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Volume 56 Issue 4



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February 23, 2017

INSIDE
This Issue



Saskatchewan lake named after soldier. Page 3



Shilo Stag celebrates 70th anniversary. Page 5



Soldier writes home from Poland. Page 6



Celebrity visitors

It was a hive of activity at L25 during the annual Winterfest, especially if you were a fan of *Frozen* and *Batman*. As part of the indoor festivities, PSP organized a visit by the Cape Crusader Batman as well as for fans of the Disney animation *Frozen*. Queen Elsa was on hand, and quickly surrounded by curious and sometimes shy youngsters dressed as their favourite *Frozen* princess. For the outdoor enthusiast, there were snowmobile, horse-drawn sled, and couch rides. For more visuals from Sarah Francis, see page 12.

Army cadet MWO Evan Dyson puts his classroom sessions to practice while ice climbing in Canmore, Alberta.



Army cadets hone winter skills with trip to Alberta

2Lt Betty Froese Stag Special

Teenager Evan Dyson was recently on a Wild Winter Expedition in Canmore, Alberta, and found himself clinging to the side of a frozen waterfall high in the Rocky Mountains.

MWO Dyson has been a member of Brandon's 2520 Royal Canadian Army Cadet Corps for more than four years and was one of 10 gold star cadets from across the prairie provinces chosen for this excursion in March.

The team first had classroom time, with instructors from Yamnuska Mountain Adventures, before hitting the slopes of snow and ice. Expedition training included winter camping, ice and mixed climbing activities and alpine ski touring, all in the beautiful terrain surrounding Canmore.

"We went to Mount Chester and that's where we first did our skiing and more practical portion of our avalanche training," recalled 16-year-old Dyson. "The next few days were spent skiing and mountain climbing. The original plan was to do a three-day expedition but plans got changed and we did three one-day excursions. By doing that, we got to do more avalanche training."

As the first portion of their expedition was avalanche awareness training, and a variety of additional survival skills, both in the classroom and out on the mountain, the second leg of their excursion brought them to frozen waterfalls.

"Now we needed to learn how to ice climb," said Dyson. "We started in the classroom again, and then took our training out to the waterfall. We went to a place right next to Canmore to learn the basic techniques of ice climbing."

The team had practiced their ice techniques at King Creek where more intensive climbing readied them for the greatest challenge and the steepest ice wall yet, that being the Wedge Smear.

It was here where the youth learned about ice screw placement and anchor building, and they reviewed their over-all climbing skills once again. Weather and safety briefings were held each morning before setting out into the Canadian wild.

The Vincent Massey student said he was feeling apprehensive about being at these elevations.

"We went to the more advanced area of ice climbing which was my favourite place. It was really high up and it was a frozen waterfall. It was very nice but I was really nervous the whole time because of the slippery slope all the way down to the bottom of the

mountain."

The Wild Winter Excursion team then strapped on the skis and headed for the slopes. Their Alpine Ski Tour reached Boom Lake, Bow Summit and Black Prince, and continued in the avalanche awareness and recovery training.

Dyson said out of all the new experiences in his avalanche adventure, there are a few he won't soon forget.

"A highlight for me is when we did the off-trail skiing down the side of the mountain at the tree-level terrain, because that's the stuff you see in the Redbull commercials and it's what the professional skiers always talk about, the fresh powder."

He added, "My favourite part of the entire thing was that, but then a close second would be on the second day of ice climbing, and just being in the bottom of the canyon and the river is running next to you. That was really nice."

2520 RCACC Cadets parade each Wednesday evening from 6:30 to 9 p.m. at the Brandon Armoury located on Victoria Avenue in Brandon, as well as at the MPTF building at CFB Shilo.

For more information on the 2520 Army Cadet Corps in Brandon and Shilo, visit www.2520armycadets.com.

Pet of the Week



DAISY

This is Daisy. She is six years old and loves to sit on the couch looking out the window. She is the middle sister of our three fur babies, and loves to beat up on both of her siblings. 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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Geomemorial recognition for soldiers Saskatchewan lake named after Capt Nichola Goddard

Stag Special

There's a lake in Northern Saskatchewan bearing the name of an 1RCHA soldier killed during the Afghanistan War.

Goddard Lake has been named after Capt Nichola Goddard, who died in a fire-fight in May 2006 while serving with 1RCHA in Afghanistan.

Two other lakes in northern Saskatchewan have been named after soldiers from Princess Patricia's Canadian Light Infantry who also died serving their country in Afghanistan.

The geomemorial recognizes the sacrifices of individuals who were born or spent time in Saskatchewan and who gave their lives in service.



Capt Nichola Goddard

Besides Goddard Lake, Greff Lake bears the name of MCpl Byron Greff, who was killed in Kabul in October 2011, when the armoured bus he was in was rammed by a car packed with explosives.

