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Volume 56 Issue 8



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April 20, 2017

INSIDE
This Issue



Base powerlifters ready to test their mettle. Page 2



Stopping pucks a lot of fun for atom goalie. Page 10



O'Kelly host anti-bullying event at school. Page 12



Creating on canvas

With instructor Shane Robins offering encouragement and artistic pointers, it was a hive of activity at CFB Shilo's officers' mess for the inaugural Paint Nite. Thirty-nine of the 40 canvases were turned into "works of art" by those in attendance, including BComd LCol John Cochrane (above) and the Base's new adjutant, Capt Vanessa Durand (right). A sunset scene was provided to the "artists" as they put paint canvas. For more on Paint Nite, see page 7.
Photos by Jules Xavier



Military powerlifters test themselves at Westman Strength Classic

Jules Xavier
Shilo Stag

The might of the military will be showcased during a powerlifting competition being held on this Base for the inaugural time.

The Westman Strength Classic is the brain child of Brandon's Amanda Moffitt and Jennie Wilson plus Maj Joe O'Donnell. Sanctioned by the Canadian Powerlifting Union and Manitoba Powerlifting Association, the powerlifting event will feature 43 competitors, including six from CFB Shilo.

Weight categories range from the 53 kilogram female junior division to the 120-plus male open masters division.

The competitors from across Western Manitoba will battle it out for powerlifting bragging rights April 22 from 10 a.m. to 6 p.m. at L25.

Admission is free, with the Maj O'Donnell inviting the Base to come out and cheer on the military competitors as they go head-to-head with some veterans from the Manitoba powerlifting world.

Powerlifting for the past six years, Maj O'Donnell quipped there's a logical reason why an artillery officer took up the sport of powerlifting, "Stronger people are harder to kill!"

Born in Lahr, Germany, this army brat is currently honing his French skills at the Base's language school prior to his departure later this summer for a posting to Fort Leavenworth, Kansas.

Does the 36-year-old have expectations for himself going into this competition?

"I want to take the Manitoba military bench record for 120 kilogram division currently at 363 pounds and move it a bit higher," he offered. "I'm not expecting much from the squat and deadlift due to some injuries through training."

Like most powerlifters, Maj O'Donnell has a specific training regime he follows.

"I train probably three days a week specifically at powerlifting, but I also train crossfit at Crossfit Rocked and Jiu Jitsu at BAMMA [in Brandon]," he said.

The Sprucewoods resident has set a few goals for himself, too. He's like to bench press 385 pounds, deadlift 575 pounds and squat 475 pounds.

With bench press his strength in this sport, Maj O'Donnell refers this competition as his "Kobe Bryant retirement tour."

He adds, "I plan on giving up powerlifting after this and focussing on crossfit, Olympic lifting, conditioning and combatives more than this. I really enjoy it, but since I won't be around to do [Ex] HEAVY LOADER and [Ex] MOUNTAIN MAN this year, I need some new fitness goals."



Gnr Tyler Harte from 1RCHA prepares to lift his teammates during training at the GSH in anticipation of showing off their skills at the April 22 Westman Strength Classic being held at L25. Photo by Jules Xavier

MCpl Beth Marie Thompson, a clerk at 1RCHS, has been involved in powerlifting for nearly six months. Why?

"So many reasons," she said. "I used to run a lot, but due to a knee injury I had to find a new goal. I've always been interested and with [Ex] HEAVY LOADER 2016 I was presented with an opportunity to see how far I could go with it."

"Being an older female and on the shorter side, I like showing people I can do more than they'd think. Plus, I think the military and society in general need more strong, positive female role models. It's not about being skinny. It's about being strong. Continuously striving to improve. No excuses."

Going into this competition, the 41-year-old expects to do her "absolute" best and hit a few PRs (Personal Results).

Training for MCpl Thompson varies, but she's in the weight room generally six days a week. There's one active rest day, and one complete rest day when it comes to a training schedule.

"Each day starts off with one of the three big lifts, or a variation such as box squats or block pulls followed by accessory work and some light card," she said, adding her diet is high in protein, and low carbs.

Her goals at this competition are the same as her expectations — she's looking for gains.

What are her strengths when it comes to powerlifting?

"I'm not sure what my strength is with powerlifting, but I'm doing more than I ever thought I could," she offers. "Thanks, in part, to some great coaching from [Gnr] Tyler Harte, my teammates, and support from the powerlifting community in general."

As a neophyte to the sport, MCpl Thompson's ap-

proach to working out to prepare for competition is simple: "To surround myself with like minded people, gain [and share] as much knowledge as possible while figuring out through trial and error what works best for me. Oh, and have fun while doing it."

A Bty's Gnr Harte has been powerlifting since his introduction to Ex HEAVY LOADER. The 24-year-old Toronto-born competitor is recovering from an injury last November, but has seen progress in anticipation of testing himself at L25 during the Westman Strength Classic.

In the Gunners' gym by 6 a.m., he works out with Maj O'Donnell. With a forte in the deadlift competition, his goal is to keep improving his lift numbers, and return to where he was prior to the injury.

Born and raised in Hamilton, Ont., Bdr Garrett Owen Thomas Taylor has been powerlifting for three years. Finding the sport fun, he has a few goals set for himself.

"I'm expecting to take the record for the deadlift/squat and overall for the military men in the 83 kilogram weight class," he predicted.

Working out six times a week, currently Bdr Taylor keeps himself busy on the weights.

"Right now I'm squatting and bench pressing twice a week each, deadlifting once and having a beach muscle day for my nightly workout," he said. "In the morning I do a quick-fast cardio session before I go to troop PT at work."

What about goals set for this competition?

"My goals for the competition are to take those records, and for the rest of the year is just to build up my lifts to hit high numbers for Ex HEAVY LOADER at the end of the year," he said, adding his deadlift is his strongest lift.

