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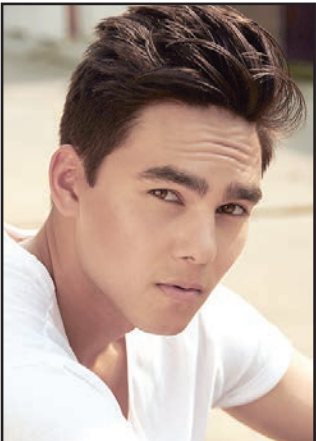
Volume 56 Issue 11



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June 1, 2017

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Vimy trip memorable for Capt Megan Couto. Page 7



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Parade rehearsal

2PPCLI A Coy OC Maj Jason Hudson (above) asks for advice from British parade instructor Sgt Stuart during an afternoon rehearsal for the Queen's Guard. Fellow instructor Sgt Heath (below) watches a group marching. For the story, see page 6.

Photos Jules Xavier



RCA Band preparing music for Queen's birthday

Sarah Francis
Shilo Stag

Buckingham Palace, Windsor Castle, Changing of the Guard and the Queen's birthday celebration — all fantastic tourist opportunities, but for the Royal Canadian Artillery (RCA) Band, it's all in a days work.

The Garrison Edmonton-based musicians have been given the opportunity to represent Canada's military at a number of events and locations in Britain, along with members of 2PPCLI.

WO Curtis Bamford told the *Shilo Stag* after a rehearsal on a blustery day, that they're looking to match the Brits in skill.

"The trip is going to be a culmination of things we've all done throughout our careers, the ceremonies we do here feature a lot of these different elements. In London we're going to be doing everything. Ceremonial elements we don't necessarily have the occasion to do here."

WO Bamford acknowledged it's all about staying on the top of their game.

"The standards for drill and ceremonial there are very high," he said. "We need to make sure we're doing everything as cleanly and professionally as possible."

The RCA Band will have been practicing for a few weeks by the time they reach England. If you're around CANEX during the day, you may be able to hear them rehearsing at L25.

It may even be a tune you recognize. On the same day as the interview, this Stag reporter was outside speaking to Jen from Naturally Amourified and recognized a song the band was rehearsing as Carly Rae Jepsen's *Call Me Maybe*.

While there are some particular songs required for certain events, the band has chosen to focus on Canadian content.

"We've learned a lot of new music, particularly for the ceremonies at Wellington Barracks and at Buckingham Palace," he explained. "The band plays inci-



WO Curtis Bamford, who plays saxophone with the Garrison Edmonton-based RCA Band (middle) is looking forward to his trip to England. Currently, WO Bamford and his fellow military musicians are rehearsing at CFB Shilo, and will travel overseas with members from 2PPCLI.

Photo Sarah Francis

dental music while the Guard performs various functions. It's entertainment music for the audiences while the guards are doing either inspections or being assigned their posts for the guard mount."

WO Bamford added, "We've put together a whole new set of purely Canadian music to play during those ceremonies — lot's of Canadian popular music. The audiences will hear easily identifiable Canadian content."

The opportunity to show off what Canada can do, is an exciting prospect.

"The band, one of its primary functions is state ceremonial — military parades and ceremonies. In England, that state ceremonial is such a huge part of the national identity. To get to go there and perform at Buckingham Palace, Windsor Castle and at Horse Guards Parade with the mass bands of the Household Division, it's a once in a lifetime opportunity. I think we're really fortunate to get to take part in it."

Band members also get to play a small part in the Queen's birthday parade.

A saxophone player originally from Winnipeg, WO Bamford knew in high school that music was a career he would strive for. He has 22 years of experience with his instrument and has been in the Regular Force for 11 years.

A stint in the military reserve band prompted him to join the Regular Force as a military musician. It started as a part-time job in the summer while he was attending school.

"I have a Bachelors degree and a Masters degree in music," he said. "During those studies I joined the band as part of the reserves as part of the ceremonial guard in Ottawa. It's a great summer job for people who are up-and-coming musicians."

The RCA Band is self-sufficient and takes care of all of their own operations.

As well as being a musician, WO Bamford also has an administrative position called Warrant Officer Productions. He is in charge of concerts, operations, and engagements and public relations.

"Everyone has a secondary duty," he said.

While there are no specific requirements to become a band member, many have secondary music education.

"Whenever there's a vacancy we hold nation-wide auditions. Anyone can apply and the best musician wins the job. Doing [the Bachelor and Masters degrees] prepared me to be at the musical level required to do this job," he recalled. "We have many — probably the vast majority of the musicians in this band have undergraduate degrees in music performance and many have masters degrees as well."

The audition process shouldn't be underestimated. WO Bamford found the process quite competitive.

"I had to prepare a set list of music and scales, show up to an audition, play live in front of a panel. All of those people who did those auditions across the country, all of those recordings were then listened to and judged and only a few people were offered jobs. I was very fortunate to do well."

The RCA Band, along with members of 2PPCLI, will remain in England for approximately a month.

Pet of the Week



DOTTI

This is Dotti, a Jack Russell Terrier who turns two when CFB Shilo will host Canada D'eh. Full of energy, she loves to run. 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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Military life can be stressful

Helping children cope with deployments

Diane Riddell
Stag Special

Military life can be stressful for children, especially when a parent deploys or the family has to relocate. A study investigates how children handle the stress of parental deployment and relocation.

