



Now you can shop at home with **CANEX.ca**

Magasinez maintenant à partir de la maison



Shilo Stag

Your source for Army News in Manitoba

Find us on Facebook



CANEX

facebook.com/canex.ca

INSIDE This Issue



Eve Breton cuts her hair for a good cause. Page 2



Pilot program at CFB Shilo announced at MFRC. Page 2



1RCHA A Bty keeping busy with training. Page 12



Broom-a-loo carnage

2PPCLI participants involved in a game of outdoor broom-a-loo were in tough once the ball dropped (or broomball sticks discarded in favour of open-field tackling). The action was fierce and physical, especially if you held the ball. *Photos by Jules Xavier*



SHILO COUNTRY CLUB

We offer a fully stocked pro shop with friendly and helpful staff to assist you. Shilo's club selection is expansive and specializes in Titleist, Cobra and Mizuno products. With fitting carts from these companies, the SCC's PGA of Canada golf professionals are fully qualified to custom-fit golf clubs suited specifically for your game.

CONTACT THE PRO SHOP AT 204-765-3623

Medically releasing soldiers can access new pilot program

Shilo Stag

CFB Shilo is the site of a four-year national pilot project which will provide support to medically releasing Canadian Armed Forces (CAF) members and their families.

Shilo's MFRC is in partnership with Veterans Affairs Canada and Military Family Services for the Veteran Family Program (VFP) which covers from six months pre-release to two years post-release. During a launch on the Base, BComd LCol John Cochrane emphasized this pilot project needs to be promoted at the unit level, not just out of the MFRC's venue.

"It it's not used, it will be gone," he stressed, adding "We as a military do a really good job of looking after our people while they are in uniform. The military way of life becomes ingrained not only in the member, but also in the family, based on the way we are moved around and the activities and score that we have. To go from that full level of support to literally none on the day you are released is very difficult."

In November 2014, a joint announcement by the Minister of Veterans Affairs and National Defence dedicated resources to launch seven pilot sites across Canada, in response to gaps in services for CAF members and their families, as they transition from active military duty to civilian status. The pilot project was initiated last Oct. 1 and services were extended to medically released members and their families.

The seven pilot sites include this Base, plus Garrison Edmonton, CFB Esquimalt, CFB North Bay, CFB Trenton, Garrison Val Cartier, and CFB Halifax. These locations were chosen to encompass the diversity within the CAF, more specifically, to provide balance

between Army, Navy, Air Force and Reserve Force, geographical aspects, and be representative of population.

Approximately 1,200 CAF members medically release annually across Canada, with approximately 700 military spouses and 900 children being impacted by their release.

The new VFP now offers services to medically releasing members and their families to assist in the transition to civilian life including enhanced information and referral services, transitional programs, and access to intervention support.

Moreover, the program is not designed solely for the soldier. It also encompasses an array of issues which a family might undergo through the transitional process. Veteran Family co-ordinator Pamela Hall acknowledged the toughest challenge facing a soldier leaving their military job for life as a civilian is the loss of identity. For the soldier, they ask themselves how can they transfer their military skills to a civilian job.

"The Veteran Family Program is an important and valuable initiative that draws much needed attention to the enormous effect on those who are medically releasing," acknowledged Shilo MFRC executive director Willemien Van Lankvelt. "I am honoured that the Shilo MFRC is one of seven pilot sites in Canada to offer the program."

While Veteran Family co-ordinators are only available at seven military bases, all other MFRCs will provide support to ill and injured veterans and their families as needed. The VFP can be accessed through self-referral, medical or community referral. Contact Hall at 204-765-3000 ext 4557. Or visit www.family-force.ca to access *The Veteran Family Journal*.



Eve Breton shows off the hair she had cut after growing it out for two years.

Photos submitted

Big-hearted Eve donates hair for a good cause

WO Christopher Dixon
Stag Special

Eve Breton's parents have reason to be proud of their daughter.

Sgt Robert Breton and MCpl Julie Breton watched their nine-year-old daughter do something for the Canadian Cancer Society. The fourth grader at Ecole La Source learned two years ago that the Canadian Cancer Society initiated a drive for people to donate whatever they could to help cancer patients.

The youngster thought it would be a good idea to let her hair grow and then donate it. After some research on the website she discovered the minimum amount of hair needed was eight inches of uncoloured hair.

So two years later after growing it out — and one last brushing — she was ready to cut it off so another young cancer patient could use and enjoy it like she did.

Her family — mom, dad and sisters 10-year-old Noemie and six-year-old Juliette — could not be more proud of her. Way to go Eve!

WO Dixon is the chief clerk at 1RCHA



Veteran Family co-ordinator Pamela Hall explains the Veteran Family Program at the Shilo MFRC.

Photo by Jules Xavier

Pet of the Week

MAXWELL

Maxwell is a three-month-old Blue Heeler. According to Capt Lindsay Jackson, he loves playtime in the yard, and at the dog park. And bugging her other two older dogs. In typical Heeler style he is always around your feet and loves chasing and herding the other dogs. He loves his stuffed pink dragon. Max came from a horse farm near Glenboro.. Do you have a photo of your pet 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





A soldier with 1RCHA C Bty checks on a scanner used in the field as part of Ex FROZEN GUNNER. *Photo by Sarah Francis*

Soldiers hone skills training in the field

Bdr Ashley Funk
Stag Special

The Light Counter Mortar Radar (LCMR) course serial 20 Fd Regt left Edmonton for CFB Shilo to participate in Ex FROZEN GUNNER with 1RCHA.

