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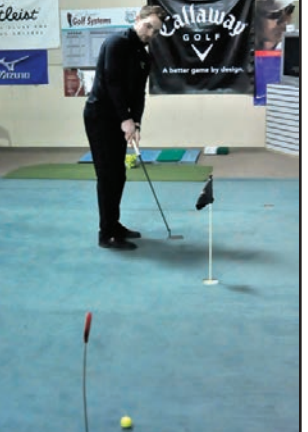
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**INSIDE
This Issue**



What did you do for Bell
Let's Talk? Page 4



Indoor golf facility can help
your game. Page 6



Make healthier choices at
CANEX. Page 8



**Blessing for
family pets**

It's not often that Base Padre Maj Greg Costen's sermons draw a canine audience. But for a blessing of the animals a number of church goers brought along their family pets, mainly canine breeds who sat in the pews patiently awaiting their turn to be blessed up front by Maj Costen. Big or small, it did not matter to the Base Padre, who blessed animals as part of a United Way campaign event. This was a first, and Maj Costen is contemplating doing it again.

Photos by Cpl Bryce Cooper

Observer: inaugural Base newspaper published on July 18, 1947

Jules Xavier
Shilo Stag

The birth of what would later be renamed the *Shilo Stag* can trace its start as Camp Shilo was evolving itself in the late 40s.

The *Shilo Observer* made its debut on this prairie army base on July 18, 1947. The Friday tabloid was printed in Brandon at Monarch Press.

The first editor was Lt R.J. Hauser, with BSM (WOII) A.E. Carey handling assistant editor duties. Lt J. Ferry handled sports coverage on a Base where PMQs were just starting to be built, with ground breaking on basements and roads. There was no arena, nor a sports facility like the GSH for another few years.

Stag staff spent some time sifting through the yellowing pages of The *Shilo Observer* which are now part of the RCA Museum collection after that venue received two bound copies covering 1947 and 1948 from the DND Library in Ottawa.

The early eight-page newspapers featured stories on reserve training on the Base. Like in recent years, soldiers were even tasked out to help with flooding problems in Manitoba back in '47. A story in an early edition saw Camp Shilo deploying men to fill sand bags near St. Paul in order to protect farm-

land from

a river overflowing its banks.

Closer to home, on a hot summer afternoon early residents found a way to escape the heat. They put a tarp down, and around it placed sand bags. This was filled with water, and you had a pool to splash

in.

Photographs from a 40s era film camera with black and white Kodak film was used to take photos. Typewriters were used to write stories, which a typesetter would then transcribe so printers would have linotype to use in the layout process. BSM A.E. Carey and Ed Gurnick were the first photographers.

While the front page photos were grainy and postage-stamp sized, one of the first images to grace the

cover was of the artillery training out in the field. Words more than photos made up much of the eight pages, with some line drawing advertising provided.

Early advertisers, with full pages, were the Hudson's Bay Company and Eaton's. Plus Doig's and Knowlton's Boot Shop, where you could purchase children's Oxfords for \$2.15.



One of the many wading pools around camp. This one is in Picadilly Circus. The big toddler in the foreground is none other than Capt Frank R. Michie of the Royal Canadian School of Artillery.

Photo circa July 18, 1947

One of the first front page stories revolved around the expansion of the existing nine-hole golf course on the Base.

There was also an international affairs page, plus a women's page, which might feature a piece on a recipe for bread pudding, or fashion tips from the 40s. Women wore fur, and the advertising for muskrat coats and other furs regularly appeared on the pages. The Wheat City Tannery on 10th Street advertised to invest in furs.

Using five columns on each page, the classifieds offered a great deal for word advertising — 1.5 cents per word. Today, the *Stag* charges \$10 for the first 20 words, and 10 cents for each additional word.

Besides a feature on a Hong Kong soldier sharing his diary excerpts from his time as POW, the newspaper offered a "new arrivals" article which shared information on who was posted in to Camp Shilo, where they would be working, and where they came from.

Did you know Camp Shilo offered polo? In the late 40s, the Base had a polo team besides offering baseball/fastball — slo-pitch was not invented — with the teams playing communities in the hinterland. So trips to Wawanesa and Carberry were regular occurrences, with hard-fought games between the soldiers and their civilian counterparts.

When the Sept. 19 edition was published in 1947, there was a new editorial team on board featuring Lt J.E. de Hart as editor, Lt D.E. Gayton as radio editor and sports being looked after by Sgt E.T. Peterson and Bdr R.D. Gray.

While the early editions of the newspaper were free on the Base, by the time the Feb. 27, 1947 edition came off the presses, there would now be a nickel charge.

The front page was full of stories, often with one main photograph. A hard news item on the front of a Sept. 5, 1947 edition had the headline RSM Seed's car in accident. Story goes that RSM Seed while out driving Saturday afternoon had a "rather unfortunate" accident near Douglas, when a "60 cwt" drove into the back of his new '47 Dodge Sedan.

Writers were not afraid to editorialize in their copy, pointing out "it is indeed a pity that such a nice new automobile should receive scars so soon in its history" versus

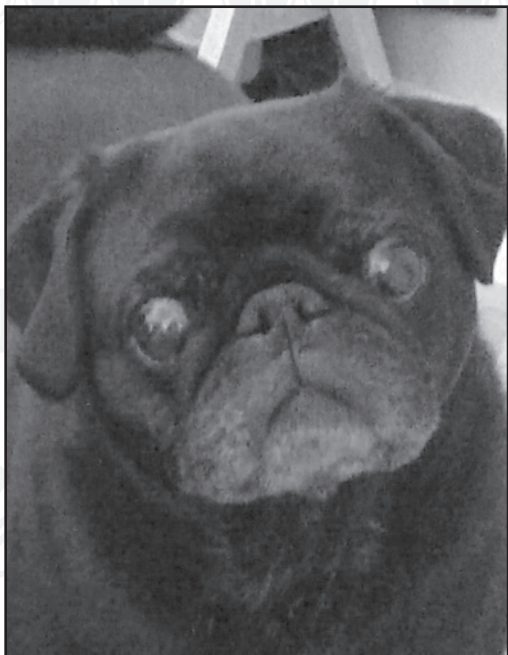
letting readers know if Mounties laid charges in the accident.