As part of its continuing commitment to families, the Chief of Military Personnel (CMP) recently asked the Director General Military Personnel Research and Analysis (DGMPRA) to investigate how children handle the stress of parental deployment and relocation.

"We found that most children were proud and happy to be part of a military family," said Dr. Alla Skomorovsky, a defence scientist who conducted the focus group research for DGMPRA.

She added that children in military families do feel different from children in civilian families, but most believe being part of a military family is a good thing.

Children also enjoy some of the benefits of being in a military family, such as seeing new places, meeting new people, and feeling safe.

Despite some of the enjoyments of being part of a military family, children admitted that parental deployment is one of the most stressful experiences in their lives, in large part because they worry about the safety of their deployed parent.

"Not everything he does is safe, and I worry that he is going to get hurt," said a child from the focus group.

Deployment can also affect their emotions, physical health and school performance. Some children had trouble sleeping and eating or concentrating in school, but having supportive and understanding teachers made a big difference.

"[My] teacher was aware [that my] dad was deployed. When I broke down they were very supportive and understood," said another child.

When a parent was deployed, children also reported changes in their responsibilities at home and having less time for extracurricular activities.

They also saw their at-home parent under more stress during deployments and their relationships with siblings sometimes changed.

Some children reported fighting less with their siblings in order to support one another, while other children reported fighting more often.

"It's important for parents, teachers, and other adults to be aware of the effects of deployments and relocations on children from military families and to support them during these times," offered Dr. Skomorovsky.

She added that parents need to be aware of the programs for children offered at Military Family Resource Centres (MFRCs).

The children's deployment work-

shops are a great example of MFRC programming, which can play a positive role in helping children cope with the stresses of military life.

The DGMPRA researchers uncovered some effective strategies children use to deal with deployments and relocations – strategies that help them remain resilient in the face of these stresses:

- Social support — Children seek social support from their friends, the at-home parent, relatives, and teachers. Some children commented that support groups with other children of deployed parents had been helpful. Children who had not attended showed interest in doing so.

- Healthy distractions — Many children found it helpful to put things in perspective, remembering that others were going through the same thing. Others expressed themselves through music, dance, sports, or other activities. Some children distanced themselves from others, but admitted this caused problems when making friends and it took them longer to adjust to a deployment.

- Bonding with the at-home parent — Spending more time with their at-home parent helped children cope with the absence of their deployed parent.

- Staying in touch with the deployed parent — Children often talked with the deployed parent by telephone or Skype, but some found this distressing. "I don't want to start crying and make him feel even worse," said one child. While difficult for some, most children said it was helpful being able to speak to their deployed parent.

- Maintaining the psychological presence of the deployed parent — Several children said their deployed parent gave them a toy or another reminder of them before leaving. In other cases, children identified an object that could serve as a reminder of the deployed parent, such as a doll or a shirt with the parent's picture on it. "It's easier sleeping, it's like he's there," said one child.

Researchers found other things parents can do to help their children cope with deployments.

The first is to explain what a deployment is and what it means, because it helps children make sense of their experience.

The second thing is to explain the normal responses to deployment, such as worrying, and to prepare children for changes in their roles and responsibilities.

Lastly, parents can encourage children to seek social support from others.

An article about this research was recently published and can be found at www.journals.sagepub.com.

Search for The Impact of Deployment on Children from Military Families. Helpful deployment support information to support members and families can be found in Related Links, below.

Article courtesy of The Maple Leaf

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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.

...



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Watch out for deer ticks

Lyme disease is caused by a bacterial infection that people can get from the bite of an infected blacklegged (deer) tick.



Manitobans can reduce contact with deer ticks by avoiding wooded or forested habitat, wearing long pants and a long-sleeved shirt, tucking in clothing, using an appropriate repellent (it should state 'for use against ticks' on the product label), looking for and removing ticks as soon as possible.

Effectively remove ticks using fine pair of tweezers

Stag Special

Here in Shilo and its hinterland, some of us have lost the battle dealing with wood or "dog ticks" in spring while enjoying hikes through grassy areas with our dogs in and around the PMQ area or the Sprucewood trails.

This year, based on feedback and observations from outdoor enthusiasts, tick season is especially bad compared to the past few years.

Thinking our battle is finally done, several major media outlets such as CBC and CTV have recently reported on the range expansion of yet another "blood sucking" tick which is invading all areas of Manitoba — the deer or "black-legged" tick.

Both types of ticks — wood or deer — cannot fly and they hang on tall grass with their little front legs outstretched and grab on when someone or something brushes past unsuspectingly.

The wood tick is a parasite which does not transmit diseases, but the deer tick does carry a bacterium called *Borrelia burgdorferi* which can cause Lyme disease. This bacterium is spread to the host when the tick bites.

What makes this tick more of a pest is that the deer or black-legged ticks are active during the spring months and well into the late fall months — remaining active until the first permanent snowfall or when air temperatures are consistently below four degrees Celsius.

What about tick removal once you return home following an outdoor excursion? The majority of individuals are unaware they have been bitten by a tick as the bites are usually painless.

When a tick is found attached on your body, removal can become tricky, especially if you are alone and the tick is on a hard-to-reach area.

Ticks are most effectively removed with a fine pair of tweezers. The tick should be grasped as close to the skin as possible.

The feeding site should then be cleaned after the tick is removed.

Other methods such as using Vaseline, a match or soap is not recommended and can cause the insect to burrow deeper and release more saliva, which increases the chances of disease transmission.

