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Volume 56 Issue 15



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July 27, 2017

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 Eiffel Tower. Page 2



No tank driving for new
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PERI flags comes down
 20 years ago. Page 9



Scooter takes flight

Visiting the Base from CFB Suffield, former PMQ resident Devin Bibeau used his scooter at the skateboard park, trying some of his tricks for *Stag* editor Jules Xavier. He says it takes a lot of practice to perfect the tricks he does, especially when taking flight over the jump located north behind the CANEX Mall.

Army cadet experiences Battle of Vimy Ridge centennial

Sarah Francis
Shilo Stag

The opportunity to visit Vimy Ridge on the 100th anniversary came as a surprise to local Army cadet WO Arthur Blakely.

A cadet for four years, he serves as TSM of 2502 Royal Canadian Army Cadet Core (RCACC) Shilo.

"My main job and responsibility with cadets is to instruct cadets on different subjects, such as drill, orientation, uniform, et cetera, and lead the cadets," he explained in an e-mail interview while on a family summer vacation in France. "I believe this will help me have more confidence and ease in leadership roles and help me with my public speaking."

Why Army cadets?

"I decided to join the Army cadet program because my father is in the military and I wanted to have more knowledge about the Canadian military."

It's been a bit of a different experience than what the young cadet expected.

"When I first joined, I thought the program would be very strict, focus a lot on drill and be more like the actual military," he offered. "But the program isn't ultra strict. There was still the strong emphasis on drill, since drill has an important role in all branches of the military. Which, to my surprise, I enjoyed."

WO Blakely has been on other Army cadet trips in the past. And he's no stranger to Army cadet camp, as he has been to the Okanagan Valley in BC multiple times.

"I went to camp three times at Vernon Cadet Summer Training Camp (CSTC) in BC. I had done my general training on my first year of cadets. I did basic expedition on my second year and I did expedition instructor last summer."

Visiting France twice within months of each trip is nothing new to WO Blakely.

"I have been to France twice before. Once [when] I was to young to remember anything. The second time it was nine years ago, when I was six years old. I haven't been to Vimy before."

It was an exciting moment in May 2016 to find out about going to Vimy as part



Shilo Army cadet WO Arthur Blakely was able to visit the Eiffel Tower while in France for the centennial ceremony for the Battle of Vimy Ridge.

Photo supplied

of Army cadets, and to mark the centennial of the Battle of Vimy Ridge.

"I was very choked that I received the offer since I didn't consider myself as being the best choice to send overseas, but I said yes," he recalled.

"In late June of the same year, I received an e-mail with my consent forms and all that. Then I was very excited and looking forward to the trip."

Army cadets had an opportunity to participate in the ceremony.

"Participating in the parade for the 100th anniversary of Vimy Ridge was to me a big honour ... being able to parade for the people who fought and died during this battle. That being said, I was quite nervous since this was a very important parade. But once we started parading, my nerves went away and the whole thing went smoothly."

The Army cadets on this overseas adventure in April also had the opportunity to visit other historic sites. Some stops included England. During his trip he visited the London Eye, Buckingham Palace, Canadian War Memorial, Imperial War Museum and Piccadilly Circus in London.

"In France, we visited the Notre-dame-de-Lorette war memorial, Newfoundland war memorial, Arras, Rouen, Juno Beach, and Canadian cemetery near Juno Beach," he listed off.

"In Paris, we visited the Louvre, Eiffel tower, Montparnasse tower, Notre Dame Cathedral and the Latin quarters of Paris."

France's famous museum was a top stop for WO Blakely.

"My favourite place to visit was the Louvre. I spent about three hours and a half in there with my friends. There was so much to see other than the [painting] Mona Lisa. There was a lot of beautiful art and elaborate sculptures there. There was also a tonne of historic artifacts to see."

Although he only saw a portion of what there is in only three hours.

"I learned that if you were to look at everything on display at the Louvre, which is only about 13 per cent of what they own, for 10 seconds without taking any breaks it would take you three whole months to visit the whole place," he estimated.

Pet of the Week



Iver is a playful dachshund, who likes to play with his siblings when he's not soaking up the sun while snoozing on the deck. 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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Hockey memory ouch!

Stag assistant editor Sarah Francis received a reminder of her hockey injury, taking a puck above the eye during a Base hockey game at Gunner Arena. Former BComd LCol John Cochrane, who kept the puck while Francis was leaving for medical attention, had a special plaque made up to mark the sideline injury.

Photo Jules Xavier

What do you know about Base's medical clinic?

Lt Suzie Beaudoin Stag Special

Do you really know 11 CF Health Services Centre (11 CF H Svcs C) on this Base?

More than likely, you know there is a medical clinic located at CFB Shilo, but do you really know what services are offered? To start off, this writer loves to talk about everything to everyone, which is why I will write about 11 CF H Svcs C for you in the *Shilo Stag*.