In the fall of '47, sewer diggers arrived at Camp Shilo to commence work on the site of the permanent married quarters (PMQ), while a cricket match was moved from Wednesday to Saturday. Yes, besides polo, cricket was played on the Base.

When the Nov. 7, 1947 edition came off the presses, it featured a newer artsy banner, while Mrs. K. Weir was named women's editor, and C.B. Elliott was taking the majority of the photographs appearing on the pages. Sgt R.J. Chowcross was named assistant editor, while Sgt D.G. Miller was named ad manager.

During the next 12 months, the the award-winning *Stag* will continue to peruse back issues of the *Observer*, plus find interesting stories/photographs from the following decades leading up to today's edition you are enjoying while sipping on a morning coffee or digesting your lunch at Garrison Grill.

Pet of the Week



BUDDHA

This is Buddha, an eight-year-old black pug. He is the best friend to owner Victoria Chipman's eight-year-old Issabella Bolton, who has mild autism and sensory processing disorder. Buddha is her helper. Calms her when needed and comforts her from a bad day. He is always ready to play with a squeaky toy no matter the weather. 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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Jennifer Greer has hung her Civilian of the Year award on the wall of her office by her Canadian Armed Forces Certificate of Service. The former sergeant spent 22 years as a military member, and now works as the Base's release supervisor.

Photo by Sarah Francis

Civilian of the Year

Release supervisor invested in assisting soldiers based on her own experience

Shilo Stag
Sarah Francis

Having been medically released from the military herself, release supervisor Jennifer Greer goes the extra mile for her clients.

Greer knows from experience releasing can be emotionally jarring. Therefore, she aims to make it as easy on her clients as possible.

"When I went through my release, I went through a lot of programs and I struggled to figure out what my entitlements were," she recalled. "I was on the primary reserve list when I released, so I didn't actually have any exposure to the release section at all.

"I didn't have an initial interview, my final interview was done over the phone with the paperwork sitting in front of me. It was very impersonal. It was tough to navigate it, and there was nobody that even shook my hand on my last day. I didn't like the way that felt.

"So, when I came in here I wanted to make sure every client had a positive experience and that when I shook their hand and they left, they were ready to transition."

Working in the release office gave Greer closure after her own medical release in 2013. Before her release she worked at the deployment support group as a sergeant.

After going back to school, she was offered the position two years ago.

"Coming back here, not only do I enjoy this job, but it was really good for me," she told the Stag. "I found some healing when I came back here."

She was shocked when she received the award for Civilian of the Year during the recent Base Christmas luncheon, and didn't realize they had said her name. To her everything she does, is just part of the job.

"In a lot of ways it didn't feel like I deserved it, because I love my job," she offered.

She added her superior has always said, they don't reward people just for doing their jobs.

"To me that's what I did. I love my job, I love what I do," said Greer. "I love getting up everyday and coming in here. Most of my clients are so nice to deal with and they're such interesting people. To get an award for doing something that you love — I mean it's awesome, but I certainly didn't expect it."

When asked if she had to choose a reason as to why she believed she received the award, she said her willingness to accommodate her clients.

"I enjoy my clients and I get very invested in making sure they have a good experience," she explained. "I make sure the customer service they get in here is the best.


"I always make sure I go above and beyond; even if it means — sometimes I have clients that can't meet me here. Maybe they're having some issues and they're too anxious to come in the building. I have no issue meeting them at Forbidden Flavours. I have no issues meeting them in their home as long as it's safe."

Sometimes it can be lost on some, how much anxiety can be caused by entering Base headquarters where her office is located.

"I'm ending your career," she said. When working with clients, she aims to make it more personable.

"I try to minimize that anxiety, so that by the time we reach that final day, which is very stressful, my clients are okay coming in to see me."

The framed Civilian of the Year award hangs on her wall next to her Canadian Armed Forces Certificate of Service for her 22 years as a military member.



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<p>Kool-Aid Jammers® Kool-Aid • Assorted Varieties • 10x180 ml • Reg. 5.19</p> <p style="font-size: 2em; text-align: right;">3⁹⁹</p>	<p>Betty Crocker® Hamburger Helper • Assorted Varieties • 193-220 gr • Reg. 3.49</p> <p style="font-size: 2em; text-align: right;">4/5</p>
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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>

BComd LCol John Cochrane, PSP Health Promotion manager Shelly Moore and BRSM CWO Don Askeland checked out the Bell Let's Talk display at CANEX prior to the Jan. 25 Canada-wide event. Photo by Jules Xavier

Bell Let's Talk**Did you take mental health pledge?****Shilo Stag**

Did you know one in five Canadians will experience a mental health illness during their lifetime and three in five will know someone who has.

It is not uncommon and normal to experience an illness of this nature during your lifetime; yet two thirds of those suffering from a mental illness will not seek help.

That's where Bell Let's Talk Day comes in. This is a multi-year charitable program dedicated to the promotion and support of mental health across Canada.

What many people are not aware of is that Bell on Sept. 22, 2015 renewed its commitment to the Bell Let's Talk Day for a further five years and a minimum of \$100-million in total funding.

Bell Let's Talk Day was held yesterday, including here on the Base.

This event asked all Canadians to help end the stigma surrounding mental illness and support mental health initiatives around the country by talking, texting and tweeting about mental health.

During the past decade, the Canadian Armed Forces (CAF) has taken an active stance in dealing with mental health and has put in place a series of programs to overcome barriers associated with mental healthcare and to improve the care available.

The CAF has made huge strides reducing the stigma surrounding mental health and improving the treatment available, but the military has more work to do.

The CAF again partnered with Bell to demonstrate its commitment to mental health.

For the respective leadership on Base there is a great deal of reference material on CFHS mental health website which can help start the conversation.

Visit www.forces.gc.ca/en/caf-community-health-services/mental-health-resources.page

As part of Bell Let's Talk, Shilo's MFRC live

streamed a Bell Let's Talk panel discussion at the Teen Centre during the lunch hour.