Soldiers from Alberta arrived in mid-February with minimal knowledge of the LCMR, but we were fully prepared to learn as much as we could during the duration of the course and exercise.

The course consisted of five days in class and three days in the field giving us enough time to be confident with the system.

The basic function of the LCMR is to detect mortar rounds coming from a hostile force and provide co-ordinates for counter battery action. During our course and Ex FROZEN GUNNER we also learned that the system can track artillery, Alpha Jets, and Para flares.

This made this system very versatile for all types of training.

During the series of our deployments we were able to develop the necessary skills to set-up and teardown the LCMR in a fast and decisive manner in order to operate at peak efficiency.

After the course as soldiers we felt

confident using the LCMR with all its components. We were then trained how to use the system without the Integrated Navigation System (INS).

This was beneficial training for us because we will be able to use the LCMR if we do not acquire the INS when we first receive the system. This also allows us to have a back up plan if the INS breaks down in the field and we are unable to replace it in a timely manner.

Having this course prepares 20 Fd Regt for 2018, when the reserves anticipate to acquire the system. Having members, from 61 Bty and 78 Bty, allows us to return to our home unit and provide soldiers with the basic tools and knowledge of the system.

This will help further reinforce the combat strength for 20 Fd Regt, which is keen on maintaining this positive relationship with 1RCHA because it allows us to continue with future training and courses.

This will give the regiment more opportunities to augment the regular force in possible future operations. Myself and the rest of my course mates are grateful for the opportunity and experiences 1RCHA has provided for us during our time at CFB Shilo.

Bdr Ashley Funk of 20 Fd Regt

Parks Canada wants CAF veterans

Shilo Stag

Are you a military veteran looking for a job that will allow you to enjoy the great outdoors?

If so, superintendent Michaela Kent of Parks Canada's Riding Mountain Field Unit wants to hear from you.

"As I am sure you are aware the Government of Canada has enacted the Veteran's Hiring Act (VHA) to provide increased access to hiring opportunities in the public service for certain serving and former members of the Canadian Armed Forces (CAF), and to establish a right of appointment, in priority to all other persons, for certain members of the Canadian Forces released for medical reasons," she said.

As of Feb. 1, Parks Canada will be giving preference to members of the CAF targeted by the VHA who submit applications for staffing processes open to the public, for the following job categories: engineering group, engineering and scientific support group, architecture and town planning and general labour and trades.

According to Kent, Riding Mountain National Park is looking to staff positions in the engineering and general labour categories, in particular.

If you are interested in pursuing a job at the national park contact Kent at 204-848-7275.

CANEX

A division of CFMWS
Une division des SBMFC

CFB Shilo
204-765-2343



<p>Old El Paso ® Burrito Dinner Kit • Make game night Burrito nite • 510 gr • Reg. 5.89</p> <p style="text-align: right;">4⁸⁹</p>	<p>Old El Paso ® Soft Taco Dinner Kit • Makes 12 soft tacos • 400 gr • Reg. 5.69</p> <p style="text-align: right;">4⁸⁹</p>
<p>Old El Paso ® Hard Taco Dinner Kit • Makes 12 hard tacos • 250 gr • Reg 4.99</p> <p style="text-align: right;">3⁸⁹</p>	<p>Old El Paso ® Salsa • Thick & Chunky • Hot, medium or mild • 650 ml • Reg. 4.99</p> <p style="text-align: right;">3⁸⁹</p>
<p>Old El Paso ® Refried Beans • 398 ml • Reg. 3.39</p> <p style="text-align: right;">2⁸⁹</p>	<p>Kraft ® Kraft Dinner • Original, alphabets, or white cheddar • 225 gr • Reg. 2.29</p> <p style="text-align: right;">2/3⁰⁰</p>
<p>Catelli ® Pasta • Spaghetti, macaroni, and fettucinne • 900 gr • Reg. 5.49</p> <p style="text-align: right;">3⁹⁹</p>	<p>Ready Bake ® Dutch Chocolate Cream Pie • Frozen Foods Section • Eight-inch • Reg. 5.99</p> <p style="text-align: right;">3⁹⁹</p>
<p>Pillsbury ® Easter Bunny Cookie Dough • Three varieties available • 240 - 312 gr • Reg. 4.99</p> <p style="text-align: right;">3⁹⁹</p>	<p>Folger's ® Coffee • Classic Roast • 920 gr • Reg. 12.99</p> <p style="text-align: right;">9⁹⁹</p>



Volume 55 • Issue 6

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
 Sales Consultant Elaine Bullee ext 3736
 Editorial advisor Lori Truscott ext 3813
 Proof reader Elaine Bullee 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>

Need your prescription filled? Glenboro Pharmacy delivers to CFB Shilo

Sarah Francis
 Shilo Stag

Would you like some Halls with your Nasonex?

The Glenboro Pharmacy is helping under the weather CFB Shilo residents obtain their prescriptions quickly and easily, without having to leave the comfort of home. Because who wants to leave the house when you feel like death anyway?

