

**ANNIVERSARY SALE
FINAL DAYS**



Leone's

SAMSUNG

\$799 \$699

Offer Ends **JULY 4**

SAMSUNG

\$699 \$699

FREE Shipping to CFB Shilo

3635 Victoria Ave 204-727-4444



Your source for Army news in Manitoba

CANEX
A division of CFMWS
Une division des SBMFC



**PRICE MATCH
GUARANTEE**

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

Volume 56 Issue 13



Serving Shilo, Sprucewoods & Douglas since 1947

June 29, 2017

INSIDE
This Issue



Eagle Staff carried at Vimy centennial event. Page 2



PPCLI grieve loss of Colonel-in-Chief. Page 5



Canadian Tire Jumpstart Games is fun. Page 10



Outgoing CO LCol Wayne Niven (above) takes his last march with his soldiers alongside outgoing RSM CWO Jim Smith and current adjutant Capt Charles Pitkin during the June 22 CoC ceremony. Incoming CO LCol Jay MacKeen (below left) takes position in front of his soldiers for the first time on the Kapyong Parade Square.

Photos Jules Xavier

2PPCLI welcome new CO during windy ceremony

Jules Xavier
Shilo Stag

It was a windy prairie welcome for LCol Jay MacKeen when he was handed command of 2PPCLI from outgoing CO LCol Wayne Niven.

Born in Pointe-Claire, Que., but calling Ottawa home, LCol MacKeen is no stranger to the Patricias. In 2002, he completed a component transfer and was posted to 3PPCLI at Garrison Edmonton. His regimental duties, which spanned two postings to the Third Battalion, saw him serve in various positions, including command in Afghanistan of both Reconnaissance Platoon and A Coy, the Regiment's parachute company.

He enrolled in the Canadian Armed Forces (CAF) with the Cameron Highlanders of Ottawa in 1997. Prior to his component transfer to the Regular Force, he served for five years with the Camerons and 33 Brigade in various sub-unit and brigade staff positions.

See **NEW CO** page 6



Emotional experience for WO Quinn carrying Eagle Staff at Vimy

"That is not our way, to set yourself apart and talk about who you are and what you've done. You let your life speak for you. With the Mohawk people, wisdom is how you live and how you interpret what your mother and father, what your grandmothers and grandfathers have told you about this world — and then how you interpret that into the fact of living everyday."

— Tom Porter, Mohawk

Jules Xavier Shilo Stag

It was a powerful moment for 2PPCLI's WO Sheldon Quinn as he stood on the battlefield where the Battle of Vimy Ridge was fought a century ago.

A member of Saddle Lake Cree Nation in the Treaty 6 Territory of northeast Alberta, WO Quinn was one of two carriers who held the Eagle Staff on the hallowed ground surrounding Vimy Ridge during the centennial ceremony held April 9 in France.

"I cannot begin to explain the emotions I felt as I stood on parade with a symbol so highly revered by my own culture," he told an audience for national Aboriginal day held at the Junior Ranks Mess. "There I was in front of up to 25,000 people who were witness to the commemoration and I was holding the Eagle Staff as a representative to not only the CAF, but to my culture. Talk about humility!"

He added, "I would hope I was not only humble enough to realize the CAF has other carriers, but I was wise enough to know that being chosen to carry it on that special day was not about me. It was about every Aboriginal who served, are serving and will serve in the CAF."

WO Quinn, who served his country for 27 years and has been deployed to Kosovo, Bosnia and Afghanistan, told his attentive audience he could only imagine how the Aboriginals in the audience that day felt as they saw the Eagle Staff on parade.

"There they were at Vimy Ridge honouring not only the Canadians that fought and fell that day 100 years prior, but especially those Aboriginals that fought and/or fell and now they are witnessing the Eagle Staff lead the Canadian contingent in Vimy onto the parade."

While holding the Eagle Staff, WO Quinn reflected on what those soldiers would have been thinking 100 years prior.

"Did they have the same thoughts I did while I was in combat in Afghanistan," he asked. "Did they have the same adrenaline rush I did that day in the Medak Pocket? Did they think of their families? Did they think of their culture? Did they realize how much of an impact or influence they would have on future generations of Natives who would serve in the mili-

tary? Did some know they would be honoured and remembered with cairns and monuments built in their name? Did they know or even dream that an Eagle Staff would be on parade 100 years later to honour their sacrifices?"

Prior to his presentation, WO Quinn acknowledged "we are in Treaty 2 territory" and that the land on which we gather is the traditional territory of Anishinaabeg, Cree, Oji-Cree, Assiniboine, Dakota, and Dene peoples, and the homeland of the Métis Nation.

In May 2016, WO Quinn flew to Ottawa to receive his teachings to be one of six new Eagle Staff carriers in the Canadian Armed Forces (CAF).

"The tradition of the Eagle Staff has been passed down from generation to generation. In Aboriginal cultures, the Eagle Staff represents various meanings, spiritual entities, nations, clans, languages, medicines and healing," he explained.

"Natives believe that eagles communicate directly with the Creator, making eagles themselves, their feathers and their images highly revered by First Nations People. From a non-Aboriginal perspective, the Staff can be compared to a national flag. It represents people, states, governments, Regiments and battle honours. For this reason, it is an honoured and sacred symbol."

He pointed out it was two former CAF members who were instrumental in creating the CAF Eagle Staff in 2002 and who worked to facilitate its presence as a traveling emblem of unity among all Aboriginal peoples in the defence community.

"This Eagle Staff represents two important factors," he offered. "The first is to remind us to never forget the sacrifices and courage of Aboriginal men and women who volunteered and fought for Canada during time of war. This Eagle Staff will always ensure that their legacy will not be forgotten."

"Secondly, it came at a time when Aboriginal members of the CAF needed to feel empowered and to maintain a sense of pride and honour of our native ancestry."

Before carrying an Eagle Staff, a holder must receive teachings and guidance by a group of designated vet-



WO Sheldon Quinn holds the Eagle Staff at Vimy in early April.
Photo Fred Parker/CBC

erans and warriors and must possess a strong and positive mind because it is believed the spirits of the Eagle Staff listen and connect with the carrier.

"Prior to my teachings I was confident I would be able excel at this task without even thinking of what it meant to be a carrier," said WO Quinn. "But after my teachings I realized excelling in this capacity may not be as easy as I originally thought. This is going to be a daily learning experience and that while one day things will go as planned, another day things might go sideways and I will be reminded that Eagle Staff is not about me, it's about our culture."

He added, "It's about all the Aboriginal service members who came before me. It's about all those Aboriginals that currently serve. And it's about all those Aboriginals that will serve in the future."

"And in the end, I think to bring honour to the Eagle Staff and my culture, I will have to bring honour to myself. It will involve all seven teachings of the grandfathers and instilling them into my daily routine as a soldier, a friend, a superior, a subordinate, and as a family man."

According to WO Quinn, the Eagle Staff has taken on a life of its own. A carrier has had it at different military graduation parades and at different powwows across Canada.