I normally act as a Liaison Nurse (LN), and am in contact with the various Chains of Command or the civilian medical facilities in order to make sure you receive the best continuous care.

You will also see me doing triage during sick parade. I also have a blood pressure clinic and a pre-op clinic, where I see all members who will have a surgery in the near future.

My door is always open if you require any assistance. Dial extension 3811.

Our Base clinic also offers physiotherapy. Open the same hours of operations as the clinic — 7:30 a.m. to 4 p.m. Did you know that in order for you to obtain treatment from physiotherapists, you can show up during sick parade to seek treatment, self-refer or be referred by another healthcare provider?

Their services include rehabilitation for various muscular-skeletal injuries, acupuncture treatments and other treatments. Dial extension 3062.

The medical clinic now has a full-time pharmacist onsite. Same hours of operations as the clinic. Did you know that you are able to present yourself directly to the pharmacy in order for you to obtain over-the-counter medications such as Advil, Tylenol, cold medication, heart burn medication, etc.? You can

also contact the refill line at extension 3166.

11 CF H Svcs C also has a full mental health department at your service. The medical clinic has mental health staff available during sick parade every morning. This means you can now be seen on sick parade for any mental health concerns.

The services they provide varies from social work, marital counselling, PTSD treatment and addiction's counselling, as well as many more. You can access these services directly by self-referring, present yourself during sick parade hours or be referred by another healthcare provider. The extension is 3177.

There's also a full-time community health nurse onsite who can provide immunization for the various taskings and deployments. This individual can also provide counselling when travelling. Her extension is 3507 to book an appointment.

The Base's medical clinic also offers X-ray services and laboratory work. Open during clinic hours, once you receive a request for those services, staff will direct you. Of course, the medical team has an amazing clerical staff at the front desk who can help you throughout your journey when you arrive.

Our facility also has a medical records clerk, who will provide you with copies of your file if you require it. There's also an orderly room clerks, who will help you for your medical travel claims or when you need to book your optometrist appointment.

When you clear into Base, they are your first stop.

If you have any topic you would like this writer to address, feel free to contact me at extension 3811.

Lt Suzie Beaudoin is a Primary Care Nurse (PCN) with 11 CF H Svcs C

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Submitting articles and photos for print:

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



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Road painting artistry

RPOU (W) Det Shilo (formerly CE) staff have been busy this summer repainting lines and cross-walk patterns on Base roads. Here, a crosswalk is painted adjacent to O'Kelly School, where students cross en route to their school.

Photo Jules Xavier

Mefloquine used as second-line treatment

BGen Colin MacKay Stag Special

As members of the Canadian Armed Forces (CAF), we operate in some of the most difficult environments in the world, from the high Arctic to the heart of Africa.

And the role of the Canadian Forces Health Services Group is to ensure we're resilient to illness and injury no matter where we operate, and to get us back to fighting shape when needed.

I was ordered by the Chief of the Defence Staff (CDS) to provide recommendations on how to best protect our people from malaria using third-party, peer-reviewed scientific analysis.

As a result, I asked our subject matter experts to conduct a review partly out of concerns surrounding the use of the drug mefloquine because I needed to know if other treatments developed since the 1990s can deliver the same results with fewer side effects.

I have now received the results of that review, which you can read by visiting www.forces.gc.ca/en/about-reports-pubs-health/surg-gen-rpt-mefloquine.page

Here are the findings:

- Malaria is a serious and often fatal disease. In their last reporting year, the World Health Organization tracked 212 million cases and 429,000 deaths worldwide.

- Mefloquine is extremely effective at preventing malaria, and because it requires weekly doses instead of daily ones, is more effective in an operational theatre where there are fewer chances to miss a dose.

- While the side effects of mefloquine can vary, even the most minor ones — nausea and dizziness — can limit operational performance. More serious side effects such as anxiety, nervousness, and depression are rare, but can pose risks to a member's long-term health.

- Alternative anti-malarial treatments, such as doxycycline and "AP," provide comparable protection from most malaria strains, and pose less serious risks to the user.

- As other anti-malarial treatments became available, CAF prescriptions for mefloquine have decreased from nearly 90 per cent in 2003 to less than two per cent in 2016.

As a result of this review, mefloquine will now be considered a second-line treatment for the prevention of malaria among CAF personnel.

It will only be recommended for use in people who cannot use other treatments for any reason — such as drug allergies — or for people who have used it in the past and experienced no side effects.

In spite of the potential side effects of mefloquine, they are less serious than complications from preventable disease. CAF members will not be deployed into operational theatres where malaria is present, without sufficient protection to prevent malaria.

I want to thank our medical professionals for their work on this review, and I encourage all members with questions about mefloquine — or any other medication — to consult your physician and make an informed decision.