For soldiers, the tick you remove can then be placed

in a small crush-proof bottle with a piece of moistened paper towel and taken to the Preventive Medicine Department — Base hospital — for identification. Take note of where you get bitten by any tick.

If you see any unusual or extreme reaction to the bite, see your family doctor.

Occasionally some people may develop a secondary infection from a wood tick bite which requires medical attention.

If the tick does carry the bacteria, approximately 70 to 80 per cent will develop a rash three to 30 days after a bite from an infected tick.

This rash, known as Erythema migrans (EM), resembles a "bull's eye" and is not tender or itchy.

The other early symptoms of Lyme disease include: a rash other than EM, headache, fatigue, chills, fever, muscle aches, joint pain or swollen lymph nodes.

Lyme disease is successfully treated with antibiotics.

How can an outdoor enthusiast avoid picking up a tick hitchhiker from latching while out in the wilderness or during exercises in the training area?

When walking or hiking in wooded or grassy areas take these precautions:

- walk down the center of trails rather than the trail margins;
- wear shoes, long pants tucked into socks and long-sleeved shirts;
- wear light coloured clothing to make it easier to spot ticks crawling on you;
- use spray repellents containing DEET on your clothes and exposed skin;
- use a "buddy" system for checking each other; and
- finally, showering within two hours of returning from a risk area inspecting for ticks, particularly in the arm pit and groin.

Unfortunately, ticks are a part of our environment at CFB Shilo and although we may not always appreciate their subtle beauty and highly specialized way of life, care and attention will help you work and relax more comfortably in the spaces we share.

For more information on Lyme disease and deer ticks, call the Preventive Medicine Department at 204-765-3000 ext 3159 or 4405.

Or go online at www.phac-aspc.gc.ca/id-mi/lyme-fs-eng.php

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'Kiss Goodnight' singer looks forward to Base visit

Sarah Francis
Shilo Stag

It may seem as though you hear new songs on the radio frequently, but musician Tyler Shaw listens to his new songs on repeat to work out the kinks.

"It's going to sound a little conceited, but I've been listening to myself," he offered over the phone from Ontario. "Just because I need to make sure that I'm 100 per cent happy with every one of my songs. It does come down to feeling, if I'm listening to the song and something doesn't feel right, I've got to figure out what it is and make it feel right, but without forcing it."

The past few months have seen him in studio working on a new album. He spoke to the Shilo Stag after a studio session.

Shaw said inspiration can come from anywhere, and can be driven by the day.

"I can wake up on a good day and write a good, happy song or I'll wake up in kind of a mood, maybe it's cloudy outside and it's raining. It just kind of puts you in a certain mood. You go to the studio that day and you write one of those moody songs."

The young singer joins the line-up of performers on the main stage for CFB Shilo's Canada D'eh celebrations.

"You know, I've never actually been to a [military] Base. So that's pretty cool," he said. "My dad is actually involved in the Army. To see things and experience that is cool. I love it in Manitoba. I have family in Winnipeg. Every show I've had in Winnipeg or the surrounding area has been awesome. So I'm looking forward to it."

Shaw's father is a Reserve member.

Besides Shaw, other acts include Loverboy, Michelle Wright and comedian Pete Zedlacher.

Raised in Coquitlam, BC, he got his start after a singing competition in 2012. The Much Music Covers Contest was an experience which helped him work his way into the music industry.

"The industry is very hard to get into especially if you're not known. That competition definitely helped me create a relationship with my label Sony," he explained. "Meet management, meet other songwriters and producers and artists. I think that competition definitely helped me put my foot in the door so I could step right in and become a part of Canadian

music history."

It also offered the opportunity to learn about how the industry worked.

"It gave me a lot of skills and a lot of knowledge too that I had no idea. I thought back in the day when I first started out, you put a song on the radio and you're good. You're good for life, you know what I mean?"

"But, no it's actual work, which I'm okay with because I love what I do and I love creating music and singing music and hearing the feedback from music so it's all fantastic. But yes, it definitely taught me a lot about myself and about being an artist."

Shaw's interest in music was piqued when his brother, who is three years his senior, joined the school band and began playing saxophone.

"That kind of caught my ear and eye. Like, oh what's this? Oh music, cool! Then he quit the saxophone and started playing drums and I was like 'Oh that's super cool. I want to be like my cool big brother, you know.'"

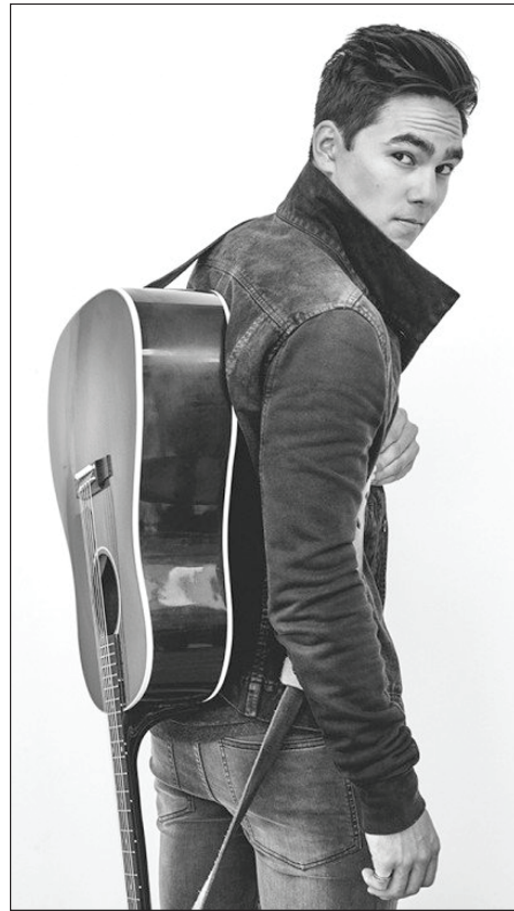
Since then, Shaw has been involved in music. He started off with drums and some piano.

