

CANEX
A division of CFMWS
Une division des SBMFC



PRICE MATCH GUARANTEE

WE WILL MATCH...
ADVERTISED PRICES ON ELECTRONICS, CAMERAS, COMPUTERS & MAJOR APPLIANCES. DETAILS ARE AVAILABLE IN-STORE OR ONLINE AT WWW.CANEX.CA



1947 - 2017

Shilo Stag

70 YEARS

Your source for Army news in Manitoba

Find us on Facebook



CANEX

facebook.com/canex.ca

Volume 56 Issue 14



Serving Shilo, Sprucewoods & Douglas since 1947

July 13, 2017

INSIDE This Issue



CoC ceremony introduces new BComd. Page 5



LCol John Cochrane Q&A with Stag editor. Page 6



Powerlifter trains for Invictus Games. Page 10



Base Kitchen staff responsible for this year's Canada D'eh 150 cake earned praise prior to the cake cutting ceremony held inside at L25 from BRSM CWO Don Askeland and outgoing BComd LCol John Cochrane. For this year's cake, staff outdid themselves with the size and an elaborate array of provincial flags at the foot of the massive cake. They also incorporated two smaller cakes showing some of the Base's history, and topped the cake with a Canadian flag made from Rice Krispie squares. Within a few hours of cutting the cake, there was nothing left but crumbs.

Photo Jules Xavier

Outgoing BComd calls Canada D'eh 'phenomenal'

Jules Xavier
Shilo Stag

Surveying the large crowd surrounding the Canada D'eh stage, outgoing BComd LCol John Cochrane had one word to describe the Base hosting Canada's 150th birthday party — "phenomenal!"

With all of the pre-planning coming to fruition July 1, LCol Cochrane said the event featuring everything from a family fun zone to classic cars in the shadow of Base headquarters was a fantastic way to end his two-year stint here as Base Commander.

"It was everything we could have hoped for. It was a day for everyone kids, teens, and adults," he enthused. "The entertainment was incredible — what a fantastic Canadian line-up of talent.

"[The concert] covered all tastes in music and was a great example of the breadth of Canadian talent ... pop, country and classic rock! Our emcee [Wawa's own Pete Zedlacher] is one of the funniest men I have ever met and is a great supporter of the CAF."

Tyler Shaw was a hit with the younger crowd who seemed to know the words to all of his songs, while country enthusiasts enjoyed the ambience of the setting sun on the field adjacent to L25 as Michelle Wright performed.

Then came Loverboy, rocking the night away during a 90-minute set that included all of their 80s classics. Yes, the audience came alive and rocked to the music prior to the birthday celebrations ending with fireworks.

Estimates on the day puts the visitors to the July 1 event to between 7,000 and 8,000. Perhaps higher when Shaw arrived on the stage just after 7 p.m. to begin the first of two sets.

Wearing a suit he had tailored while deployed to Afghanistan, LCol Cochrane was the third participant to take on the dunk tank crowd, with funds raised going to United Way.

"My final trip to the dunk tank, built by Base Maintenance, was a combination of dread and pride," he offered. "Dread because I suspected I would be a popular target, and pride because of the work the Maintenance team did building it."

Using a rental dunk tank in 2016 for Canada Day, this time Base Maintenance started construction of the Base's own dunk tank soon after so it would be ready for 2017, according to BMaint's Lt Thomas Oh.

The first volunteer to see action in the new dunk tank was Lt Oh, who did not realize most of the dozen participants scheduled to take the plunge in 20-minute shifts would create costumes for added effect while sitting on the chair awaiting for the spring to sprung, plunging them into the cold water below.

Other dunk tank participants included Maj Lindsay Jackson, COS Maj Katherine Haire, CANEX manager Rick Kehler (Capt CANEX), Sgt Ian Taylor, Maj Jeremie Dulong, BRSM CWO Don Askeland, Lt(N) Greg Ansley, Shilo and Region Service Club president Ian Muir, Lt Emma Sao Miguel and the always colourful Fitness, Sports and Recreation manager Jim MacKenzie.

Looking back on the planning and execution of those plans to make Canada D'eh 150 a reality, LCol Cochrane acknowledged teamwork from PSP and others should be applauded. He had a vision of what he wanted to see for Canada's 150th birthday, and others made it happen.

"The PSP Team made everything happen, without them this incredible day never would have happened," he said. "The Show and Shine [car show] was a huge success under the leadership of Sgt Brian Dempsey. I hope it is only the first of an annual event."

Capt Couto is first female infantry officer to lead Queen's Guard

Steven Fouchard
Stag Special

London, England — A Canadian Army (CA) officer who became the first woman infantry officer to serve in the role of Captain of the Queen's Guard June 26 is calling the experience a privilege.

2PPCLI's Capt Megan Couto was part of a contingent that was in the United Kingdom at the Queen's request to act as her guard from June 18 to July 3. The contingent included 80 soldiers and 35 members of the Royal Canadian Artillery (RCA) Band.

The Queen's Guard is charged with watching over the sovereign's official residences, including Buckingham Palace and Windsor Castle. Commonwealth military units have periodically been asked to take on the role since 1916. Her Majesty requested that a Canadian unit be given the honour in recognition of this year's sesquicentennial celebrations.

While Capt Couto was second in command (2IC) of the contingent, she stood in as Captain of the Guard for officer commanding (OC) Major Jason Hudson.

Capt Couto downplayed the significance of the event.

"There haven't been very many female officers in the Canadian infantry," she said. "By the nature of the situation, a lot of the things I do, I'm the first to do it. For me personally it's just part of what I do. I was surprised and honoured to be asked to be Captain of the Guard. And definitely it's a privilege."

"Megan is a hardworking officer and she deserves it," offered Maj Hudson. "It's a great opportunity for her. It's also significant in that the UK Ministry of Defence is currently in a transition to allow females within their combat arms."

Both officers said preparing for the job, which consisted of five mounts and dismounts — taking over guard duties from their British counterparts and then hand-



Captain of the Guard, 2PPCLI's Capt Couto marches the New Guard to St James Palace after the Mounting of the Guard in London England on June 26.

Photo Cpl Jay Ekin

ing them back — presented the CFB Shilo-based soldiers involved with something of a challenge.

"We're definitely not a ceremonial unit," said Capt Couto. "So, it was a bit of a learning curve, but I went to military college for four years so I have some training in drill and ceremony. It wasn't too bad — it was mostly getting the kinks out and remembering my training."