In 2015, it was held at the national war monument in Ottawa as part of the Remembrance Day ceremonies.

"I am told it will become a permanent fixture there on all future Remembrance Day parades," he said.

Besides its use at Vimy Ridge, in 2016 it made the trip to France and was part of the July 1 100th anniversary of the Battle of the Somme and Beaumont Hamel. It was also in the Netherlands, where it was carried during the 2016 four-day Nijmegen March.

(See part two of WO Quinn's talk on the importance of the Aboriginal contribution to Canada's military in the July 13 Stag)

Pet of the Week



ECHO

Heather McIntosh's one-year-old Husky German Shepherd cross rescue is named Echo. "She likes to talk back to us and cuddle under the blankets." 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



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

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



CARING EXCLUSIVELY FOR PETS

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

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

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



Outgoing BComd LCol John Cochrane and wife Kate enjoyed their final Lobsterfest, here lining up to be served by Shilo and Region Service Club volunteers.
Photo Jules Xavier

Soldout Lobsterfest another success

Ian Muir
Stag Special

Call it another huge success!

The annual Base Commander's Downhomer Lobsterfest is billed as the biggest "kitchen party" in Western Manitoba, and definitely lives up to that moniker.

It is CFB Shilo's biggest event of the year and just keeps getting bigger and better. Once again this event — the 14th since its inception at CFB Shilo — was soldout with about 1,200 people in attendance.

Everything came off without a hitch which is unusual, but hopefully a result of our lessons learned from past events and a sign of things to come for the future.

The weather even co-operated bringing sunshine and average temperatures. The meal was started on time and everyone was fed in a record time of about one hour.

The band, Nuthin but Trouble, along with DJ Look Music were outstanding and kept the dance floor filled from the first song to the last.

Knight-Line Express Charters got everyone who wanted a ride there and back safely free of charge and there were no long waits at the bar or the ticket line.

The draw prizes which were generously provided by our sponsors were

very much appreciated by all the lucky winners. So, all in all, it was a huge success.

There is truly a total Base effort that comes together to make this annual event a success.

Thanks to all those who helped the Shilo and Region Service Club with another Lobsterfest.

Specifically we would like to thank Base Foods, Base Supply, Base Transport, 1RCHA, 2PPCLI, RPOU(W) Shilo, and of course PSP, without whose help the whole thing just would not work.

We would be remiss if we also did not thank our sponsors for their excellent support — thanks very much to CANEX, The Personal Insurance, SISIP Financial, Knight-Line Express Charters, and Blue Moon Water.

I would also like to thank the volunteers from the Shilo and Region Service Club who organized the event and worked their well-worn tails off to make the event a success.

Lastly, I would like to thank the members of the Shilo and greater Westman community for their support. The money raised will go to support some very worthwhile causes within the Westman community.

We hope everyone had a good time and we will see everyone at the 15th annual Base Commander's Downhomer Lobsterfest.


Ian Muir is president of the Shilo and Region Service Club

OBITUARY

GNR DAVID JOSEPH MACHUT

It is with broken hearts and unbelievable sadness that we announce the sudden death June 11 of David Joseph Machut. David was a kind, vibrant, and fun-loving young man who loved playing sports and hanging out with numerous family and friends. David was serving in the Canadian Armed Forces (CAF) with 1RCHA and held the rank of Gunner. He is leaving behind his mother Karen (Kolynn), father Dave, sister Ashley (Kate), grandmothers Evelyn and Marlene, aunts Charlene (Dan), Valerie, Tammy, and numerous cousins and close family friends. David was predeceased by his grandfathers Joseph and Barry, uncles Jason and Rob, and his aunt Cheryl. David was loved and respected by everyone who had an opportunity to meet him. He will be forever missed. We appreciate all the kindness and love which was shown to David in the SICU at the Health Sciences Centre. The memorial service was held June 22 at Glen Lawn Memorial Gardens and Funeral Home.





A division of CFMWS
Une division des SBMFC

CFB Shilo
204-765-2343



<p>Michelina's® Frozen Dinners • Assorted Varieties • 225 gr • Reg. 2.99</p> <p style="text-align: right; font-size: 2em;">1⁹⁹</p>	<p>Maxwell House® Coffee • Original and Dark Roast • 925 gr • Reg. 17.99</p> <p style="text-align: right; font-size: 2em;">9⁹⁹</p>
<p>Kellogg's® Pop Tarts • Variety Pack • 1.2 kg • Reg. 9.49</p> <p style="text-align: right; font-size: 2em;">5⁹⁹</p>	<p>Motts® Fruitsations • Assorted Flavours • 12x111 gr - 113 gr • Reg. 3.39</p> <p style="text-align: right; font-size: 2em;">2³⁹</p>
<p>Quaker® Granola Bars • Assorted Varieties • 12x156 gr • Reg. 4.19</p> <p style="text-align: right; font-size: 2em;">2⁹⁹</p>	<p>Kool-Aid® Juice Jammers • Assorted Flavours • 10x180 ml • Reg. 5.19</p> <p style="text-align: right; font-size: 2em;">2⁹⁹</p>
<p>Christie® Cookies • Assorted Varieties • 300-303 gr • Reg. 4.99</p> <p style="text-align: right; font-size: 2em;">2⁹⁹</p>	<p>BBQ Sauce® Bull's Eye • Assorted Varieties • 425 ml • Reg. 4.49</p> <p style="text-align: right; font-size: 2em;">2/6</p>
<p>Heinz® Picnic Pack • Ketchup, mustard, relish • 3 x 375 ml • 8.19</p> <p style="text-align: right; font-size: 2em;">5⁹⁹</p>	<p>Cashmere/Purex® Bathroom Tissue • Double roll • 8 pk • Reg. 10.99-12.99</p> <p style="text-align: right; font-size: 2em;">5⁹⁹</p>

June 29 to July 12, 2017



Volume 56 • Issue 13

Regular Circulation: 3,000

Printed bi-weekly by
Struth Publishing, Killarney MB



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

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



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

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

The Shilo Stag is produced every second Thursday.

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

Submitting articles and photos for print:

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

• • •



Follow the Shilo Stag on Facebook by visiting:

<http://www.facebook.com/ShiloSTAG>



CFB Shilo's Jiffy Jeep crew show off their skills during Brandon's recent outdoor fair. The six-person team disassembled and reassembled the 60s circa care in under four minutes.

Stag Special

Members from CFB Shilo's Jiffy Jeep team had the honour of displaying their abilities earlier this month to disassemble and reassemble a 1960s era Willy's Jeep — in under four minutes.

The concept of this display was conceived in 1967, when during Canada's centennial, all corps of the Canadian Army were tasked to do something.

The RCEME school in Kingston, Ont., came up with the idea of a Jiffy Jeep — which is a highly modified M38A1 Willy's Jeep which travels around the country to be exhibited and gawked at by droves of interested onlookers.

