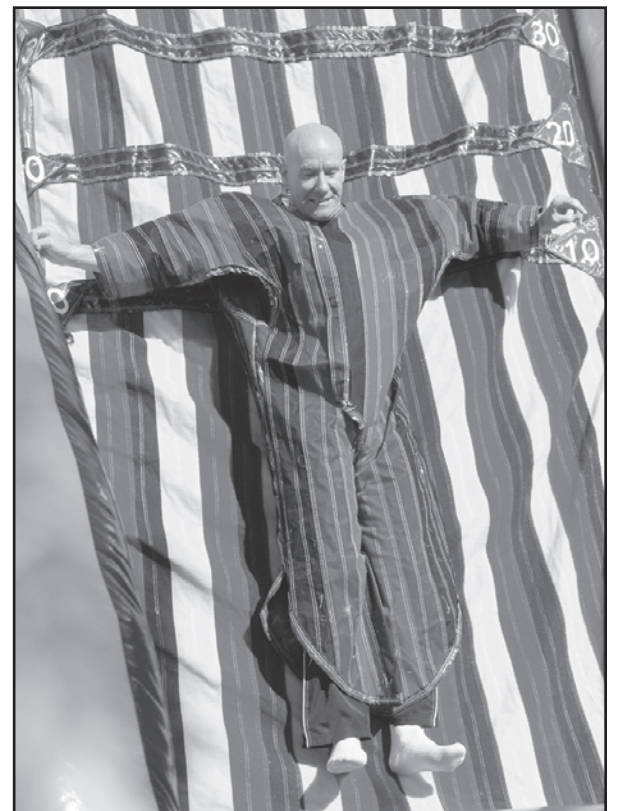
Minimum Wage Increases on October 1

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Where's Willie?

Somewhere on the pages of this *Shilo Stag* is a picture of Willie, the Wheat Kings mascot.

Tell us on what page, in what particular advertisement Willie was found and correctly answer the following skill-testing question for your chance to win two tickets to an upcoming Wheat Kings home game in Brandon.



Entry Form

Name: _____

Address: _____

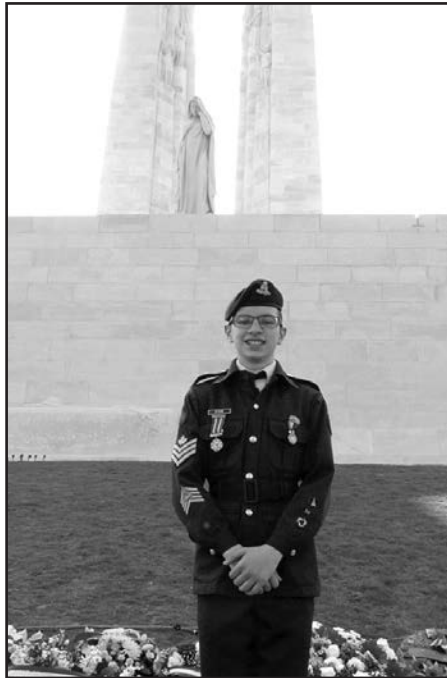
Phone: _____

Page #, ad: _____

Answer to skill-testing question:

What is the difference between ice cream and gelato?

Cut out your entry form and fax it to 204-765-3814, or scan it and e-mail to stag@mymts.net or drop it off at the Stag's office at CANEX. Draw will be made on the Monday prior to game day.



Sgt Even Dyson visited the Vimy memorial, and played his bagpipes in a war cemetery. *Photos submitted*



Trip to Vimy memorable for teenager

2Lt Betty Froese Stag Special

With bagpipes packed, 15-year-old Sgt Evan Dyson of the 2520 Royal Canadian Army Cadet Corps knew he was only hours away from playing at the gravesite of his great-great-grandfather while boarding an airplane for Paris.

It was a 500-word essay submitted to the Vimy Foundation describing his years of dedication in the army cadet program, his involvement with pipes and drums and his family history which resulted in the unexpected phone call last December announcing that out of 220 entries, he was one of the 20 students awarded the Vimy Pilgrimage award.

This award is presented to youth across Canada to recognize outstanding leadership, service, notable deeds, bravery or positive community contributions and is selected through an essay-writing competition, outlining the reasons why they are worthy of the award.