Pharmacist and owner Terry Dubyts has been running the prescription delivery service in Glenboro since having to close her Shilo location, The Chemists Cupboard, in 2010.

"I was owner here and I was working here and I couldn't find a pharmacist to man [the Shilo] store. So I had to close, which I didn't want to do," she said. "I enjoyed the Shilo people and I made some really good friendships there."

That's when she decided to make sure residents on this Base could still receive quality service close to home.

"Currently, the doctors can fax directly from their computer to our drug store. If the order is in by two [p.m.] we can do same-day delivery."

Because they have a stop in Wawanesa before heading to the Base, you can expect your order to arrive between 3 and 5:30 p.m.

You can even have front of store items brought to you as well. This includes cough drops, tissue and a number of other pharmacy items. All you have to do is ask, and Glenboro staff will see if it's on hand.

The delivery service is free and your items can be paid for by cash or credit. However, credit is required in advance.

If you or your children need a vaccine, they can help, too.

"I have immunization training that I've taken advanced courses for," she said. "On my special days I have a pharmacist cover for me and I can do injections for vaccines or vitamin B12. So I usually take appointments for those."

She said it's a huge benefit to the medical community.

"It frees up doctor's time. Sometimes at clinics the doctors are the ones to provide injections. If it's something a pharmacist can free up their schedule with,



Glenboro Pharmacy owner Terry Dubyts can administer vaccines (above) when she's not filling prescriptions.
 Photos by Sarah Francis



that frees up more appointment time for other people with other problems rather than people who just need a simple injection."

It's a service the pharmacy is proud to offer, because not many pharmacies are able to provide the service.

No day is ever the same for a pharmacist. Which is one thing that she believes makes the job interesting. On a regular day there is a lot of work to be done. When someone's health is involved, you need to always be thinking and keep what is best for the patient in mind.

What is the first thing she asks herself when receiving a new prescription — what are they taking the medication for?

"It helps me decide if the patient has been prescribed the best medication for their condition. From there, I check the dose. Is it the right dose for the

patient? I think of their other medications and medical history — is it dosed properly for that? I think of drug interactions," she explained.

"Can I prevent an interaction with this medication and their other medications? Then it is educating the patient — do they know how to take it properly, what this will do for them, side effects to expect and how to store it. Education is a very important part of our job. If patients don't know what the medication will do for them and the proper way to take it, odds are they aren't going to take it or they aren't going to take it correctly."

The pharmacy will also educate on non-drug measures to treat symptoms, such as lifestyle changes. She added her pharmacy is not just trying to push medications.

Being in a small community can help her ensure patients receive the right medication, even when it's something as simple as cough syrup.

"I usually know their prescription meds and I am running through my head what they can actually take safely and what they cannot. It isn't just a matter of the customer has this symptom, take this med to fix it. Preventing further ailments can be a bigger part of our job than treating ones they came in for us to fix."

The pharmacy recently moved to its new location at 504 Railway Ave. When you visit for your shots or prescriptions you can expect that new building smell along with some kind faces ready to help you get back to great health.

PROFESSIONALLY PREPARED INCOME TAX RETURNS

We support the
 military community!

Open Evenings & Weekends

SENSUS
 Partnership of Chartered Accountants

929-24th Street, Brandon | 204-727-5577

CARBERRY SMALL ANIMAL VETERINARY CLINIC

Dr. Marie North, DVM

115 - Third Avenue East, Carberry



Now offering professional grooming service

Phone: 204-834-2033 Fax: 204-834-3990

E-mail: info@carberryyet.ca

Guild
 INSURANCE BROKERS



DND Military Insurance Program

www.guildhmsinsurance.ca

Shilo • Carberry • Wawanesa • Virden • Brandon

Tickling the ivories comes naturally for captain

Sarah Francis
Shilo Stag

Music is a family affair for Capt Victor Pak, a CFB Shilo physiotherapist.

He was aged five when he started playing. A busy military career saw him stop playing at age 18. When his son was born in 2010 he decided to take up playing the piano again.

"There was a period of almost 12 years or a decade that I really didn't do much," he said. "I dabbled here and there. If someone needed an accompanist I would help out. But I wouldn't really practice and play until recently."

Although he went more than a decade without playing, getting back into it was relatively easy.

"It's like riding a bike," he said. However, there are some weaknesses which he had to work on to get his skill back to where it was.

His two oldest children have also started their piano playing at a young age. His son, is five, while his daughter is a year younger. The youngest son is three.

"It's an Asian thing," he quipped. "We always joke, Asian kids do something music, piano, violin, cello, martial arts and math. That's what we do. It was more so my mom, who was the one that directed me in this — towards this. Then I just kept going. Because I enjoyed it. I do enjoy it, there is no doubt about that. If I didn't enjoy it, I wouldn't keep playing."

He added that his kids are enjoying it and also seem to be showing an interest. Xavier, his oldest son, recently played at the Brandon Festival of Arts.

Making music has been a great experience for Capt Pak in his life, and he wanted to pass that on to his

children. He said that any form of art creation can be good for kids.

"You know how they always say music is good for fetal development," he said laughing. "Parents I remember in the past used to put speakers on the mother's belly so they can hear it, things like that. So I had my wife stand close to the piano."