"Since I have been a Patricia, and in the recent past, we have not been really renowned for our ceremonial drill," added Maj Hudson. "We actually asked some drill instructors from the UK, specifically the Coldstream Guards, to help us prepare."

"Within a week we had all the moving parts down, then another week to refine our drills under the watchful eyes of the Coldstream Guards. Obviously, there's pressure on my shoulders given the world stage and that there's a lot of people watching. End of

the day, I'm just like any soldier in the ranks. I'm looking at the guy's head in front of me. I just need to remember my commands."

Capt Couto is marking seven years of military service this year. An avid athlete through her high school and military college years, she sees the CA as an ideal place to combine her passions for physical fitness and public service.

"It was never planned," she said. "None of my family had been in the Army, but what really attracted me is that it's challenging, it's constantly changing, and you're never doing the same job for any length of time."

"It's physically demanding and you get to serve others. And that's really big for me. I get to serve Canada, which is important. Both my parents are immigrants [Brazil and South Korea] and Canada's really important to me."

Steven Fouchard is with Army Public Affairs

What about your medals?

Shilo Stag

What are you doing with your medals following recent promotion and medal presentations on the Base? Base Clothing Stores has a contract in place for court mounting of authorized service medals and decorations. All Shilo military personnel are to use Base Clothing Stores for all court mounting at public expense. No claims for reimbursement of medal mounting at public expense will be accepted without prior authorization from the Base Supply Officer.

Members choosing to use their own supplier will not be reimbursed.

Pet of the Week

JAX

Four-year-old Jax is a German Sheppard mix, with Staffordshire Bull Terrier, we think. We are not certain of his breed as he is a rescue from the Humane Society in Edmonton. We adopted on June 8, 2015; date that also became his birthday. When we first got him, he was a very anxious and quite aggressive dog, mostly towards other dogs, although always trusting of humans. With a lot of socialization and trust building experiences, he became a very sweet, extremely sociable dog and I trust he would get along with any dog now. I would say he is fully rehabilitated from his days on the streets, which is probably how he got all those scars and also the pellet shot that was found lodged in his skin since who knows when. I would say his best trait would be he very rarely barks and his funniest, he eats grass like he was a goat in another life. All in all, we believe adopting a rescue was a great decision and we will certainly do it again, says Base adjutant Capt Vanessa Durand.



Brandon **Animal** Clinic
your pet's wellness centre

**Veterinary services
focused on all aspects
of your pets' care**

CARING EXCLUSIVELY FOR PETS

Dr. Sandy Barclay, Owner and Director | Dr. Tracy Radcliffe, Certified Veterinary Acupuncturist

To arrange an appointment call 204-728-9140
or visit www.brandonanimalclinic.ca

2015-A Brandon Avenue, Brandon, MB R7B 4E5
Hours: Monday - Friday 8:00 a.m. - 5:30 p.m. | Saturday 9:00 am - Noon



Before paving starts, road crews are busy repairing curbs on Royal Avenue.
Photo Jules Xavier

Road work around the Base Reconstruction on Lundy's Lane starts this summer for residents

Shilo Stag

You know it's summer when road construction ramps up in urban environments — visit Winnipeg and you will experience traffic chaos as roads receive new asphalt or sidewalks

CFB Shilo is no different, but you won't experience the traffic woes of the big city on this Base now that major road construction projects are underway.

Some inconvenience, but no major traffic back-up problems.

Here's a Base infrastructure update for the summer of '17.

As part of the INFRA2016 program, RPOU(W) Det Shilo — formerly CE — in partnership with Defence Construction Canada and a number of contractors will be performing major road and parking lot reconstruction this year.

Some of the projects include:

- A contract for Royal Avenue, Stonehenge Road and Kingston Avenue has been recently awarded and will see curb repairs being done prior to road surfacing commencing this month and continuing into August.

- A contract for Tarvia Road and the L125 north parking lot will soon be

awarded, with work being done this month and continuing into August.

- The Lundy's Lane reconstruction contract will soon be awarded. This will involve extensive reconstruction of roads and parking areas on Lundy's Lane, as well as replacement of water and sewer lines. Work will be ongoing between July and November.

- Portsmouth and Engineer Road work be done in August and September.

Motorists and pedestrians (cyclists) are asked to be aware of their surroundings as construction crews will be working on the Base throughout the summer. Temporary road closures and rerouting of traffic to accommodate construction will occur.

Residents of Lundy's Lane should be aware that the major reconstruction on that street will involve alternate parking arrangements, temporary water supplies and occasional short disruptions to water and sewer.

If you have questions or concerns about any of the construction projects underway, or starting in the near future, contact civil designer Rob Hutchings at ext 4001 or engineering officer Robert Riesz at ext 3122.

CANEX

A division of CFMWS
Une division des SBMFC

CFB Shilo
204-765-2343



<p>Burns® Frozen Burgers</p> <ul style="list-style-type: none"> • Beef Burgers • 1 Kg • Reg. 16.99 <p>9⁹⁹</p>	<p>Maxwell House® Coffee</p> <ul style="list-style-type: none"> • Original and Dark Roast • 925 gr • Reg. 17.99 <p>9⁹⁹</p>
<p>Kellogg's® Pop Tarts</p> <ul style="list-style-type: none"> • Variety Pack • 1.2 kg • Reg. 9.49 <p>5⁹⁹</p>	<p>Motts® Fruitsations</p> <ul style="list-style-type: none"> • Assorted Flavours • 12x111 gr - 113 gr • Reg. 3.39 <p>2³⁹</p>
<p>Quaker® Granola Bars</p> <ul style="list-style-type: none"> • Assorted Varieties • 12x156 gr • Reg. 4.19 <p>2⁹⁹</p>	<p>Kool-Aid® Juice Jammers</p> <ul style="list-style-type: none"> • Assorted Flavours • 10x180 ml • Reg. 5.19 <p>2⁹⁹</p>
<p>Christie® Cookies</p> <ul style="list-style-type: none"> • Assorted Varieties • 300-303 gr • Reg. 4.99 <p>2⁹⁹</p>	<p>Kraft® Kraft Dinner</p> <ul style="list-style-type: none"> • Original • 12x225 gr • Reg. 19.99 <p>8⁹⁹</p>
<p>Heinz® Picnic Pack</p> <ul style="list-style-type: none"> • Ketchup, mustard, relish • 3 x 375 ml • 8.19 <p>5⁹⁹</p>	<p>Cashmere/Purex® Bathroom Tissue</p> <ul style="list-style-type: none"> • Double roll • 8 pk • Reg. 10.99-12.99 <p>5⁹⁹</p>