Applicants must also include two letters of support by a school staff member, fellow peers, parents, member of the community or cadet program.

Recipients are awarded a fully funded, week-long educational tour to various sites in France to study Canada's efforts in the First World War. Classroom education and daily field trips to important First World War sites are a crucial part of the trip.

After landing in Paris last month, the students and their chaperones were bused to the city of Arras, the same community where Sgt Dyson's great-great-grandfather, RM Dyson, died in the Battle of Arras 98 on April 9, 1917.

Lance Sgt Dyson served with the West Yorkshire Regiment (Prince of Wales Own) 12th Battalion, an infantry regiment of the British Army.

Standing at his forefather's gravesite at the Faubourg D'amiens Cemetery was a tender moment for the young piper.

"It was an emotional experience, one I'll never forget, playing my bagpipes at my great-great-grandfather's grave," he said.

The young Dyson also found his ancestor's name on the newest international war memorial, called the Ring of Memory, built at Notre-Dame-de-Lorette. It was inaugurated on Nov. 11, 2014, a century after the start of the Great War, by French President Francois Hollande.

Inside the giant 328-metre elliptical ring are engraved, alphabetically, the names of 580,000 soldiers who lost their lives on the battlefields of northern France, the site of one of the bloodiest conflicts of the Great War. This war memorial pays tribute to all nationalities, including Canadians, who fought and perished here from 1914 to 1918.

As part of the educational aspect of the trip, the team was escorted by a war historian when visiting various sites in France and Belgium.

"He told us war stories throughout the tour when we visited places like Passchendaele Cemetery, John McCrea's field hospital and other smaller memorials," noted the 10th grader from Vincent Massey Secondary School.

"I researched the museums and memorials before we left, and seeing the pictures on the Internet, you kind of get to feel the heaviness of the war, but when you're there it's a really humbling experience."

He added, "Actually being at those memorials, where thousands of people sacrificed themselves for the sake of their country, was a very emotional experience. And then to know that my great-great-grandfather was there and experienced that, it just makes it all the more real."

A highlight of the trip for Sgt Dyson was the visit to the Canadian War Memorial at Vimy, the most prestigious Canadian monument in Europe that pays tribute to all Canadian soldiers who risked or gave their lives in the Battle of Vimy Ridge, from April 9 to 12, 1917.

The recipients took part in the medal ceremony, each receiving a Vimy Pilgrimage medal. Of the 20 young people, six are members of the Cadets Canada youth program. Four of them, including Sgt Dyson, attended the ceremony in full dress uniform to stand with their military counterparts, Canadian veterans, in participation of the 98th anniversary of this famous battle in Canadian history.

"The tour guide told us that this trip would change our patriotism towards our country and how we feel about world war remembrance," said Sgt Dyson. "And I definitely see the difference between knowing about the history and then actually knowing what the cause of the war was and knowing what the actual sacrifice was by being in those very places. It was an amazing experience. One I will never forget!"

Sgt Dyson has been involved in the 2520 RCACC in Brandon for more than three years and piping since he was aged eight. He performs annually at the Scottish Pavilion during the Lt Governor's Winter Festival in February as well as the Highland Festival in April.

He has won numerous medals and trophies for his skill on the highland bagpipe within the cadet program and through civilian piping competitions.

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

2520 RCACC parades each Wednesday night from September to June at the Brandon Armoury and at CFB Shilo's MPTF from 6:30 to 9 p.m.

Visit www.2520armycadets.com or www.cadets.ca for information on joining the local army cadets program.

For more information on the Vimy Pilgrimage award visit www.vimyfoundation.ca

2Lt Betty Froese is the Unit PAO with 2520 RCACC - 71 Bty RCA Cadets

Shilo Theatre
(Located in the General Strange Hall)

Sept. 25 Max Rated PG
Oct. 2 Ant Man Rated PG
Oct. 9 Spy Rated 14A
Oct. 16 Hocus Pocus (in the pool) @ 7 p.m. Rated G
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

NEXT HOME GAME:
Sept. 25
7:30 p.m.

BRANDON WHEAT Kings
versus
Swift Current Broncos
#GOLDRUSH




Tank convoy

After arriving from Garrison Edmonton by rail, tanks and other support vehicles were prepared for off-loading so they can be part of Ex KA-PYONG MACE.

Photo by Jules Xavier

What are your plans following retirement?