He laughed again, and said that as a parent you do all you can because music is more for their enrichment.

"There is no empirical evidence, hard evidence, that shows if you put speakers to a mother's belly or you play for you kids that they will necessarily excel in that regard. But we know music is a form of enrichment."

This includes any type of performing art, be it visual art, dance, music or drama.

He said it's important to lead by example when it comes to hobbies or sticking with a skill when you expose something to your children.

"I figured, if I'm going to ask them to do it. What better way than for me to do it myself. So, I don't say, 'Do this, practice.' When I don't myself."



CFB Shilo physiotherapist Capt Victor Pak enjoys tickling the ivories at home, plus passing on his interest in the piano to his children.

Photo submitted

Capt Pak recently competed in a Canada-wide competition for amateurs called Piano Hero.

Contestants submitted their entries online through videos on Facebook. This was the first time he has entered a competition in a digital manner, which can have its benefits.

"You know what the difference is? You can make a mistake, stop, re-record. Any performance — just like driving, even though you've driven a route a million times or say skiing," he explained. "When you go down a run, even though you're a very competent skier, there is the odd chance you will hiccup. There's never a perfectly reproducible run. Same thing with piano playing, you can practice it a million times, and when you play it at home, you can get it near perfect or even perfect."

However, when you travel or go out to perform, there can always be variables that

may trip you up, he added.

Capt Pak's wife encouraged him to participate. Although he did not make it to the final, he was selected as a notable mention for the contest.

ROLLING RIVER SCHOOL DIVISION 2016/2017 BUDGET

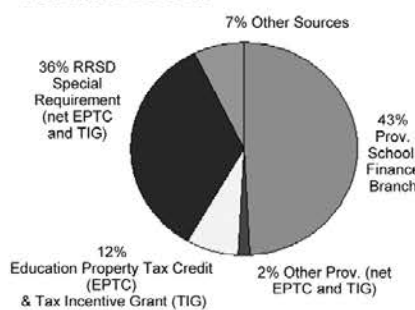
PRIORITIES

- Excellence in Education
- Healthy Living
- Sustainable Future
- Community Partnerships

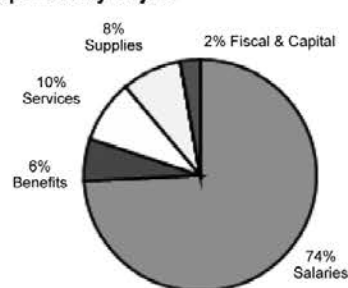
The focus of the school division budget is to maintain quality educational programs that develop 21st century learning skills for all students in a safe and positive environment. After careful review of instructional programs, staffing levels, technology needs, building maintenance priorities and pupil transportation needs, the Board of Trustees are proposing a budget that maintains current programs.

Year	Enrollment	Total	10 year Average
30-Sep-00	2306		
30-Sep-05	2041	-265.00	
30-Sep-10	1835	-206.00	-34.00
30-Sep-15	1701	-134.00	
September 30, 2016 (Est)	1728	27.00	

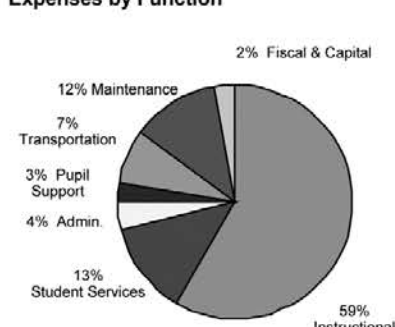
Sources of Revenue



Expenses by Object



Expenses by Function



- REVENUE HIGHLIGHTS**
- Provincial Education funding level maintained.
 - Increase in Rolling River First Nations revenue.
 - Decrease in Other Revenue due to change in lease arrangement of Minnedosa Provincial Building.
- EXPENDITURE HIGHLIGHTS**
- 0.38 full time equivalent (FTE) increase in teachers from 2015/2016 Budget (includes 0.5 FTE Divisional Numeracy Coach position).
 - Adjust student services contingency Educational Assistant (EA) supports based on 2015/2016 experience.
 - Maintain Pre-Kindergarten program at Douglas Elementary School.
 - Maintain Outdoor Education program.
 - Maintain Hockey Academy program in Rivers.
 - Increase in Band budget to eliminate parent cost for instrument rentals.
 - Continue to upgrade computer technology equipment.
 - Maintain Professional Development budget for instructional staff.
 - Maintain Maintenance and Transportation services and supplies budgets.