Anderson Lake recognizes Cpl Jordan Anderson, who was killed by an improvised explosive device while he was on patrol in the Panjwaii district in July 2007.

About 4,000 locations across Saskatchewan bear the names of individuals who have been recognized since the program began in 1947.

Other honoured this year include:

- Pte Alfred Blair, member of the 1st Canadian Parachute Battalion in the Second World War, who was KIA (Killed In Action) in June 1944 (Blair Lake).

- Cpl Willmit Willows of the Calgary Highlanders, who was wounded during bombing in France and died in July 1944 (Willows Lake).

- Capt Juli-Ann MacKenzie of the Royal

Canadian Air Force (RCAF), killed with her co-pilot in July 2002, when their helicopter crashed during bad weather while on a search-and-rescue mission in Labrador (MacKenzie Lake).

- RCMP Const Derek Pineo, who served with the Nipawin and Wilke detachments and was killed on duty when his vehicle hit a moose in July 2012 (Pineo Point).

- Calgary journalist Michelle Lang, who was killed while covering the Afghanistan War when the armoured vehicle she was riding in hit a roadside bomb in December 2009 (Lang Bay).

Former sniper wants soldiers' stories for his next book

Stag Special

If you are an active soldier in the Canadian Armed Forces (CAF) or veteran, retired MCpl Jody Mitic wants to include your stories as part of a compilation he is releasing with Simon and Schuster Canada.

Recently at the Junior Ranks for a Shilo MFRC speaking engagement, Mitic, a 20-year veteran of the CAF, led a sniper team during seven years of service and three active tours of duty.

The course of Mitic's life was forever changed during a 2007 mission in Afghanistan where he lost both legs.

What followed was a remarkable recovery, which would lead him to other incredible achievements, like starring in the hit reality TV show *Amazing Race Canada* and winning a seat as an Ottawa city councillor for Innes Ward.

In 2015, he shared his story with the world through his memoir *Unflinching: The Making of a Canadian Sniper*.

The book has since become a best-seller and now Mitic is calling on his

fellow past and current CAF members to share their stories of danger, peril, bravery, and resilience with him for his next book.

Stories can be submitted using the following instructions. Before doing so, keep in mind the main guidelines:

- Stories should be written in the first person and have a beginning, middle and end;

- They should be about you and one experience;

- The story should not be an essay or a journalistic article — it should start in the action and draw the reader in. See an excerpt from Mitic's memoir on his author page;

- Don't be afraid to speak from the heart; and

- Keep your story to 3,500 words or less.

To submit your story, visit the following link www.content.simonandschuster.ca/soldier-stories/index.html

Click the submit tab in the top right-hand corner of the page, and fill in the form.

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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:

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Looking to make healthier choices when it comes to your diet? If so, look for the BeneFit signs placed around CANEX which tells you a certain product is a healthy choice — like chocolate milk. *Photo by Jules Xavier*

CF Appreciation

New, improved website launched

Stag Special

Since 2011, the CF Appreciation program has offered a variety of discounts to currently serving members of the Canadian Armed Forces (CAF), veterans, and their respective families in recognition of their sacrifices and dedication.

To help the entire CAF community to save on a daily basis, no matter where they are, www.CFAppreciation.ca has been updated with a modern “look and feel” that will allow users to find customized offers around them.

Users will be able to access the website wherever they are and on any hand held device from Smartphone to tablet to computer.

The site will also feature a new, more intuitive design making searching easier by keyword, location, and company name, offering users customized search results.

In addition, users will be able to access their CFOne Card on their Smartphone, ensuring users always have their ID on hand.

Special features include: Mobile-friendly browser support; geo-location functionality and easier to find what you're looking for.

“I am excited to see first-hand the launch of the CF Appreciation mobile-friendly website,” said Commodore Sean Cantelon, Director General Morale and Welfare Services.

“Whether in Canada or abroad, you can now easily see all the discounts and savings around you, on your tablet or phone in the area where you will be traveling.”

“On behalf of the [CAF] community, I am grateful for all industry partners that are part of the CF Appreciation program. I look forward to continued growth in this regard.”

With the aim of expanding its audience of users, new industry partners, including those local, regional, and national, have been approached to offer discounts, while some existing industry partners have chosen to enhance their offers, further increasing benefits to the CAF community.

At home, on the road, or abroad, www.CFAppreciation.ca wants to ensure you will have easy access to all discounts at your fingertips. Saving together will never be so easy. Visit www.CFAppreciation.ca to see for yourself. Or connect with the CF Appreciation team at 1-855-235-3099 for more information.

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Observer staff aids printers

When it came time to beat it off to Brandon to some proof reading of the first edition of *The Shilo Observer*, the staff really let itself in for something.