The Jiffy Jeep has been displayed at various military tattoos around the world.

The show starts with the jeep driving to a location in front of an audience where it "breaks down."

The driver and jeep commander get out, lift the hood and try to diagnose what has happened — but to no avail.

Then, as the hood is completely removed from the vehicle, the remainder of the six-person team springs into action.

The apparent chaos which ensues is nothing short of an orchestrated display of knowledge, teamwork, and physical prowess.

The radiator and steering components are removed — they are held in by a few pins.

Then all members take up positions around the Jeep and incredibly the body is lifted off the frame and moved several metres to the rear of the vehicle.

The deceptive pandemonium continues when the body is placed on the ground and the team rushes back to continue the repair by removing both axles simultaneously.

Then they roll each set of wheels away from the skeleton of the Jiffy Jeep. Then two people in front of the frame lift it with the aid of two people at the back of the frame for support.

The front is lowered to the ground and two long bars are installed in the engine.

"One, two, three ... LIFT!" and out comes the engine which is carried forward a few feet and lowered to the ground. And finally, the team splits into factions of three, with both running to previously removed axles.

The axles are lifted and the tires removed. All this takes place is less than 90 seconds.

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

30 mins - \$45	<ul style="list-style-type: none"> •Swedish• •Cupping• •Pregnancy• •Myofascial• •Infant• •Hot stones•
45 mins - \$60	
60 mins - \$75	
75 mins - \$90	
90 mins - \$110 (additional \$15 charge on all hot stone massages)	

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

Guild **HMS**
 INSURANCE BROKERS

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

HOME FARM BUSINESS TRAVEL LIFE *autopac*
A Manitoba Auto Insurance product

ASK US ABOUT OUR
DND MILITARY INSURANCE PROGRAM

PEACE HILLS
 INSURANCE

Shilo Theatre
 (Located in the General Strange Hall)

July 1 Boss Baby 7:30 p.m. Smurfs: The Lost Village 9:30 p.m. Rated G
 July 7 Unforgettable Rated 14A
 July 14 Life Rated PG

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

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

Lady Patricia pays her first visit to Shilo in 2006

Maj Stephen Joudrey Stag Special

The Right Honourable Countess Mountbatten of Burma, Lady Patricia, visited the soldiers and families of 2PPCLI over a two-day period at the end of August.

This was the first time that Lady Patricia — the Colonel-in-Chief of the PPCLI — has visited Shilo since 2PPCLI moved from Winnipeg in the summer of 2004.

After a cross-Canada trip that included stops in Toronto and an extensive ceremonial and visits programme in Edmonton, Lady Patricia concluded a very busy with a less formal visit to Westman.

Travelling with the Colonel-in-Chief were the newly appointed Colonel of the Regiment, BGen (Ret'd) J.E.L. Gollner, and Lady Patricia's granddaughter Miss Ella Du Breuil.

On the evening of Aug. 31, 2PPCLI

hosted a dinner in the Officers' Mess for the Colonel-in-Chief and invited guests that included the presidents of the regional Korean Veterans and PPCLI Associations, the newly appointed BComd LCol J.J. Schneiderbanger and LGen (Ret'd) R.R. Crabbe.

The following day, Sept. 1, the entire Battalion had an opportunity to commemorate the visit of their Colonel-in-Chief and the Colonel of the Regiment with a parade and family-orientated BBQ lunch. The parade was an occasion for promotion and dedicated service, as well as those returning from Op ARCHER being presented with their medals by both Lady Patricia and BGen Gollner.

Truly a rare privilege. This was also a



Photo of Lady Patricia from the Sept. 28, 2006 Stag.

significant event for the families of the Second Battalion and many relatives came from great distances to share in this "special" day.

For the newer soldiers in the Second Battalion, this was their first chance to meet with our Colonel-in-Chief. For them, it will be an event that they will always remember.

For those who have had this opportunity in the past, the importance and value of such a visit was renewed.

The BBQ after the parade was a chance for soldiers and their families to sit down and speak one-on-one with the Colonel-in-Chief. Wives, fathers, mothers, sons and daughters had their picture taken with Lady Patricia and shared stories and photographs.

Lady Patricia was particularly moved by meeting with those soldiers wounded most recently in Afghanistan and their families. She wrote that it "was very emotional and my admiration for them all is unbounded."

The visit of our Colonel-in-Chief and the Colonel of the Regiment is always a special event. This visit was noteworthy as it was not only the first visit to Shilo, but also the first time that Lady Patricia had been to the Second Battalion since July 2001. It was a watershed and historic event in the history of the Second Battalion and will be remembered fondly by all of those who were fortunate enough to attend.

2PPCLI would like to acknowledge the efforts of Heather Wilson, mess manager of the Officers' Mess, and Lauren Butts, mess manager of the Warrant Officers' and Sergeants' Mess, and all of their support in the hosting of this visit.

Maj Stephen Joudrey was 2PPCLI's DCO when he wrote this for the Stag's Sept. 28, 2006 edition.

Stag Special

Princess Patricia's Canadian Light Infantry (PPCLI) regrets to announce the death of the Countess Mountbatten of Burma, the second Colonel-in-Chief of the Regiment.

"Lady Patricia was the embodiment of the Regiment for many years, and she set a sterling example of selflessness and dedication" said Adrienne Clarkson, current Colonel-in-Chief of Princess Patricia's. "She was loved and respected by the soldiers of her Regiment, and she will be sorely missed."

She died peacefully at home surrounded by her children in Mersham, Kent. Countess Mountbatten of Burma was 93.

Lady Patricia, as she was known across the Regiment, was closely involved with Princess Patricia's from the time of her appointment as Colonel-in-Chief in 1974. Born in London on Feb. 14, 1924, she was christened Patricia Edwina Victoria Mountbatten.

Following education in Malta, England and New York City, Lady Mountbatten entered the Women's Royal Naval Service (WRNS) in 1943 as a Signal Rating.

After serving in Combined Operations Bases in the UK, she was commissioned Third Officer (Cypher) in 1945 and served in Headquarters Supreme Allied Command, South East Asia.

MGen (Ret'd) Brian Vernon, the current Colonel of the Regiment, met the Countess Mountbatten on many occasions.

"Lady Patricia was of that generation whose experience of war, and understanding of public service, was universal," he said. "I think those early experiences deeply impacted her, and she carried the imprint of those days throughout the rest of her life."

In October 1946, Lady Mountbatten married John Knatchbull, Seventh Baron Brabourne, who was an officer of the Coldstream Guards and later became a renowned film and television producer whose notable productions included *Murder on the Orient Express*, *Death on the Nile*, *A Passage to India* and *Sink the Bismarck*.

Lord Brabourne died on Sept. 22, 2005 at the age of 80. The couple had five sons and two daughters; Nicholas (an identical twin) was killed in a terrorist attack on Aug. 27, 1979. They also had 22 grandchildren.