REVENUE	Budget 2015-2016	Budget 2016-2017	% Increase (Decrease)
Provincial Education	\$10,180,015	\$10,230,950	0.5%
Other Provincial (net EPTC)	\$485,260	\$488,280	0.6%
Ed. Prop. Tax Credit (EPTC)	\$2,078,662	\$2,116,568	
Tax Incentive Grant (TIG)	\$761,424	\$761,422	5.4%
Special Requirement	\$8,189,719	\$8,747,865	
Other Sources	\$1,685,500	\$1,719,250	2.0%
Total Revenue	\$23,380,580	\$24,065,155	2.9%

EXPENDITURE	Budget 2015-2016	Budget 2016-2017	% Increase (Decrease)
Regular Instructional	\$13,539,115	\$14,077,275	4.0%
Student Services	\$3,134,550	\$3,116,485	-0.6%
Community Education	\$59,385	\$61,195	3.0%
Business Administration	\$931,685	\$958,025	2.8%
Pupil Support	\$787,675	\$814,320	3.4%
Transportation	\$1,597,250	\$1,650,920	3.4%
Maintenance	\$2,760,920	\$2,908,580	5.3%
Fiscal Capital	\$425,000	\$428,355	0.8%
Transfer to Capital	\$145,000	\$50,000	-85.5%
Total Expenditure	\$23,380,580	\$24,065,155	2.9%

SCHOOL DIVISION PROPERTY TAXES, SPECIAL LEVY AND MILL RATE

Property Tax	2015	Proposed 2016	% Change
RRSD Special Levy	\$9,957,197	\$10,540,127	5.5%
Portioned Assessment	\$743,805,430	\$932,897,500	25.4%
RRSD Mill (Tax) Rate	13.4	11.3	-15.6%

In 2016, property values were reassessed by the Province of Manitoba. In 2016, municipalities, towns and school divisions use these reassessed values as the basis for determining property taxes. Rolling River School Division portioned assessment increased overall by 25.4% with specific percentage increases over the 2015 assessment as follows:
Residential 19.4% Farm 55.5% Commercial 9.1%

- Due to the provincial reassessment of property values, in 2016 there is a reduction in the mill rate and a shift in local taxes to more reliance on farmland and farm building assessment.
- Farmland and buildings will see a greater increase in taxes when the special levy mill rate for 2016 is applied to the re-assessed property values.
- Farm assessment in Manitoba increased significantly across the Province so most farmland and rural school divisions will be affected in a similar way.

Formula to calculate your school taxes A X B X C / D where
A = the assessed value of the property
B = the portion of the assessed value that is taxed
C = the mill rate
D = 1000

The portion of the assessed value of a property that is taxed depends on the category of property.
The percentage of the property's assessed value that is taxed is:
Residential 45% Farmland 26% Commercial 65%

% Increased in assessed value of property since 2015 by Property Category	Approximate Annual RRSD School Tax Increase or (-Decrease) \$100,000 Assessed Property Value			The Education Property Tax Credit (EPTC) of \$700 is deducted from an individual's primary property's residential school division taxes and reduces the property owner's taxes prior to payment.
	Residential	Farmland	Commercial	
0.0%	-\$93.99	-\$54.31	-\$135.76	
25.4%	\$35.15	\$20.31	\$50.77	
19.4%	\$4.64			
55.5%		\$108.73		
9.1%			-\$68.93	

Farmland property owners are eligible for the Farmland Tax Rebate equal to 80% of the school property taxes paid, to a maximum of \$5000.

Seniors are eligible for the Education Property Tax Credit of \$700 plus a Seniors Education Property Tax Credit of \$400 plus the Seniors School Tax Rebate of up to \$2,300.



40 volunteers, including three women from 1RCHA, conducted a four-day resiliency training package known as SEALFIT 20X. The week was punctuated by a 12-hour PT session dubbed "the crucible." The intent of this 12-hour "gut-check" is to break down one's inner limitations by using the mental toughness methods taught earlier in the week during the classroom lectures in order to expand your definition of your capabilities as a soldier and an individual. Upon completion of the 12-hour crucible and being deemed "secured" by the SEALFIT coaches, soldiers unleashed their natural drive, developed emotional control and rose above personal limitations. Despite some of the grueling experiences, including immersion in frigid water, each of the 20X candidates had a great time on this memorable challenge.

Photos by Sarah Francis, Jules Xavier

EX SEALFIT GUNNER



Roller Derby attracts children on Base



GSH Bowling Alley

Open bowling for all ages
Wednesday 6 to 8 p.m.
Saturday 2 to 4 p.m.

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

Prices subject to tax

Ask about Glow bowling birthday parties!

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

Shilo Theatre

(Located in the General Strange Hall)

March 25 NO MOVIE

March 27 Norm of the North Rated G (starts at 12:30 p.m.)

April 1 In the Heart of the Sea Rated PG

April 8 Joy 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.

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

POSTED IN 2016?

Check Out Your Options

Call to find out how our innovative MovePLUS® program can save time, stress and money when you relocate.



MILITARY AND IRP EXPERIENCE

Contact us at:

1-866-683-7587

or

moveplus@

go-envoy.com

www.go-envoy.com

Sarah Francis Shilo Stag

Children are growing as individuals and athletes thanks to the empowering sport of roller derby.

Wheat City Junior Roller Derby League (WCJRDL) was the brain child of two adults from its sister league. Two years and a pregnancy later, WCJRDL has been handed off to Brittany Bergwell, known as coach Bee, coach Jamie as well as Kristy Forrestall, who plays under the moniker Brainstorm in the adult league.

"Bethany, who started the league with Lynda, became pregnant and was no longer able to coach on skates at the end of the first season," recalled coach Bee. "No one really knew what would happen with the program, and I knew that stepping in and helping out was something I could do. So I joined the adult fresh meat that fall with the intention of getting the okay to coach on skate for the juniors next season."

The coaching threesome work to put together practices and run the administration of WCJRDL. Like many other derby enthusiasts, they have daughters enrolled in the program.