For those who are suffering and think they might need help, reach out. Help is available so don't suffer in silence.

Meanwhile, have you taken the pledge to support a healthy, respectful and supportive work environment yet?

More than 1,200 people have already done so, including John Forster, Deputy Minister of National Defence, and Gen Jonathan Vance, the Chief of the Defence Staff (CDS).

As part of Bell Let's Talk this was a great time to encourage everyone in your group to take the pledge and commit to creating a healthy, respectful and supportive workplace.

You can follow up this activity with a discussion on what taking the pledge means, what actions each team member can take to improve mental health support in the workplace and share ideas on practices and habits to maintain mental health.

Download the Bell Let's Talk conversation guide for ideas on how to facilitate the discussion.

All of us here at CFB Shilo play an important role in contributing to a culture that protects the psychological health, safety and well-being of every individual through collaboration, inclusivity and respect.

Supporting a mentally healthy workplace is everyone's responsibility. Take the pledge to show your support for this important initiative.

Remember, your efforts are helping to build a healthy, respectful and supportive workplace in the federal public service. Let's continue the dialogue on mental health.

Make it your priority!

Shilo's Health Promotion had a display up at CANEX featuring Bell Let's Talk campaign, with literature and wrist bands available.

Cliff CULLEN
 MLA for Spruce Woods



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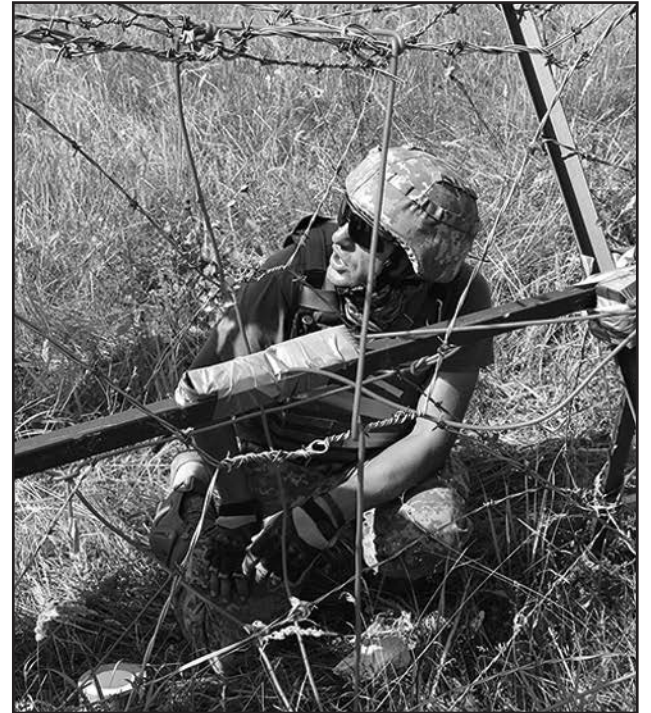
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Above: Ukrainian Armed Forces (UAF) students and Canadian instructors of Joint Task Force - Ukraine (JTF-U) practice vehicle recovery at the International Peacekeeping and Security Centre in Starychi, Ukraine. Above right: Canadian and Ukrainian Combat Engineers prepare explosive charges in Starychi, Ukraine during obstacle demolition training at the International Peacekeeping and Security Centre.


Photo by JTF-U



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vs Everest
Feb. 17 @ 7:30 p.m.
vs Regina



Op UNIFIER turns page on busy year of training Ukrainian Armed Forces

LCol Wayne Niven
Stag Special

As the calendar year ended, it provided an opportunity to look back on the significant accomplishments of Joint Task Force - Ukraine (JTF-U), Canada's military training mission in Ukraine.

This past year witnessed the activation of the Logistics Modernization line of effort, as well as the first delivery of Canadian-led flight safety training in Ukraine.

The Logistics Modernization line of effort ran seven courses this year, training more than 140 Ukrainian combat support specialists on topics like sustainment, convoy operations, and vehicle recovery procedures. Our logistics instructors will hit the ground running in 2017, with a train-the-trainer course planned for this month.

Last November, JTF-U conducted its first flight safety course in Ukraine at the Lviv Military Academy. The three-week course was specifically tailored to meet the needs of the Ukrainian Armed Forces (UAF), and included a combination of classroom instruction, panel discussions, and a practical crash exercise scenario.

A truly multinational effort, the course was led by Canadians, but also had participation from aviation safety experts from Poland and the Czech Republic. Thirty-four UAF officers were trained on the first iteration of the course, with another course planned for this February.

The previously-established lines of effort also saw continued progress. Through our small team training, we trained more than 650 UAF soldiers in the areas of weapons and marksmanship, tactical movement, explosive threat recognition, communication, survival in combat, and ethics.

This training was conducted through the Canadian contribution to the Joint Multinational Training Group - Ukraine. Canadian combat engineers delivered explosive ordnance disposal and improvised explosive

device disposal training to more than 120 Ukrainians this year.

Our medical staff either directly delivered or mentored combat first aid training to nearly 800 soldiers, with the 100th Canadian-trained Ukrainian combat first aid instructor completing training this past December.

With each course, we continue to build a knowledge base within the UAF to allow our Ukrainian colleagues to take on more and more of the instructor role themselves.

Finally, our Military Police personnel trained more than 240 Ukrainians via Basic Investigative Techniques and Use of Force courses in 2016.

From an institutional standpoint, Canada is playing an important role as co-chair of the Military Police sub-committee of the Multinational Joint Commission on defence reform and security co-operation in Ukraine.

Our Ukrainian colleagues have been outstanding hosts, and JTF-U has made it a priority to connect with the local community. Under the lead of the Task Force Padre, JTF-U members have raised money for the family of a fallen UAF soldier, donated plastic bottles to raise funds for prosthetic limbs for UAF soldiers, and visited the Dzherelo Children's Rehabilitation Centre in Lviv.

Additionally, our combat engineers located in Kamyanets-Podilsky have made their own local connection via weekly visits and donations to a local orphanage. These opportunities have been very rewarding for our soldiers, and will certainly be something we look to carry on in 2017.