"There was always a piano in my house," he recalled. "My mom played piano a little bit when I was growing up."

He added, "I taught myself how to play guitar and I started writing songs. Covers wasn't really a thing that I did. I would be more attracted to writing my own stuff and creating my own stuff than trying to copy another song. Which is kind of ironic because I got my start at a covers competition."

Between the ages of 11 and 13 he started performing in coffee shops and talent shows.

"I have friends that tell me stories — sometimes



BC-born Tyler Shaw will perform July 1 at CFB Shilo. Photo submitted

they say, 'I remember when you were like, I'm going to be big one day.' I don't remember saying that ever. Apparently I did. So it was always on my mind, but thinking back now, I didn't think it would be a reality. It was just something I put out to the universe and I guess they answered and were like 'Okay, here you go.'"

Shaw has come a long way from playing at a campus pub. Now the singer/songwriter has taken the stage in front of 20,000 people at the Canadian We Day tour and performed in Kenya with Free the Children.

His debut single *Kiss Goodnight* spent 22 weeks in the top-10 at AC Radio, and earned a Much Music Video Award (MMVA) for Video of the Year.

Shaw also received a Juno Award nomination for Breakthrough Artist of the Year. However, it's not just the awards that represent his success.

"Everything that happens in my career is a great accomplishment. Having one of my songs go Platinum or Gold is a great accomplishment. Learning something new that I didn't

know before in the industry in terms of production is a goal — is an accomplishment to me."

"If you had to really top something I think opening for Selena Gomez is one of the highlights for sure. A show of that scale with that kind of energy and vibe has kind of put me into — 'I want more, so I'm going to go after it and get it.'"

His schedule for this summer includes a few festivals. However, once his new album is released he anticipates a cross-Canada tour.

"I'm really excited to get back on the road. I've been in the studio — a studio rat for the last few months," he lamented "I need some sunlight. I need some fun. So let's bring that to Canada Day 150."



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2PPCLI rehearsing for Queen's Guard this summer

Jules Xavier
Shilo Stag

Preparing to be part of the Queen's Guard this summer is not unlike preparing for a role in a movie called *Hyena Road* being filmed at CFB Shilo by director/actor Paul Gross.

For 2PPCLI A Coy OC Maj Jason Hudson, he has numerous lines to learn and the choreography of forms and footwork to master prior to leaving in seven days for England.

This deployment of 85 soldiers from 2PPCLI and 35 military musicians from the Garrison Edmonton-based RCA Band begins June 8. Maj Hudson's 2IC Capt Megan Couto and a handful of soldiers will leave for reconnaissance two days earlier.

"This is strictly ceremonial what we are doing," offered Maj Hudson, who is the OC for this mission. "This is not a security function."

Capt Couto will make ready for the arrival of the rest of the group, as well as their kit, parade weapons, and musical instruments.

In the meantime, the musicians and Maj Hudson's soldiers are rehearsing for their debut at a number of venues in London, including Windsor Castle, Buckingham Palace, St. James and the Tower of London.

"We don't drill everyday like they do in Britain," he said. "We don't practice like their guard does over there, where they are posted for three years, and just do the Queen's Guard."

Each of the destinations where soldiers will be allocated to perform their ceremonial duties, including sentry duty inside Buckingham Palace, means different drills have to be honed to near perfection. Practice makes perfect, so if you happen to drive by the Kapyong Parade Square you'll see soldiers scattered in small groups going over their forms and footwork.

Repeatedly under the tutelage of Sgt Heath and Sgt Stuart. You can't miss them — wearing tan short-sleeved dress uniforms and forged cap and carrying pace sticks.

"This is an honour to be chosen," said Maj Hudson. "No one had to be told to be part of this experience. When asked, a lot of hands went up saying they'd like to be part of this, especially with our country celebrating its 150th anniversary."

The Queen herself invited the Canadian Armed Forces (CAF), and specifically 2PPCLI, to be part of the Queen's Guard from June 18 to July 3. That's why 2PPCLI held a consecration of its Queen's Colours earlier this spring so a new flag would be part of the Queen's Guard ceremonies.

Moreover, besides Canada turning 150 and being part of the Queen's Guard ceremony July 1, Maj Hudson acknowledged his group will be part of the Queen's birthday celebrations while at Buckingham Palace.

"We know we have to be on our best when it comes to our footwork, and how we present ourselves because you never know when the Queen will be watching," he said. "She also likes to come out and mingle with soldiers, so we're learning our etiquette when it comes to meeting the Queen."

Nor will the Patricias be on parade wearing the CAF dress uniform. Everyone involved has been kitted with new Scarlets, a Pith helmet and either George or Chelsea shoes. The latter will require some breaking in prior to departure so as to avoid uncomfortable blisters while parading at the Tower of London or Buckingham Palace.