There is no need for children to have any prior skating experience and the cost is \$60 every four months. The annual skating insurance is \$50.

Skaters will also need to invest in proper skates and protective gear, she advised.

"Now that junior derby is becoming more popular they have kids' starter gear sets — fresh meat packs — that start about \$225 which gets you everything you need. Skates, derby pads, helmet and mouth guard."

If your child is still growing like a weed, you can purchase used gear. There are even skates that "grow" with your child.

The roller derby community is full of parents looking to buy, sell and negotiate prices on used gear.

"Once you are going around to junior scrimms, it becomes easier to find and swap gear. Most of our skaters have hand-me-downs from another skater in the league, or another league by their second season," she said.

"We as parents laugh because you can sometimes call 'dibs' on a piece of gear as its owner outgrows it. Gear never stays unused for long before someone grows and needs a new ... and you can sell or trade for what you need."

For new gear it's recommended to contact Calgary-based Nerd Roller Skates or visit www.rollergirl.ca, which is out of Vancouver.

Both boys and girls from age seven — turning eight by Dec. 31 — to 17 years old are eligible to register.

You can rest assured your children are in good hands. Coach Bee is no neophyte when it comes to teaching youngsters to skate. She grew up a competitive figure skater and received her program assistant certification to help teach and to payoff her own ice fees.

"When I couldn't compete anymore I went about getting my certification as a CFSA coach, but then never used it as I was too busy with work and starting a family," she recalled. "When my daughter was old enough to start organized sports, I happily jumped at the opportunity to be a volunteer coach for Galaxy Sports, and realized how much I missed coaching."

To her it is amazing seeing these youngsters learn something she herself loves and watching them progress. Moreover, it astounds her how hard they work at learning skills and mastering something they decide to do.

As a parent and coach for juniors and a skater for the adult league, Wheat City Roller Derby League (WCRDL), she can credit the community as a positive outlet.

"What I love about derby is that it is so inclusive. As a community, derby people are very welcoming both on and off the track. Everyone's willing to pitch in and help out. For skaters, whatever talents or skills you have, we can use them. You don't have to be the best at everything to be a contributing team member."

Having her own child enrolled in junior derby has meant some great changes for the better.

Her daughter, nine-year-old Deirdre Madill, known in the derby world as Tenacious Dee, has seen some changes since joining WCJRDL.

"The year Dee started derby she was having a lot of trouble at school. She didn't really have any friends. She had a really bad psoriasis spot on her face, which made her a target for other kids, which stressed her out and made it worse, it was a bad time," recalled coach Bee. "She got really quiet and withdrawn. After starting in derby it was her safe place, no one made fun of her, everyone was super welcoming and supportive, plus it was good exercise."

It only took a month of practice before noticeable changes could be seen in Dee, including the reduction in her psoriasis and a boost in confidence.

"Some of her teammates go to her school, but even more importantly is she's been able to have the confidence to go out and make some other friends, too. It's really helping shape the young lady she's becoming, and I couldn't be happier," said mom.

The positive effect of junior derby can be seen in older athletes as well.

After seeing her mother play, how empowering it can be for girls and women of all sizes, 15-year-old Tabatha Hamilton knew this was something she wanted to participate in.

Also known as Kaye on her roller derby skates, she has been playing for nearly three years. During that time, she has experienced the body-positive atmosphere that is often associated with this particular sport.

"I feel good about my body, because society doesn't come into play when I'm playing and practicing," she offered. "I know that we need girls my size to have a successful team, and it makes me feel strong!"

Roller derby has often been said to be an all-body inclusive sport. People of differing levels of fitness, shape and stature can each bring their own elements to the playing table.

Initiatives such as "The Roller Derby Project" aim to celebrate the diverse bodies of roller derby and show the athleticism of this often physically gruelling sport.

For Kaye the sport is "a hell of a workout."

This is part of the reason it's such a great sport for youth, offering valuable lessons and encouraging positive physical outlooks.

"It teaches us teamwork, because you cannot, no matter what, play this sport alone! It also makes us feel powerful and fit," she said.

"I am a lot more healthy then I used to be. I also am more confident and learning to be more and more comfortable

being close to people because derby is such a touchy sport. My legs are jacked now."

With the introduction of junior derby in the area, it's become fun for the whole family. However, coach Bee has one warning for parents.



Daughter Audrey Dolloff practices with her mother, Dawn, during junior roller derby practice at L25.

Photo by Sarah Francis

"What I love about derby is that it is so inclusive. As a community, derby people are very welcoming both on and off the track. Everyone's willing to pitch in and help out. For skaters, whatever talents or skills you have, we can use them."
— Coach Bee (Brittany Bergwell)



Prehistoric target

Shilo Archery Club hosted a 3D archery competition at L25. One of the targets competitors took aim at included the extinct stegosaurus. The club practices at L25 Thursday and Sunday.

Photos by Jules Xavier

Junior roller derby involves entire family

From page 8

"You're probably going to end up skating too," she said. "I'm kidding, but it seems to happen a lot."

Adding that when it comes to junior derby, young skaters will from time to time need to employ the help of parents as volunteers, for some fundraising events or carpooling.

Another aspect of junior derby is that it can be what ever your family schedule needs it to be.