Arriving at the printers — Monarchs in Brandon — at about 6:00 p.m. Wednesday evening, the staff found the printers in a very precarious predicament. One of their men, the day before, had placed his hand where he shouldn't have, and had some of his fingers taken off, with the result that he now lay in hospital, leaving the ringers with insufficient help.

Knowing nothing about the printing game did not deter our staff the least bit. At any rate they were willing to learn in a hurry. There was the business of compositing, the hand-setting (of type), and many other details.

Compositing wasn't too bad, but the business of type-setting proved to be too much. Drawer after drawer of different sizes and styles of types lined the walls. "How do you manage to know where each letter is in these drawers?" asked our editor. A blank stare apparently meant that they knew exactly where each letter was to be found.

Then spotting a drawer which had the words 'Old English' printed on the side, the editor said: "Oh, now I see it. Each drawer is marked with the kind of type."

"Oh, no," answered the printer, "that isn't Old English. It's over here!"

This was too much, and the conclusion was drawn that this must be common to all printers so that a code could be used to keep the average layman from becoming a successful printer.

A couple of hours later, after the preliminary confusion, two pages were set up ready for printing. Off came the proof copies. "H'm" — not bad," mused the advertising manager. Then everyone buckled down to reading the pages, and it is surprising how many little errors you can find once you start to look for them. And some of them do slip through too.

"Hey, what's this?" someone shouted. "There should be only one 'M' in 'Coming Events', not two" This meant, of course, that the frame holding the type in place would have to be loosened, and the extra 'M' would have to be removed.

When the hour hands neared midnight, and when two pages were completely run off, the staff decided to call it a night. But was the excitement over? Not on your life! The advertising manager was sent to find the driver. Fifteen minutes later he returned. The

driver was nowhere to be found and there the staff was, stranded in Brandon at midnight.

Frantic phone calls followed, by which it was found that there was still a 3-ton (sic) lorry in town somewhere. Twenty minutes later, the truck had been found and the staff climbed aboard and headed for home, and some well-earned rest.

Seven miles out of Brandon, the staff became involved in a vehicle accident which necessitated calling the Mounties. That little party didn't break up until 4:00 a.m.

But did the staff regret going in to the printer's that night? Well draw your own conclusions, reader, for if they hadn't gone into Brandon, how else could this section of the column have been written.

Story from July 1947



THE SHILO OBSERVER Friday, August 29, 1947

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MEN'S Winter Overcoatings

Men's Winter Overcoatings

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An Eaton's ad from an August 1947 edition of *The Shilo Observer* when it arrived at Camp Shilo.

Message from General Officer Commanding Prairie Command

The G.O.C. Prairie Command, Brig, M.H.S. Panhale, CBE, in a personal message to the editor of the *Shilo Observer* Paper pays tribute to those responsible for the launching of this enterprise.

"There is no doubt in my mind that the publication of a newspaper is and indication of progress in any community. The first issue of the *Shilo Observer* will mark the beginning of a new stage in the growth and development of the military town of Shilo.

Freedom of speech is a great liberty that we are prepared to defend and nowhere has this principle been exemplified or more jealously guarded than in the press.

It will be the duty of (sic) the editor and staff of the *Shilo Observer* to press this tradition and this is to serve all those who support them. I feel confident if this tradition is followed the publication will flourish and the community will have the full (sic) support of myself and the staffs of Prairie Command. Accept our best wishes for success and prosperity.

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Advertising in *The Shilo Stag* from the 1960s (above and below) is a lot different today when you think the cameras being sold at Brown's Drug Store in Brandon are now collectibles or dust collectors on a photographer's book shelf. And check out the grocery prices offered on products sold at Safeway in Brandon.

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WAX BEANS 5:1.00
Canned Bacon 89¢
Marmalade 89¢
Skim Milk 3.10

BANANAS 6:1.00
LETTUCE 2:39
WATERMELON lb. 10¢
TOMATOES 29¢
CUCUMBERS 2:29

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Corned Beef 59	Beef Stew 2:99	Marshmallows 4:1.00	Cragmont 'Pop' 5:1.00	Potato Chips 49
ICE CREAM 99	ORANGE JUICE 6:1.00	LEMONADE 8:1.00	CREAM PIES 49	WHOLE KERNEL CORN or GREEN BEANS 4:89
SLICED BREAD 6:1.00	RAISIN BREAD 2:49	HOT DOG or HAMBURG BUNS 39		

SAFEWAY



Op REASSURANCE Land Task Force personnel complete a series of training exercises with NATO allies. Cpl MacDonald, a combat engineer, uses a Defensive Command Detonated Weapon (DCDW) C19 during a demolition session on the training range in Drawsko Pomorskie Training Area, Poland (below right). A member from the Polish military fires a Canadian General Purpose Machine Gun (GPMG) during a range day in Drawsko Pomorskie Training Area, Poland. A member of 2 Platoon 1PPCLI A Coy walks with a C6 General Purpose Machine Gun (GPMG) to the Tactical Assembly Area on Ex IRON SWORD in Silvestras Zukauskas Pabrade Training Area, Lithuania during Op REASSURANCE (below left).