A uniform inspection was held indoors this week so tailors can make adjustments in the jacket and slacks. This means pants are taken in or let out in different areas, sleeves are lengthened or shortened, while collars are loosened to allow better neck movement by both musicians and marchers. While a Change of Command (CoC) parade for 2PPCLI every two years might attract an audience of less than 400, Maj Hudson knows being part of the Queen's Guard will be eye-opening for his soldiers when they parade for the first time June 18.

"I went on reconnaissance while I was in the Ukraine as part of Op UNIFIER to see what we'll be doing," recalled Maj Hudson. "I was hosted by the Irish Guard, and was able to see where we'll be parading, what we will doing this summer. It was an eye-opener for sure ... think of how many tourists visit England in the summer, and you can expect 20,000 to 38,000 at just Buckingham Palace to see the



ABOVE: 2PPCLI soldiers preparing for their trip this summer for England held a uniform inspection in order for tailors to fix any problems with their Scarlets. Sarah Francis photo

BELOW: Sgt Stuart offers instruction to a group of Patricias regarding their forms and footwork they'll need to master before heading overseas. Jules Xavier photo



Queen's Guard on parade."

Maj Hudson is thankful to have the two British sergeants flown to CFB Shilo so they can work with his group. There's no barking at the Canadian infantry soldier on parade. Instead, the methodically go over the moves, often using their pace sticks for emphasis, or to point out moves as though conducting an orchestra.

"They're great to have them here, especially for me because I have so many things to be thinking about," he said, pointing to four documents that are like his scripts.

"This has been a challenge for me because I was away for Op UNIFIER. Just got back and now I'm into preparing for the Queen's Guard. But also a challenge for the guys out on the parade square. But I'm told by the sergeants we are way ahead of where we are in our progress ... I can thank that a lot of the soldiers were on parade preparing for the consecration of the Queen's Colours parade before we moved to what we are doing now."

Although a major with 2PPCLI, in his capacity leading the troops on the parade square Maj Hudson is called the Captain of the Guard. If he's unable to go, then it falls to his 2IC Capt Couto to take the reigns. She observes from the sidelines taking in the choreography during rehearsals.

"I have to learn new commands," he explained following a blustery spring morning rehearsal. "The Brits use different terms, but mean the same thing when it comes to our commands. Everything we do on parade is scripted. I know there will be hiccups, and if I make a mistake with a command, I will just go with the flow."

Knowing the commands requires Maj Hudson to memorize his script. So, commands like "present arms", "eyes front", or "open order right" just become second nature. There's also "slow time" and "quick time" to remember. Or mastering the steps required in "Walking the Minutes."

"It makes sense when you go through it," he offered. "It just takes a few seconds to think of what you are going to say [for a command], then you do it."

There are some early mornings for 2PPCLI when it comes to parading at Buckingham Palace. Up at 4 a.m. to check kit, and finalize dress inspection. Then bused to Wellington Barracks where they leave for Buckingham Palace a kilometre away around 11 a.m. After marching in their colours, the parade lasts about 45 minutes.

Then it's a stay "in the box" at Buckingham Palace where soldiers can relax or sleep until they are called on to parade again. Perhaps a few will be invited for tea with the Queen.

"There is some down time while we are there," said Maj Hudson. "There's also sentry duty for soldiers, usually a two-hour post that is not in front of tourists, nor are we wearing those big bear fur hats."

Thankfully ahead of the learning curve with twice daily parade rehearsals, Maj Hudson and his soldiers are learning their cues. He's thankful because of the time change that 2PPCLI will have nine days to get used to British time, and to work out any kinks while at the various venues they are assigned.

"We're going to make this happen," he said. "That's why we are spending all day working on it. With all of the training we're doing we know what to expect ... we just need to do it."

While he might have a few butterflies when he stands in front of his men for the first time, and the first parade June 18, Maj Hudson admits he's not nervous knowing there's lots to do at home before leaving on a flight to England.

"For me, it's the anticipation of taking what we do in practice and getting out there and just doing it so that the Queen will be proud of us. We're doing drill and forms we are not used to doing, but we're managing to learn it thanks to our instructors. Right now we're just visualizing where we are going to be marching, so this has a different feel to it doing it on our parade square and not with a huge audience watching us."

He added, "I saw a parade when I was there Feb. 28 and attendance I was told was around 20,000 people. So, I'm looking forward to it when it's our turn to parade representing 2PPCLI, and representing Canada."

Following their June 18 parade, 2PPCLI is back at Buckingham Palace every second day. This includes July 1 and the final performance, July 3.



Capt Megan Couto took part in a sunset ceremony (above) at the historic Vimy memorial. She was the CO for the Third Canadian Division Guard (lower right). During her visit to France she visited a number of Commonwealth grave sites.
 Capt Couto supplied photos

Vimy experience 'moving' for Capt Megan Couto

Jules Xavier
 Shilo Stag

Standing at ease nearby the historical Vimy monument, 2PPCLI A Coy 2IC Capt Megan Couto thought of the soldiers going into battle on April 9, 1917.

It was a chilly Easter Monday when the four divisions of the Canadian Corps in France did what the French and British armies had failed to do — they seized the best-defended German bastion on the Western Front, a muddy scarp known as the Vimy Ridge.

"We weren't there celebrating the battle ... it's important to commemorate all those who fought in that battle, which is what we were doing to mark the centennial of the Battle of Vimy Ridge," the Toronto-born officer told the *Shilo Stag* of her experience in France.