While he continues to train hard in the gym, Bdr Taylor will strive to hit bench marks he sets for himself when it comes to lifting.

Bdr Danny Davis just started powerlifting six months ago, so is a relative neophyte to the sport. Still the 1RCHA soldier, who was born and raised at this Base, takes everything in when he observes others honing their powerlifting skills.

Looking for a hobby to keep him occupied when he's not soldiering, Bdr Davis thought powerlifting looked interesting. He trains daily at the GSH, and mixes his card with weight training.

Like all athletes who strive to improve on personal best (PB) times or distances, Bdr Davis has his own PRs he wants to reach, or surpass: 400 squat, 500 deadlift and 300 benchpress.

"I love working out and training for competitions," he said, adding he has yet to figure out his strength. Until then, he wants to follow proper training and improve on his technique when it comes to powerlifting.

Pet of the Week



JUNO

Juno is a golden doodle who's really into *Greys Anatomy*. She gets so excited when people visit, that she will do a tap dance while waiting for visitor pets. She also enjoys playing with the cats, particularly Mr. Deeds. Do you have a photo of your pet — cat, dog, bird, snake, hamster — you'd like to share with our Stag readers? If so, e-mail it to us via stag@mymts.net



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The Canadian Army issued new combat helmets in 1997 to replace a heavier model that was a useful tool for digging trenches. *Photo by Jules Xavier*

Clothe the Soldier update Heads up – new helmet issued

Dan Palmer
Shilo Stag

Some military members in Shilo recently received some new protection for their heads.

They were issued a new Canadian Forces combat helmet through the Clothe the Soldier Project.

"It's always a morale boost when you see better equipment," said Sgt Paul Haughey with 1RCHA A Bty.

The Royal Canadian Artillery (RCA) Battle School was issued with the new lightweight headgear.

Shilo Base personnel and 26 Field Regiment, RCA in Brandon should also see the new helmets soon, according to CPO2 Dane Ewonchuk, the Base Supply Material Control Officer.

The new helmets have covers available in three patterns — temperate conditions, winter/arctic operations, and UN operations.

Standard issue is a disruptive woodland camouflage pattern which, according to the helmet's user manual, is supposed to provide approximately 40 per cent better camouflage and concealment over monotone green. The woodland pattern was designed exclusively for the Canadian Forces.

The cover must be on at all times to protect the helmet finish. The finish has infrared reflectance and chemical agent resistant properties.

So for soldiers who wish to dig trenches with the helmet or use it for a wash basin as with older models, they will have to look for an alternative.

But the new computer-generated camouflage pattern will not match the new clothing to be issued at the end of 1997 during phase one of Clothe the Soldier.

Instead, the Improved Environmental Clothing System (IECS) will be the same as current issue clothing, according to Capt Karl Saad, deputy project director for Clothe the Soldier.

Originally there was to be a camouflage pattern for the IECS, but that was taken out of the Clothe the Soldier project.

This was due to contractors inability to provide the pattern, according to CPO2 Ewonchuk.

The projected date for a camouflage pattern to match the helmet outside the Clothe the Soldier project is sometime in 2005.

The delivery date for all items through the Clothe the Soldier is July 2000.

The items are to be delivered at different phases throughout the project, but these times are very flexible.

"The dates are not hard and fast," said CPO2 Ewonchuk.

But CPO2 Ewonchuk does point out that as soon as an item is ready, it will be issued.

For example, the multi-tool or "Gerber" was issued in the last few months. This was early because according to the Clothe the Soldier timeline, it was not due until late 1997 or early 1998.



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Shilo Stag June 24, 1997

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6⁹⁹

April 20 to May 3, 2017



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Fax: 204-765-3814 Email: stag@mymts.net

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

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

Submitting articles and photos for print:

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

• • •

Follow the Shilo Stag on
Facebook by visiting:<http://www.facebook.com/ShiloSTAG>

Remember your helmet while cycling

Shilo Stag

With the warmer weather upon us during spring thaw, bicycles are becoming more popular as a mode of transportation on the Base.

While bicycling can be an enjoyable hobby, no matter your age, there are still guidelines to observe on and off of Base, according to Lt(N) Greg Ansley, platoon commander with Shilo's 1 MP Regiment.

Here are a few rules and precautions:

- Helmets must be worn on Base, for any age;
- White light on the front of the bicycle and red light at the rear must be used 30 minutes before dusk, throughout any dark period and 30 minutes following sunrise;

- Brake system and tires must be functional;
- Hand signals are mandatory and all riders should be familiar with the left and right turn and stop hand signals.

- Riders must travel in the same direction as a vehicle and must stay as far to the right of the road as possible, ensuring safety of the riders and traffic as well;

- Traffic control devices still apply to cyclists, such as stop signs, yield signs, and traffic lights; and

- Mirrors, side reflectors and reflective clothing is recommended.

For motorists driving on the Base:

- Share the road;
- Watch for cyclists; and
- Respect bike lanes by not parking/stopping in them.

Base Standing Order (BSO) 8 and the Manitoba Highway Traffic Act are great resources for additional information for the safe operation of a vehicle/bicycle.

Also take the time to review laws and learn more about safety by visiting www.gov.mb.ca/healthyliving/hlp/bikesafety/ before heading on the road.

For those residing on the Base, here are a few useful tips from BSO 8 regarding the use of tracked and off-road vehicles as well as abandoned vehicles.

TRACKED VEHICLES

Tracked vehicles may be operated within CFB Shilo as prescribed by the following:

- Within compounds where the concurrence of the unit/section commander is given;
- Shall be operated on tracks where available; and
- Speed limit is 30km/hr, except where other reduced speed limits are posted.

Tracked vehicles are to use designated track routes and vehicles not equipped with rubber track pads may not be operated on any asphalt surface roadway unless the vehicle is engaged in work requested by the RPO Det Shilo OC.