July 13 to July 26, 2017



Volume 56 • Issue 14

Regular Circulation: 3,000

Printed bi-weekly by
Struth Publishing, Killarney MB

General manager Mike McEwan ext 3073
 Managing editor Jules Xavier ext 3093
 Base Photographer ext 6008
 Assistant editor Sarah Francis ext 3013
 Editorial advisor Lori Truscott ext 3813
 Proof reader Elaine Rempel ext 3736

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

Mailing Address:
 Box 5000, Stn Main
 CFB Shilo, Manitoba, R0K 2A0

This newspaper is issued by authority of LCol Dave MacIntyre, Base Commander, CFB Shilo. The views expressed herein are not necessarily those of the Department of National Defence or of the editorial staff. The editorial staff reserves the right to edit, to abridge, to reject copy or advertising to adhere to the policy, as outlined in CFAO 57-5, and for clarity and/or content.

The Shilo Stag is produced every second Thursday.

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

Submitting articles and photos for print:

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

• • •

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

Incoming BComd LCol Dave MacIntyre was scrummed by Brandon media — Q Country radio and Brandon Sun reporter Ian Froese — about his new posting following his CoC ceremony held at the MPTF.

Photo Jules Xavier

New Base Commander looks forward to move

Stag Staff

After a two-year absence following the departure of LCol Stephen Joudrey, the Base Commander's home at 1 London Dr. will be occupied again with a family of four.

Currently being renovated prior to the arrival of incoming BComd LCol Dave MacIntyre, the two-storey residence will soon echo the sounds of kids playing, as Gavin and Meaghan explore their new digs after moving here from Ottawa with dad and mom Shannon, who was born in Wetaskiwin, Alberta.

The CoC ceremony was held July 4, with outgoing BComd LCol John Cochrane passing the Base's leadership role to LCol MacIntyre, who joined the Canadian Armed Forces (CAF) in 1994 and was commissioned as an Armour officer into Lord Strathcona's Horse (Royal Canadians) (LdSH(RC)) in 1998 after completing a Bachelor's degree through the Regular Officer Training Program (ROTP).

Throughout his career, LCol MacIntyre has held many command and staff positions, most notably — he had the privilege to be the Officer Commanding (OC) for a Sabre Squadron from 2011-13, with LdSH(RC) and G3 Operations for 1 Canadian Mechanized Brigade Group (1CMBG) from 2014-16.

He has several operational tours including the North Atlantic Treaty Organization (NATO) Stabilization Force in Zgon, Bosnia in 2000, Joint Task Force (JTF) Afghanistan in Kandahar in 2006 and, again in 2008, and a domestic deployment to Op PODIUM for

the Winter Olympic Games held in Vancouver and area in 2010.

LCol MacIntyre's staff assignments have included tours with the Royal Canadian Armour School in 2004, Directorate of Land Requirements from 2005-07, and 1CMBG from 2014-16.

He is a graduate of the Land Forces Technical Staff program and the Advanced Command and Staff course held in Shrivenham, United Kingdom, where he received a Master's degree in strategic studies from King's College London.

LCol MacIntyre is looking forward to the next chapter in his military career, and expect to see him hanging out at Gunner Arena as son Gavin dons a Shilo minor hockey jersey with the advent of the 2017-18 hockey season.

Wife Shannon MacIntyre also looks forward to her stay on this Base, with plans to expand on her role with the Canadian Military Wives Choirs, which provides a supportive network for women in the Canadian military community through music.

She would like to see if there is interest in forming a Shilo-based military wives choir as she did while posted to Garrison Edmonton, and is currently involved with in Ottawa. Her group will be performing at the upcoming Invictus Games being held in Toronto.

There will be more on this when the Stag profiles Shannon and her ideas for a choir at CFB Shilo in our Aug. 10 edition.

For a full story on LCol MacIntyre, once he moves his family from Ottawa to CFB Shilo, see your July 27 edition.

Cliff CULLEN
 MLA for Spruce Woods



Constituency Office
 Box 129, 101 Broadway Street
 Glenboro, MB R0K 0X0
 t. 204.827.3956
 ccullenmla@mts.net

Guild
 INSURANCE BROKERS



SHILO • CARBERRY • WAWAWESA
 VIRDEN • 2830 VICTORIA AVENUE
 • SHOPPERS MALL BRANDON
 www.guildhmsinsurance.ca

HOME FARM BUSINESS TRAVEL LIFE **autopac**

ASK US ABOUT OUR
 DND MILITARY INSURANCE PROGRAM



Patricia Keough RMT

204-441-8044 | CANEX Mall in the Naturally
 patriciakeough@hotmail.com | Amourified Healing Studio

30 mins - \$45
 45 mins - \$60
 60 mins - \$75
 75 mins - \$90
 90 mins - \$110
 (additional \$15 charge on all
 hot stone massages)

•Swedish•
 •Cupping•
 •Pregnancy•
 •Myofascial•
 •Infant•
 •Hot stones•

DEBIT and VISA payment and DIRECT BILLING to most insurance companies NOW AVAILABLE



LCol John Cochrane's family look on (left) during the CoC ceremony. LCol Dave MacIntyre and his family listen (right) as BGen Stephen Lacroix addresses the audience. The arrival of BGen Lacroix (below) with the incoming and outgoing BComds.



Photos Jules Xavier

Soldiers salute (below) while outgoing BComd LCol John Cochrane (above) is scrummed by Brandon media after the CoC ceremony. Incoming BComd LCol Dave MacIntyre (right) signs his name on the CoC document.



Continuation of former BComd's work goal of fellow Strathcona LCol Dave MacIntyre

Shilo Stag

There's another armour officer at the helm of CFB Shilo following a CoC ceremony held at the MPTF.

Both members of the Lord Strathcona's Horse (Royal Canadians), LCol John Cochrane passed command of the Base to LCol Dave MacIntyre during a ceremony in front of reviewing officer 3CDSG CO BGen Stephen Lacroix.