Lady Mountbatten was appointed Colonel-in-Chief of PPCLI June 15, 1974 following the death of Lady Patricia Ramsay, who was formerly Her Royal Highness Princess Patricia of Connaught.

Lady Patricia Ramsay, the original Colonel-in-Chief of the Regiment, was Godmother and cousin to Lady Mountbatten. Lady Mountbatten is also first cousin of Prince Philip, Duke of Edinburgh and is the Godmother of Prince Charles, Prince of Wales.

Upon the assassination of her father in 1979 by the IRA, Lady Patricia, as heir to his Earldom, became the Countess Mountbatten of Burma.

PPCLI mourn the loss of former Colonel-in-Chief

Lady Patricia was the Colonel-in-Chief of PPCLI for almost 33 years and served with nine successive Colonels of the Regiment.

Travelling from England, she has visited the Regiment on 45 separate occasions, visiting soldiers and their families at Canadian Forces Bases and detachments across Canada including Gagetown, Ottawa, Petawawa, Winnipeg, Shilo, Edmonton, Calgary, Chilliwack, Victoria, Whitehorse and Yellowknife.

Lady Patricia visited Patricia battalions serving on overseas operations with the United Nations and the North Atlantic Treaty Organization (NATO) 15 times, encouraging soldiers and publicly recognizing the importance of their work. These visits took her to Cyprus, Germany, Croatia, Bosnia-Herzegovina and Kosovo.

"I first met Lady Patricia when she visited the battalion while we were deployed in Croatia in 1993," said MGen Wayne Eyre, the senior serving Patricia. "I was impressed by the way she spoke with the soldiers, chatting and exchanging jokes. Although I was a young subaltern at the time, she set an example that I have always tried to emulate."

Lady Patricia was also Colonel-in-Chief of the Loyal Edmonton Regiment (4PPCLI) and supported the Royal Canadian Army Cadet Corps affiliated with the PPCLI.

She served as Patron of the PPCLI Association, and supported groups like the Pipes and Drums of the Edmonton Police Service, the Burma Star Association (a veterans group that promotes the history and well-being of the 7,000 Canadian soldiers, sailors and airmen who served in the Burma campaign), and Countess

Mountbatten's Own Legion of Frontiersmen (a private volunteer organization devoted to military excellence, public service, and citizenship).

Lady Patricia relinquished her appointment as Colonel-in-Chief of Princess Patricia's at a formal ceremony in Edmonton, Alberta on March 17, 2007. She was succeeded by Clarkson, who serves as Colonel-in-Chief to this day.

Lady Patricia's 33 years of service to the Regiment and Canada was formally recognized by Governor General Michaëlle Jean on Aug. 28, 2007 when she was awarded the Meritorious Service Cross.

Soldiers from 2PPCLI, currently conducting public duties in London, England, served as the bearer party in Countess Mountbatten's funeral at the request of her family.

The official funeral was held June 27 at St Paul's Church.

Public Utilities Board

Public Notice

Régie des services publics

You're Invited

to share your views about the proposed rate increases from Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has applied to the Public Utilities Board (Board) for a 2.7 per cent increase to Basic Autopac vehicle insurance rates and premiums, and changes to premiums charged under the Driver Safety Rating program effective on March 1, 2018.

Further details are available at the MPI website, www.mpi.mb.ca or the Board's website at www.pubmanitoba.ca.

A public hearing on the proposed increases will be held on:

Monday, October 2, 2017 at 9:00 a.m.
Public Utilities Board Hearing Room
4th Floor, 330 Portage Avenue, Winnipeg, MB R3C 0C4

If you are interested in learning about these rate increases, you are encouraged to attend the hearing, observe the hearing via live streaming, or provide your perspectives through the Board's on-line comment tool.

If you wish to speak at the hearing or make a written submission, please contact the Board secretary no later than **September 1, 2017** at 204-945-2638 or toll free 1-866-854-3698.

For more information, visit www.pubmanitoba.ca.

Manitoba Public Utilities Board
400-330 Portage Avenue
Winnipeg, Manitoba R3C 0C4
Phone: 204-945-2638 | Email: publicutilities@gov.mb.ca

New CO enthused about SOLDIERING

From the front

During this time, he was fortunate to become the first Primary Reservist qualified as a Patrol Pathfinder (Leader).

During the course of his military career, LCol MacKeen has deployed domestically in support of Canadians affected by the 1998 ice storm and on five international operations.

His first expeditionary deployment was to Bosnia-Herzegovina as a NATO peacekeeper, where he worked with members of his regiment to enforce the Dayton Accord in the area around Drvar.

His second deployment was to Afghanistan with his reconnaissance platoon, which provided a light reconnaissance capability to the brigade armoured reconnaissance squadron. His third deployment, also to Afghanistan, was with a Canadian Special Operations Task Force as their embedded liaison and plans officer assigned to US Combined Joint Special Operations Task Force – Afghanistan (CJSOTF-A).

His fourth deployment, again to Afghanistan, was as an Afghan Army Advisor and Coalition Chief of Staff (COS) to the NATO training mission fielding centre.

Following his time in Southwest Asia, LCol MacKeen then deployed on a series of staff and technical assignments in support of the Middle East Stabilization Force (MESF) to initially assist in establishing the theatre's force protection measures and then, on subsequent rotations, to advance the theatre joint targeting capability that focused on degrading the threat in Iraq.

Outside of operations and regimental duties, LCol MacKeen has served in a multitude of staff positions at both the Canadian Special Operation Forces Command (CANSOFCOM) and Canadian Joint Operations Command (CJOC).

Of particular interest to LCol MacKeen, he had the privilege to serve as the Executive Assistant (EA) to Commander CANSOFCOM, Staff Officer to Commander CJOC, and as the CJOC Chief of Joint Targeting and Effects where he oversaw and coordinated all deployed and operational level targeting activities during the height of our engagements in Iraq.

In addition to a couple of commendations and awards for his efforts in shaping the institution, LCol MacKeen has been formally recognized on three occasions for his actions in direct support to operations.

Following his second deployment to Afghanistan with CANSOFCOM, he was awarded the US Bronze Star for his leadership, personal courage, and unwavering dedication that contributed to the defeat of multiple insurgent networks.

Later, while still with CANSOFCOM, he received a commendation from the Commander Canadian Expeditionary Forces Command for his efforts in co-ordinating and synchronizing special operations throughout various theatres around the world.

Finally, on his last deployment in support of NATO's training mission to Afghanistan, he was awarded the Meritorious Service Medal in recognition of his leadership to Canadian, Coalition, and Afghan Forces in fielding and training numerous Afghan National Army units.

Prior to his June 22 CoC ceremony, the *Stag* conducted a Q&A with the incoming 2PPCLI CO to help introduce him to the CFB Shilo community.

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

LCol Jay MacKeen (JM): "Some of my earli-



New 2PPCLI CO LCol Jay MacKeen leads his soldiers for the first time on the Kapyong Parade Square following the CoC ceremony held on a windy morning at CFB Shilo.