BGen Colin MacKay is Surgeon General of the CAF

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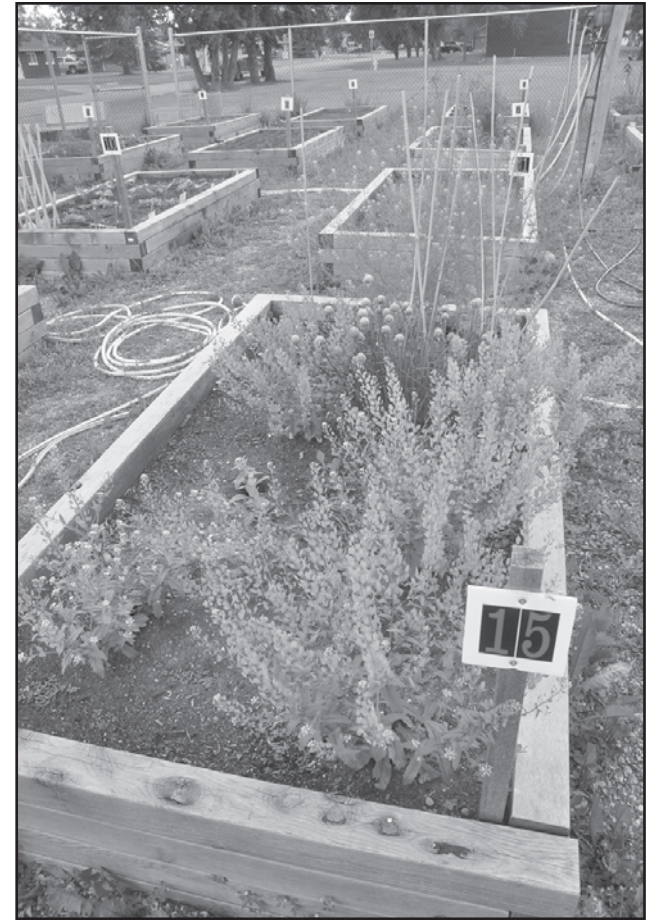
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New Shilo mayor Lt Thomas Oh from Base Maintenance shows off the ceremonial chain of office (far left) after accepting the appointment. The back of the Mayor's Medal which was bought in Beirut, Lebanon, is inscribed with the saying that a ruler is "noted for his patience and wisdom." One of the projects he wants to tackle is resurrect the once popular community garden, with a number of plots this summer not being used.

Photos Jules Xavier



New mayor Lt Thomas Oh will be 'workhorse'

Jules Xavier
Shilo Stag

Lt Thomas Oh will be his own man when it comes to being Shilo's new mayor.

The handover occurred in late June, with Capt Brechin Piper passing the reins — and ceremonial chain of office plaque — to Lt Oh, who works out of Base Maintenance, but currently is filling in working out of Base HQ.

"It's not me driving the community, but the community driving what happens in the Base residential area," Lt Oh told the *Stag* during an interview regarding his appointment. "I'm just the workhorse who wants to see that things get done when it comes to the Shilo Community Council (SCC)."

Maj D. Dingle was the first Shilo mayor, taking the helm of the SCC from October 1971 to June 1972. The last mayor to have his name enshrined on the ceremonial chain of office plaque was Capt R. Spencer, who wore the mayor's hat from August 1998 to February 1999.

Lt Oh is not looking to follow in Capt Piper's shoes, though he likes what Maj Reg Sharpe was able to accomplish during his two-year term when he built a community garden after residents asked for it, and put the Base on the Communities in Bloom (CIB) map when the judges placed CFB Shilo second during its second time being involved, and then the following year, placing first among all military participants.

"It would be nice to be involved in Communities in Bloom again," offered Lt Oh. "But right now, we need to fill vacant ward positions, then encourage people to get involved by taking pride in their community. After all, this is where people work, and where they live."

Besides looking at refurbishing the mayor's chain

of office plaque, and updating the names of previous mayors who served in the 2000s, Lt Oh acknowledged there are a few challenges facing the SCC going forward as they meet for the first time as a group Sept. 6.

"There are a lot of common themes, like the dog park and revitalizing the skateboard park," he said. "And the community gardens, which was quite popular when it first opened a few years ago, now we have garden plots that are not being used. So the council will look at that to figure out what people want from their community garden."

Lt Oh might be mayor where he calls home, but it's the residents he wants to tap into for ideas on how to better the community. While just a ceremonial title, he's going to take the role seriously.

"Capt Piper actually approached me to see if I would be interested in taking on the mayor's job from him," recalled Lt Oh "I used to poke fun at him as mayor, but when I thought about it, I said sure, why not. I live here, so why not get involved outside of work."

Toronto-born, and Vancouver-raised, Lt Oh went to the University of Alberta before joining the Canadian Armed Forces (CAF) in 2009.

"I was a summer soldier when I started out, taking advantage of the ROTP while going to U of A in Edmonton," said the 26-year-old Lt Oh on initial foray in the military. "When I was growing up, it was a boyhood dream of mine being interested in public service-style jobs. As a kid, I wanted to be a policeman, or a firefighter, or a doctor. I don't recall my parents saying I wanted to be a soldier. I guess I was just drawn to it."