OFF-ROAD VEHICLES

Persons operating off-road vehicles (ORV) on this Base shall comply with all the provisions of the Manitoba Off-Road Vehicles Act including those respecting the registration, insurance, maintenance and operation of vehicles.

Proof of registration, insurance and driver's licence (where required) shall be produced on demand at any time when entering, remaining on or leaving CFB Shilo to a commissionaire, MP or other persons designated as security guards.

The operation of ORVs within the confines of the Base is restricted to the designated authorized ORV routes and area 1A ORV Recreation Area. Area 1A is that area which extends south from Horsham Road, approximately two kilometres to the fireguard, with Hwy 340 as the west boundary and Freundschaftesweg Road as the east boundary. Access to this area is by the authorized ORV route.

Individuals living in RHUs and single quarters may gain access to authorized ORV routes via the access route that is the shortest route, and by only using the streets when necessary.

If it is necessary to use the streets, operators must stay as far right as possible.

ORVs are prohibited from the following areas: all running tracks, Shilo golf course, airfield at Flewin Field and the meteorological building.

No person younger than the age of 14 shall operate an ORV within the confines of this Base, except when accompanied by an individual aged 18 and older.

ABANDONED VEHICLES

It is an offence to abandon a vehicle within the confines of CFB Shilo. When a vehicle is considered abandoned, the MP platoon commander shall attempt to inform the registered owner in writing, or by other means, that they have seven days in which to either licence, repair and/or remove the vehicle from the Base.

If the registered owner cannot be identified or contacted, or should the owner fail to comply with this directive within the

allotted period of time, the MP platoon commander will cause the vehicle to be removed from the Base by an authorized towing company.

Once this occurs the company representatives may initiate disposal action in accordance with provincial legislation.

The last registered owner is responsible for all associated costs and liabilities of towing, impoundment and administration.

Where, due to lack of salvageable value, an abandoned vehicle cannot be disposed of, the vehicle shall be towed away by military resources to an area on the Base where it will be held for a period of six months, while efforts are continued to identify the registered owner.

Should the registered owner be located within a period of six months, they may claim the vehicle, but DND shall not be responsible for any damage or loss incurred thereto as a result of the action of being towed and stored.

If the registered owner is not identified within the expiration of six months from the time disposal action was initiated, the vehicle may be, at the discretion of the Base Commander, sold at public auction or otherwise disposed of as scrap.

Any proceeds realized through the sale of a vehicle at public auction or as scrap shall be credited to the Base Fund NPF account with an entry reflecting the sale.

This action would serve as a safeguard to obviate any claim subsequently arising from the previous registered owner.

Stay safe this summer, offered Lt(N) Ansley.



With winter melted away and children dusting off their bikes to navigate around the Base, motorists are reminded to be vigilant when driving at this time of year.

Photo by Jules Xavier

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Base Surgeon says EpiPen manufacturer has recall

Shilo Stag

The manufacturer of EpiPen and EpiPen Jr is conducting a voluntary recall of certain lots that may contain defective parts, resulting in a failure of the device.

According to 11 CF H Svcs C CO Maj Keith Wilson, the affected lots are: EpiPen: Lot 5GU763, expiry date May 2017 and EpiPen Jr: Lot 5GR765, expiry date March 2017.

Pfizer, the manufacturer of EpiPen and EpiPen Jr, in collaboration with Health Canada, is conducting this voluntary recall of certain lots since they may contain defective parts that could result in the auto-injector failing to activate or requiring increased force to activate.

This voluntary recall is being conducted as a result of the receipt of two previously disclosed reports outside of Canada of failure to activate the device due to a potential defect in a supplier component.

The potential defect could make the device difficult to activate in an emergency — failure to activate or increased force needed to

activate — and have significant health consequences for a patient experiencing a life-threatening allergic reaction (anaphylaxis).

The incidence of the defect is extremely rare and testing and analysis across the potentially impacted lots has not identified any units with a defect. However, the recall is being conducted in Canada out of an abundance of caution.

Any military member who has one of these devices should contact the 11 CF H Svcs C pharmacy to arrange for an exchange of the affected EpiPen, as soon as possible," said Maj Wilson.

"The affected EpiPen should be retained until it can be exchanged. In the event of an anaphylactic or serious allergic reaction occurring prior to the affected EpiPen being exchanged, it should be used and medical attention should be sought immediately."

Complete information regarding the recall can be found on the Health Canada website at the following link <http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2017/62872a-eng.php>

Military patients should verify whether they are in possession of the affected auto-injectors. They are asked to contact 11 CF H Svcs C pharmacy to arrange for a one-for-one exchange of their affected EpiPen.

Military patients should retain their affected EpiPen until they have been exchanged. If you experience an anaphylactic or serious allergic reaction prior to it being exchanged, you are asked to use the EpiPen and seek immediate medical attention.

Any non-military members affected by this recall should contact their pharmacy to arrange for replacement as soon as possible.

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Base kitchen open

After being closed for a number of months to have work done inside, the Base kitchen is back in operation, with hungry soldiers lining up for a hearty lunch. Food preparation is done behind the scenes (right), with kitchen staff preparing ingredients for salads.

Photos by Cpl Bryce Cooper



CFB Shilo will be hosting the Manitoba Powerlifting Association sanctioned **WESTMAN STRENGTH CLASSIC**

April 22, 2017 (10:00 - 18:00)
Community Centre Annex (Bldg L25)

For more information, or to register, contact a meet director:

Amanda Moffitt amandamoffitt@gmail.com (204) 571-6124	Joe O'Donnell joedonnell23@gmail.com (204) 721-3807	Jennie Wilson jennie_wilson@live.com (204) 730-0297
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A three-bedroom home with two baths, and features a large stone fireplace, and custom cabinets throughout, as well as granite, stone accents and oak plank floors. There is central air/VAC as well as a heated workshop. A large garage is attached to the home. A 20x40-foot chain link dog run, fruit trees and a flower garden are also on the five-acre lot.