Photos Jules Xavier



2PPCLI B Coy OC Maj Adam Petrin leads 1CMBG CO Col William Fletcher as he inspected the 154 soldiers on parade during the CoC ceremony. Maj Petrin was Commander of Guard One, while Capt David Tower had the same roll with Guard Two.

est memories are playing soldier with my brother, hiking around the forests of Ontario and Quebec with Cubs/Scouts, and parading with Army Cadets — just ask my mother, she's got the pictures to prove it.

"As such, I'm sure if you asked my parents they would say that a career in the CAF is a perfect fit and has been a lifelong calling; looking back on things I wouldn't disagree. That said, when asked why I pursued a career, as I was previously a member of the Reserves, I hear 'why did you decide to join the Regular Force and pursue soldiering full-time.'

"[This was] a decision that was not as obvious to me at the time. So to answer the question, I chose to transfer to the Regular Force because it was, and still is, the best fit for me and was a career I knew could make a difference.

"Growing up, my parents always said it didn't matter what we did as long as we could somehow give back and help others — whether that is directly through our work, through volunteering, or indirectly through charity.

So following university, I had applied to a couple of police forces where I was well on my way to being accepted.

"I actually received my acceptance phone call to the RCMP while I was driving out west to report to the Third Battalion, and started interviewing for a number of security-related public service jobs and applied to a couple of brokerage houses. I decided on a full-time career as an infantry officer after speaking to my brother, also a member in the CAF, about what I wanted out of life and could be proud to be doing 20-plus years down the road.

"Quite simply, my experience in Scouts, Army Cadets, the Reserves, and especially my time spent in Bosnia, where I saw firsthand the positive and impactful work our soldiers do on the world stage. Let's just say it was an easy decision and one that I have never regretted."

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

(JM): "So why the army and infantry? To be honest, I think the biggest influence was my involvement with Army Cadets in Montreal and the fact that my brother had joined as an infantryman with the Royal Canadian Regiment (RCR). I think my brother's stories of his experiences and the fact that infanteers get to do things that most of my civilian friends to this day still pay to do [like] shoot, parachute, climb, paddle, etc. pushed me towards the Army and specifically, the infantry."

SS: *What were your thoughts when you were informed you'd be taking command of 2PPCLI?*

(JM): "It's funny, when asked my thoughts after the release of the CANFORGEN, I am told my answer has caught a number of people off guard — likely given I've never spent any time with the Battalion — less serving alongside a platoon from the Second in Bosnia.

"My gut reaction, when asked, was that I'm excited, not only because I get to command a Battalion ... arguably the highlight of any officer's career, but more so that I get the opportunity to serve two more years with what is arguably our most famous and operationally focused Battalion doing what I joined to do — SOLDIER!

"Words cannot express what that means to me and how truly excited I am to get back to what we all joined to do ... and to do so here with the Second Battalion.



CWO Bill King looks on during the Change of Appointment (CoA) pace stick exchange from outgoing RSM CWO Jim Smith to outgoing 2PPCLI CO LCol Wayne Niven. He then salutes (above) LCol Niven after signing the paperwork that sees him become the next 2PPCLI RSM.

Photo Jules Xavier



CO practitioner of Army's command philosophy

From page 6

"Drawing on a long history of excellence in operations from Frezenburg to Kapyong, the Medak Pocket, to Afghanistan, 2PPCLI has proven itself time-and-time again to be second to none.

"How incredible is it that I get to serve in such a unit and follow in the footsteps of so many great Patricia's. So no word of a lie, I am excited to be counted amongst the ranks of 2PPCLI and to soldier, in my opinion, alongside our Regiment's most operationally proven Battalion."

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

(JM): "For the past four years, I have been working at the Canadian Joint Operations Command (CJOC) — the CAF's operational level headquarters responsible for the oversight and planning of all domestic and expeditionary operations — less those of the Canadian Special Operations Forces.

"While there, I was fortunate to be the Staff Officer to the Commander for both LGen Beare and Gen Vance, appointed as the Chief of Joint Targeting and Effects, and following some French training, was brought back into the headquarters with the J5 Branch to lead the Africa plans section.

"The highlight was definitely as the Chief of Joint Targeting and Effects where I oversaw and co-ordinated all deployed and operational level targeting activities with an incredible team during the height of our engagements in Iraq. It was an incredible experience and one I will never forget."

SS: What did you know about CFB Shilo, and the history of 2PPCLI before arriving here?

(JM): "'Growing up' in the CAF as a Patricia, I think it's safe to say I know a lot about the history of 2PPCLI and our Regiment. As a whole, I think the Regiment does a great job at ensuring that our shared history is well known. 2PPCLI's specific accomplishments

have been regularly briefed at Officer Ric-A-Dam-Doo's, a bi-yearly junior officer professional development week where regimental history is taught.

"As for Shilo, I didn't know much. So like any member when I learned we were going to be posted, I started calling my friends that had served with the Battalion. After talking with them and having been on the Base to co-ordinate our move, without a word of a lie I can say the entire family is excited to be here.

"There are very few Bases in the Canadian Armed Forces that have a true military community and really support the families. What we've learned is that Shilo is one of those rare Bases that wraps its arms around all those that work and live here. Every one of my friends that have served here has said the same. As such, the family and I are all in — living here on Base and looking forward to all that Shilo has to offer."

SS: What is your approach when it comes to leading the soldiers under your command?

(JM): "Like most, if not all, leaders within my Regiment, I am a practitioner of mission-command ... the Army's command philosophy that allows for decentralized execution within the context of a centralized intent. I will articulate my intent, how I envision things unfolding, identify my main effort and desired end state to the key stakeholders, but then let those tasked solve the problem with the assigned resources.

"To empower our subordinates, I will look to push assets and authorities down to the lowest levels, those who most need them and can actually use them. As my experience has shown that for mission-command to work, a simple decision action cycle is needed. I think if you spoke to most if not all of the past COs, RSMs, and any leader within the Battalion, they would say the same as this approach is fully embraced across not only our Regiment, but the entirety of the Army."

SS: Describe your personality when it comes to soldiering, and when you are

away from the job?

(JM): "I doubt my response is any different from any other Patricia and that is, when it comes to soldiering, I am mission focused and attempt to anticipate the next bound so I can position the team for what may come.

"When I am away from the job, I would say that I am still 'mission focused,' but my mission is simply to be the best husband and father that I can be. It is definitely a balancing act, but an important one that I try my best to achieve."

SS: What makes a good commander when it comes to dealing with the day-to-day infantry operations?

(JM): "Trust and taking the time to mentor. I believe that for mission command to work, ultimately, trust up and down the Chain of Command is needed. Without it, nothing gets done and everything comes to a halt. As such, I believe our best leaders are those that place their trust in their subordinates and give them the freedom of action to do what is needed, within regulations, to find the solution to whatever challenge is before them.