With a stroke of the pen by all three officers, followed by handshakes, 23-year Canadian Armed Forces (CAF) veteran LCol MacIntyre spoke to those gathered, including his in-laws Colin and Wendy Loov from Wetaskiwin, Alberta and wife Shannon, plus his two children, Gavin and Meaghan, who arrived from Ottawa.

There are no individual goals for LCol MacIntyre during the next two years, but there are goals he'd

like to see achieved for the Shilo community.

Stepping to the lectern, there are three main priorities he has which are a continuation of LCol Cochrane's work. He wants to prepare for challenges of an unpredictable world by ensuring soldiers from lodger units like 1RCHA and 2PPCLI have the necessary tools to train for deployments that could take them to places like Latvia, Ukraine, Afghanistan or Iraq.

Moreover, he wants to continue to support military families and strengthen community relationships forged by his predecessor the past 24 months.

And he will be doing it while calling the Base home. He's awaiting the renovations to be completed on the BComd's home at 1 London Dr. before he relocates this summer from the nation's capital to Manitoba.

For a look back on LCol John Cochrane's two-year posting as BComd, turn to page 6.



KEVIN GREGORY
HOW REAL ESTATE GETS REAL



ROYAL LEPAGE
MARTIN-LIBERTY REALTY
INDEPENDENTLY OWNED AND OPERATED

YOUR HOME
YOUR FUTURE... 
... MY COMMITMENT

**RENOVATED
STAINLESS STEEL APPLIANCE**



\$212,000
258 28th Street, Brandon
1-bdm, 1-bath, 600-sqft

204-740-0090
www.brandonrealtyservices.ca

LCol John Cochrane calls Base Commander's job 'rewarding'

Jules Xavier
Shilo Stag

It seems like only yesterday that BComd LCol John Cochrane arrived from Ontario to begin his two-year stint as CFB Shilo's Base Commander.

Since arriving, he's experienced two prairie winters, coached peewee hockey from the bench at historic Gunner Arena and cheered on the Brandon Wheat Kings as they won the WHL title during the 2015-16 season. He's also engaged with individuals from the Westman hinterland, including many of the businesses in Brandon, with his involvement in the United Way and Chamber of Commerce.

Moreover, LCol Cochrane has immersed himself in the CFB Shilo community, whether it's wearing a velcro suit while throwing himself at a wall during a CANEX birthday party to egging on ball throwers as he sat on the dunk tank chair holding a water cannon during Canada Day 2016.

Aside from the fun and interaction with many people during his two years in Manitoba, LCol Cochrane has also been busy running the Base, and interacting with the lodger units who also call CFB Shilo home.

And more recently, he had an opportunity to participate in the Freedom of the City, knocking on the door of Brandon City Hall with his sword to alert Mayor Rick Chrest of CFB Shilo soldiers on parade on Ninth Street.

What one word best describes LCol Cochrane's experience being CFB Shilo's Base Commander?

"Rewarding," he enthused when asked.

With his Change of Command (CoC) ceremony held July 4, the *Shilo Stag* asked LCol Cochrane to reflect on his past 24 months using a Q&A format.

Shilo Stag (SS) Looking back on your two years as Base Commander, what were some of the challenges you faced? And in facing these challenges, what did you do to address them?

BComd John Cochrane (JC): "I suspect the biggest challenge that our team faced were based on a lack of understanding of CFB Shilo, its location, its uniqueness, its requirements, etc. We addressed this by explaining these challenges at every opportunity and were successful in some areas such as Base security, and less so in others such as Range clearance.

"This being said it's important to remember that CFB Shilo is but one Base out of many and priorities need to be established — sometimes we were high on that list and sometimes we were not. It was important to pick the top issues and push them as hard as we could."

SS: From your first day on the job how did you approach being the Base Commander? Why was it important to be a hands-on Base Commander?

JC: "I wanted to be involved and active without being overbearing. I view this position as a partnership with the lodger units, the Base community and the larger Westman community. The Base Commander's role is to work with all aspects of the Base to ensure everyone's needs are being met as much as possible."

SS: How would you approach the job differently if you were the incoming Base Commander knowing what you know from your own experiences?

JC: "I don't know if I would change my approach at all. I think the trick is to be able to adjust your approach dependent upon the circumstances. This involves everything from the people you're working with, to budgets and the general circumstances on the Base."

SS: Thinking about all of the people you came



Former BComd LCol John Cochrane participated in a fashion show at CANEX (below) and dressed up for a gala in Brandon along with BRSM CWO Don Askeland with help from the RCA Museum.

Photos Jules Xavier



in contact with, from military to civilian, what personality traits best served you as Base Commander?

JC: "I've never really thought about it, but without a doubt you need to be outgoing and willing to put yourself out there. I tried to be who I am and nothing more, while respecting the same of others."

SS: What were some of your goals or things you wanted to accomplish during your two-year term, but ran out of time, and now pass on to LCol David MacIntyre to complete/tackle?

JC: "Two key things that this team got started were the Range clearance and an upgrade to Base security. Both I believe are key projects on this Base and need to continue. Neither is a two-year project and, hopefully, Dave and his team can continue moving the years sticks forward with the assistance of RP Ops."

SS: How is the Base better after you've left your mark as Base Commander?

JC: "The team I have worked with over the last two years has done fantastic work on everything it has tackled. They have taken on some significant projects [like] Range clearance and Base security, but I think where we have truly succeeded is our relationship with the Westman community.

"For many years the City of Brandon and Westman community has supported us without question; this team has taken the opportunity to give back to the community and truly be seen as partners in this relationship."

SS: What piece of sage advice are you leaving your replacement at the Base Commander's desk as part of your handover?

JC: "Be yourself and bring your experiences to your team."

SS: List your top-five accomplishments, and tell us why they stand out from your two years at the helm of the Base?

JC: "The team I have worked with have had a huge list of accomplishments, but if I had to identify five specific items we accomplished they would be improvements to Base security, Range clearance, community relations, partnerships with other agencies [like] Brandon University, Brandon Sun, ACC, Chamber of Commerce, the United Way, etc, and of course Canada D'Eh."

SS: Reflecting on your time on the Manitoba prairies, and working at CFB Shilo, and calling Brandon home, what are some of the things you will miss now that you are returning to Ontario.

JC: "This is simple — the people and relationships that we have established here. Despite being the second largest city in Manitoba there is a small town atmosphere here in Brandon that is very inviting."