"There aren't a lot of teams around us so as a team we only play one or two games a year, but for those looking to be more competitive, there are scrim opportunities almost monthly that you can choose as an individual to attend. How much time other than practice you commit to can totally depend on what's right for your skater and your family."

For some families such as Kaye's, having the whole family involved is awesome.

"I feel so lucky to be able to tell people that [I], my two sisters, my mom, and my auntie are all roller derby players and my dad coaches us," said Kaye "We are such a strong group of girls, and it has kept us all so close. They say, 'A family that plays together stays together.' However, we find board games too mainstream, so we take each other out on the track, all in good love."

As a level-three junior, Kaye can often be seen skating with the adults, including her mother and aunt.

Level-three skaters have exhibited they are skilled skaters who play full contact, the same as adults.

The adult league, according to WCRDL by-laws, allow these juniors to skate with them during practices and some scrimmages and games, should they show the skill level and are comfortable.

However, you don't need fear your child playing above their means. Junior derby has three levels noted coach Bee.

"Level ones's are beginning skaters, they've just mastered the basics of skating and falling safely. They play non-contact."

"Level two's are proficient skaters that have passed their level two benchmarks and are ready to begin to deal with opponents more directly. At this level you will see skaters make contact with an opponent lightly — no hitting — then proceed to push them usually with shoulders or hips as opposed to hitting."

She added even if a skater has reached his or her benchmark level, they do not have to proceed to the next if they, the parent or coaching staff do not feel comfortable.



Junior roller derby participants hone their skills, often with mom helping out, during practices held at L25. Here, two young skaters practice their blocking technique. Photo by Sarah Francis

able. New skaters are being accepted until the end of March for the 2016 season, which runs through the summer.

You can contact the coaches or sign your child up at wheatcityjuniororderby@gmail.com.

NEXT HOME GAME:

PLAYOFFS

QUARTER-FINALS

March 24

March 25



vs Edmonton
or Medicine Hat

Game time

7:30 p.m.

#GOLDRUSH

TD Canada Trust

Go house hunting with confidence!

We believe your home buying experience should be as comfortable as possible.

Call me for an in-home consultation or pre-approval before you buy and let us help you finance the home of your dreams with confidence.

Contact me



Karla Robertson
Manager, Mobile Mortgage Specialist
Tel: 204 573 9995
E: karla.robertson@td.com



All-in-one dashboard to access army resources

Jeanne Gagnon
Stag Special

The Canadian Army has implemented a new strategy to ensure men and women in uniform are physically and mentally prepared to participate in domestic and international operations.

The Canadian Army Integrated Performance Strategy (CAIPS) recognizes that soldiers who are healthy and fit, are socially active, have a good support network at home and have a positive outlook on life contribute to the well-being of the Forces.

The Mission: Ready website is one element of

the strategy launched this past December. The website allows military members and civilians to find resources linked to their career, their family, their health, their relationships, their beliefs, their fitness and their finances.

Users can search information by geographic location and tailored to their situation, whether they are part of the regular force or reservists, whether they are family members or Department of National Defence (DND) employees.

The goal is to reinforce the army, the unit and the individual while keeping the Canadian Armed Forces (CAF) and DND informed, wrote Commander of the Canadian Army LGen Marquis Hainse, in Mission: Ready – The Canadian Army Integrated Performance Strategy (CAIPS).

“My end state is an army that is proud, strong, and ready to deploy on demanding missions and operations but equally possessing of the resiliency requisite to succeeding and successfully returning to Canada,” wrote LGen Hainse. “Performance optimization and healthy lifestyle choices will permeate everyday life at the unit and at home.”

Other elements of the strategy include the Road to Mental Readiness training packages, a Readiness and Resiliency Guide for leaders and performance triad training guides to improve sleep, nutrition and activity.

The website gathers many of the programs and services available to military members and civilians in one location, which is one of the goals of the strategy, explained Maj Jolanta Harding, the team lead on the CAIPS project.

“The website provides a platform from which they can access all the information and resources already available to them,” she said. “The intent to have information available to the visitors in three clicks or less is the most unique feature of the website.”

The response so far has been favourable, offered Maj Harding.

“The ultimate measure of success is the increased level of readiness and resiliency in our soldiers.”

For more information visit <http://strongprouddready.ca/missionready/en/home-en/>

Jeanne Gagnon is with Ottawa-based military newspaper Guard of Honour

LOOK MUSIC SERVICES


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

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

Naturally Amourified

- Hair salon
- Reiki
- Oracle card reading


Come check out our organic product lines!



Located in the CANEX Mall - 204.761.9588

Where's Willie?

Somewhere on the pages of this *Shilo Stag* is a picture of Willie, the Wheat Kings mascot. Tell us on what page, in what particular advertisement Willie was found and correctly answer the following skill-testing question for your chance to win two tickets to an upcoming Wheat Kings home game in Brandon.



Entry Form

Name: _____

Address: _____

Phone: _____

Page #, ad: _____

Answer to skill-testing question:
What is the first name of Capt Victor Pak's eldest son?

Cut out your entry form and fax it to 204-765-3814, or scan it and e-mail to stag@mymts.net or drop it off at the Stag's office at CANEX. Draw will be made on the Monday prior to game day.