While some of our personnel had an opportunity to spend the holidays in Canada, many remained in Ukraine in preparation for a busy start to 2017.

Our soldiers will provide continuity as we welcome new contingents from the United States, Poland, and Lithuania this year and continue to deliver high-quality, relevant training to our Ukrainian hosts.

LCol Wayne Niven is Commander of Joint Task Force - Ukraine



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Complete the Supplier Information form located at http://www.gov.mb.ca/housing/pubs/for-37_supplier_information_form.pdf Or contact the office indicated below to receive a copy

All interested suppliers to have their submissions in by Friday, February 10, 2017 to:

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E-mail: evelyn.gaboury@gov.mb.ca
Phone: 204-761-7847
Fax: 204-726-6333

WINTER FOR!

Golf professional Patrick Law takes aim with his club golfing at a California course with a view of the Pacific Ocean while using the Shilo Country Club's virtual simulator.
Photo by Jules Xavier



Hone your golfing skills with indoor sessions on virtual simulator

Patrick Law Stag Special

As the 2016 golf season wrapped up outside and temperatures began to cool everyone reluctantly stored their clubs away for the winter only to dust them off in the spring, right? Wrong!

Shilo Country Club (SCC) is proud to be able to offer golfers an option to play and practice their game year round. For a fifth consecutive winter, SCC opened the doors to its Winter Golf School — allowing public use of seven hitting bays, short game area, two virtual simulators and state of the art Flightscope launch monitor system.

Featuring some of the best golf courses in the world, the two virtual simulators at the SCC allow golfers the opportunity to play courses such as Augusta National, Pebble Beach, St. Andrews and many more.

The E6 launch monitor system provides very accurate and life like conditions for customers to experience. For just \$25 one can experience 18 holes on one of these simulators and stay in mid-season form throughout the winter months.

The simulators are also available for practice sessions at \$20 per half hour. The practice session can include use of the short game or driving range applications on the simulator allowing the golfer to see the ball flight of their shots on a large projection screen.

The seven available hitting bays and short game

area at the Winter Golf School also allow golfers a chance to hone their skills. The seven hitting areas provide hitting mats which allow player to hit full shots into the hitting nets with anything from a driver to a wedge.

These areas combined with the 300-square-foot putting green and chipping area give the customer everything they need to practice every aspect of their game in a warm indoor setting.

Finally, the Winter Golf School is staffed with PGA of Canada Professionals Dave Scinocca and Patrick Law to help golfers of all ages and skill levels improve their swing during the frigid winter months.

Whether you are an avid golfer looking to improve an aspect of your game or a beginner just taking up the game, SCC professionals are on site and ready to aid you in improving your abilities and making the game more enjoyable.

Armed with a state of the art Flightscope launch monitor system, Scinocca and Law have the tools to show you exactly what is happening in your golf swing with this vital piece of technology.

The Flightscope launch monitor system allows golfers to see the actual flight of the golf ball and the relative golf club and ball data. Having access and use of this technology is a huge advantage for a golfer at any time of year but especially in the long winter months where hitting outdoors is not an option.

The system shows the golfer exactly how far each

shot is travelling and in what direction as well as detailed golf club data which explains why the golf ball is travelling the way it is.

Lessons and practice sessions are also available on this system with PGA of Canada Professionals on hand to explain and help you properly understand what the Flightscope is telling you and how you can use this information to practice effectively.

The Winter Golf School is now open to the public via appointment. If you wish to book a practice session, lesson or tee time on one of the virtual simulators contact Law at the Pro Shop 204-765-3623 or his cell at 204-720-9623.

The SCC is also offering use of the facility's practice areas free of charge to all those who purchased their 2017 early bird memberships by Jan. 1.

SCC staff are also able to help set up your 2017 membership and can be contacted at the follow numbers or at the Country Club during the day. General manager Scott Ramsay, 204-765-3625; facility administrator Karen Gero 204-765-3622.

Here are your Winter Golf School prices:
VIRTUAL SIMULATOR — 18 holes (four hour maximum) \$25; 18 holes (four hour maximum) Military \$20; 18 holes (four hour maximum) Junior \$15; half hour practice session \$20

MEMBERSHIPS — Adult \$140, Adult monthly \$60, Military \$120, Military monthly \$50, Junior \$100, Junior monthly \$40

MET techs monitor weather

Training ongoing to prevent skill fade, says ballistic meteorologist

Sarah Francis

Shilo Stag

Soldiers at CFB Shilo's MET building are working hard to prevent skill fade everyday.

While they aid 1RCHA during annual exercises, that's only about 15 per cent of their job. They would be considerably more busy working at a Royal Canadian Air Force (RCAF) Base.

"On other Bases we can be briefing pilots. We're doing observing and talking to the air crew," said ballistic meteorologist Cpl Bradley Stouffer. "That's skill fade we can lose here. We're always practicing that, in case we get posted somewhere else."

The Base's "golf ball" was a fully functioning weather station when the Germans were stationed at CFB Shilo with helicopters. Now the soldiers working out of that location concentrate their days on preventing skill fade and helping 1RCHA.

"We're doing training pretty much every day. If we're not launching balloons specifically for an exercise, then we're doing our own trades training," explained Cpl Stouffer. "Here in Shilo we pretty much spend most of our time supporting 1RCHA. So we're just launching balloons for them to basically aim their gun."

Having been posted to CFB Gagetown and done his training at 17 Wing Winnipeg, it's a major contrast to working on this Base.

"There is a massive difference. [At 17 Wing] I'm really in the Air Force world, here I'm in the Army world. There I didn't do parades, it's a completely different atmosphere," said Cpl Stouffer. "There I would be — my job was to basically brief, I believe it was 402 Squadron ... it was the [CH 146] Griffon Squadron. So I'm just standing in a theatre briefing 100 pilots on what they're going to be doing that day, what the weather conditions are."

This military job was once only available to those in the RCAF. Now they have members from the Navy and Army working with them.

What would Cpl Stouffer do if he was at 17 Wing? Provide pilots information such as cloud height and wind. When working with the artillery, he calculates pressure, wind and temperatures.