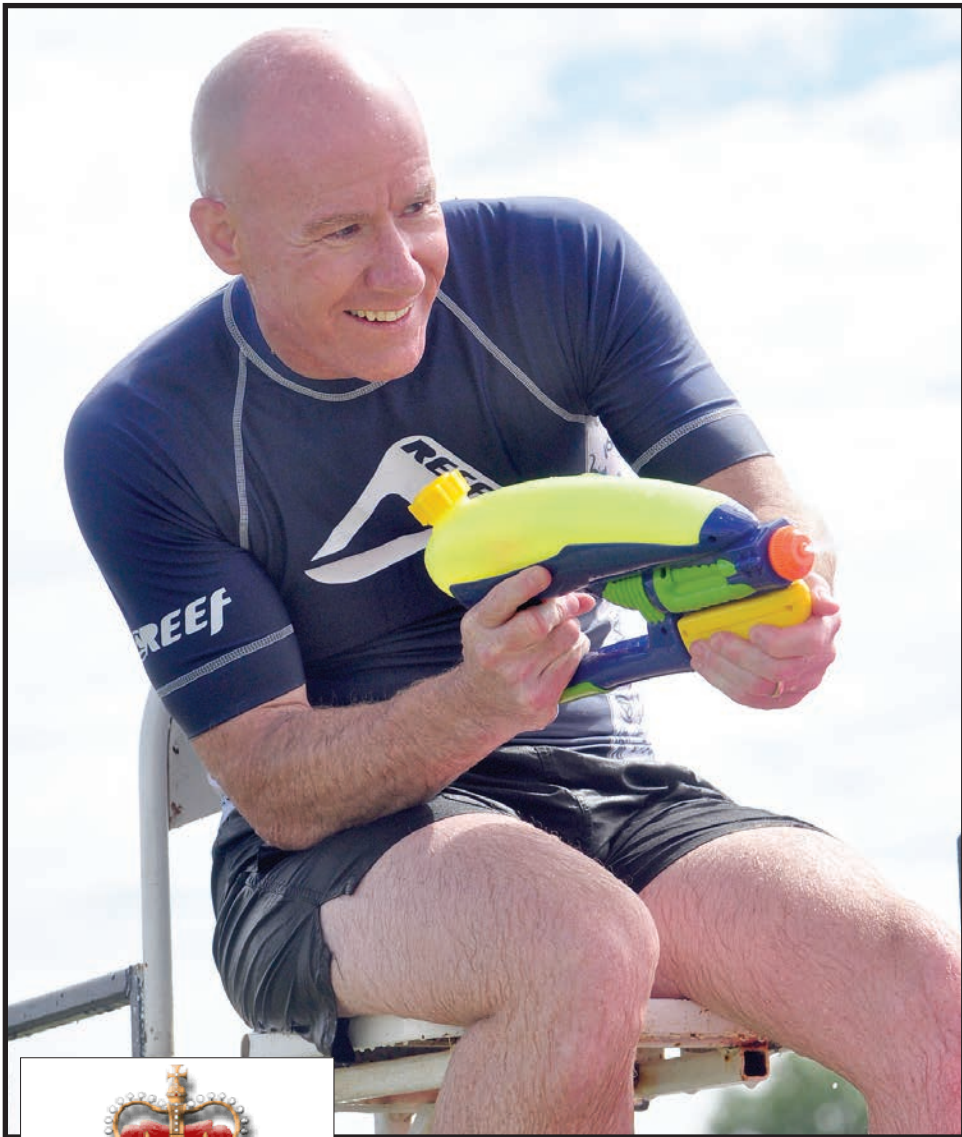
SS: Why was it important for you, as Base Commander, to forge relationships in the hinterland of CFB Shilo?

JC: "We are all part of the community and need to be seen as such. The relationships we establish help solidify our position in the community and it benefits everyone."

SS: What was it like to immerse yourself in the Base community, from playing hockey, being immersed in the dunk tank on Canada Day to walking the CANEX runway as a model?

JC: "I believe we all need to be involved in our communities regardless of who we are. The activities I participated in over the last couple of years were great fun and allowed me to meet a lot of great people. I am certain that some of the pictures the Stag have taken will come back to haunt me in the future, especially the CANEX model, but one can't take oneself too seriously!"

See **HIGHWAY** page 7



Outgoing BComd LCol John Cochrane enjoyed being part of the community during his time at CFB Shilo as its Base Commander. That included using a squirt gun on individuals interested in seeing him flounder in the dunk tank during Canada D'eh. Lobsterfest was another community gathering he looked forward to with the advent of summer. Base Maintenance built him an outdoor fireplace as his departure gift.

Photos Jules Xavier



Highway winter driving, ticks won't be missed by BComd

Continued from page 6

SS: Finally, what about things you won't miss from your two-year stay in Manitoba?

JC: "Ticks and highway winter driving."

With his CoC ceremony now history after he passed the reins on to incoming BComd LCol Dave MacIntyre, LCol Cochrane and wife Kate, plus children Evan and Sydney, left the prairies for their road trip through Northern Ontario en route to the GTA, with home again back in Oakville.

LCol Cochrane will have a few weeks off as he does not report for work at Staff College in Toronto until Aug. 1. Once there, he'll be working out of a classroom as an instructor interacting with senior Majors and other Light Colonels. It will be a far cry from running the day-to-day operations of a major training base on the prairies.

But after 24 months here, LCol Cochrane has plenty of memories to recall in his retirement, plus friendships he's forged with a plethora of military personnel and civilians he's met during his tenure.



From Vimy to Juno commemorates Canada's role in two wars

Stag Special

A special commemorative exhibition entitled From Vimy to Juno: Canada in France 1914-45 opened July 12 at the RCA Museum.

This national travelling exhibition explores the connections between defining moments in Canadian history and the experiences of Canadians who fought in both world wars. From Vimy to Juno was developed by the Juno Beach Centre, Canada's only museum on the D-Day Landing beaches in Normandy, France.

"We're delighted to host this exhibition," said senior curator Kathleen Christensen.

"It provides a great opportunity for our visitors to learn about Canada's role in the First and Second World Wars and understand the local connections to these defining moments in our history."

"In two world wars, hundreds of thousands of Canadians fought in France, where their achievements helped shape our national identity," said Juno Beach Centre executive director Jenna Zuschlag Misener.