Photos by Cpl Jay Ekin, Op REASSURANCE Land Task Force Imagery Tech

Op REASSURANCE

Letter home from 1RCHA soldier on deployment in Poland

MBdr Nicolas Thomson

Stag Special

Good morning, this is MBdr Thomson greeting you from Glebokie, Poland.

We are almost at the end of our deployment and I thought it would be appropriate to give an update on our recent assignments and exercises.

Since my last article, we have been busy participating in Remembrance Day celebrations at Vimy Ridge as well as with Commonwealth Remembrance ceremonies in Latvia, Ex IRON SWORD in Lithuania and Ex BISON DRAWSKO in Poland.

The first event I'd like to share was our Remembrance ceremony held Nov. 6 last year at the Vimy Ridge monument in Lille, France.

About half of the Land Task Force (LTF) made the trip to participate in the ceremony which was a once in a lifetime opportunity to remember the sacrifice Canadians before us made on that sacred ground almost 100 years ago.

The other half of the LTF would make it the following week, while we continued on to Latvia.

The Forward Observation Party from 1RCHA began our two-day journey to Riga, Latvia Nov. 11, where we participated in a British Commonwealth memorial

service.

Our Forward Observation Officer, Capt Jennifer McGregor, had the privilege to accompany the ambassador during the laying of the wreath. This commemorated the commonwealth soldiers who died nearby, many of whom were POWs who died in Eastern Europe as well as the fallen Latvian soldiers buried at the site.

Following the ceremony, we had soup on the tailgate of the British ambassador's Land Rover and were treated to sightseeing in Riga.

Our next experience operating with NATO countries was during Ex IRON SWORD in Lithuania, where we formed a Multi-National Task Force alongside 10 other NATO countries.

We spent the first week with the same German artillery unit which I wrote about in my previous Stag article.

It was great working with them again as they allowed us to fire their Panzer 2000 self-propelled artillery gun during one of their live-fire ranges.

We were then given the opportunity to conduct our own fire mission with the Panzer 2000 and the Multi-Launching Rocket System, MARS II.

The second phase of Ex IRON SWORD was a field exercise where we were attached to a Lithuanian-led rifle company. It was comprised of two Canadian pla-

toons, one Lithuanian platoon, and our Canadian Forward Observation Party.

To nobody's surprise, it began to snow as we pushed out into the training area, but we carried on anyway and in the end learned many lessons from our NATO partners along the way.

Following the closing ceremonies we said our good-byes and packed up our Canadian camp and journeyed back to our home away from home in Poland.

Following our participation during Ex IRON SWORD, we enjoyed a two-week vacation either abroad or at home with our families.

After a relaxing break we returned to Poland to participate in Ex BISON DRAWSKO. During this exercise we worked with Canadian Recce and sniper elements providing indirect fire support coordinated through our Dutch allies.

I also had an opportunity to shadow our Joint Terminal Air Controller while he controlled rotary wing Close Air Support through a dry fire exercise.

We are now currently turning our unaccompanied baggage into our traffic technicians in order to send our equipment back to Canada. This will be my last correspondence seeing as we will be returning back to Brandon early in March.

1RCHA's MBdr Nicolas Thomson is with Op REASSURANCE Land Task Force

Canadian soldiers part of bilateral training

Capt Mark Ruban
Stag Special

A year ago this month, a new contingent of Canadian soldiers landed in Europe as part of the Op REASSURANCE Land Task Force (LTF).

Since then, they have participated in a series of rewarding training activities alongside their partners from Poland and other NATO states.

Members of the new rotation, known as Roto 5, are primarily from 1st Battalion, Royal 22e Régiment (1 R22eR). A parade was held to mark the beginning of their bilateral training with the Polish 25th Air Cavalry Brigade at the airfield of the Drawsko Pomorskie Training Area, Poland.

The Canadian troops are mostly mechanized infantry, so they do not often have the opportunity to work with soldiers and helicopters from an air cavalry unit. During their training with Polish partners, they learned fast-rope techniques, as well as the principles of air-supported insertions and extractions.

"Working with the Polish forces and their helicopters not only enables us to operate together and share our knowledge—it's also a chance to expand our tactical abilities," said Capt Mike Cefaloni, a 1 R22eR Platoon CO assigned to the LTF.

"During this exchange, the Poles were impressed with our decentralized planning methods, while we were able to learn from their air-mobile drills."

Interoperability activities also included demonstrations on firing ranges. Urban-combat training provided an opportunity to conduct joint assaults on targets and learn additional manoeuvres and room-clearing techniques. Each new situation was an opportunity to strengthen the partnership between the troops from different countries.