"In addition, I believe that a key role of any leader — even those not in official command billets — is that they must demonstrate they care for the well-being of their subordinates and will take the time to develop/mentor them. This creates esprit de corps, raises morale, keeps soldiers trained and ready, and imbues them with the desire to succeed.

"My experience has shown our best leaders/commanders are those that trust their team and look to mentor and develop them to achieve their fullest potential ... two aspects I will be encouraging throughout my time here with the Battalion."

SS: With 2PPCLI no longer on high readiness, what are your objectives for the Second Battalion during your two-year tenure at the helm of 2PPCLI? What goals have you set for the men and women under your command?

(JM): "So what can the Battalion an-

ticipate with me at the helm? Well, I know for sure what we can't anticipate — and that is stability, predictability or where the next crisis will occur. My time in Ottawa has taught me the global security situation remains volatile, unstable, and is becoming more complex each day. A fact, I believe, will hold true for years to come.

"As such, the Second Battalion must be agile in the face of changing security conditions and positioned to respond on short notice to any potential task or mission. Therefore, the Battalion can expect that we will position ourselves to be ready — whether that is to deploy and face a determined near peer armed adversary, to train foreign militaries to build their defence capacity, to fight fires or floods that are threatening Canadians and their homes, or whatever else may come in what can only be described as an uncertain and unpredictable world.

"In other words, to put it simply, my vision for the Battalion is that we will work together as a team to ensure that 2PPCLI remains the agile and versatile infantry Battalion that it is and continues to position itself to excel in any assigned task regardless of the operating environment."

SS: Finally, what goals have you set for yourself prior to relinquishing command likely in July 2019?

(JM): "As for my personal goals, what I can say is that the four Fs — Family, Friends, Fitness, and Fun — are personal priorities. So I hope to find that balance between work and family/friends, look to improve my fitness [because] finding time to train at CJOC was difficult, and having fun in all that we do."

LCol MacKeen will take up residence at CFB Shilo with his loving wife and two extremely active sons. Despite the limited time he has between his kids' hockey practices and picking up the toys left out on the lawn, LCol MacKeen acknowledges he somehow manages to fit in the occasional long distance run and complete his wife's "honeymoon" list.

BeneFIT relaunched

Labelling program at CANEX highlights healthy choices

Jules Xavier
Shilo Stag

There was a re-launch of the Healthier Choices program at the CANEX SuperMart.

According to CANEX manager Rick Kehler, "as some of you already know, this BeneFIT program is a collaboration of efforts amongst CANEX, PSP, Health Promotion specialists and delivery managers who have assembled a working group. Their purpose is to identify and evaluate healthier food/beverage options for sale at CANEX.

"CANEX in turn, is using this information to guide selections of new products to be sold at store level — as well as in vending machines — so our members and their families have healthier choice options available."

To date, there are more than 200 items identified from categories including protein bars, shakes, powders, granola bars, beverages, and more. Just look for the BeneFIT signs posted in CANEX to identify the healthy products available for purchase.

"With a concentrated effort on promoting a healthier lifestyle of food/beverage items," offered Kehler, "CANEX is confident that this initiative will have a positive impact on the health and well-being of the CAF community."

Kehler's staff provided an array of samples of

healthier choice items for those in attendance to try, including new Gatorade products which have the BeneFIT designation.

Besides Personnel Support Programs (PSP) senior manager Mike McEwan and fitness, sports and recreation manager Jim MacKenzie in attendance, the Base was represented by COS Maj Katherine Haire, BRSM CWO Don Askeland and BComd LCol John Cochrane. Each had their favourites from the samples provided, offering feedback on the taste and textures of various granola and protein bars cut up into sample sizes.

Health Promotion manager Shelly Moore provided those in attendance with some information on the BeneFIT program, which is a new food labelling initiative designed to assist CAF personnel in making healthier food choices when shopping at CANEX stores across Canada.

Canada's military store teamed up with the Health Promotion wing of PSP to help with the relaunch. According to Moore, the BeneFIT labelling system assists customers determine a food product's nutritional value based on fibre, calcium, protein, fat, vitamins, sodium and calories.

Having healthy food options is important to for military families, acknowledged Moore as she spoke about the BeneFIT program.

Employing a points system to identify healthier options, BeneFIT was developed by PSP Health Promotion dieticians Julie Riopel-Meunier from CFB Valcartier and Renee Racine from CFB Gagetown.

It's all part of an effort to help CANEX shoppers quickly and easily identify the nutritional values of food and beverages sold on store shelves and vending machines.

Foods or beverages meeting the nutritional requirements have the BeneFIT logo affixed to them or on the shelves in front of the products.

The BeneFIT program is based on a similar initiative initiated by PSP staff three years in the lunchroom of the Canadian Forces Leadership and Recruitment School at Garrison St. Jean in Quebec, noted Michael Spivock, senior manager of Health Promotion delivery with Canadian Forces Morale and Welfare Services (CFMWS).

"Health Promotion staff noticed diners were really a captive audience to the marketers of unhealthy products in their own lunch room, but were eventually able to obtain 100 per cent healthy food in their vending machine based on collaboration with national vending machine company Ventrex," offered Spivock. "And based on this development, the idea for BeneFIT was hatched."

Spivock acknowledges the BeneFIT program gives CAF members objective, evidence-based information to make healthy choices. It also helps CANEX shoppers avoid the false health claims on the levels of some food products.

"It is not uncommon to see products in today's world that have become victims of 'health washing' where marketers will tout one very small benefit to make their product look healthy, and shoppers are often faced with a retail environment that is not necessarily conducive to that healthy lifestyle they are seeking."

Addressing this problem for consumers, PSP dieticians broke down food sold at CANEX stores across Canada into 27 categories, from salty snacks such as nuts and potato chips, to cereal, yogurt, carbonated beverages and energy bars.

They assessed the ingredients in the products from sodium, fibre, fats, protein and sugar content. Foods determined by the dieticians to be healthy options scored higher points totals and will have the BeneFIT logo affixed to displays or shelves where these products are sold.

Kehler pointed to a line-up of more than a dozen products sold in CFB Shilo's CANEX which have the logo affixed to them, with additional products to be categorized and labelled as they arrive for sale.