Lt Bradley Knoll Special

Are you ready for the future? Are you five years or less from possible retirement or thinking about a second career outside the Canadian Armed Forces (CAF)?

Or are you interested in learning about financial, education, and other benefits to prepare a long-term plan for retirement or to develop yourself professionally?

The Second Career Assistance Network (SCAN) seminar is your recipe for success.

Many members of the CAF enter the civilian workforce following their military service; others choose to hang up their uniform and live the good life. Either way, the CAF recognizes that this transition is a major life-event.

We address this issue by providing information and guidance to CAF members and their spouses on how to effectively manage career changes or retirement.

SCAN offers a variety of services to help you prepare for a successful transition.

This fall's three-day SCAN seminar runs Oct. 13 to 15 at the 1RCHA theatre.

The first two days are general SCAN for all CAF members, while the last day is the medical SCAN for members who may be medically transitioning

from the CAF.

This event will comprise a number of presentations by different agencies during the entire seminar.

Director Canadian Forces Pension Services (DCFPS) will facilitate sessions on the financial aspects of release including excellent information on pensions and severance.

The release section will discuss administrative details regarding the release process and SISIP Financial Services will be returning to discuss financial planning and insurance coverage after release.

There is also valuable information on wills, estate planning, and powers of attorneys.

Representatives from Brookfield Global Relocation Services will brief participants on current regulations and entitlements.

If furthering your education is something you are considering, the CAF education reimbursement programs and benefits will be discussed.

As well, representatives from Assiniboine Community College and the Adult Collegiate will provide information on continued learning and adult education.

The third day of this seminar focuses on the medical aspects of release and will feature transition services, medical employment limitations, and vocational rehabilitation, clarifying the multi-services and benefits.

Representatives from these services, as well as Operational Stress Injuries Social Support and Case Management will present information to both Regular Force and Reserve Force members.

This seminar promises to be packed full of useful information which you will not want to miss.

Register on-line at <http://dgmpra-dgrapm.sondages-surveys.ca/s/SCANRegistration>

The registration link is also located on the CFB Shilo DWAN homepage banner or under the G1 Branch/BPSO.

Complete and submit the registration form no later than Oct. 8.

Seating is limited, so be sure to reserve your seats early. Dress is appropriate civilian attire and we encourage your spouse or partner to attend as well.

Lt Bradley Knoll is Base Personnel Selection Officer, BPSO

Shilo Military Family Resource Centre Employment Opportunity

Deployment and Special Events Co-ordinator

The deployment and special events co-ordinator job is a part-time position. You will be responsible to deliver deployment and reunification supports to families of deployed personnel and also deliver special events, programs and services provided by the Shilo MFRC to enhance the quality of life for military families.

Specific Qualifications:

- Post-secondary education preferably in marketing, public or Community relations, event planning

- Experience in program planning, delivery
- Experience in event planning
- Excellent communication skills, interpersonal skills
- Strong computer skills
- Excellent customer service, organizational skills
- Ability to work independently as well as within a team
- Familiar with military lifestyle
- Valid Manitoba Driver's License
- Criminal record and child abuse registry clearance required
- French a definite asset

General Statement of Responsibilities:

- Assist in all aspects of the deployment area as required
- Provide support programs to deployed partners' families
- Assist in facilitating and delivering "warm line" calls to partners of deployed members
- Assist with the delivery and co-ordination of special events
- Provide clients with information/referrals on services, programs and resources available
- Evening and weekend work required
- Perform other duties as assigned
- Assist with updating the MFRC mailbox on the Family Information Line

For a complete job description dial 204-765-3000 ext 3367. We thank all who apply, but only those called for an interview will be contacted.

Terms of Reference:

Salary: \$ 21.04 - 24.62/hour
Anticipated start date ASAP

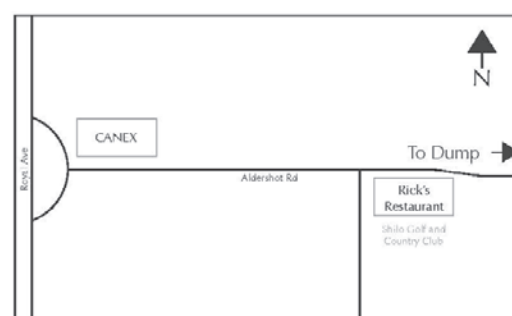
Deadline for applications Oct. 1, 2015

Submit resume to: Shilo MFRC executive director Willemien Van Lankvelt at willemien.vanlankvelt@forces.gc.ca



Got Bulk Garbage?