It was a long day in the sun for the three-plus hour ceremony attended by world dignitaries to mark the Battle of Vimy Ridge anniversary.

Capt Couto, 24, had the honour of being the CO for the Third Canadian Division Guard, made up of more than 20 Reserve soldiers from across Canada.

"This was a significant honour for me to go, to represent the Patricias in France on this historic occasion," she said. "We were up early for the ride to the Vimy ceremony, leaving Belgium for the 90-minute ride. I was focused on looking sharp."

With the world's media focused on this event, Capt Couto's family back in Toronto watched the service in front of the Vimy monument on their television, and caught a few glimpses of her standing proudly in front of her guard.

Capt Couto called the ceremony "moving" — especially when actors dressed in period army attire

read letters written by soldiers from the battlefield a century ago.

When Capt Couto and her Guard were not honing their drill practice, there were planned excursions which took her to battlefields and beautifully groomed cemeteries for both the Germans and allies.

"There was such a large loss of life on both sides," she said after viewing endless rows of white grave markers. "You see so many headstones associated with this battle, and you see the names of those who fell in battle 100 years ago."

Besides cemeteries, Capt Couto was able to visit underground tunnels, German and Canadian trenches and bunkers. The underground tour was inspiring, as she perused the various carvings embossed into the chalk walls by Canadian soldiers waiting for the single to attack.

From the high vantage of a church located near the Vimy battlefield, Capt Couto was in awe of the vast landscape in front of her looking down where Canadians fought the Germans from behind a creeping barrage supplied by the Canadian artillery. More than a million shells rained down during the week preceding Vimy.

"The battlefield was gigantic," she enthused. "When you get up close to where the Vimy monument is located, you don't get the true experience of what the battlefield was like on that day 100 years ago."

While the commemoration of the Battle of Vimy Ridge offered pomp and ceremony, a century ago on April 9 the horrors of the Great War were evident based on the carnage on both sides of the muddy trenches fought over by a determined Canadian soldier, and an equally determined German who was ordered to repel the Canadians in often close-quarters fighting.

The fighting was so loud it could be heard in London, with the Canadian Corps suffering 10,602 casualties: 3,598 killed and 7,004 wounded in a single battle.

What was Capt Couto thinking about during the Vimy commemoration?

"This was a significant battle, and significant moment in Canada's history," she said.

"This was a big deal for Canada back then ... you see the battlefield today and notice a lot of trees. A 100 years ago, there were no trees, just a lot of mud, death and destruction."

In the Canadian Armed Forces (CAF) since 2010, and a graduate of RMC in Kingston, Ont., in 2014, Capt Couto has been with 2PPCLI for more than two years.

During her overseas trip, besides visiting Hill 135, Capt Couto visited Hill 70 with fellow 2PPCLI WO Sheldon Quinn. Hill 70 marks a spot on the battlefield where Patricias fought the Germans during the Battle of Vimy Ridge. While she studied Vimy while taking a military history course at RMC, Capt Couto won't soon forget her time on parade, nor experience the heartwarming reception she received from her French hosts.

The centennial ceremony also featured the laying of thousands of pairs of combat boots on or near the Vimy memorial, presenting the soldiers who lost their lives during the fighting.

The boots were collected from Bases across Canada. Those attending the ceremony, afterwards were given an opportunity to adopt a pair of boots which they could return home with following this historic event.

Capt Couto was unaware of this, and if she'd known, would have gladly returned home with an adopted pair of combat boots used on the Vimy grounds.

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June 2 Lego Batman Rated G
June 9 Beauty & the Beast Rated PG
June 16 Going in Style Rated PG

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See the movie June 8 at CFB Shilo, with the GSH Theatre showing the advance screening starting at 7 p.m. Free popcorn & CANEX water

Attend Financial Decisions upon Release informational sessions

Releasing soldiers offered financial help

MFRC Special

SISIP Financial and the Military Family Services' Veteran Family Program invite releasing members and their families to attend *Financial Decisions upon Release* informational sessions on transitioning from

military to civilian life designed to help plan for a successful financial future!

One of the top indicators of a smooth transition from military to civilian life is financial planning and stability.

In order to make this a smooth transition, the Military Family Services' Veteran Family Program and SISIP Financial have partnered at a national level to develop informational sessions called *Financial Decisions upon Release* which will assist members and their families in planning their finances as they approach release.

Whether a member is releasing for medical reasons, retirement or starting a new career, releasing from the Canadian Armed Forces (CAF) is a major change in their lives, and financial uncertainty can contribute to a stressful transition.

To help prepare for this, during these *Financial Decisions upon Release* sessions, a SISIP Financial advisor will shed some light on the process and address concerns regarding: tax planning, CAF pension options and other sources of income, investments, transferring SISIP Financial insurance coverage from Optional Group Term Insurance (OGTI) to Insurance for Released Members (IRM), Registered Disability Savings Plan (RDSP) and VAC disability awards.

To register for these sessions being held June 7 contact Pamela Hall via e-mail at pamela.hall@forces.gc.ca or call 204-765-3000 ext 4557.

There are two sessions June 7, here on the Base from 11:30 a.m. to 1 p.m. at the MPTF (building C106) in room 28. Or visit Brandon at the Royal Canadian Legion from 6 to 7:30 p.m.

Releasing members and their family members are encouraged to attend these sessions and benefit from the expertise of SISIP Financial Advisors first hand.