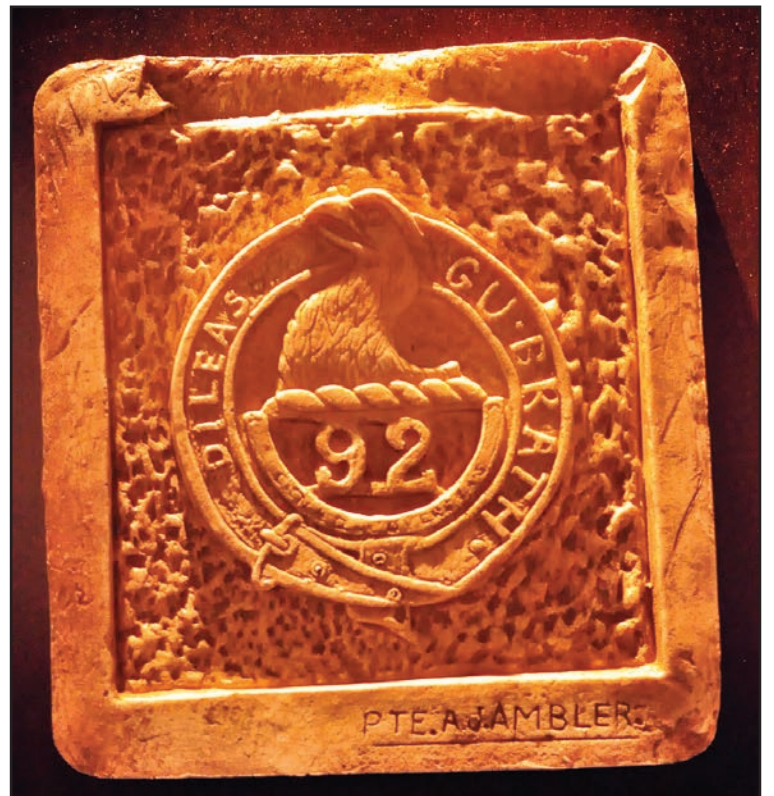
Contact Lou at 204-763-4924



Pte Randall Hays was with the 44th Battalion during the Battle of Vimy Ridge, returning to France after recovering from a wound he sustained in July 1917. He survived that battle, but was KIA on Aug. 15, 1918 and has no known grave. His name is carved among the missing on the Vimy Memorial. His family received the death 'penny' from the British government. *Photos by Jules Xavier*



The temporary exhibit looking at the centennial of the Battle of Vimy ridge features carvings done by Pte Ambler (right) while waiting to go into battle, and a German gun, like the one pictured with soldiers.



RCA Museum looks to bolster memberships

Sarah Francis
Shilo Stag

Updated technology and new exhibits make their way to the RCA Museum, thanks to the help of your memberships.

Memberships for this CFB Shilo venue featuring an outdoor gun park and other artillery artifacts can be purchased for individuals, families, or by a corporation or association.

"It helps us a lot. Memberships support our mission of advancing the history and heritage of the Canadian [Armed] Forces ... notably the Royal Regiment of Canadian Artillery," explained museum director Andrew Oakden.

Memberships give you access to the museum for free for the year, informative newsletters, as well as invitations to special events. Membership options range from \$30 to \$300.

"For families, everyone gets in free for the year. It's \$50, with the same stipulations," said Oakden.

"For the corporates, right now we have four and

we'd like to have more. It's \$300. You get the newsletter and you get a directors tour from me for up to 20 people. That includes the museum, wherever you want to see. We'll show you our great collection of vehicles, the archives ... I'll give you a personal tour of the gun park."

He added, "Right now you only get to see one part of four, which is the museum. I can show you the other three parts as well."

A temporary exhibit detailing the Battle of Vimy Ridge just opened on the centennial anniversary. The exhibit for this Great War battle features updated technology for museum goers to check out. Oakden said some of the museum's technology is a decade old, so staff are making updates.

"Right now we're updating a lot of our inter actives. Our Be a Gunner exhibit is being updated right now," he said. "We just updated our Great Gunner exhibit and just completed the 3D touch screen interactive on Vimy Ridge."

He added, "It's a touch screen. It's a battlefield simulation. You can play with the battlefield and see as the Canadians advanced on the line from April 9, 1917

to April 12. It shows how they took the ridge."

The 3D exhibit offers another way to immerse yourself in history. "We have it on the floor, so people can walk over it," said Oakden.

Being interactive with exhibits and history seems to appeal to kids. It's with your help the museum is able to offer families these opportunities.

Speaking about the RCA Museum's outreach during this year's recent Royal Manitoba Winter Fair, Oakden said children could not get enough of the exhibits brought to the Keystone Centre.

"Memberships go towards things such as advertising, artifact acquisition and outreach," he noted. "We [had] a 50-foot display at the Royal Manitoba Winter Fair, which is paid for by mostly outreach money."

He said children still love to see military equipment and will line-up to climb in and around them.

Other events which the RCA Museum is involved in include the Brandon Summer Fair and the Travellers Day Parade, Shilo Family Day and Canada Day.

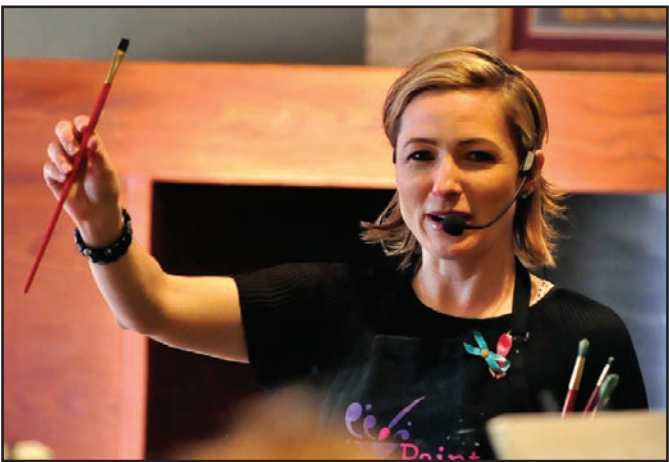
If you'd like to support the museum, membership applications can be filled out online or at the RCA Museum. Visit www.rcamuseum.com

PAINT NITE



COS Maj Katherine Haire adds paint to her canvas.