Bulk items, yard waste, tires, and electronics may be disposed of Monday – Friday from 8 a.m. – 4 p.m. at the Shilo dump located 2 km east of Rick's Restaurant on Aldershot Road



Items may be placed for curbside pick-up the following dates ONLY:
October 13

Items are to not be placed earlier than the evening prior to pick-up.

LOOK MUSIC SERVICES

- RECORDED DANCE MUSIC
- KARAOKE
- LIGHTING & SOUND RENTALS & SALES
- BAND AGENTS
- SOUND REINFORCEMENT

DOUG KOOL, OWNER
204-726-0794
BRANDON, MB
FAX: 204-728-0055
Lookmusic@wgcwave.ca



Facelift for Engineer Road

Access to the Base hospital is temporarily restricted while road crews do curb work along Engineer Road, with access off Aldershot Road only open to emergency traffic. Here, a worker uses a backhoe to rip up sections of curb.

Photo by Jules Xavier

Employment Opportunity

Administrative Assistant

The administrative assistant is a part-time position responsible for reception of community members to the centre and administrative support to the executive Director, business manager and co-ordinators.

Specific Qualifications:

- Grade 12 required
- Business/clerical certificate preferred
- Minimum one year office experience required
- Typing 35 wpm required
- Strong computer skills with experience in Microsoft Word, Excel and Publisher required
- Excellent communication skills
- Familiar with military lifestyle
- French a definite asset
- Criminal record and child abuse registry clearance required



Contact us for a detailed job description. Only those candidates interviewed will be contacted. Anticipated start date: ASAP Deadline for applications: Oct. 1, 2015

Submit resume to: Shilo MFRC executive director Willemien Van Lankvelt at willemien.vanlankvelt@forces.gc.ca

THE RCA MUSEUM
 Canada's National Artillery Museum
 (204)765-3000 extension 3570
 www.rcamuseum.com

Shilo Stag
 Your source for Army News in Manitoba

We want you on our team

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

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:

October 1 at noon

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

Services

St. Barbara's Protestant Chapel
 Sunday @ 10:30 a.m. with Sunday school & nursery
 Padre Lee - ext 3090
 Padre Neil - ext 6836
 Padre Olive - ext 3088
 Padre Dennis - ext 3698
 Padre Costen - ext 3381
 Padre Ihuoma - ext 3089

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

Services

Greg Steele, Canadian Firearms Safety Course Instructor/Examiner • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses offered at least monthly and more often by demand. Firearm/hunter safety courses planned for the fall. Examinations by appointment • 204-725-1608 • e-mail: ggs57@wcgwave.ca. huntershooterguy.com

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

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.

Employment

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

Services

Now Open: Naturally Amourified in the CANEX Mall. Full-service hair salon and registered massage therapist. 204-721-0604

Advertise with us!
 To place an ad, e-mail elainebullee@gmail.com

Employment

CANEX WANTS YOU: Clerk/cashier part-time position with 13 to 32 hr /week required. Must be available days/evenings, and weekends. Under the direction of the department supervisor, the clerk/cashier scans customer purchases, processes the transactions, and accepts payment. He/she prices, stocks shelves, counters and display areas with merchandise and keep stock in order. He/she performs cleaning duties as required. Starting salary is \$11.69 per hour after two-month probation. Apply in person at CANEX administration office, or NPF Human Resources office at base HQ.

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

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

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

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

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

Family fun at Riding Mountain National Park

Sarah Francis
Shilo Stag

The 3,000 square kilometres of Riding Mountain National Park has something for all members of the family.

You can explore Manitoba's history, nature and recreation at this national park as well as get some well deserved rest and relaxation.

From the spring and into the fall many families frequent Wasagaming, a small community in the park, where you can experience the small-town atmosphere and get closer to nature just by crossing the street.

Many of the local cabins are nestled in-between trees with the main part of the town featuring the park's visitor and information centres.

Along the main road are a number of shops and restaurants. One noticeable thing about these stops is the uniqueness.