Look for details on more sessions taking place at military bases in Esquimalt, Edmonton, North Bay, Trenton, Valcartier and Halifax by contacting your local MFRC or visiting www.sisip.com and/or www.cafconnection.com

Childcare coverage for medically releasing members and their families who attend sessions will be provided.

Gord Kent new president Executive elected for ANAVETS

Shilo Stag

During the recent 14th biennial convention of the Manitoba & NW Ontario Command of ANAVETS Canada held in Selkirk a new executive were elected.

Installed for 2017-18 are the following: past-president Lorne Aube of Brandon Unit 10, president Gord Kent of Assiniboia Unit 283, first vice-president Al Dunham or Brandon Unit 10, second vice-president Sheldon Clupp of Assiniboia Unit 283, third vice-president Rae Roberts of Assiniboia Unit 283, sports officer Angie Hourie of Portage La Prairie Unit 13, services officer Andre Sheppard of Rockwood Unit 303 and public relations officer Duncan Anderson of Rockwood Unit 303.

As the oldest veterans organization — 177 years old — in Canada, ANAVETS is here to serve comrade veterans. For information contact Anderson at 204-489-6743.



Referee accolade

Former Base COS Maj (Ret'd) Craig Ethelston, now the support services manager at 11 CF Health Services Centre, recently garnered Brandon Minor Hockey Association's most improved overall referee award. Besides doing minor and high school hockey, Ethelston also worked hockey games at Gunner Arena, including the annual Kingston Cup.

Photo Jules Xavier

CFB Shilo's Military Family Resource Centre Wants You!



Shilo's Military Family Resource Centre (SMFRC) is looking for board members. The SMFRC 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 SMFRC daycare parents, but others may apply as well. Please stop in at the reception desk for an application form. Drop your application, complete with resume, at Shilo's MFRC to the attention of Wendy Knee. Or e-mail your application to boardchair@shilomfrc.ca Application deadline by June 19, 2017

Additional tax relief for CAF personnel

Stag Special

The Government of Canada provides tax relief to members of the Canadian Armed Forces (CAF) and police officers deployed on international high — and moderate-risk operational missions.

This tax relief recognizes the special contribution that CAF members and police officers make to international peace and stability while serving their country abroad.

Eligible CAF members and police officers may claim a deduction against taxable income in respect of income earned while deployed on such missions.

The maximum amount that an individual may deduct in a taxation year cannot exceed the highest level of pay earned by a non-commissioned member of the CAF.

For personnel deployed on high-risk missions — missions assessed by the Department of National Defence (DND) as carrying a risk score between 2.50 and 4.00 — tax relief is automatically provided for the period during which the mission is assessed as being high-risk.

For moderate-risk missions — missions carrying a risk score between 2.00 and 2.49 — tax relief is provided when the mission has been designated by the Minister of Finance, and for the period during which the mission is assessed as being moderate-risk.

The deduction is currently not available for CAF members and police officers deployed on international operational missions carrying a risk score lower than 2.00.

The Government proposes to extend this tax deduction automatically to all CAF members and police officers for the period during which they are deployed on an international operational mission, regardless of the risk score associated with the mission.

In addition, the Government proposes to increase the maximum amount that an individual may deduct in a taxation year to the highest level of pay earned by a Lieutenant-Colonel of the CAF.

These measures will apply to the 2017 and subsequent taxation years.

It is estimated that these measures will provide additional federal tax relief totalling \$85-million during the 2017-18 to 2021-22 period.

Tax exemption for salaries of deployed military personnel

Stag Special

Recognizing the commitment and sacrifice that Canadian Armed Forces (CAF) members — and their families — make for Canada when a member deploys abroad, Defence Minister Harjit Sajjan, Finance Minister Bill Morneau, and Public Safety Minister Ralph Goodale announced the Government's intention to exempt the military salaries of all Canadian Armed Forces (CAF) personnel deployed on named international operations from federal income taxes, up to and including the pay level of Lieutenant-Colonel.

This tax relief would also apply to police officers deployed on international operational missions.

This measure is an important part of a broader package of administrative changes and new measures included in Canada's new Defence Policy, which will improve the way the Government of Canada treats our military personnel.

Canada's new Defence Policy was made public June 7.

These changes ensure that CAF personnel and police officers deployed on designated international missions are recognized for their sacrifice and that of their family.

"When our women and men in uniform deploy internationally, they and their families make great sacrifices on our behalf," said Defence Minister Harjit Sajjan.

"Military families are the strength behind the uniform and we must do more to acknowledge that our people are our most important asset. The Government of Canada will recognize their sacrifices with these important tax relief measures."

Finance Minister Bill Morneau added, "I am very pleased to provide further recognition of the special contribution that Canadian Armed Forces members and police officers make to international peace and stability while serving their country abroad."

"The government is proud of the important work our police do abroad to support peace and stability in parts of the world that badly need both," said Minister of Public Safety and Emergency Preparedness Ralph Goodale. "We will provide further recognition of their tireless work by providing additional tax relief when they are deployed abroad."

Quick Facts

- While the number of CAF personnel on deployed operations changes from day-to-day, there are currently approximately 1,450 CAF personnel deployed on international military operations.

- The Government intends to make this measure retroactive to Jan. 1, 2017. These changes will not affect the assessment and awarding of existing hardship and risk allowances earned by CAF personnel deployed abroad.