After his phase training, he was posted to CFB Shilo, where he started working out of Base Maintenance. And with the advent of winter, he looks forward to again lacing on his skates and playing intersection hockey with the Base team.



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CFB Shilo's Military Family Resource Centre Seeks Board Members

CFB Shilo's MFRC board of directors meet monthly to discuss/develop policies which will assist the centre in fulfilling its mission now, and in the future. We are looking for military spouses, community members and/or Shilo MFRC daycare parents, but others may apply as well.

Specific activities and details of director duties are outlined in the Shilo MFRC bylaws available on our website: www.cafconnection.ca

Stop in at the reception desk for an application form. Drop your application, complete with resume, at the Shilo MFRC reception to the attention of Wendy Knee or e-mail your application to boardchair@shilomfrc.ca

Questions regarding the board of directors, should be sent to boardchair@shilomfrc.ca

Applications due by Aug. 31





Stag assistant editor Sarah Francis navigates the 40-foot rappel tower wall, as does Canada D'eh 150 performer Tyler Shaw (right). Brandon media and a few of the VIPs visiting the Base were exposed to some military training.



Fear of heights negated after facing fear with rappel tower visit

Sarah Francis
Shilo Stag

I'm terrified of heights. Chicken, yellow, whiny, sheepish, lily-livered — anything Marty McFly would not have you call him.

Staring up at a 20-foot ledge or down from a 40-foot rappel tower, as a person with a fear of heights, there isn't really much you can say to instill comfort or confidence. You can explain the safety aspects, how it works and go through each step, and it's probably not going to help me feel better.

Neither did the winds that seemed, oh so much more strong on the top of the Base's training area rappel tower.

Fear by definition is an unpleasant emotion by the threat of danger, pain or harm, the likelihood of something unwelcoming happening, or a mixed feeling of dread and reverence.

The jury is still out on whether or not humans have evolved to be afraid of certain threats as a matter of self-preservation.

As an example spiders or snakes, which would have been more of a real threat to humans once upon a time.

Some studies have suggested it's a matter of what

we learn from experiences or people.

I couldn't tell you where my fear of heights or spiders comes from — if it was learned.

All I can say is the world spins just little bit more when I'm 50 feet up in the air, on a tower, putting my trust in a rope as thin as one of my fingers.

A few Canada D'eh 150 VIPs, including comedian Pete Zedlacher and pop musician Tyler Shaw, joined Brandon media and I on a trip to the training ranges and to the rappel tower the day prior to Canada celebrating its 150th birthday.

I wasn't under the impression I'd be actually partaking in these activities. We started out at the ranges to fire C9 light machine-guns. A fairly straight forward-non-fear-inducing activity. I don't think I hit anything I was supposed to, but it was certainly an interesting experience. I only got burned twice by the spent casings.

Moving on to the rappel tower, as we were driving there, Shaw asked if we were going on the high tower. I said, no, I didn't think so.

This was mostly a hope of mine. Thankfully, we were told we'd be doing the short tower when we arrived. Looking up at the platform, had me thinking, well that's not so bad. The experienced military instructor went over the process and safety to thoroughly explain how simple it is.

Once we got up on the tower decks, I was taking photos — clearly an excuse to go last to make sure nobody else fell and broke their body — and the distance from the ground didn't seem equal to what it appeared from the ground.

Somehow from up above, looking down, it seemed much higher. The worse part was slowly letting our body dip over the edge, and making our feet parallel to our butts.

Picture sliding down a wall to the floor with your legs straight out in front of you. But in this case the floor is connected to your heels, not your butt.

As the instructor said, this was the most nerve-racking part. I may have let out a small scream when suddenly my rope slackened and then tensed. I was doing it wrong, and this was the result. I'm not sure if I'm the kind of person who should do things where human error may be an issue.



Stag assistant editor Sarah Francis takes aim and fires her C9, firing off 200 rounds.

There have been jokes about, "How will Sarah get hurt this time?" Zedlacher and Shaw appeared to have no issues with this activity. The former even singing the Spiderman theme and showing off some web slinging moves.

Once I was level and started descending, I was feeling a bit better about the idea of dangling in the air. Then someone asked if we were going to try the high wall.

Sure we can — we had the time. Que the return of the same feeling of "NOPE" I had before. I went up top to photograph and take video of those who would be rappelling off the 40-foot tower. Now for a person with a fear of heights, even climbing up the stairs can be difficult.

So up, up, up, the steps we go. While I was terrified of trying this, I didn't take as much convincing as I thought it would.

The instructor said, "This is your chance to do it!" I thought to myself, does not doing this add value to my life? Nope.

Okay, would there be value in doing this? Yes. So here's your chance, just do it. I managed to collect myself enough to convince myself it would be the same as the last wall.

Once again I mumbled my way through it, talking to myself the whole time. I ended up going down the tall wall twice. With no amount of grace whatsoever.