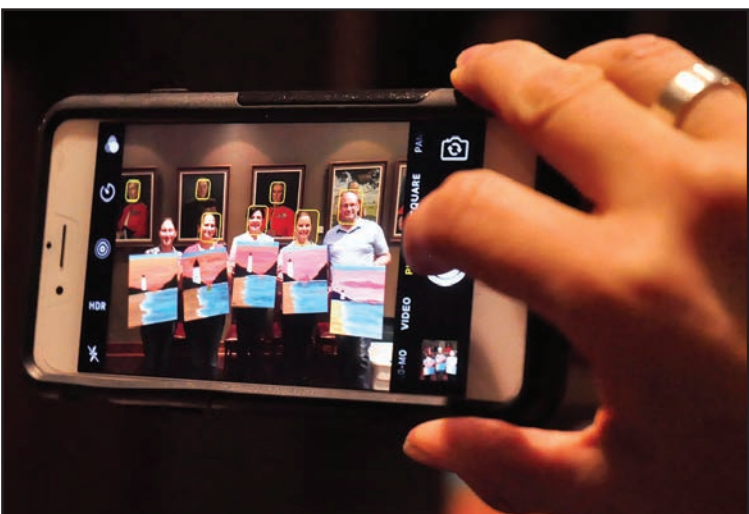
Colourful brushing creativity with CFB Shilo officers' mess the artistic venue for an inaugural Paint Nite with instructor Shane Robins. This evening event which ran for more than two hours, featured 39 artists taking part, with a sunset on the ocean as the subject matter. However, participants were able to deviate away from the subject — and create something on their own, or show off their own creative bent. *Photos by Jules Xavier*



Instructor Shane Robins talks about brush sizes.



Detail done on a lighthouse with a smaller paint brush.




Instructor Shane Robins takes a group photo on her cell.



Capt Steven Sloat adds highlights to his waves. Katie Ansley (top) is watched as she paints.

Cliff CULLEN
MLA for Spruce Woods



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www.davetown.remax.ca

RE/MAX Vallevue Realty Ltd.
1040 Princess Ave. Brandon, MB R7A 0P8

Shilo Theatre
(Located in the General Strange Hall)

April 21 Secret Life of Pets Rated G
April 28 A Dog's Purpose Rated PG

Children aged 10 and younger require adult supervision at all times.
All movies start at 6:30 p.m. Doors open at 6:15 p.m.
FREE GSH popcorn — h2o from CANEX

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

Experience
Shilo Golf
Great fun for Military Families!




Members receive **20% off**
(Does not include alcohol)
at **Rick's**
Restaurant & Bar

- 2017 early bird memberships \$649!
- CPGA professionals on-site to teach your family. Introductory FREE first lesson!
- Membership gets your kids access to Westman's best junior golf programs!
- Includes FREE winter golf school privileges.
- Kids 15 & under play free with an adult.
- Allotment monthly payment plan available to all military personnel.

2017 SHILO CC EARLY BIRD MILITARY RATES	
SINGLE ADULT	\$649
STUDENT (UNDER 25)	\$449
JUNIOR (18 & UNDER)	\$149
FAMILY (2 ADULTS-2 KIDS)	\$1199

RATES EXPIRE DECEMBER 15, 2016

Customized memberships for those being posted, on exercise or away from base for a period of time during the golf season!

Westman's Best 18!
CFB SHILO

shilocountryclub.com  



A/B Coy champs

Finishing first overall during the 2016-17 intersection hockey league play at Gunner Arena, 1RCHA B Bty faced 2PPCLI A/B Coy in the final. The action around the net during all playoff rounds was fast and furious for the goalies, including WO Jason Simpson. A/B Coy scored with 26 seconds to play to triumph 7-6.

Photos by Jules Xavier



What did they just say? Military speak like FOB, Cornflake part of soldier's work vocabulary

Brooke Belliveau
Borden Citizen

Like members of any group, the men and women of the Canadian Armed Forces (CAF) have developed sayings and slang terms that may make the majority of us scratch our heads.

Let's unearth the meanings of some of the sayings you may have heard while strolling through CANEX, working out at the gym, or out and about the Base.

After Supper Soldier — a reservist who conducts training on weekday evenings and weekends.

MRE — the abbreviation for Meal Ready to Eat, a soldier's food while in the field.

Black Cadillac — refers to combat boots. Used ironically to reference a mode of transportation.

Bravo Zulu — Bravo Zulu originally comes from the Allied Naval Signal Book, an international navel signal code adopted after the North Atlantic Treaty Organization (NATO) was created in 1949. Whenever something (task/mission) was done well the signal was sent to convey "well done."

AWOL — pronounced A-wall. Means absent without leave.

Boat — if you ask a sailor, a boat is a submarine. If it sails above the water, it's a ship.

Cornflake — a tri-service cap badge affixed to a new CAF member's beret in his or her early recruit stages, prior to wearing the badge of a given branch or regiment, or regimental headdress. It displays the crossed swords (land), bird (air), and anchor (sea). Its shape and colour resembles a piece of corn flakes cereal, hence its name. Recruits wear the cornflake until they have reached a certain level of qualification. "Cornflake" also serves as a term for a member in this early stage of his or her career.

Bang Stick — a term used for the C7 rifle, the weapon commonly carried by members of the CAF.

Cadpat - Canadian Disruptive Pattern — a digital camouflage pattern worn by members of the CAF. Also referred to as "relish" or "green pyjamas." Or the "you can't see me suit."