With files from Peter Mallett/Lookout

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

Canada
D'eh
CFB SHILO

LOVERBOY

MICHELLE WRIGHT

PETE ZEDLACHER

TYLER SHAW

SHILO SHOW & SHINE CAR SHOW

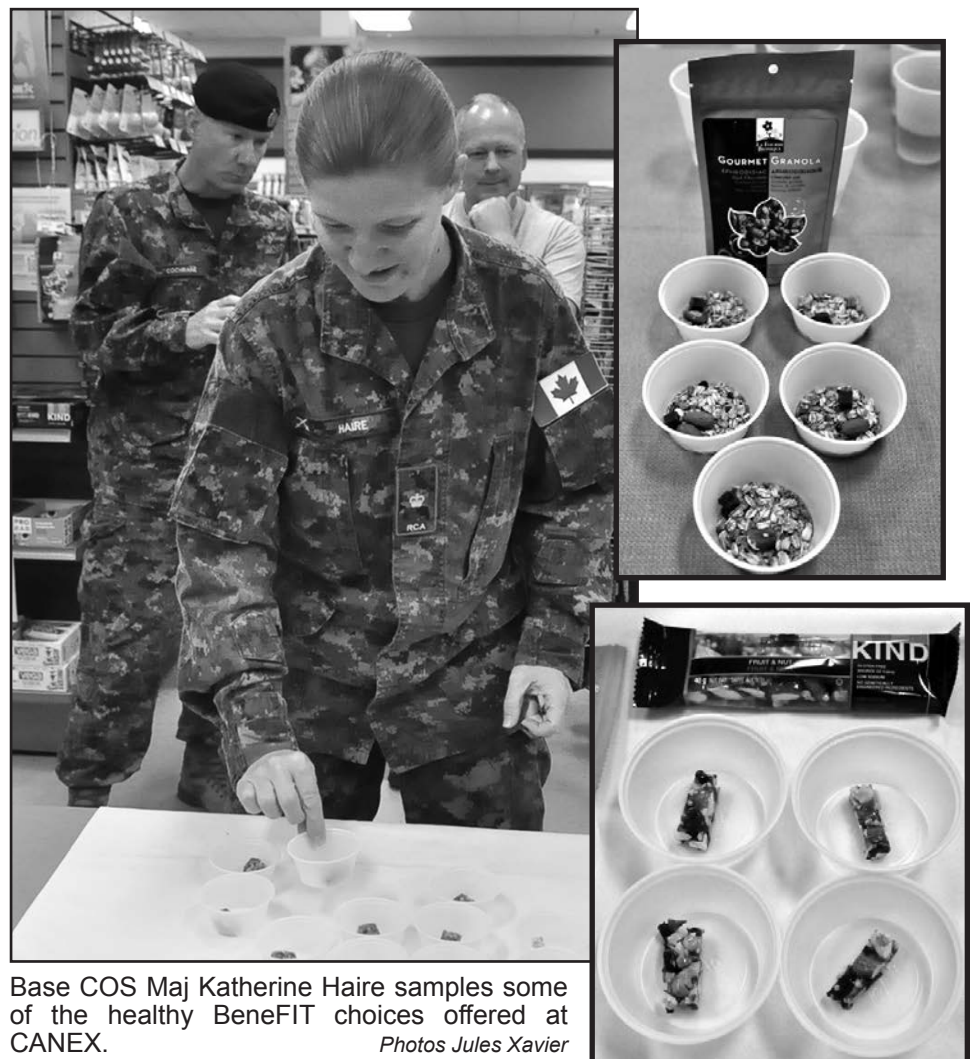
FIREWORKS FOOD VENDORS BEER GARDEN

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

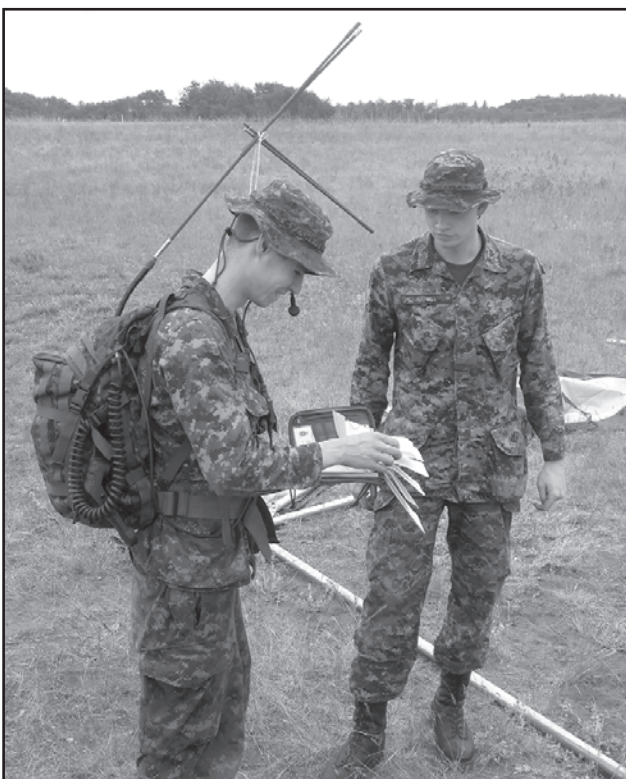
FOLLOW US ON FACEBOOK @ CANADA D'EH SHILO

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

WESTJET COUNTRY STAR The Brandon Sun



Base COS Maj Katherine Haire samples some of the healthy BeneFIT choices offered at CANEX.
Photos Jules Xavier



Canada turns 150 Celebrate July 1 at CFB Shilo

Stag Special

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

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

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

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

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

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

For more Canada Day news visit www.facebook.com/Canada-Deh-Shilo



Base Kitchen staff are baking a July 1 birthday cake.

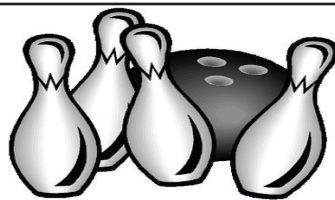
Honing PLQ soldier skills

Left: PLQ candidate Cpl Bell briefs his signaller on the range.

Above: PLQ candidate Cpl Kemp practices his dry coaching technique on the range.

Top: PLQ candidate Cpl Tai hones C7 skills at the MPTF before heading to the Base training range.

Photos WO Schmidt



For more info call the community recreation office at **204-765-3000** ext **3317** or **3588**

GSH Bowling Alley

Open bowling for all ages
Saturday 2 to 4 p.m.
Sunday 2 to 4 p.m.

Adult: **\$2.50** per game
Youth: **\$2.25** per game
Child: **\$2** per game
Shoe rental: **75 cents**

Prices subject to tax

Ask about Glow bowling birthday parties!



\$19,000

Griswold, MB

60' corrugated metal Quonset with cement floor, plus large sea container, both on a triple lot



RENOVATED - STAINLESS STEEL APPLIANCE

\$212,000

258 28th Street, Brandon
1-bdm, 1-bath, 600-sqft



RENOVATED - FINISHED BASEMENT

\$150,000

233 Rosser Ave, Brandon
2-bdm, 2-bath, 640sqft



YOUR HOME YOUR FUTURE...



... MY COMMITMENT

FEATURE PROPERTY



\$194,900 - 77 Darrach Bay, Brandon
3-bdm, 1-bath, 960-sqft

THINKING OF BUYING OR SELLING?