Because sometimes you just need to put on your "big girl" pants and say "no time like the present."



Before firing the C9, Canada D'eh 150 performer Tyler Shaw received instruction on the nuances of the light machine-gun.

Photos Jules Xavier

LCol Dave MacIntyre looks forward to 'command'

Subscribes to adage 'work hard and play hard' when it comes to soldiering

Jules Xavier
Shilo Stag

You won't see the new Base Commander driving a Leopard 2 tank down Royal Avenue en route to his office at CFB Shilo headquarters.

While he has a "special place" when it comes to the Leopard 1 and Leopard 2 tanks over other forms of military transport, the only tank you see on this Base was left by the Germans when they returned home after years of using our training area for their tank crews.

Instead, new BComd LCol Dave MacIntyre will rely on his trusty family vehicle for the quick jaunt from 1 London Dr. to Base HQ.

With the CoC ceremony held July 4 now in his rearview mirror, LCol MacIntyre is looking ahead to the next two years of running a Base left to him following the work done by outgoing BComd LCol John Cochrane.

Now on Manitoba soil after arriving here with his family from Ottawa, Ont., he's first settling into the newly renovated BComd's residence at 1 London Dr.

Before starting his new military posting and taking the reins of BComd, LCol MacIntyre shared his thoughts on why he chose a military career and what he sees as the role of the BComd in a Q&A with the *Shilo Stag*:

Shilo Stag (SS): Why did you pursue a career with the CAF?

LCol Dave MacIntyre (DM): "I graduated high school from Inuvik, NT. There were several opportunities that I had to attend university in the south, but an Army scholarship through the Regular Officer Training Program resonated with me. I chose the Armoured Corps as it was career that had many of my same interests and unique opportunities to see the world. At the age of 17 ... 18, it seemed like a very favourable opportunity that proved to be very true."

SS: What was your influence in choosing the army — tanks — as your military career?

DM: "I suppose, in the first instance, not needing to walk everywhere on operations with all of your equipment seemed like a very good start. I knew I wanted to join the combat arms and the technical skills as well as physical requirements definitely drew me to tanks. It has been a constant theme for me in my 22 years. I have served on both the Leopard 1 and Leopard 2 main battle tanks and I have a special place for both of them, over all other forms of transport."

SS: What were your thoughts when you were informed you'd be taking command of this Base?

DM: "My first thought the honour of being asked to 'command.' For a military officer, this posting represents a significant achievement. My second thought was to my spouse, Shannon, who needed to be asked by mobile phone if it would be fine for us to move to Shilo, Manitoba after moving to Ottawa after one year. She has been very supportive of this move and my career. As for the position of Base Commander, I am excited to support the institution and the community. It is an area where I will be learning new skills everyday and get to work with soldiers, civilians and community leaders. Honestly, what could be better?"

SS: What were you doing in Ottawa prior to being informed you would be posted to CFB Shilo?

DM: "I was posted for a short assignment in Ottawa as the section head for Armoured Vehicle Procurement within the organization of Directorate Land Requirements. In practical terms, it means that my team represented the soldiers requirements for new acquisition projects, Tactical Armoured Patrol Vehicles and Light Armoured Vehicles upgrade to 6.0 were both among my portfolio of ongoing



With wife Shannon and children Gavin and Meaghan at his side during the July 4 CoC ceremony, new BComd LCol Dave MacIntyre salutes during the playing of *God Save the Queen*.
Photos Jules Xavier

a challenge to cohesive leadership, and many have specific competencies and experience which make a collaborative command environment important. I will be using the first few months of command trying to understand the dynamics of each area and where I can best assist. This is perhaps different than my approach might be within an operational unit."

SS: Describe your personality when it comes to soldiering — and when you are away from the job?

DM: "Good question. Soldiering creates uncommon bonds between your peers, soldiers and other leaders. I like to be part of these cohesive groups and I subscribe to the adage 'work hard and play hard.' The demands of service can be unpredictable, and at times, unfair. This also creates opportunities to 'play hard' where both at work and away from the job, soldiering takes on aspects such as sports, social gatherings and adventure training. It is through both that you can be an effective team."

SS: What advice has outgoing BComd LCol John Cochrane left you?

DM: "John has given me great advice: 'Drag them in and drag them out.' He told me that the time flows very swift and that I need to enjoy the Shilo and surrounding communities while I can. This place grows on you and that the team of quiet professionals we have supporting the Base are second to none. I am very thankful for the things he has managed to accomplish and I would like nothing better than ensure that these efforts continue. He also let me know that my boss lives 1,200 kilometres away, and while news can travel fast, generally the Base RSM and I get a free-hand to keep things moving in the 'Shilo way.'"

SS: What are your objectives for the unit during your two-year tenure at the helm of this Base?