FOB - Forward Operating Base — a secured and established Base in the field. A FOB contains structures such as quarters, a hospital, latrines, a mess, and more.

Secret Squirrels — refers to members of the Special Operations, Joint Task Force 2, due to the high security clearance required, and the secrets that go along with being a member of such a unit.



Just need a frame now!

There were promotions and medals/clasps handed out April 14 at Base HQ. G3's Maj Lindsay Jackson received her CD, while WO Guy Croteau from finance was presented his clasp for his CD from BComd LCol John Cochrane and BRSM CWO Don Askeland. It finally arrived in the mail — G4 Operations Officer Capt Chris McDonald (above) was presented with his commissioning scroll. Arriving at HQ in a suit, BPSO Lt Brad Knoll was surprised when he was called up to receive his captain promotion.

Photos by Jules Xavier



Capt Knoll



WO Croteau

GSH Bowling Alley
 Open bowling for all ages
 Saturday 2 to 4 p.m.
 Sunday 2 to 4 p.m.
 Adult: **\$2.50** per game
 Youth: **\$2.25** per game
 Child: **\$2** per game
 Shoe rental: **75 cents**
 Prices subject to tax
 Ask about Glow bowling birthday parties!

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

The Brandon Women's Resource Centre presents

Hearts to Home Gala

a fundraiser to help the centre find a new home

Saturday May 13, 2017

Doors & bar open at 6pm, Dinner at 7pm
 Canadian Forces Base Shilo Officers' Mess

\$75 tickets
 Table for 8 receives 2 bottles of wine
 Includes
 4 course meal, silent auction, wine pull, return transportation from Brandon and after dinner live entertainment from **DIRTY CATFISH BRASS BAND**

Tickets available online at www.thewomenscentrebrandon.com
 For more information email director@thewomenscentrebrandon.com or phone 204-726-8632

Facebook | THE WOMEN'S RESOURCE CENTRE | CFB SHILO

Deadline for sign-up May 5

SCAN seminar runs May 10 to 12

Capt Bradley Knoll Stag 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 work-force following their military service; others choose to hang up their uniform and live the good life.

Either way, the CAF recognizes 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 spring's three-day SCAN seminar runs from May 10 to 12 at 1RCHA's 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 over 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 re-

lease process and SISIP Financial 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 by going to the CFB Shilo homepage.

Go to the link on the bulletin board section.

Complete and submit the registration form no later than May 5.

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.

Capt Bradley Knoll Base Personnel Selection Officer

WESTMAN'S BIGGEST **FREE** Canada Day Celebration

CFB SHILO

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SHILO SHOW&SHINE CAR SHOW

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Family activities: foam party, obstacle course, dunk tank, and more

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The Brandon Sun

Puck stops at goal-line for atom goaltender

Jules Xavier
Shilo Stag

Canada's top female goaltender Shannon Szabados, who recently backstopped her team to a silver medal at the women's world hockey championship, played with boys when she started her minor hockey career.

She made the transition to playing on an all-girls team when she joined the national program. Prior to this she honed her goaltending skills facing the opposite sex in the WHL with the Tri-City Americans, played college with NAIT in Edmonton, Alberta and then professionally with the Columbus Cottonmouths.

The 30-year-old goaltender is a role model for the likes of CFB Shilo's Kateri Mills, who started stopping pucks while playing HIP hockey five years ago at Gunner Arena.

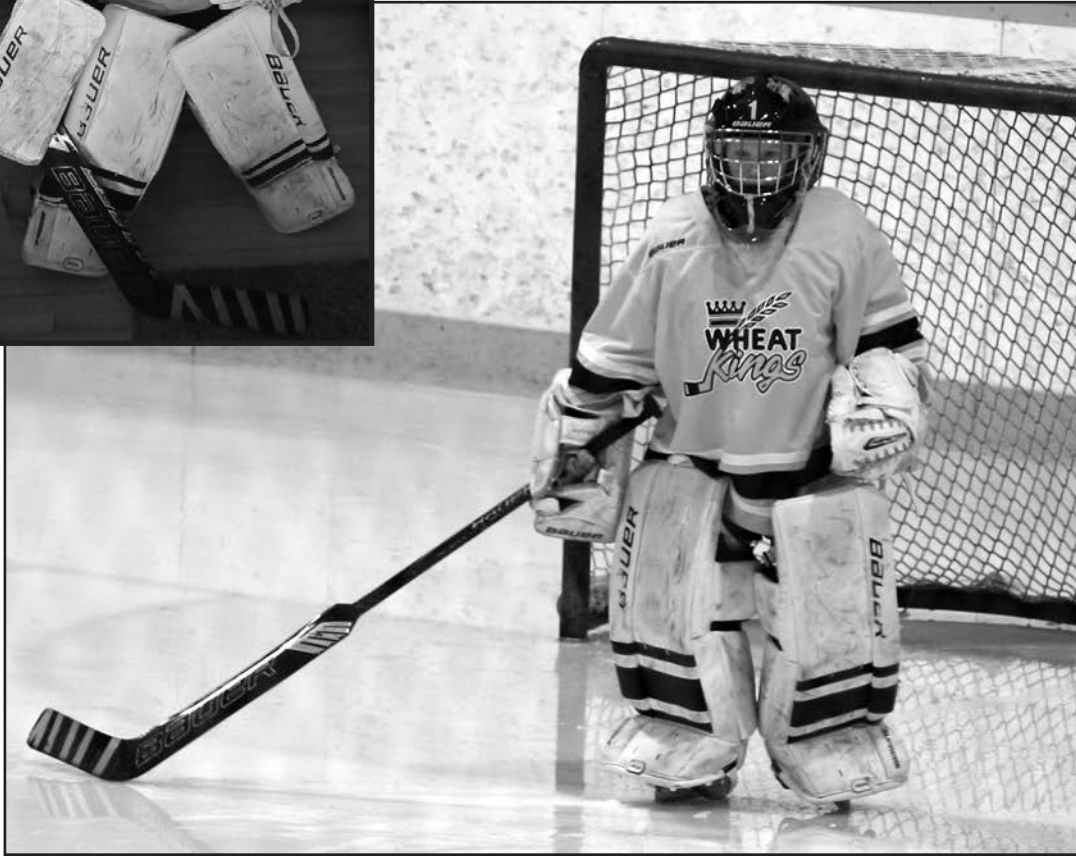
Turning 10 in July, Kateri enjoys the challenge of stopping pucks using her butterfly style. It was that reason she wanted to be a goaltender when HIP players did not wear netminder gear. She had the goalie stick, but it wasn't until she moved up to novice that belly protector, mask, blocker, glove and pads became part of her pre-game ritual being dressed with help from dad — MCpl Jeff Mills of Base Ops, but recently posted to 1RCHA.