"Military families are the strength behind the uniform and we must do more to acknowledge that our people are our most important asset. The Government of Canada will recognize their sacrifices with these important tax relief measures."

— Defence Minister Harjit Sajjan



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14th annual Base Commander's Downhomer Lobsterfest

How do you dine on delicious lobster without leaving a mess?



Not a fan of steak, your *Stag* editor is always willing to trade a piece of AAA beef for a lobster during the annual event held at L25. In its 70th year, your Shilo Stag will be there covering this soldout event. Visit www.facebook.com/ShiloSTAG/

Jules Xavier Shilo Stag

My introduction to lobster came as a child when my father was posted to now defunct CFB St. Margaret's in New Brunswick.

Who knew five Xavier air force brats, fussy eaters that we were as kids, would enjoy our father's lobster when he offered it to us. But we did, so that meant his periodic lobster feasts were interrupted while we were posted to the east coast.

Many a morning we discovered a pile of lobster entrails and shell in the kitchen garbage can. Our father would feast after we went to bed.

If you missed out on purchasing a ticket for the 14th annual Base Commander's Downhomer Lobsterfest slated for June 3 at L25, sorry, but the event soldout quickly. Tickets turned in recently were quickly scooped up at CANEX when news of them were posted on the Stag's Facebook page.

While doing my research about this east coast delicacy, I was informed eating a lobster is not an exercise in etiquette.

The same can be said when you are on the west coast and have a pot of crab boiling by the ocean shoreline. This is apparent having attended five Lobsterfests since arriving on the prairies in 2012.

Steamed or boiled, when my lobster — and the steak I'll hopefully trade with anyone for their lobster if they are not a fan of seafood, but prefer a good chunk of Canadian AAA beef — arrives I have been told to let it cool so as to avoid being scalded by boiling water when handling it.

The simplicity of eating a lobster depends partly upon the time of year. Lobsters moult — who knew they shed their shells — each year in early summer. Just before shedding in May or June the shells are thick and hard, while the claws are difficult to break open. Just after moulting, the shells are as thin as heavy paper, the claws easy to open without tools.

The shells harden within a few weeks after moulting, but an August lobster is still much easier to eat than a May lobster.

How do you consume the lobster sharing space with a steak, coleslaw and a bun on your plate?

Along with the hot, just-cooked lobster, you might want the following items:

- Lobster bib to protect clothing from sprays of sea water, lobster juice and butter

- Claw cracker — like a nutcracker used on walnuts at Christmas — to crack the claws so you can extract the claw meat, which is a delicacy.

- Small fork or "lobster pick" — this slender instrument is used for extracting meat from difficult, bony places

To begin feasting on your lobster, first hold the body in one hand and the tail in the other, and break the tail off with a side-to-side motion.

Holding the tail upside-down, stick a fork (upside-down) between the bottom of the shell (now facing upwards) and the tail meat and pull the whole chunk of tail meat out.

The tail is the largest meaty portion of the lobster, but there's lots more. Each claw should be broken and the meat taken out with the small fork or lobster pick, even from the joints that connect the claw to the body. This is the most delicious part, a real delicacy.

In larger lobsters weighing more than a pound and heavier, you will find tender little bites in other places, too. Twist the four "flippers" off the end of the tail and chew out the delicate meat inside. Twist off each small leg: in the knuckle next to the body there's a nugget, and you can chew tender meat out of each segment in a leg.

Lobster enthusiasts will tear the carapace — hard body cover — off, split the body lengthwise, and behind where each leg was attached there is a good bit of meat.

Of the innards, the gray-coloured liver — called tomalley — is edible. Restaurant chefs sometimes use it in sauces, though not everyone likes it.

If you find a waxy red substance in your lobster, you have a female. It is roe. The eggs are edible if you feel daring.

I will enjoy my lobster, and raise a claw to my father in his memory and thank Sgt Fabio 'Swish' Xavier for introducing me to this east coast delicacy.

MPs on patrol during Lobsterfest

Cpl Pascale Couvrette Stag Special

With the advent of the 14th annual Base Commander's Downhomer Lobsterfest, 1 MP Regt Shilo Pl will be conducting an RIDE program on Shilo Road.

In partnership with 1 MP Regt Shilo Pl, the RM of Cornwallis Police Service and MADD Brandon will be assisting during the event which takes place at L25. Military Police will be conducting increased operations during this time period in order to increase visibility within the community and in an attempt to prevent incidents of impaired driving caused by alcohol and/or drugs.

As the driver, you can quicken your way through the RIDE check by having valid ID such as your driver's licence, military ID and passport, plus your vehicle registration ready. We hope you enjoy your meal and remember to drink responsibly. As well, remember to call a friend or a cab to assist in making your way home safe and sound.

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**Chaplain's Services Fund
 receives \$500 donation**

CFB Shilo's Chaplain's Services Fund received an infusion of cash thanks to the generosity of The Irish Society of Western Manitoba. Padre Matthew Ihuoma accepted a cheque for \$500 from Glen Hooke (left) and Larry Weisgerber, a requirements officer at RPOU (W) Det Shilo. According to treasurer Norman Finlay of Brandon, the money was part of funds raised by the Society during the annual St. Patrick's banquet and the from the Irish Pavilion as part of Brandon's Winter Festival. "The Society supports local causes," noted Finlay, with the Chaplain's Services Fund receiving a portion of the funds raised.

Photo Jules Xavier

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