Out in the field Cpl Stouffer and his fellow MET techs will release multiple balloons to keep on top of Manitoba's ever-changing weather.

"If they're shooting, we're constantly sending up balloons," noted Cpl Stouffer.

He later quipped about 1RCHA not appreciating it when a balloon gets stuck in a tree and becomes a big white bouncing position giveaway.

They release the balloons to get a birds-eye view of the weather in the area. They can cover up to 30 kilometres.

2PPCLI on the other hand, doesn't require the support of the MET techs.

"The infantry doesn't really require ballistic meteorology because they're on the ground. They can use Environment Canada data. They cover what the average person needs to know throughout the day. Do I need to wear a sweater today or not? But you can't get upper air data from Environment Canada, that's where we come in," he explained.

MET techs have a lot of equipment to work with, including a number of computer systems and balloons filled with helium.

MCpl Terrance McClelland inflated a balloon and explained how it worked.

"This [balloon], as it goes through the atmosphere will expand, and expand, and expand. It will get as big as this area here. They get ... 10 metres across or something — until they blow up."

This Stag reporter had an opportunity to release a balloon. Although it wasn't too windy that day, it does feel like it's going to be pulled from your grasp while holding it. Especially since it was nearly the height of our reporter at about four-feet wide.

It is inflated to 100 grams with helium and can reach heights of 15,000 metres. That's about 45,000 or 50,000 feet.

"In Afghanistan, they were using 300 grams and they were getting up to 90,000 or 92,000 feet," recalled MCpl McClelland.

The balloon is fitted with a GPS connected to their equipment. It's been designed to be destroyed after their data is gathered.

"We've got a computer inside that will read the signal with the antenna outside," he said while he popped open the device. "So what it is, is three double-A batteries. Once the balloon pops, it senses the lost signal. So it breaks this water."

MCpl McClelland gestured to two small clear packs of water inside the device next to the batteries.

"What this water does is short out the batteries. We do that for a reason. Because in Afghanistan they were using these for bad things, like IEDs and stuff. So they came up with the idea to pop the water and short it out."

The device is destroyed when it hits the ground as well.

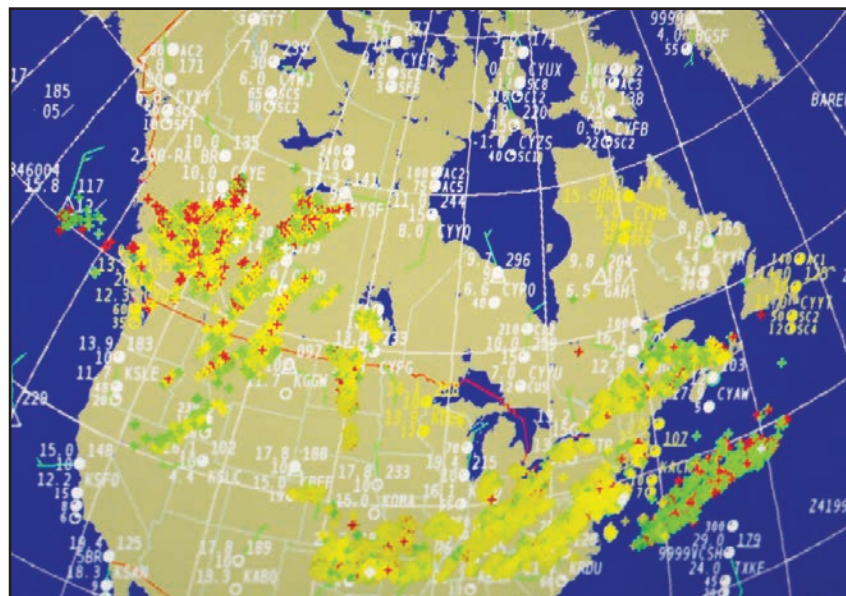
They use the information collected from the balloon and the equipment in the building to support other units.

With the equipment located in the MET building, they can see results from their balloon, as well as satellite and even lightning strikes for the last 24 hours, all across the world. Each strike is represented by a small cross mark on the map.

If you want to estimate how far away lightning is from you, here's a trick. Count the seconds between a lightning strike and thunder. For every second, that's 300 metres.



Above: Seen reflected in a mirrored window, MCpl Terrance McClelland prepares to launch a helium-filled balloon. **Below:** MET techs monitor computer screens, including a map of North America showing lightning strikes. *Photos by Cpl Bryce Cooper*



f Find us on Facebook

The Shilo Stag is now on Facebook. Check out www.facebook.com/ShiloSTAG for videos and more photos!

Shilo Theatre
(Located in the General Strange Hall)

Jan. 27 Masterminds 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

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**

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 'big toddler' in the Base wading pool from 1947?

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.



BComd LCol John Cochrane samples a glass of Buddha coconut water during the unveiling of the BeneFit program running at CANEX as part of a healthier choice partnership between PSP Health Promotion and CANEX. (Inset) Look for foods and beverages flagged with the BeneFit logo signage in the store to find healthy food/beverage choices. Photos by Jules Xavier

CANEX, Health Promotion partner on healthier choices

Shilo Stag

Making healthier choices might be one of your 2017 resolutions.

If so, CANEX and CFB Shilo's Health Promotion team can assist you with achieving healthier choices thanks to BeneFit Healthier Choice.

"We're working with CANEX to let customers know there are healthier choices that can be made," noted Shilo Health Promotion manager Shelly Moore, who attended an official launch at CANEX along with store manager Rick Kehler, BComd LCol John Cochrane, BRSM CWO Don Askeland, PSP senior manager Mike McEwan and FS&R manager Jim MacKenzie.

Samples of food and beverage items available in the Base store were made available to sample, besides a bowl of fresh fruits.

McEwan grabbed a glass of Buddha coconut water, which he sampled, saying afterwards the flavour is an acquired taste. LCol Cochrane and CWO Askeland each tried a portion of the various food items being offered on CANEX's shelves, including Kronobar, Clif Bar and Pro Bar.

Not available for sample because it comes in a powder form and is ideal for post-workouts is the product called Vega Sport Performance Protein.