"I like to stop pucks," the fifth grader at O'Kelly School told the *Stag*. "I wanted to be a goalie because I find it challenging."

Born in Brandon, Kateri's strength between the pipes is her glove hand. Opponents thinking they can bury the puck up high are in for a surprise.

She concedes her weakness, as with most goaltenders, is her blocker. With this knowledge, she works hard in practice to improve on stopping pucks with this piece of unique goalie equipment.

While she also tried skating as a forward, and enjoyed scoring goals, the call of the net has meant she's focused on being the best goalie she can be — and



Just shy of her 10th birthday, atom goaltender Kateri Mills (inset) strikes a goalie pose in her Q living room for *Stag* photographer Jules Xavier. Her mom took the action shot with Kateri relaxing in her crease during a recent atom girls' tournament held at the Sportsplex in Brandon. Kateri and her teammates were victorious in four games to garner gold.

looking forward to the day she'll strictly play with her peers.

This past season, she played house league on the atom Purple Panthers. But also joined Brandon's AA atom girls' team.

This team took part in three tournaments, winning bronze in both Kenora, Ont., and Winnipeg. This

in the championship tilt. Another medal to go with her growing hockey trophy collection.

While playing with the boys still interests Kateri until she's able to transition to just playing with girls when she moves up to peewee and bantam in Brandon, it was a game against a girls team from Brandon that piqued her interest. She was in novice playing for the Shilo Sentinels out of Gunner Arena.

"When we played [the girls] I thought it would be fun to be on an all-girls team," she shyly recalled. Being interviewed about her love of hockey, and being a goaltender, was something new for the four-foot-seven, 65-pound netminder.

While she has no superstitions when it comes to being a goalie — goaltenders are known to be quirky because they want to put themselves in front of pucks — Kateri does follow one regime prior to games.

"I have my mom's homemade protein balls," she said.

A fan of the NHL's Toronto Maple Leafs, her favourite goaltenders are former Leaf puck-stoppers: Jonathan Bernier and James Reimer.

Closer to home, she would watch intently former Brandon Wheat King netminder Jordan Papirny, who was traded away at the deadline this past season.

"I have his autograph," she said.

With another hockey season in the books, Kateri is looking forward to her sophomore season in atom for the 2017-18 season. She might attend hockey school in the summer, but dad might just let her enjoy summer vacation after moving from the Base to a new home in Brandon.

And there will be no goalie pad cleaning for Kateri.

Dad jokes, "She wants to have them cleaned, but I ask her why she would want to erase the puck marks showing where she's made saves."

Call those marks, like former Boston Bruin goaltender Gerry Cheevers having stitch marks painted on his mask where the puck went off his head, badges of honour.

FEATURE PROPERTY

Wawanesa house on the River - \$177,500



4-bedroom home with a spectacular view of the Souris River. This character home is located in lovely Wawanesa. Very large fenced yard backs onto the river. Sit on the back deck and enjoy the warm summer days, or head inside and appreciate 1,550-sqft of this air-conditioned home. Enjoy the country life while having all amenities Wawanesa has to offer: arena, pool, water park, daycare, public school. Only 15 minutes away from CFB Shilo or about 40 minutes to Brandon.

It offers a basement, original hardwood floors, wood burning fireplace (currently not operational), and a single car garage. This could be your opportunity for home ownership. Don't wait, call today to schedule your private viewing.

\$215,900 - Indoor Pool and Hot Tub - MLS - 1705313



This exceptionally well built home has lots to offer. Recent upgrades include new high-end laminate, drywall and paint in the basement, tiled back splash in the kitchen, all new doors on the main floor. It boasts cathedral wood ceilings in the living room, kitchen and dining area. The master bedroom has his/her closets, and a two-piece en-suite. Indoor swimming pool and hot tub just off living room. Outside is a car port and a carpeted/roofed patio. The huge backyard is fenced. Great for storing your toys, or letting your pets enjoy all the open space. The finished basement has lots of room and a fourth bedroom. Located in Killarny.

piece en-suite. Indoor swimming pool and hot tub just off living room. Outside is a car port and a carpeted/roofed patio. The huge backyard is fenced. Great for storing your toys, or letting your pets enjoy all the open space. The finished basement has lots of room and a fourth bedroom. Located in Killarny.

\$289,900 - Dream Garage in Carberry



This stylish residence is nestled on a large level lot in a desirably tranquil crescent. The house comes complete with a fully finished basement, a welcoming kitchen/dining area, two newly renovated bathrooms, three bedrooms on the main floor, and a fourth in the basement, and a 3-season sun room. The large double garage is insulated, drywalled and painted, with a door leading into the huge backyard, perfect for summer barbecues.

You'll love the convenience of central vac, central air and appreciate the high efficiency furnace, water softener, and newer shingles. This home retains the value of peaceful living in a small town while being conveniently close to shops, schools, and transport. Sale includes stainless-steel appliances.