"The Juno Beach Centre is proud to bring this legacy from the sacred ground of Vimy Ridge and Juno Beach to all Canadians coast to coast through this special program, especially in CFB Shilo whose own history connects the two wars."

This initiative was launched to commemorate a number of important Canadian anniversaries and milestones, including the 100th anniversary of the Battle of Vimy Ridge this year in April and the 75th anniversary of D-Day and the Normandy Landings in 2019.

From Vimy to Juno will be on display at the RCA Museum until Aug. 25.

This exhibit enhances the RCA Museum's current temporary exhibit, In the Footsteps of Vimy as well as a photographic display called Fathers and Sons Marching to War.

These original Regimental photographs were taken at training camps throughout Canada during the two wars and are from the museum's archives.

Fathers and Sons will be on display for the duration of the Vimy to Juno exhibit.

In the Footsteps of Vimy will be on display until Nov. 24.

The RCA Museum was established in 1962 at CFB Shilo in order to preserve and interpret this proud heritage for future generations.

Its collection and archives includes more than 65,000 artifacts and archival records, including more than 150 artillery pieces and vehicles.

Visit www.themilitarymuseums.ca

The Juno Beach Centre was established in 2003 by veterans with a vision to create a permanent memorial to all Canadians who served Canada during the Second World War, and to preserve this legacy for future generations through education.

The Centre in Normandy pays homage to the nearly 45,000 Canadians who died during the war, of which 5,500 during the Battle of Normandy and 359 on D-Day.

A decade and more than 750,000 visitors later, the Centre has been designated a site of national historic significance to Canada.

Visit www.junobeach.org

Ecole la Source student Juan Torres stands with RCMP Cst Eric St-Pierre at the police cruiser now known as White Knight thanks to his suggestion as part of a contest the Westman RCMP held with local schools.

Photo submitted



Student names Mountie's car

Stag Special

In honour of Canada's 150th birthday, the RCMP's Westman Traffic Services unit held a police car naming contest in eight schools within the Westman area.

The Westman Traffic Services unit, often better known by the former name of "Highway Patrol," is located in Minnedosa and supplements the local RCMP detachments providing traffic enforcement throughout the Westman area.

The unit primarily focuses on patrolling the Trans-Canada Highway, the Yellowhead Highway and Hwy 10 from the United States border to Riding Mountain National Park.

The unit is composed of a sergeant, corporal, seven constables and two support staff, with nine police vehicles. In the past some members named their vehicles just for fun.

The RCMP has a long history based on various traditions. Our forefathers of the NWMP rode horses and, of course, named their mounts.

In honour of this tradition, the Westman Traffic Services unit engaged elementary students across the Westman area to submit names for each police vehicle. The RCMP Musical Ride horses and police dogs are named in similar national contests.

The Mountie responsible for each car chose his/her favourite name of those submitted. Each winning student was presented with a certificate of achievement signed by Assistant Commissioner Scott Kolody, CO of the RCMP's D Division (Manitoba); Insp Edward Moreland, the Officer in Command of D Division Traffic Services; and the officer who drives the police vehicle.

The student was also presented with a stuffed RCMP Musical Ride horse. All the students in the class were presented with RCMP stickers and tattoos, and were given a tour of the police car.

The students quite enjoyed playing with the emergency lights and siren, and sitting in the back of the police vehicles. Hopefully, they don't find themselves back there when they grow up.

The winning student from Ecole la Source at CFB Shilo was Juan Torres. Cst Eric St-Pierre's cruiser 2B43 is now referred to as White Knight thanks to Torres suggested moniker.

Shilo Theatre
(Located in the General Strange Hall)

July 14 Life Rated PG
July 21 The Fate of the Furious Rated PG
July 28 Born in China Rated G

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

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

NATIONAL YOUTH TRACK & FIELD CHAMPIONSHIPS

BRANDON, MB
AUGUST 11 - 13, 2017 • AUGUST 10 - 12, 2018

The Legion National Youth Track and Field Championship for young Canadians in the U16 and U18 age group is the only sports event of its kind in Canada. This national championship gives young men and women a chance to compete, develop leadership skills and better understand the diversity of other sports-minded youth across Canada.

National Championships for midget & youth
Recognized by the True Sport Foundation with the 2012 Corporate Excellence Award
Recipient of the 2013 Canadian Sport Tourism Alliance Sport Event Sponsor of the Year Award

FUTURE OLYMPIANS START HERE!

For more information visit:
www.LegionNationals.ca

f t You Tube

PROUDLY SUPPORTED BY OUR PARTNERS:

SIDE WALK SALE

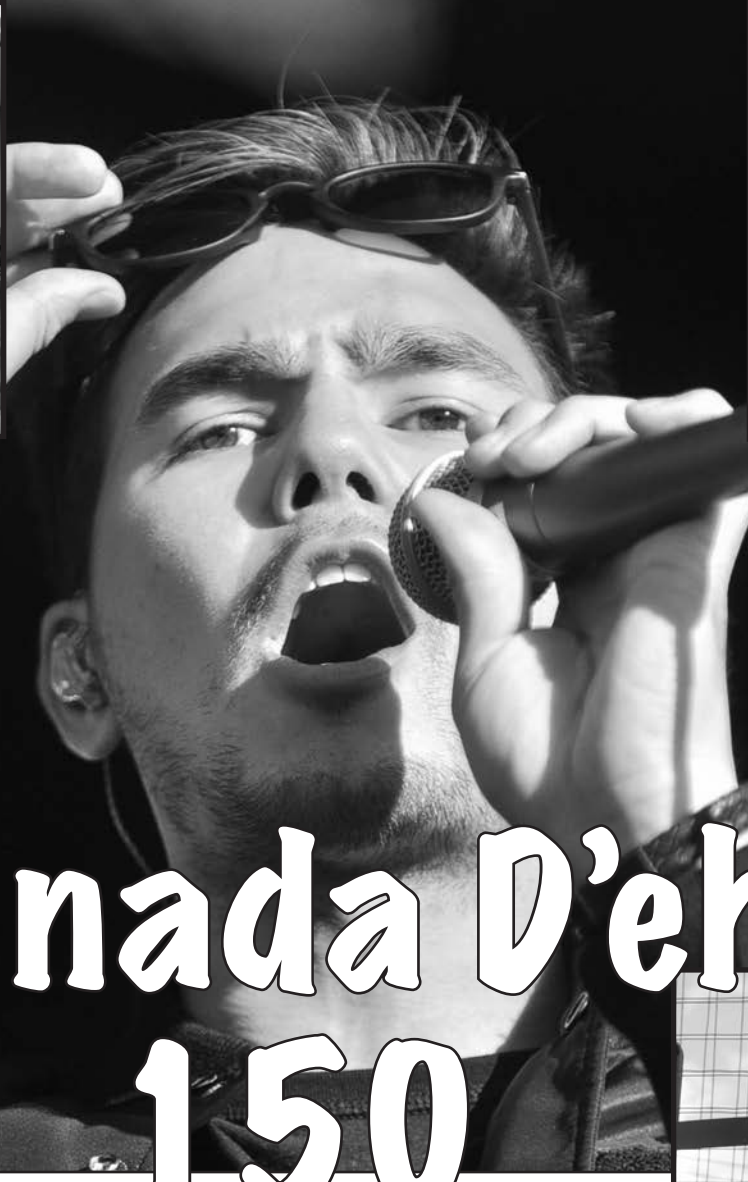
Enjoy our summer savings
July 13 to 16

LOOK MUSIC SERVICES

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

DOUG KOOL, OWNER

204-726-0794
BRANDON, MB
FAX: 204-728-0055
Lookmusic@wcgwave.ca



Canada D'eh

150

In Focus



Photo collage Jules Xavier





The Invictus Games flag arrived at CFB Shilo, with powerlifter Capt Nicholas Verleun (left) spending plenty of time in the GSH weight room preparing to compete in Toronto during the seven-day competition. He's part of a 90-member Invictus Games roster recently announced by the Canadian Armed Forces (CAF). The Games feature 11 sports, and competitions will be held throughout the Greater Toronto Area (GTA).

Photos Sarah Francis

1RCHA's Capt Nicholas Verleun preparing for Invictus Games

Shilo Stag

The 90-member Invictus Games roster has been finalized, and a captain with 1RCHA will represent CFB Shilo in Toronto during the seven-day competition.

Capt Nicholas Verleun looks to Arthur Wellesley for inspiration.

"He started out, and was widely unappreciated, and was beset on all sides by people hoping for his failure," said Capt Verleun of the Anglo-Irish soldier and statesman who was one of the leading military and political figures of 19th-century Britain. The resident of Shilo, Manitoba is training in powerlifting.

The 2017 Invictus Games will feature 11 sports, including archery, track and field, indoor rowing, cycling, sitting volleyball, swimming, wheelchair basketball, wheelchair tennis, wheelchair rugby, golf and powerlifting. There will also be a driving challenge.

Capt Verleun will compete in powerlifting.

Team Canada is made up of 90 athletes who acquired a physical or mental health injury or illness, while in service. The team includes serving members of the Canadian Armed Forces (CAF), representing all three environmental commands — Royal Canadian Navy, Canadian Army and Royal Canadian Air force — and veterans.

Athletes like Capt Verleun were chosen for the benefits they will experience while preparing for and competing in the Games, as well as for their skill level in their chosen sports.

They have overcome tremendous odds and have now taken up the challenge to compete in an international adaptive sporting event. Some are seasoned, having competed at Invictus Games 2016 or other sports events like International Military Sports Council. Some are new to their Invictus sports.

BGen Shane Brennan, Commanding Officer of the Joint Personnel Support Unit and Head of Mission for Team Canada, announced the 90-member team that will be heading to the 2017 Invictus Games, during an event held at historic Fort Henry in Kingston, Ont.

"I am proud of our current serving members and veterans who are representing Canada at the 2017 Invictus Games. Their performances on the track, in the swimming lanes, and at the nine other adaptive sports events at the Games will demonstrate the extraordinary courage and determination of those who acquired a mental health or physical injury while serving their country."

Gen (Ret'd) Walt Natynczyk, Deputy Minister of Veterans Affairs Canada, joined BGen Brennan in a show of solidarity with the athletes who are in their final leg of training.

"At Veterans Affairs Canada we are dedicated to the recovery, the rehabilitation and the well-being of our

veterans and support of their families. The Invictus Games are another opportunity to support them to achieve their goals and ambitions and to honour their service and sacrifices."

Capt Verleun and his teammates came from across the country to take part in the second and final one-week training camp at CFB Kingston. The team is training for the 11 competitive sports that will be featured at the Invictus Games.

The participation of Team Canada in the Invictus Games is made possible through the CAFs' Soldier On Program, in partnership with Invictus Games Toronto.

Using the transformative power of sport, Soldier On has supported more than 3,200 members since its inception more than a decade ago and remains committed to supporting veterans and serving members with a permanent mental health or physical injury to adapt to their new normal, overcome their challenges and Soldier On in life.

Thanks to the generosity of Canadians, Soldier On has disbursed more than \$5.4-million directly to ill and injured members across the country in support of their recovery.

The Games will see more than 550 ill, injured and wounded servicemen and women from 17 allied countries compete in 11 adaptive sports, at various locations across Toronto. There is also a Jaguar Land Rover driving challenge.

The CAF, DND and Veterans Affairs Canada are proud of the serving members and veterans who have volunteered to represent Canada at the Games and raise awareness of rehabilitative sports and programs.

The Invictus Games were created by Prince Harry in 2014 and are an international adaptive sporting event for ill, wounded and injured active duty and veteran service members.

"Invictus" means "unconquered" and shows the fighting spirit of the wounded, ill, and injured service members and the incredible will they have to overcome adversity.

The mission of the Games is to honour and help the men and women who have faced the reality of sacrificing for their country by using the power of rehabilitative sports for recovery.

The first Invictus Games were held in London, England, in 2014. A team of 11 athletes from all three service arms, represented Canada at those Games. Sgt Renée Bertrand, who served with the 5th Field Ambulance, won silver in the 50-metre women's breaststroke and retired Army Cpl Luc Martin of Salisbury won a silver medal in compound archery.

The second Games were held in May 2016 at the ESPN Wide World of Sports Complex in Orlando, Florida. Team Canada finished the event with 10 gold, eight silver and four bronze medals.

The 2017 Games will feature 11 adaptive sports:

archery, athletics, golf, indoor rowing, powerlifting, road cycling, sitting volleyball, swimming, wheelchair basketball, wheelchair tennis and wheelchair rugby.