"Working with the Polish Army gives us a chance to test our communication skills as we learn new concepts and procedures, and teach them as well," offered Cpl Curtis Drakes, a reservist from The Royal Montreal Regiment. "During urban-operations training, there was a good level of cohesion since both Canadian and Polish soldiers were willing to learn about each other's methods as we went along."

**"Working with the Polish Army gives us a chance to test our communication skills as we learn new concepts and procedures, and teach them as well."
— Cpl Curtis Drakes**

The LTF engineers, primarily from 5 Combat Engineer Regiment, completed a number of demonstrations at the demolition range using an array of weaponry and explosives.

One of the highlights of their work was the opportunity to perform a controlled blow up of an old T-55 tank. The tank flipped one-and-a-half times in the air, lost its turret, and landed 15 metres from its original location.

The LTF also includes a detachment of artillerymen from 5e Régiment d'artillerie légère du Canada. Last March, these members taught their Polish counterparts Canadian call-for-fire standards, and in turn learned Polish artillery drills.

Moreover, the Canadian artillerymen completed a firing mission during which they were able to further their skills.

"The Polish operate differently than we do and they have their own procedures, but our co-ordination allows us to nevertheless work together," said Capt Marc Grenier, Forward Observation Officer (FOO). "Thanks to the Poles, we participated in firing a multi-launch rocket system, a very impressive weapon that we do not have back in Canada."


The exchange of knowledge and best practices continued in Estonia, where LTF members participated in Ex SNIPER DYNASTY. During the exercise, snipers shared knowledge with counterparts from other NATO countries and practiced concealment and firing techniques.

Throughout all of these exercises, the logistics support personnel have played a large role in the success of the mission. The LTF support personnel got straight to work upon their arrival in Poland, providing tactical support to training and exercises.

They co-ordinated the operational and strategic logistical requirements with the host-nation, the Operational Support Hub (Europe), and Canada.

Op REASSURANCE represents Canada's contribution to NATO assurance measures in Central and Eastern Europe. The LTF conducts joint training activities with NATO allies to enhance interoperability, helping to ensure that the Alliance is ready to respond to challenges that may arise. During the rest of their deployment, the members of Roto 5 participated in a series of military exercises in Estonia, Latvia, Lithuania, Poland and Romania.


Capt Mark Ruban is the Op REASSURANCE PAO




BACK ON DUTY

Commissionaires values your transferrable skills and your military, police or RCMP background. We're a not-for-profit organization dedicated to providing meaningful employment to veterans. Join Commissionaires and put your skills and experience to work ensuring the safety and security of people and property in a wide variety of environments, including healthcare, education, airports and seaports, and non-core police services.

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10:00 - 14:00
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Canadian Blood Services
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Canada turning 150 Celebrate birthday with 'free' party

Stag Special

Canadian rock legends Loverboy and country music star Michelle Wright will be leading the Canada D'Eh celebrations July 1 at CFB Shilo.

They will be joined by 2014 Juno nominee for breakthrough artist of the year Tyler Shaw on the Canada Day main stage for the evening show.

Adding to this year's special festivities is a Show and Shine car show.

Local popular bands Clubbing Fraggles and White-mud Rhythm and Blues will entertain on the day stage at the beer garden.

Marking Canada's 150th birthday, this year's Canada Day festivities will see a return of the very popular family activities which include laser tag, an obstacle course, bubble soccer, foam party, dunk tank and much more.

There will be food vendors on site as well as a huge birthday cake.

The RCA Museum will be open all day and will also have additional vehicles from its extensive collection on display near the car show.

For more Canada Day news visit the following link:
www.facebook.com/Canada-Deh-Shilo

**RCA Officer's Mess
Presents**

When: 8 April 2017, Doors open at 1730hrs.
Painting starts at 1800 sharp!

Where: RCA Officer's Mess

This event is open to Members and a guest as well as Spouses of Members.

RSVP by 27 March: Please contact Patsy Marion at patsy.marion@forces.gc.ca or Ext 3735 to register
Hurry, there are limited seats for this event.

Cost: 10\$ due at the door

PaintNite
Drink Creatively

**SHROVE TUESDAY
PANCAKE LUNCH**

Come celebrate the beginning of Lent

February 28th

Faith Centre, Building T119

11:30 a.m. to 1 p.m.

**COST: \$5/person or \$15 for family 4+
(Children aged five and younger free)**

Net proceeds for the Chaplain Services Fund

CINEX
A division of CEMWS
Une division des SBMFC

Forbidden

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

Canada D'eh

CFB SHILO



LOVERBOY



MICHELLE WRIGHT



PETE ZEDLACHER



TYLER SHAW

**SHILO
SHOW & SHINE
CAR SHOW**

FIREWORKS FOOD VENDORS BEER GARDEN

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

FOLLOW US ON FACEBOOK @ **CANADA D'EH SHILO**

Shilo Stag
1947 - 2017
70 YEARS
Your source for Army news in Manitoba

WESTJET

The Brandon Sun



Defence Team focuses on respectful workplaces

Gen Jonathan Vance
Stag Special

Supporting a healthy and safe workplace for the Defence Team is critical to our members' and our organization's success.