CANEX and PSP Health Promotion's partnership will help customers make informed choices when it comes to food, and drink. It does not have to be Bud-

dha coconut water — chocolate milk is an excellent replacement, with BeneFit signs strategically placed near all products which allow you to make healthier choices. Or orange juice from Tropicana.

Just look for the BeneFit logo on the shelves or the coolers in CANEX. Or ask a CANEX staffer for assistance.

What did PSP's Health Promotion dieticians look for when it came to choosing products for the BeneFit launch in 2017?

Perusing at the packaging's "nutrition facts", they looked at items that provided "less" saturated and trans fats, sodium, sugars, artificial sweeteners and hydrogenated oils. What they wanted "more" of included fibre, protein, whole grains and, vegetables and fruits.

"If you are looking at cereals and wonder which is healthier, then look for the BeneFit signage on the shelves," said Moore.

Foods and beverages flagged with the BeneFit logo meet PSP Health Promotion dieticians' criteria for a better choice in their product category. When you want to reach for a treat or snack, let the BeneFit program guide you to a better choice.

For more information on the BeneFit program drop by Shilo's Health Promotion office in CANEX, or call 204-765-3000 ext 3868. CANEX's manager is also available to answer questions regarding what his store is doing to help his customers make healthier choices.



Storytelling way to share war experiences

Sailor publishes first in adventure series from Great War history

Sara Keddy
Stag Special

LS David McColl describes what he knew growing up in Scotland about the First World War experience as “pretty terrible,” other than being taught about the war’s impact on social change in Great Britain.

He’d heard about the Battle of the Somme, but thinks, overall, his early understanding of the “Great War” was not “quite accurate.”

All that has changed.

McColl, an intelligence operator at Canadian Forces Intelligence and Command headquarters in Ottawa, has spent years researching the First World War as the setting for the first of what he plans will be an eight-book historical fiction series following the adventures of a lieutenant in the Princess Patricia’s Canadian Light Infantry (PPCLI).

Shadow of Vimy starts his series at one of Canada’s pivotal historic moments as a nation — again, something he had to learn about.

With a unique perspective as his family moved from Scotland to Canada in 1998, then 15-year-old McColl received the basic high school Canadian history education his new schoolmates did. It was the first time he’d ever heard of the Battle of Vimy Ridge, or much at all about any Canadian contribution to the First World War.

Enlisting in the Canadian Armed Forces (CAF) in 2002, he was exposed to more Canadian history, learning about how Vimy was a “fundamental changing factor in the war.”



LS David
McColl

In service during the past years since with Her Majesty’s Canadian Ships (HMCS) Algonquin, Regina and Calgary; McColl had the opportunity to visit Ypres in Belgium.

He was amazed with the Belgians’ care of war cemeteries dedicated to Canadians, Australians and the French and British; the continuing “iron harvest” from former battlefields and that the people “haven’t forgotten the Canadians.”

In 2012, when the Canadian Mint released the Frontier Series of bills featuring the Vimy national monument, McColl knew its silhouette wasn’t as well recognized as it should be.

“I realized we were losing knowledge we had of those experiences — and it is so unfair to the memory of the people who made a contribution,” he said.

A great reader of historical fiction himself, and with the urge to write, McColl felt “people like to learn while they are being entertained.”

So started his series.

“You’re allowed a certain amount of liberty with fiction, but you’re constrained by actual history,” he said. “You can create characters with that leeway, but there is always the major worry, ‘How would this come across to people who have all the facts and research?’”

McColl feels like he captured the “big story” of the battle, but his main character’s “small story” has given him the opportunity to share what war was like for one man. He drew on his research through family diaries, letters home from the front, public broadcasting documentaries, battlefield tour operators and museum curators. He especially credits Canadian historians and authors Pierre Berton and Norm Christie for their exhaustive war storytelling.

As for McColl’s fictional Lt Thomas Kirby, there is an interesting set of connections between real-life Victoria Cross recipient Lt Hugh McKenzie, Kirby and McColl himself. McKenzie was born in Inverness, Scotland — where McColl grew up; and McKenzie’s “valour and leadership” during the culminating Second Battle of Passchendaele on Oct. 30, 1917, was the “catalyst” for Kirby’s character and story.

“I never had anything to do with the infantry,” McColl offered of his own military service, recognizing now “the huge factor infantry placed in the history of the Great War.”

He has deeper respect for his own family’s naval service, a shadowy history from his own youth that has since been fleshed out during his own search for First World War experiences.

“My great-grandfather was a Royal Navy stoker in the First World War, and my grandfather was a stoker during the Second World War,” he said. “And, there has always been great family support for my own military service.”

Sara Keddy is former editor with CFB Greenwood’s Base newspaper *Aurora*, and current PAO with 14 Wing Greenwood

David McColl & Shadow of Vimy



Thomas Kirby and the
Battle of Vimy Ridge

Shadow of Vimy by LS David McColl

It is 1917, and the men of the Canadian Corps have gathered together, all four divisions for the first time since the war began; to assault the formidable German fortress of Vimy Ridge. After two years of intense fighting, neither the French nor the British have been able to oust the entrenched Germans, and Field Marshal Haig has turned to the only men he believes stand a chance of taking the ridge from them: the Canadians.

Lt Thomas Kirby is with the Princess Patricia’s Canadian Light Infantry (PPCLI), a veteran of the war since the bloody fields of Ypres. He is aided by his trusted sergeant, American volunteer Frank Bennett, and together they wait in the shadow of Vimy Ridge.

When a dangerous German prisoner escapes with the aid of a traitor, Lt Kirby leads a manhunt to apprehend him before he can return to German lines with vital information, which could spell doom for the upcoming Canadian offensive.

It is a story of murder and betrayal set among the mud, blood and carnage of the Great War, where, in the shadow of Vimy Ridge, a nation waits to be born.

Shadow of Vimy is available in paperback and e-book format from Amazon/Kindle. Proceeds from sales will support the Vimy Ridge Foundation, Wounded Warriors Canada, Soldier On and the Royal Canadian Legion.