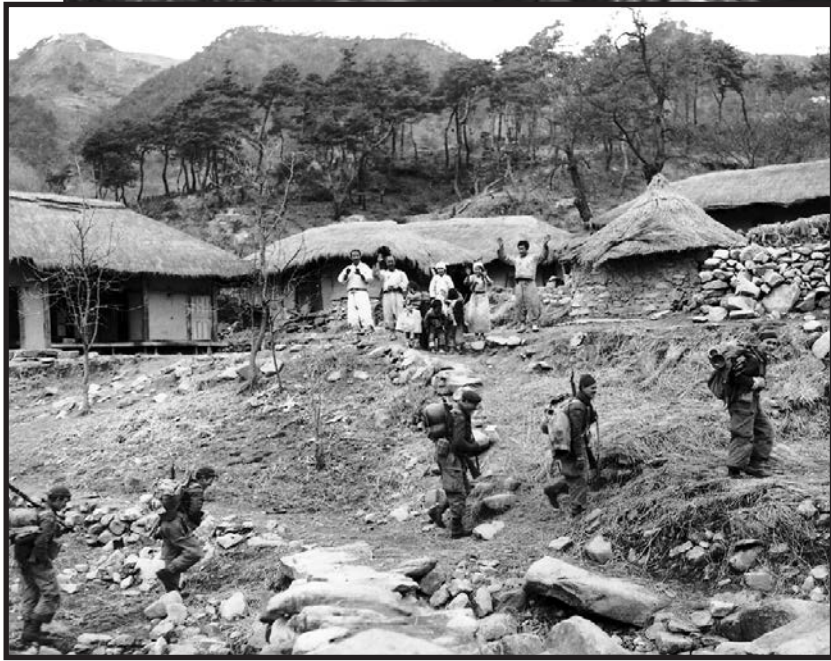
DM: "My objectives are the same as those of my team. Given the diverse nature of the position, it would be impossible for me to nail down specific objectives as they need to align with those of the community. I will have several priorities where I will try and focus my efforts and they are strength in the community, maintaining and improving the support our soldiers and their families receive, and preparedness."

SS: Finally, what goals have you set for the men and women under your command?

DM: "My goals are to continue the enduring themes of a connected Base, strong sense of community and community support, and the preparedness that is paramount for soldiers to respond to crisis and requests for help."



BComd LCol Dave MacIntyre's inlaws from Wetaskiwin, Colin and Wendy Loov, travelled from Alberta to attend the CoC ceremony held at the MPTF. Following the post-ceremony reception, family portraits were taken of the inlaws with the grandkids.



A member of 2nd Battalion Royal 22e Regt reads in a slit trench (right) during the Korean conflict on May 28, 1951.

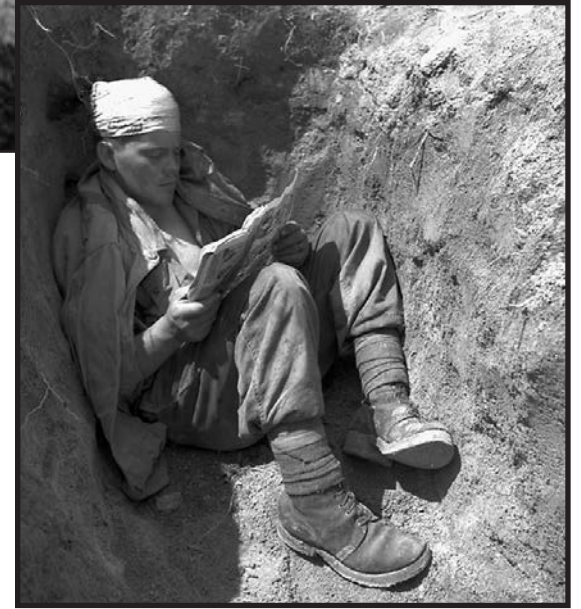
Photo Paul Tomelin, DND/Library and Archives Canada

Members of 2PPCLI on patrol (left) in Korea in March 1951.

Photo Library and Archives Canada

Painting (above) titled Holding at Kapyong by artist Edward Zuber.

Photo Beaverbrook Collection of War Art/Canadian War Museum



Defence made the difference at Kapyong

Canada's military history is filled with courage and sacrifice. Since Confederation, two million Canadian sailors, soldiers, airmen and airwomen of many backgrounds have served Canada with distinction overseas. More than 100,000 of them have made the ultimate sacrifice. To help commemorate that heritage and mark Canada's 150th year as a nation, we are presenting a series of stories to salute the bravery of our military predecessors who fought to defend Canadian values at home and abroad. In this installment, we look back at the Battle of Kapyong.

Steven Fouchard Stag Special

The Battle of Kapyong saw Canadian troops in an entirely defensive position, but it nonetheless represents a significant turning point in the Korean War.

The heroism and resilience of heavily-outnumbered Canadian troops, who battled enemy forces over several days in the Kapyong River Valley of Korea, turned the tide of a massive Chinese offensive.

While most Canadians are well-versed in the facts around milestones of the First and Second World Wars, such as the Battle of Vimy and D-Day, Kapyong is not as well-known despite its many dramatic elements.