Harassment, discrimination, and a lack of empowerment are all barriers.

Respect for the dignity of all is the first principle of Defence ethics. Senior Defence leaders are working to promote a respectful workplace and focus on mental health in Defence establishments across the country.

To achieve our goal of a healthy and safe workplace, as outlined in the letter from the clerk to the Prime Minister, we are committed to providing Defence Team members with the resources, tools, and leadership needed to make this a reality.

Multiple resources are available to Canadian Armed Forces (CAF) members and Department of National

Defence (DND) employees alike.

Ensuring that Defence Team members have access to the right tools is vital to the effective prevention, support and resolution of workplace health and safety issues.

The newly revised Harassment Prevention and Resolution directive (DAOD 5012-0), jointly supported by assistant Deputy Minister (Human Resources - Civilian) and Chief of Military Personnel, formalizes and modernizes our commitment to harassment prevention and resolution through an increased focus on prevention, and early resolution.

Finally, to ensure leadership support for healthy, safe, and respectful workplaces, two mental health champions, Bill Jones, senior associate Deputy Minister, and Jerry Ryan, president of the Federal Government Dockyard Trades and Labour Council (East), were recently appointed as mental health champions for Defence.

These appointments represent one more step to-

wards ensuring our culture at Defence is more respectful of mental health issues.

You are encouraged to seek advice, assistance or care through the range of civilian and military support options that are available for workplace well-being, mental health, harassment, discrimination and employment equity. Serious incidents or offences should always be reported immediately.

You can access emergency care and support through military and civilian police, fire or ambulance.

There is no place for harassment in our workplace. Every Defence Team member is responsible when it comes to prevention.

We all need to be engaged in this.

We must ensure our work environment is harassment-free, and take action if it is not.

Together, we can make a difference and support the well-being of our community.

Gen Jonathan Vance is Chief of the Defence Staff (CDS)

New CAF policy removes promotion barriers for ill, injured members

Stag Special

Members of the Canadian Armed Forces (CAF) who have medical challenges and are up for potential promotion no longer have to feel that they need to choose between the two.

Effective Jan. 18, ill and injured members can be promoted while undergoing medical care. If they have a condition that is preventing them from achieving fitness or training promotion prerequisites, they can be promoted in an acting capacity with no time pressure for meeting these conditions.

Once their medical treatment has been completed, a member can be fully promoted to their new position.

CAF leadership is committed to caring for our members and encourages those in need of medical care to take advantage of the resources available to them, without stigma or worry of impacts on their career advancement.

"When you've earned your promotion, it shouldn't be denied to you just because you're treating a medical condition. For too long, people have avoided seeking help for fear of professional implications," said CDS Gen Jonathan Vance.

"We need people who can reach their full potential now and in the future. Get the help you need: your

promotion will not suffer."

The CAF recognizes the talents and dedication of our ill and injured members, and their expected future contributions.

A member's posting and appointment at the next rank will take into account his or her employment and deployment limitations.

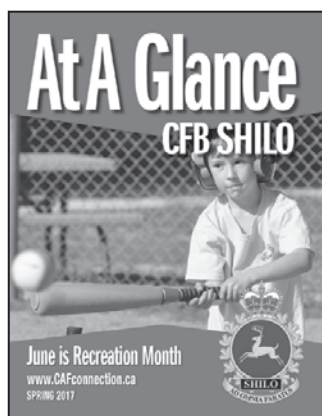
"This is a significant change for the CAF. Our hope is that it will encourage members to get the support they need right away, allowing them to focus on both their health and career," said Col Rakesh Jetly, mental health advisor from Canadian Forces Health Services.

Removing medical health from promotion criteria is just one of the ways the CAF is working to improve how administration and support is provided to our members and their families.

For more information on these changes to pro-

motion criteria, consult CANFORGEN 012/17 CMP 009/17 de-linking of medical condition from promotion criteria.

Learn more about health programs and services available to CAF members, including physical and mental health care, support for families, and comprehensive reintegration and return-to-work programs, on the CAF health services website.



At A Glance magazine

Watch for the spring 2017 At A Glance magazine with our green cover arriving soon on the Base after coming off the presses at Leech Printing in Brandon.

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Shilo Theatre
(Located in the General Strange Hall)


Feb. 24 Doctor Strange 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

NEXT HOME GAME:

 March 1 @ 7 pm
vs Lethbridge
March 3 @ 7:30 pm
vs Calgary
March 5 @ 4 pm
vs Regina
March 11 @ 7:30 pm
vs Prince Albert




Lt Brent Lowrie (below) kept the cadets busy performing with their instruments during camp.