The *Stag* has a copy for a lucky reader who can answer this skill-testing question about the Battle of Vimy Ridge which began on a chill Easter Monday in 1917 on the Western Front. On what date a century ago did the artillery barrage signal the start of the Battle of Vimy Ridge involving the four divisions of the Canadian Corps in France?



BLIZZARD AFTERMATH

Base Transport has been busy removing the snow drifts on the Base. Photos by Jules Xavier



CFMWS celebrates two decades of dedication to CAF families

CFMWS Stag Special

This year, Canadian Forces Morale and Welfare Services (CFMWS) is celebrating 20 years of unrelenting dedication to helping Canadian Armed Forces (CAF) members and their families with services that are tailored to handle many unique aspects of the military lifestyle.

In the coming months, CFMWS will be featuring a series of articles presenting milestones to help you discover various aspects of our history.

We invite you to visit CFMWS' 20th anniversary virtual gallery — www.cfmws20-sbmfc20.com — where you can learn more about other significant milestones that marked our organization's history.

SCONDVA

Focus on Family Care (1998)

The Standing Committee on National Defence and Veterans Affairs (SCONDVA) released Moving Forward — A Strategic Plan for Quality of Life Improvements in the CAF in November 1998.

The report resulted in the introduction of new policies and changes to existing ones that impacted military families. Most notable was the level of recognition afforded to military families and acknowledgement of their sacrifices in support of the CAF and Canada.

The SCONDVA report acknowledged CAF families must face deployments, relocations, frequent, long or unpredictable absences, loss of employment, changes in schools, and integration into unfamiliar communities.

SCONDVA noted the support provided by military families was vital to the effectiveness of serving members.

As such, SCONDVA made it clear

military families should not be considered an afterthought and the government was obligated to contribute to their morale, welfare and quality of life.

The "Family Network" was identified as an important feature in military family life in the report.

Each of the elements, resources and connections military families made within the military institution, with their families and friends, and in their communities form part of the family network.

Sixteen years ago the SCONDVA representatives were impressed with the nature and extent of services offered at Military Family Resource Centres (MFRCs) and noted the high level of staff dedication to families.

The report affirmed government commitment to the MFRCs and noted that the policies governing their operations should be reviewed given the changing nature of the military community on and off Base.

The report also emphasized the importance of the ability of families to access services in both official languages.

As a result of the SCONDVA recommendations MFRCs received new or additional funding in the areas of support to families of Reserve Force members facing domestic and international deployments, employment assistance services for spouses of Regular Force members, improved child care support during emergencies and deployments, improved information and awareness for families on postings to new communities and courses in second language training for military spouses.

The SCONDVA report essentially changed how modern military families were viewed in relation to their impact on the operations of the CAF.

For more info about CFMWS, visit www.cfmws.com

Register online before trip to Vimy Ridge

Shilo Stag

Due to heightened security in France, anyone planning to attend the 100th anniversary ceremony at the Canadian National Vimy Memorial site in France April 9 must register online by Feb. 28.

Besides the mandatory registration, attendees will need to provide a printed copy of their official e-ticket and government-issued photo identification, such as a passport or driver's license, on the day of the event.

If you are not registered before the Feb. 28 deadline, you will be denied access to the ceremony.

The Government of Canada will mark the 100th anniversary of the Great War and the Battle of Vimy Ridge with commemorative ceremonies April 9 at the Canadian National Vimy Memorial in France, the National War Memorial in Ottawa and in major cities across Canada.

The Government of Canada will lead a delegation to France to participate in commemorative events planned during the week of April 5 to 12. Events include the signature event at the Canadian National Vimy Memorial April 9, and the opening of the Visitor Education Centre.

Site access restrictions at the Vimy site are in effect April 1 to 10.

From April 1 to 5, visitors will be restricted within some areas of the Canadian National Vimy Memorial site due to event preparations. The site will be closed to the public from April 6 to 9.

The following day at 9 a.m., the new Visitor Education Centre at the Canadian National Vimy Memorial, along with access to the tunnels and trenches will open to the public. Access to the monument area of the site may be restricted to allow for removal of equipment.

For information visit the following website <http://www.veterans.gc.ca/eng/remembrance/history/first-world-war/vimy-ridge/100-anniversary>



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



AVERTISSEMENT POLYGONES 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

Canada

'Never Quit' message shared by Afghan War sniper team leader Jody Mitic

Shilo Stag

A former Canadian Armed Forces (CAF) sniper has not allowed a traumatic event from the Afghanistan War to make him "quit" living his life.

Instead, Jody Mitic will bring his message of "Never Quit" to the El Prado Club Jan. 26 from 6 to 8:30 p.m. This event organized by Shilo's MFRC is open to those aged 18 and older.

There is no cost to attend, but you must have obtained tickets at the MFRC's front desk beforehand.

While on his third tour of duty overseas in Afghanistan, sniper team leader Mitic stepped on a land mine resulting in the loss of both of his legs below the knee.

Since his injury, Mitic has become an inspiration to Canadians as he has pushed through adversity and thrived. This soldier has achieved many milestones in his road to recovery.

He completed the Canada Army Run half-marathon, and competed in CTV's Amazing Race Canada with his younger brother.

Today, Mitic is a city councillor in Ottawa, where he lives with his wife and their two daughters.

Don't miss Mitic's motivational presentation which follows his personal mantra "Never Quit." He brings audiences a unique and courageous perspective on military issues, endurance and overcoming adversity.

Pulling from his personal experiences during the Afghanistan War, his uplifting presentation focuses

on overcoming unforeseen circumstances.

After physically bouncing back from his traumatic wounds, Mitic's biggest struggle was making the mental adjustment to his new reality.

His inspirational story will leave audiences with a new perspective on overcoming seemingly unconquerable barriers.

Mitic's visit to the Base is the first of two special guest speakers from Shilo's MFRC.

Up next Feb. 28 from 6 to 8:30 p.m. at the same venue is Stephane Grenier.

He spent 29 years with the Canadian Armed Forces (CAF) and participated in several overseas missions including Rwanda, Afghanistan, Lebanon, and Haiti, to name a few.

Faced with undiagnosed PTSD and depression after returning from Rwanda, he took a personal interest in the way the CAF handled mental health issues.