Not the least of these is the fact that 2PPCLI, approximately 700-strong, held a position against a massive Chinese force of 5,000.

North Korean forces had been pushed back to positions near the Chinese border by the time 2PPCLI had joined the fight in late 1950.

However, in one of the many sudden turns of fortune that characterized the Korean conflict, the Chinese intervened in support of the North Koreans and re-captured much lost territory in a counter-offensive launched on April 22, 1951.

South Korean troops were overwhelmed and the 27th British Commonwealth Infantry Brigade, with 2PPCLI as its Canadian contingent, was tasked with covering their retreat through the Kapyong River valley.

The Royal Australian Regiment and 2PPCLI were on opposite sides of what was known as Hill 677 and it was the Australians who faced the first Chinese wave.

The Canadians dug in during that initial round of fighting

and prepared to bear the brunt after the Australians withdrew on April 24. There was heavy fighting April 24 and 25.

In one skirmish, a Canadian company of 100 held off four times as many Chinese troops. Pte Wayne Mitchell would later be awarded with a Distinguished Conduct Medal for charging the enemy several times despite having been wounded.

The situation became so desperate that one company commander, Capt J.G.W. Mills, requested artillery fire on his own position. A New Zealander battery fired more than 2,000 shells and repelled the Chinese while doing no harm to the safely entrenched Canadian troops.

The Canadians continued to hold the hill despite being surrounded and were kept supplied via air drops. By holding their positions, the Canadian and Australian troops bought UN forces sufficient time to regroup and paved the way for the ultimate defeat of the Chinese offensive.

When the Canadians were finally relieved by the 1st US Cavalry Division, they had suffered just 23 casualties and 10 fatalities. Chinese casualties are estimated at 2,000.

Steven Fouchard is with Army Public Affairs

Where have the years gone?

PSP staff provide first-rate service to military members, families

James MacKenzie
Stag Special

Here I sit at my desk on a sunny day in July reminiscing of where the past 20 years has gone.

It was two decades ago that I took off my uniform — okay so it was a T-shirt/pants and Stan Smith sneakers — for the last time.

As a WO PERI, my military career in the Canadian Armed Forces (CAF) had come to a close after 19 years and I was looking forward to starting a new chapter as a member of a brand new agency called Canadian Forces Personnel Support Agency - Personnel Support Programs (CFPSA - PSP).

As a new member of the agency, I was originally hired as the facility co-ordinator in CFB Shilo and, for the next three years, worked hard to establish our organization.

Many times it was hard sledding as we continually battled the perception of having civilian's deliver fitness, sports and recreation programming to the military member.

There were many days of wishing I was still in uniform delivering programs, as there were many battles with military members accepting that civilians were delivering the programs.

In year three of the agency, the fitness, sports and recreation director in Shilo decided to take a position outside of the organization and I was fortunate to apply and win the competition to become the new fitness, sports and recreation director on this Base.

Since December 2000, we have gone through many changes and many advances in the delivery of fitness, sports and recreation programs as well as improving infrastructure on our Bases.

In mid-2000s the future of Shilo was in question as the German Army, which had been training in Shilo for the past 25 years, terminated their operations.

With a Base population of around 700 military personnel the outlook for CFB Shilo was very cloudy. Then in 2005, the government announced that 2PPCLI,



He was WO James MacKenzie when he pulled down the PERI flag in front of what is now the GSH on March 31, 1997. Saluting the flag (second from left wearing his RCAF wedge) is former sports co-ordinator Danny Hamilton, who retired on May 31.

Photo Stag archives

which were stationed in Winnipeg, would relocate to this Base by 2007.

Overnight saw the Base population double from 700 to 1,400. With such a large influx of military members and their families it was quickly identified that expanded fitness and sports facilities were required.

By Christmas 2009, the Base gymnasium and pool was expanded from a facility with one gym floor and very small cardio/weight rooms, with no squash courts, to a structure that now houses three wooden gym floors, expanded cardio and weight rooms, two squash/racquetball courts, elevated 170-metre running track as well as new sports stores, testing room, aerobics and conditioning room as well as an expanded entrance at what is referred to at the GSH, or General Strange Hall.

During the passing years, I have been amazed by the expertise and dedication of the many fitness instructors, recreation staff, sports co-ordinators and facility staff not only in Shilo, but on all the Bases throughout Canada which have dedicated themselves to provide

first-rate programming, sports leagues, facilities, and upkeep of equipment for our military members.

Some years have been lean with funding while other years have seen funds a plenty. But the one constant throughout is the delivery of services to our members in uniform and their families.

When CFB Shilo first started up as CFPSA — now called CFMWS — there were seven full-time staff: Bill Main fitness sports and recreation director, Danny Hamilton sports co-ordinator, Karl Heinz Sawatzky-Dyck recreation co-ordinator, Terry Sweeney fitness co-ordinator, Carolynn Derksen fitness and sports instructor, Mary-Lou Barnes admin assistant and myself, as the Facility Co-ordinator.