In one restaurant you can find a wood-burning stove used to make pizza; one shop boasts homemade chocolates and gelato, a frozen dessert similar to ice cream.

However, gelato is like ice cream's hot Italian cousin.

One main difference is that gelato has a higher milk to cream ratio, meaning it has a lower fat content. Don't worry about any skimping on richness, the churning process is slower, meaning it's denser because there is less air in gelato than ice cream.

If you prefer to stick with what you are used to, don't worry, there are plenty of places to acquire good old-fashioned ice cream.

There is also a small candy store called Sugar Shop. The brightly painted walls are lined with an assortment of candy and there is also a Jelly Belly dispenser, where you could get a bag of your favourite flavours. Hello toasted marshmallow! Hello buttered popcorn!



Above is a view from the top of the park's cruise ship. Riding Mountain National Park's east gate (below left) is the last remaining 1930s style national park gate. Food is prepared (below right) at one of Wasagaming's many restaurants on the main street, with a wood-fire stove.

Photos by Sarah Francis



As you continue your stroll down the main drag, there are quite a few clothing stores and places you can purchase knickknacks for nostalgia.

None of the stores look like typical places you would find in a shopping mall. They all have a unique charm, one of which is a clothing store, a used clothing and books store, and a coffee shop all in one.

The town also has a very unique movie theatre, where you can check out all of the summer's new movies. The atmosphere feels like your taking in a movie in a log cabin.

When you're done shopping, toss your haul in your cabin and head to the lake for some relaxation.

The unique thing about Clear Lake is as its name implies. Most water in Manitoba is a muddy colour, but here you can experience one of the provinces few clear water lakes.

While walking along the beach you will encounter something not usually found in these parts, Beavertails! If you've never had the pleasure of experiencing a Beavertail, its like an extra crispy flat mini doughnut, often covered in a number of delicious toppings.

Motorized water vehicles including boats and Seadoos are permitted on the

lake, but because of an invasive species called Zebra Mussels you will need to receive clearance to put your vessel in the water. This also includes non-motorized boats.

If you don't own your own boat, you can rent kayaks, paddle boats and canoes. As well you can take part in boat cruises that happen daily. The large boat called The Martese also has a dinner cruise in the evening.

If you're bound and determined to get out and get cozy with nature there is plenty of opportunity.

If roughing it is your style you can grab the kids, a tent and the dog and make your way to the park's campground.

They are opening camping registrations earlier for next summer. Now you can book your site for the summer of '16 in January.

There are added features you can request including and electrical, water or sewer hook-up.

If you're really looking into getting into the nitty gritty with camping, but aren't sure how, they offer a "Learn to Camp" session a few times during the summer. Staff will get you started with the basics of camping, including camp cooking, safety and how to build a fire.

You can also drive through the park to find a number of trails to walk along and hidden lakes to swim at.

There is something to appeal to everyone in the family at the park. Every summer you can get a second dose of Halloween with Boo in the Park. There's also a free outdoor concert featuring some big

names, such as Brett Kissel, to close off the summer season. You can play some sports in the park, including tennis. There is plenty of open space and the park also features a mini-golf course and a 18-hole golf course.

For kids, the park offers activity books with scavenger hunts around the park, and its playgrounds. You may also consider getting your children involved in Friends of the Riding Mountain National Park.

All of the programs are based on age, which start at age five and go up to students in Grade 9.

It offers kids an opportunity to learn more about nature, wildlife, and the cultural and archeological history of the park. The Eco-Science Camp is geared toward tweens and teens in Grade 7 through 9, with a focus on environmental and science-based issues.

If camping and hiking aren't your cup of tea, you can hop over to Elkhorn Resort. You can get a full day of pampering at the spa and dine at the recently renovated restaurants.

The resort is a popular location for celebrations including weddings.

The new pool is expected to open soon. It will be bigger than the previous one, and include structures for kids to climb on as well as a water slide.

Another new edition will be the outdoor hot tub. The floor will be heated in winter, so you can enjoy the resort's view without having to trudge through snow to sit in the hot tub.

While most of the activity in the town shuts down in the winter, you can still explore the park's trails, take up cross-country skiing, snowshoeing and even ice fishing.

Visit www.discoverclearlake.com to start checking out what you and your family may enjoy doing over the coming months, or planning a family escape after the snow has started to clear.