Find out what your current home is worth

Get a **FREE** comparative market analysis



204-740-0090

www.brandonrealtyservices.ca

CHEAPER THAN RENT

New Price: \$155,900

1133 6th Street, Brandon
2-bdm, 1-bath, approx 700-sqft



ACREAGE

\$409,900

Hwy #352, Sidney
4-bdm, 4-bath, 2,676-sqft



ON THE RIVER

\$177,500

415 George St, Wawanessa
4-bdm, 2-bath, 1,552-sqft



Canada Day - CFB Shilo

SHILO SHOW & SHINE

Follow us on Facebook @ Canada D'eh Shilo

FREE Fireworks at dusk
Evening concert starring
**LOVERBOY • TYLER SHAW
MICHELLE WRIGHT**

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

Food vendors and beer garden

FREE entry, all vehicles
NINE prize classes
ALL car show entrants have a
chance to win a trip courtesy of

WESTJET

To register by June 23 e-mail Brian.Dempsey@forces.gc.ca



Noodle hockey and soccer were on the play docket for the kids at the GSH.



Photos
Sarah Francis
Jules Xavier



Luke Schenn checks his BComd coin (inset) from LCol John Cochrane, while Paul Coffey helps with Kin-Ball.



Canadian Tire 'jumpstart' play with visit to military bases

Sarah Francis
Shilo Stag

The atmosphere at the GSH was infected with fun and excitement during the Canadian Tire Jumpstart Games.

Children from Ecole la Source and O'Kelly School filled the two gyms, where they played games and participated in sports.

According to Brandon Canadian Tire general manager Stuart Cruse, his volunteers were glad to have an opportunity to visit CFB Shilo.

"We had eight volunteers from our store there. They were blown away by the warm welcome from the Base Commander and the people that were involved at the facility on that day," he said.

"It was infectious. Our volunteers were energized by that. Those children that were there, they had a marvellous day."

Cruse has been around since far before the beginning of Jumpstart. He started his career with Canadian Tire in 1976. He became the general manager in the late 80s.

Military communities were included as recipients from the Jumpstart program in 2015. Since then, the events have been held on military bases across Canada, with this year being the inaugural visit to Shilo.

"Jumpstart is Canadian Tire's national charity. It helps kids aged four through 18, and they're from families in financial need," he said.

"It helps them participate in organized sport and physical activity. Jumpstart helps by covering the cost of registration and the equipment."

Registration can be anything from hockey and soccer to dance or swimming lessons.

Cruse told the Shilo Stag being part of the Jumpstart Games is an opportunity to give back to the military and their families.

"It was seen as a need in that direction. There is an opportunity for us certainly to give back to the military. I think we're all aware of what the military does for us and allows us to have the life we do."

"There is certainly some opportunity for us to say thank-you to CFB Shilo and the community. Children out there should certainly be given the opportunity to participate in sports."

There were about 290 kids at the event, which was originally intended to be outdoors. However, Mother Nature had other ideas. Heavy rain and lightning in the morning forced the day's activities inside and put a stopper on plans for soldiers to run the Base's confidence course.

The day was part of PSP's June is Recreation Month.

The kids played noodle hockey with NHLer Luke Schenn of the Arizona Coyotes, soccer, ran through the inflatable obstacle course, while former Edmonton Oiler and NHL Hall of Famer Paul Coffey joined them for some Kin-ball.

The kids' reaction to the day couldn't have been more positive.

"The kids had a really fun day. It was more than any of us expected. They had a fun day," said Cruse. "It was a chance for the kids to really do some teamwork skills by interacting with their peers."

All funds raised in Brandon and area are used locally and they serve a population of approximately 150,000.

The Canadian Tire Jumpstart tour also included CFB Wainwright, CFB Cold Lake and CFB Moose Jaw.

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



**NEW SITE,
 NEW CONNECTION.**



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

CAFconnection.ca
 #GetConnected



Royal moment

Captain of the Guard, 2PPCLI Capt Megan Couto, greets the Dismounting Guard Commander from the Coldstream Guards June 26 in the forecourt of Buckingham Palace during the Mounting of the Queen's Guard, in Westminster, London, England.

Photo Cpl Jay Ekin

CLASSIFIED ADS

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

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

July 6 at noon
 Free ads (non-profit only)
 restricted to members of the
 CAF, employees of CFB Shilo and the
 residents of the surrounding area.

Services



**St. Barbara's
 Protestant Chapel**
 Sunday at 10:30 a.m. with
 Sunday school & nursery
 Padre Costen - ext 3381
 Padre Dennis - ext 3088
 Padre Lee - ext 3090
 Padre Neil - ext 6836

**Our Lady of Shilo
 Roman Catholic Chapel**
 Sunday at 10:30 a.m.
 Faith Studies Tuesday 18:30
 Confessions by appointment
 Padre Ihuoma - ext 3089

Services

**Greg Steele Canadian Fire-
 arms Safety Course Instruc-
 tor/Examiner** Offering Red
 Cross first aid training. Mani-
 toba Hunter Safety instruc-
 tor. Courses offered at least
 monthly, more often with de-
 mand. Firearm/hunter safety
 courses planned seasonally.
 Restricted and non-restricted.
 Call 204-725-1608. E-mail
 gsteele4570@gmail.com

We buy and sell good used
 furniture/appliances and we
 deal in coins and coin/stamp
 supplies. People's Market
 Place, 32-13th St., Brandon,
 204-727-4708.

Services

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

Employment

Looking for a job on the
 Base? Submit resumes to NPF
 HR office via e-mail quoting
 competition # to npfhrshilo@
 cfmws.com OR for more de-
 tailed information on the jobs
 offered at CFB Shilo visit:
 www.cfmws.com

Employment

CANEX wants you: Clerk/ca-
 shier part-time position with 13
 to 32 hr /week required. Must
 be available days/evenings,
 and weekends. Starting salary
 is \$11.68 per hour, and after
 two-month probation increases
 to \$11.94. Apply in person at
 CANEX admin office, or NPF
 Human Resources office at
 base HQ.



Your source for Army news in Manitoba

We want you on our team

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

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

BComd golf handover

BComd LCol John Cochrane (inset) is a study in concentration as he watches his drive from the second hole during the annual BComd Golf Tournament held at the Shilo Country Club. Along for the day is incoming BComd LCol David MacIntyre, who thought being part of what will be his tournament in '18 and '19 was a great way to spend his Friday as part of handover activities with LCol Cochrane. His chip shot on the first hole looked good from the initial contact.

Photos Jules Xavier



CANEX
A division of CFMWS
Une division des SBMFC

CANADA 150

HAPPY CANADA DAY
JOYEUSE FÊTE DU CANADA

CANEX
A division of CFMWS
Une division des SBMFC

CANADA'S MILITARY STORE CANEX.ca

1 July - 27 August 2017

Enter for your chance to
WIN a Backyard BBQ!

Many thanks to our sponsors:
Coca Cola®, Tank Traders®

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

Broil King Sterling Prize Package:
4964-54 BBQ
Tank Traders® Propane Tank
10 Obermaier's Rib Eye Steaks
Fresh Potatoes & Corn-on-the-Cob
2 x 12 Packs Coca Cola® Product
Snacks from Frito Lays® and Old Dutch®
All the fixings for a Backyard BBQ

Prize package value approximately \$500.

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

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