'Music concentration' camp for cadets in tune with Lt Lowrie

2Lt Betty Froese Stag Special

More than 150 cadets from across Manitoba and southern Saskatchewan joined together at CFB Shillo for the annual MusiCon event.

MusiCon is the abbreviation for "music concentration" and is a gathering of Air, Sea and Army Cadets to come together for musical instruction in both the Military Band and the Pipes and Drums. Participants came from 27 different corps and squadrons.

Lt Brent Lowrie, band instructor for 2520 Royal Canadian Army Cadet Corps in Brandon, was the training coordinator for the Pipes and Drums program.

"The cadets are brought together for an intense weekend of instruction to learn, practice, play and rehearse together, eventually performing as a group," he explained. "This is something many have not had the chance to do. A lot of cadets are in locations where they don't have enough players in their bands to experience a full band setting so this gives them the opportunity to perform with cadets from all over the province and to experience a larger, broader band environment."

MusiCon also allowed cadets to intermingle with their peers involved in the other elements of Army, Sea and Air Cadet programs, and to perform shoulder-to-shoulder as a mass band together.

Cadets are between the ages of 12 to 18 and often have opportunities in their schools to learn and become fluent in an instrument. Many cadets who take part in MusiCon are already actively involved in their school, cadet corps or squadron, or community band programs.

This annual event provides extra instruction in a more concentrated form as the youth are rotated through specialized instruction with their particular instrument and then come together as a mass band, divided into beginner, intermediate and advanced levels.

However, there are also those who participate out of curiosity.

"There are cadets here who have never touched an instrument before," offered Lt Lowrie. "This is the first time

some of them have been exposed to music instruction like this.

"Some have played with their school band for a only few years. But also, there are cadets here who are quite experienced and are at the top of their proficiency level and are here as staff cadets in a supervisory position as well as instructing."

Instructors are brought in from various locations and walks of life to tutor in both Military Band and the Pipes and Drums. Some are Cadet Instructor Cadre officers and work with cadets on a regular basis. Some are civilians and are school band instructors.

Others are in the Regular Forces or are Reserve non-commissioned members. Most are professional musicians in their day jobs and are accomplished in their field of expertise in either of the two genres.

Lt Lowrie explained, "Military band is made up of brass and reed and percussion, the standard military band you'd see in performance. Pipes and drums are bagpipes and snare drums, tenor drums and bass drums and are a bit different than the military band drums."

Lt Lowrie has been playing the bagpipes for 42 years, since he was aged nine, and has been instructing cadets on the bagpipes for many years. He has been involved in MusiCon and cadet summer camp instruction for four years and notes there have been some changes since he started.

"Pipes and drums are now centralized at the Rocky Mountain Cadet Summer Training Centre which is a half hour northwest of Cochrane, Alberta. This is the first year where cadets from both BC, Alberta, Saskatchewan, Manitoba and the Northwest Territories are all gathered in one location throughout the summer."

This was the first time MusiCon was held at CFB Shilo and it was a success thanks to the ideal facilities for parading, practicing and performing with a large youth group being involved.

Visit www.cadets.ca for more information to locate a cadet program in your community. CFB Shilo offers Army Cadets.

2Lt Betty Froese is the UPA for the Regional Cadet Support Unit (NW)



WARNING SHILO RANGES

Day and night firing will be carried out at the Shilo Ranges until further notice.

The range consists of DND controlled property lying approximately 32 kms SE from Brandon and N of the Assiniboine River in Townships 7, 8 and 9; Range 14 WPM, Townships 8, 9 and 10; Ranges 15 and 16 WPM and Townships 9 and 10; Range 17 WPM in the Province of Manitoba. If required, a detailed description of the Shilo property may be obtained from the Base Construction Engineering Office at Canadian Forces Base Shilo.

All boundaries, entry ways, roads and tracks into the Range are clearly marked and posted with signs indicating that there is to be NO TRESPASSING. Hunting is no longer permitted on the Shilo Ranges.

STRAY AMMUNITION AND EXPLOSIVE OBJECTS

Bombs, grenades, shells, similar explosive objects, and their casings are a hazard to life and limb. Do not pick up or retain such objects as souvenirs. If you have found or have in your possession any object which you believe to be an explosive, notify your local police and arrangements will be made to dispose of it.

No unauthorized person may enter this area and trespassing on the area is strictly prohibited.

BY ORDER
Deputy Minister
Department of National Defense

OTTAWA, CANADA
17630-77

Canada 



AVERTISSEMENT POLYONES DE TIR DE SHILO

Des tirs de jour et de nuit seront effectués aux polygones de tir de Shilo jusqu'à nouvel ordre.