As the years have gone by, we have seen military members relocate and retire, while the PSP staff has grown to support the tremendous programming opportunities available to the Shilo community.

After 20 years, two members still remain from the original staff that was hired: Hamilton — who retired May 31 and this writer, who has been the fitness, sports and recreation manager in Shilo for the past 17 years, after being the facility co-ordinator the first three years.

The staff has grown from seven full-time members to 14 today, with two part-time and 12 casual employees.

I have seen the many changes not only with our local military members and their families, but I have also seen many changes within the PSP family.

There are not many members left from the original hiring as I look across the country at my peers and superiors.

The one constant throughout the past 20 years is the dedication to supporting the Shilo community has not wavered from the fitness, sports and recreation staff on this Base. We always strive to live up to our motto "Serving Those Who Serve."

I'm not sure what the next two decades are going to look like, but one thing I am positive about, CFB Shilo will continue to have outstanding PSP staff delivering first-rate programs to our military members and their families.



PSP staff from 1997 (front l-r) fitness and sports instructor Carolyn Derksen, fitness, sports and recreation director Bill Main, admin assistant Mary-Lou Barnes, (back l-r) fitness co-ordinator Terry Sweeney, facility co-ordinator James MacKenzie, recreation co-ordinator Karl Heinz Sawatzky-Dyck and sports co-ordinator Danny Hamilton.

Photo Stag Archives



Current fitness, sports and recreation co-ordinator James MacKenzie is the lone staffer who remains from 1997. He's now joined by PSP staffers Darryl Eschak, Brandi Sheppard, Janelle Boyd, Ginger Lamoureux, Melissa Green, Kristin Atkinson, Anthony Lawrence, Kristen Lucyshyn, Sarah Briggs, Cathy Bouchard, Randi Wall, Shonnel Higgins, Mike Gagnon, Brette Olsen and Pat Wells.

Photo Jules Xavier



Shilo Automotive Repair Centre owner Karl Burke received a Command Team Commendation (CTC) from former BComd LCol John Cochrane. The CTC said: "For nearly 30 years Karl has provided unmatched service and loyalty to the Shilo community. His honest and practical approach to his work has created an army of loyal customers who trust him and his team to treat them fairly. Karl prides himself of the quality of his work he provides and his reputation in the community. His honesty and integrity improves the quality of life of our soldiers, civilian employees and their families every day. MCpl Duane Klym (below) was promoted to sergeant by LCol Cochrane.

Photos Jules Xavier



Base accolades

Receiving departure gifts as the move to another unit on the Base, or are posted out, from former BComd LCol John Cochrane and BRSM CWO Don Askeland were WO Bride (36 Svc Bn), MCpl Klym (2 Svc Bn), MCpl Mills (1RCHA), Cpl Baron (3CDSG Edmonton, Det Wainwright), Cpl Purcell (14 ACSS Sqn) and Cpl Evans. Missing from the awards and promotion ceremony at the MPTF were Capt Thompson (1RCHA) and Sgt Schroeder (RCACS).



Former BComd LCol John Cochrane handed out three CD 2nd clasps to MWO Clouthier (G3/Command), MWO Davis and Sgt Shreve (both Base Maintenance).

LONG SERVICE AWARDS



Jules Xavier
five years



Kimmie Charlton
10 years



Janelle Boyd
10 years



Silvia Ukleja
15 years



Martin Duval
15 years



Jacquie Hurkot
15 years



Kim Charles
20 years



Jim MacKenzie
20 years



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Command Team Commendation

Former BComd LCol John Cochrane and BRSM CWO Don Askeland presented Stag editor Jules Xavier with a Command Team Commendation (CTC) during an awards and promotion ceremony held at the MPTF. Xavier also received his NPF long service award, marking five years covering the Base with his camera and reporter's notepad. The CTC stated, "...presented to the Shilo Stag in recognition of its unwavering support to all members of CFB Shilo. The community-minded approach the Stag takes to all activities, whether big or small, it what makes this newspaper such an enduring part of CFB Shilo. The adaptation of social media into your reporting has dramatically increased CFB Shilo's visibility within not only Westman, but across Canada. The simple, friendly and reliability of the Stag's reporting has made it a huge part of CFB Shilo's Public Affairs and Community Relations."

Photo COS Maj Kathy Haire

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 residents of the surrounding area.*

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• • •
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CANEX manager Rick Kehler received his CTC from former BComd LCol John Cochrane: "...Rick has consistently displayed an outstanding level of job dedication and professionalism. His hard work and high level of efficiency coupled with his outstanding team spirit and dedication to the Base, and its personnel, have been instrumental in the successful delivery of CANEX morale and welfare programs. Rick is a true member of the community and is always seeking to find new ways to support and improve the quality of life of our soldiers, civilian employees and their families.

Photo Jules Xavier

Command Team Commendation



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