Call KEVIN GREGORY 204-740-0090
kevingregory@royallepage.ca • www.brandonrealtyservices.ca

\$409,900 - Your Dream Property is Waiting



This classic Cape Cod style home sits on a private 5.6-acre property. A short drive south of highway one is where you will find this 2,676-sqft home. The stately entrance way showcases the beautiful hardwood floors that run throughout the majority of the home. The large main floor offers three bedrooms, including master bedroom with four piece ensuite that includes a Jacuzzi

tub, and walk in tiled shower. The custom kitchen has maple cabinetry, a centre island, tile back splash, custom lighting and granite counter tops. Large living room, and dining room. Main floor laundry. The upper level has one bedroom, a 3-piece bathroom, and media room. The lower level is 1,456-sqft of entertaining space with storage room, and 2-piece bathroom. The property also features an attached double car garage with in-floor heat, back deck, and storage shed. A great property offering walking paths, quad paths, and perfect to enjoy outdoor living.

\$159,900 - Cheaper than rent - MLS 1705227



Your opportunity to own your own home for less than you pay for rent. This charming house offers 2-bedrooms, one remodelled bathroom. So much character in this home, including original hardwood and trim. Updates include new shingles, gutters, soffits, sidewalk and exterior paint in 2013. Hot water tank, deck, light fixtures, interior paint, main water stack, new plumbing, washer and dryer plumbed in 2015 and 2016 saw the yard professionally landscaped front and back with Kentucky blue sod, parking pad and chain link fence. Several windows have been replaced. Single car garage is insulated. Very low taxes - \$832 after rebate. Close to schools.

\$329,900 - Carberry Gem



Custom built 3-bedroom bungalow, a treasure that must be seen. New siding, windows and doors. Heated attached garage has room for two big cars plus bikes, tools and toys. Dining room opens on to the over-sized deck for summertime enjoyment. Yard is home to a vegetable garden and large storage shed built on a cement pad with electricity. The finished basement offers another bedroom, office and large rec room. Too many upgrades and features to list! Call Kevin Gregory today to arrange your private viewing before it's gone.

Call Kevin Gregory today to arrange your private viewing before it's gone.

\$349,900 - MLS 1708021



This immaculate 3+1, 2-story house backs onto a beautiful green space. Built in 2008, this home boasts 3.5-baths. Gas fireplace, double garage, deck, fenced yard, and even a pond. The living room has cathedral ceilings, open to the second floor. It can be found on a quiet bay, in a sought-after neighborhood. Enjoy the fully finished basement and main floor laundry. All the kitchen appliances, which are stainless steel, plus, washer, dryer, central vac and window coverings are included. Lots of windows to let in natural light, overlooking Parkdale Park. Come by and take a look, you'll see why this is the perfect family home.

Come by and take a look, you'll see why this is the perfect family home.

\$116,900 - Condo Life - MLS 1705236



Live in your own condo and pay less than rent. One bedroom on the second level. All new flooring, fresh paint, new blinds, lights, and oven range hood. This unit is excellent for either owner occupied or as an investment property. Just imagine, Enjoying the summer from your private balcony!

\$375,000 - R&M Homes Spring 2017 Brookwood Development Special



I am pleased to announce a new series of lots available for sale in the Brookwood Development where you can enjoy a brand new 3-bedroom, 2-bathroom bi-level.



Ukrainian plates

Before German soldiers left for home after their training at CFB Shilo, many packed licence plates they collected while here. It was a unique souvenir they brought home with them, according to retired Canadian Armed Forces (CAF) soldier Lewis Risser. A collector himself, Risser started carrying plates in a store he ran on the Base, with the Germans purchasing what he collected, including plates he would obtain by visiting vehicle wreackage businesses in Westman, as well as when he travelled to North Dakota en route to licence plate conventions. While overseas as part of Op UNIFIER, 2PPCLI's MCpl Brad LeBel was given two plates, the bottom one hand-painted and used on Ukrainian military vehicles. A soldier he befriended while providing training found him two discarded plates which he brought home to hang in his man-cave.

Photo by Jules Xavier

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

April 27 at noon

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

Services



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

**Our Lady of Shilo
Roman Catholic Chapel**
Sunday at 10:30 a.m.
Faith Studies Tuesday 18:30
Confessions by appointment
Padre Ihuoma - ext 3089

Services

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Employment

CANEX WANTS YOU:
Clerk/cashier part-time posi-
tion with 13 to 32 hr /week re-
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ment supervisor, a clerk/cashier
scans customer purchases, pro-
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stocks shelves, counters and
display areas with merchandise
and keeps stock in order. He/
she performs cleaning duties
as required. Starting salary for
this CAT 1 position is \$11.68
per hour, and after two-month
probation increases to \$11.94.
Apply in person at CANEX
admin office, or NPF Human
Resources office at Base HQ.

Tree Planting

1st Shilo Scouts are looking for acreages to plants trees on in the
spring. If you are interested contact Linda Levesque at 204-765-
3000 ext 3396 for more information.

Automobile For Sale

2014 Red Dodge Grand Caravan Stow N Go Crew, 103 K, safety-checked, 3.6 litre V6, automatic, front-wheel drive. Comes with winter tires, heated front seats & steering wheel, tilt/telescope steering column, adjustable pedals, power windows, door locks, fog lights, 220 V power inverter, electronic information center, interior bike storage, fuel economy mode, aluminum wheels, rear back-up camera, rear passenger climate control, roof luggage rack, sun roof. Asking \$16,000. Dial 204-763-4357.

SOLD

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Sarah Francis at stag@mymts.net
or call her at 204-765-3000 ext 3013



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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.

O'Kelly School visits Base HQ



As part of their anti-bullying rally, O'Kelly School students visited Base HQ to invite BComd LCol John Cochrane and this team to visit the public school to take part in a number of anti-bullying events. The Canadian Army's mascot, Juno, also took part. MP Cpl Derrick Booth (inset) kept an eye on the rear of the parade.



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