Les polygones de tir sont des terrains sous le contrôle du MDN situés à environ 32 km au sud-est de Brandon et au nord de la rivière Assiniboine dans les cantons 7, 8 et 9; polygone 14 OMP, cantons 8, 9 et 10; polygones 15 et 16 OMP et cantons 9 et 10; polygone 17 OMP, dans la Province du Manitoba. Au besoin, une description détaillée de la propriété de Shilo peut être obtenue du Bureau du génie construction de la Base des Forces canadiennes Shilo.

Toutes les limites, voies d'accès, routes et sentiers menant aux polygones sont clairement marqués et ornés d'écriteaux d'ACCÈS INTERDIT. La chasse est dorénavant interdite aux polygones de tir de Shilo.

MUNITIONS ET EXPLOSIFS PERDUS

Les bombes, grenades, obus et autres engins explosifs similaires et leurs enveloppes peuvent causer des blessures ou entraîner la mort. Ne ramassez pas ces objets et ne les gardez pas comme souvenirs. Si vous avez trouvé ou si vous avez en votre possession un objet que vous croyez être un explosif, signalez-le à la police locale, qui prendra les mesures nécessaires pour l'éliminer.

Aucune personne non autorisée ne peut entrer dans ce secteur où tout accès est strictement interdit.

Par ordre du
Sous-ministre
Ministère de la Défense nationale

Ottawa, Canada
17630-77

New MFRC staffer brings passion to her job

Stag Special

Passionate, friendly, dedicated best describe Alexa Kullberg, who graduated from Brandon University last October with a business administration major and psychology minor.

Kullberg's passion for horses and enthusiasm for learning prompted her to design and implement a horsemanship program which she operates at her family equine facility south of Brandon.

She recently moved to CFB Shilo to live with her partner James. Impressed by the strong sense of community and abundant support systems offered on this Base, she developed an interest in the military lifestyle and challenges faced by military families.

Kullberg is excited to join Shilo's MFRC as deployment and special



Alexa Kullberg

events assistant. She will be assisting Linda, the deployment and special events co-ordinator, to develop and facilitate programs for the families of deployed soldiers.

Along with her position at the MFRC, she works part-time at the Keg Steakhouse and Bar.

She has been with the "Keg family" for eight years and enjoys the upbeat atmosphere.

When Kullberg is not working, she competes with her two geldings, Dewey and Silas, at local equestrian events. Horses have played a major role in her life not only as a recreation, but also as a means of therapy.

Horses have strengthened her understanding of effective communication and the importance of patience and compassion.



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.



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**

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:

March 2 at noon

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

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 skill-testing question:
Who is the country singer performing here for Canada Day?

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.

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

Greg Steele Canadian Firearms Safety Course Instructor/Examiner Offering Red Cross first aid training. Manitoba Hunter Safety instructor. Courses offered at least monthly, more often with demand. Firearm/hunter safety courses planned seasonally. Restricted and non-restricted. Call 204-725-1608. E-mail gsteele4570@gmail.com

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.

Services

NEED YOUR TAXES DONE? Fast, friendly, and personal service. Located outside the gate. For all your income tax needs contact Ingrid Wasserburg at 204-763-4357. **OPEN ALL YEAR.**

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

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, a clerk/cashier scans customer purchases, processes the transactions, and accepts payment. He/she prices, 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 plant trees on in the spring. If you are interested contact Linda Levesque at 204-765-3000 ext 3396 for more information.

Automobile For Sale

2010 Chevrolet Impala LT Silver Ice exterior with titanium-coloured cloth interior; five-passenger seating; 54,500 km, four-speed automatic transmission, 3.5L V6; power locks, window, trunk release, AM/FM stereo w/CD layer, MP3, six speakers, Bluetooth for phone, power driver seat, manual lumbar support, carpeted floor mats, leather wrapped steering wheel with radio controls, block heater, 16-inch aluminum wheels, all-season tires; well-maintained, up-to-date on service checks with dealership, clean, no rust. Always stored in garage. Rarely driven winter months. Current safety inspection. Non-smoker driven. Available immediately \$11,000. Contact Yvette or Mike 204-763-4990

Advertise with us! To place an ad, e-mail elaine.bullee@forces.gc.ca or call 204-765-3000 ext 3736
Contact Sarah Francis at stag@mymts.net
or call her at 204-765-3000 ext 3013



WINTERFEST IN FOCUS



Besides food and a visit from characters from the Disney animated film *Frozen*, there was plenty to do outdoors at L25 as part of the annual Winterfest. This included snowmobile rides and a ride on a couch pulled by an off-road tracked vehicle.
Photos by Sarah Francis



On the move?

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Visit Stag for Base calendar

The 2017 Base calendar is fresh off the presses at Leech Printing in Brandon. This year's cover features staff at the RCA Museum bringing a new acquisition inside last summer. Drop by the Stag's office in CANEX and see the staff about acquiring your copy which would look great in your office or wall of your PMQ kitchen.

Photo by Jules Xavier