In 2001, he coined the term Operational Stress Injury (OSI) and conceived a national peer-support program.

This program continues to provide peer support to CAF personnel, veterans affected by mental health issues and their families.

Grenier provides advice on breaking mental health stigma as a barrier to recovery and foster an open, non-stigmatized approach to mental health.

Like the Mitic visit, there is no fee to attend Grenier's presentation. Grab a ticket from the MFRC in order for its staff to co-ordinate numbers.



NPF team effort

The Non-Public Funds (NPF) human resources team of Silvia Ukleja and Jennifer Wilbee were recognized for their continuous outstanding performance with a plaque during the recent Base Christmas luncheon. Their hard work and exceptional efficiency coupled with their dedication to duty has, and continues to be, instrumental in ensuring smooth, efficient and reliable NPF operations. Their often unseen efforts result in significant and positive impacts on the quality of life of all members of the CFB Shilo community.

Photo by Jules Xavier

www.rcamuseum.com
 Call 204-765-3000 extension 3570
CFB SHILO

EXPERIENCE HISTORY WITH A BANG!
THE RCA MUSEUM
 CANADA'S NATIONAL ARTILLERY MUSEUM

We want you on our team

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


CLASSIFIED ADS

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

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

February 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.*

Services	Services	Services	Employment
 <p>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 Starting again in September Confessions by appointment Padre Ihuoma - ext. 3089</p>	<p>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 gstele4570@gmail.com</p> <p>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.</p>	<p>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.</p> <p>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</p> <p>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.</p>	<p>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.</p>

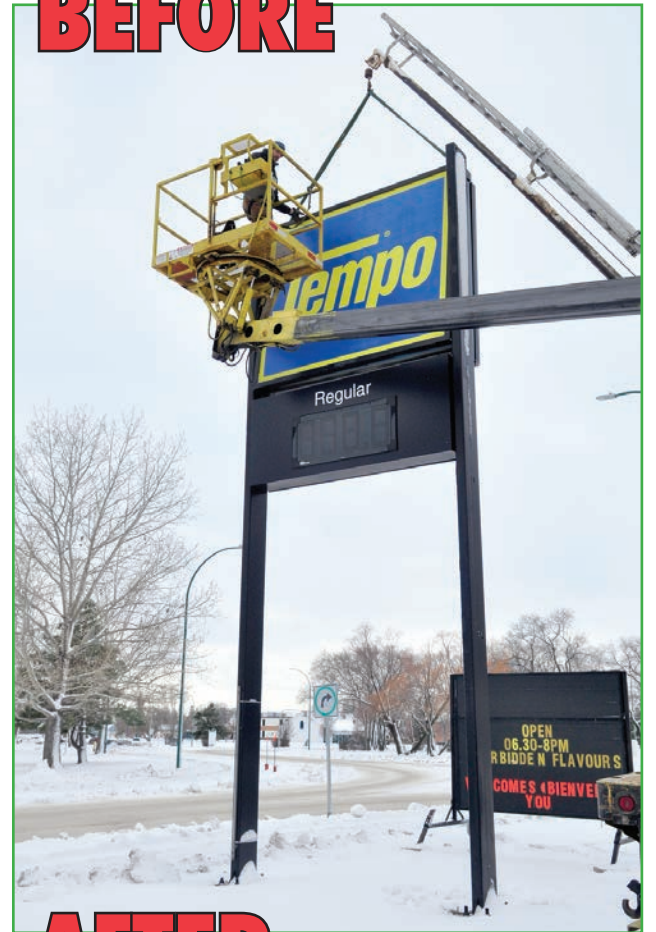
Advertise with us! To place an ad, e-mail bullee.elaine@cfmws.com or call 204-765-3000 ext 3736 or contact Sarah Francis at stag@mymts.net or call 204-765-3000 ext 3013

Changes at CANEX

CANEX manager Rick Kehler has reason to smile with the advent of another year. His new CANEX gas sign is up after the Tempo signage was taken down last fall. The new gas provider for CANEX is now ESSO. The gas pumps will be replaced this spring, with ESSO card holders now able to collect their points using their card while filling up on the Base. Gas has dropped to .99 cents since the below photo was taken.

Photos by Jules Xavier

BEFORE



AFTER



Would you like a 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.

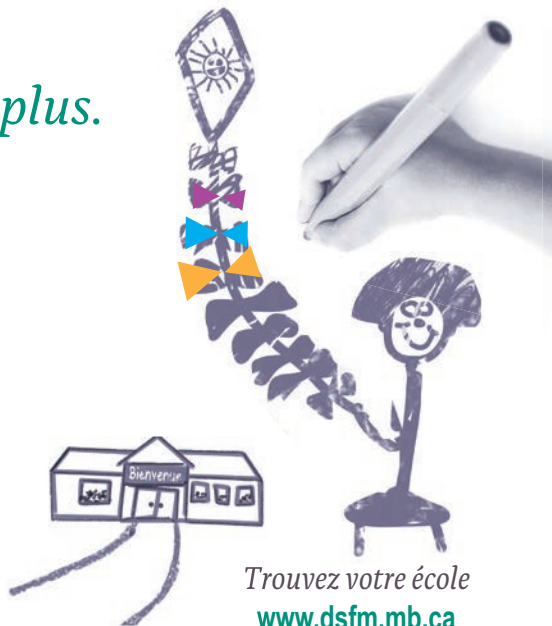
Photo by Jules Xavier



L'école en français, l'accueil en plus.

Inscrivez votre enfant dès la maternelle et offrez-lui une expérience éducative unique dans une école de la Division scolaire franco-manitobaine :

- ✓ Un apprentissage de qualité en français.
- ✓ La maternelle à temps plein.
- ✓ Un environnement stimulant et sécuritaire.
- ✓ Des activités sportives et culturelles dynamiques.
- ✓ Le transport scolaire.
- ✓ Un milieu où on apprend et grandit ensemble en français.



Trouvez votre école
www.dsfr.mb.ca



Période d'inscription à la maternelle

Quand : du 6 au 10 février 2017

Où : à l'école de langue française de votre région.