Team Canada is training to compete in all 11 competitive sports. Team members are supported by 11 coaches, two athletic trainers, medical team, manager, and support staff. Two training camps have been held in preparation for the Games at CFB Esquimalt on Vancouver Island in British Columbia in early April, and the most recent at CFB Kingston.

Leading up to the Games, athletes will continue their training with the assistance of their coaches and in the company of their teammates.

Soldier On supports serving members and veterans to overcome physical injuries and mental health illnesses through physical activity and sport.

The experience of a Soldier On event gives members opportunities to develop new skills, build confidence, meet peers with similar challenges and adapt to their new reality.

Since its inception 10 years ago, Soldier On has helped more than 3,200 ill and injured members to obtain sporting or recreational equipment and gain access to high-level training from world-class instructors. The program offers a wide range of structured activities from alpine skiing to fishing, to adventure expeditions.

Here are a few testimonials from Invictus Games athletes:

"For me the Invictus Games aren't about medals. They are about getting my life back. Doing something that will make me get over fears. I may not be a typical athlete but I strive to give myself challenges. I may finish last but I have it all I've got. It's about trying to get through everyday challenges in a positive way."

- Cpl (Ret'd) Katherine Heath

"The Invictus Games have given me a purpose to my day. My daily routine now encompasses more training, healthier eating and a more focused and positive mindset. I have already connected with many peers who I can relate to and who can understand my daily struggles."

- Cpl (Ret'd) Bruce Matthews

"I am humbled and honoured to represent both the Invictus Games and Soldier On, as these organizations have literally saved my life."

- MWO (Ret'd) Dale Robillard

"The Invictus Games are a source of inspiration."

- Sgt Jérémy Meyer

"My favourite quote: 'We only have as limitations those that we impose upon ourselves.'"

- Cpl (Ret'd) Étienne Aubé

"I am just going for it with the Invictus Games. It's much more rewarding than sitting life out."

- Cpl (Ret'd) Jackie Buttner

www.rcamuseum.com
 Call 204-765-3000 extension 3570
CFB SHILO
EXPERIENCE HISTORY WITH A BANG!
THE RCA MUSEUM
 CANADA'S NATIONAL ARTILLERY MUSEUM



**NEW SITE,
 NEW CONNECTION.**



Financial Services Fitness Morale Military Family Resource Centres
 Sports Health Promotion DFIT.ca Messes Training Recreation
 Veterans Family Support Housing Mental Health CAF Members
 Personnel Support Programs Volunteers Facilities Military Families
 Education Daycamps Family Information Line Employment

CAFconnection.ca
 #GetConnected



Last mail call for Stag

After more than 30 years working on a Base he knows well, having arrived here as an Army brat when his father served with the Canadian Armed Forces, Dave Murphy called it a career, here dropping off his last mail to the Shilo Stag during his rounds of CANEX. What's next for Murphy? He plans to sleep in on occasion, but with summer here, there will be plenty of trips to the Shilo Country Club for a round of golf. Plus, organize his music collection when he's not out for a ride in his Ford Mustang.

Photo Jules Xavier

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:**

July 20 at noon
 Free ads (non-profit only)
 restricted to members of the
 CAF, employees of CFB Shilo and the
 residents of the surrounding area.

Services



**St. Barbara's
 Protestant Chapel**
 Sunday at 10:30 a.m. with
 Sunday school & nursery
 Padre Costen - ext 3381
 Padre Dennis - ext 3088
 Padre Lee - ext 3090
 Padre Neil - ext 6836
 . . .
**Our Lady of Shilo
 Roman Catholic Chapel**
 Sunday at 10:30 a.m.
 Faith Studies Tuesday 18:30
 Confessions by appointment
 Padre Ihuoma - ext 3089

Services

**Greg Steele Canadian Fire-
 arms Safety Course Instruc-
 tor/Examiner** Offering Red
 Cross first aid training. Mani-
 toba Hunter Safety instruc-
 tor. Courses offered at least
 monthly, more often with de-
 mand. Firearm/hunter safety
 courses planned seasonally.
 Restricted and non-restricted.
 Call 204-725-1608. E-mail
gstele4570@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 out-
 side the gate. For all your in-
 come 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 de-
 tailed information on the jobs
 offered at CFB Shilo visit:
www.cfmws.com

Employment

CANEX wants you: Clerk/ca-
 shier part-time position with 13
 to 32 hr /week required. Must
 be available days/evenings,
 and weekends. Starting salary
 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.

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



Your source for Army news in Manitoba

We want you on our team

The *Shilo Stag* is looking for another sales consul-
 tant for its team. Help us sell the Brandon business
 market on advertising in the *Stag*. They have a cap-
 tive 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 com-
 mission, you can set your own hours. The more you
 hustle and sign advertisers up to promote their busi-
 ness 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.



At **your** service

Starting with **FREE** Banking¹

As the official bank of the Canadian Defence Community, BMO is here to help you save hundreds of dollars each year².

Bank Accounts that could save you \$299 or more each year

- Save \$179 each year with the Performance Plan¹ - no minimum balance required
- Save up to \$120 each year with five non-BMO ATM withdrawals in Canada included each month

Save with our exclusive BMO CDCB rates on a wide range of Mortgage options³

- Flexibility to move or break your mortgage through the Integrated Relocation Program
- Eligibility for mortgage protection even when on active duty during civil disorder or war

Visit bmo.com/cdcb to learn more.



We're here to help.™






CANADA'S MILITARY STORE

CANEX.ca

1 July - 27 August 2017

Enter for your chance to

WIN a Backyard BBQ!

Many thanks to our sponsors:

Coca Cola®, Tank Traders®

Only CFB Shilo CANEX SuperMart receipts showing a total purchase of minimum \$50 before taxes are eligible. Receipts must be dated 1 July through 27 August 2017 and generated from personal purchases only. Use your CF1 card and enter to win. Sorry, no prize substitutions.

Broil King Sterling Prize Package:

4964-54 BBQ

- Tank Traders® Propane Tank
- 10 Obermaier's Rib Eye Steaks
- Fresh Potatoes & Corn-on-the-Cob
- 2 x 12 Packs Coca Cola® Product
- Snacks from Frito Lays® and Old Dutch®
- All the fixings for a Backyard BBQ

Prize package value approximately \$500.

Plus, your CANEX Manager will deliver it all to your party and BBQ for you!



CANEX SUPERMART | BLDG L-125 CANEX MALL | SHILO | 204-765-2343