1CMBG Comd visit

With 1RCHA CO LCol Stewart Taylor looking on, 1CMBG Comd BGen Trevor Cadieu (above) listens intently as A Bty BC Maj Joe O'Donnell explains what his soldiers are doing as part of their combatives training at the GSH. Under the tutelage of Maj Steve Burgess, Maj O'Donnell had his guest instructor teach soldiers (below) the art of close quarter hand-to-hand fighting techniques. This included how to defend yourself, or go on the offensive depending on the combat situation.

Photos by Jules Xavier



Teens go without food for 30 hours

MFRC Special

This spring break, a group of teens from the Shilo MFRC Teen Centre will once again participate in the World Vision 30-Hour Famine.

This will be the Teen Centre's fifth year participating. Money raised at the 30-Hour Famine event goes towards a variety of programs at World Vision, whether it be hunger programs in Third World countries; helping at risk youth in Canada; or dealing with natural disasters.

But the most important part of 30-Hour Famine is what our teens can learn from the experience. There are many others who are worse off than them and when you can help someone who is struggling, it feels amazing.

This year's participants are hoping to beat the previous fundraising record from last year, with the goal of collecting \$1,100.

Philanthropy aside, probably the best part of 30-Hour Famine, and the reason Shilo teens sign up for this event, is the sleepover at the Teen Centre.

Previous years the teens had started the famine on a Friday, attended school while fasting, and then came to the Teen Centre for the remainder of the challenge.

This year, with the event running at the end of Spring Break, teens will be at the Teen Centre for the entire 30 hours. We'll keep our minds and bodies busy to distract from the hunger, with lots of video games, movies, board games, some childhood games like hide and seek, and more importantly, just time with friends.

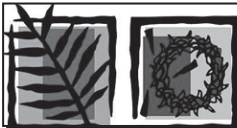
Famine participants have started collecting donations and will continue to collect up until the event April 1. If you know a teen participating, support their effort to make the world just a little bit easier for those that need help.



Promoted

Base Transport had three promotions to hand out during parade practice at L25. Promotions went to (left to right) Cpl Alexandra Otis, Pte Tyler Foster and Pte Isabelle Dubord.

Photos submitted



Holy Week Worship Schedule

Holy Saturday – March 26th
7 pm – Easter Vigil Mass at Our Lady of Shilo

Good Friday – March 25th

11 am – Multi-Church Good Friday Service at Western Manitoba Centennial Auditorium 205, 20th Street, Brandon
3 pm – Stations of the Cross at Our Lady of Shilo
3:30pm – Good Friday Service at Our Lady of Shilo

Easter Sunday – March 27th

10:30 am – Service at St. Barbara's Chapel
10:30 am – Mass of the Resurrection at Our Lady of Shilo (followed by a potluck lunch at the Faith Centre)

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:

March 31 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 @ 10:30 a.m. with Sunday school & nursery
Padre Lee - ext 3090
Padre Neil - ext 6836
Padre Olive - ext 3088
Padre Dennis - ext 3698
Padre Costen - ext 3381
Padre Ihuoma - ext 3089
Our Lady of Shilo Roman Catholic Chapel
Sunday 10:30 a.m.
Wednesday 12:05 p.m.
Confession by appointment

Services

Greg Steele Canadian Firearms Safety Course Instructor/Examiner • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses offered at least monthly and more often with demand. Firearm/hunter safety courses planned for the winter/spring. Examinations by appointment • 204-725-1608 • e-mail ggs57@wgcwave.ca

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 outside the gate. For all your income 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 detailed information on the jobs offered at CFB Shilo visit: www.cfmws.com

Employment

CANEX WANTS YOU: Clerk/cashier part-time position with 13 to 32 hr /week required. Must be available days/evenings, and weekends. Under the direction of the department supervisor, a clerk/cashier scans customer purchases, processes the transactions, and accepts payment. He/she prices, stocks shelves, counters and display areas with merchandise and keeps stock in order. He/she performs cleaning duties as required. Starting salary is \$11.63 per hour, and after two-month probation increases to \$11.88. Apply in person at CANEX admin office, or NPF Human Resources office at base HQ.

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



We want you on our team

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

Pick up your FREE copy at any of the following locations:

Brandon

Safeway
Brandon Armoury
Women's Resource Centre - Town Centre Mall
Royal Cdn Legion Branch No. 3
Sobeys

Forbidden Flavours

ANAF
CFB Shilo
CANEX Mall
Shilo Community Centre
GSH
Country Club (Rick's)

All Messes

Carberry
East Side Service
Carberry Legion
Douglas
General Store
Minnedosa

Minnedosa Legion

Neepawa
Legion & Fas Gas Hwy. 16
Sprucewoods
The Shilo Inn & 340 ESSO
Wawanese
Family Foods

1RCHA A Bty hone combatives, breaching skills during training

Jules Xavier
Shilo Stag

WO Sebastien Perreault, a veteran of a few deployments to the battlefields of Afghanistan, goes through the drill with meticulous precision.

Looking on are soldiers with 1RCHA A Bty — they are honing their Urban Ops skills as part of high readiness training, plus are preparing for a few months in the field this spring at CFB Wainwright.

WO Perreault demonstrates the five-man stack as he arrives at a secure door which needs to be breached. Each movement is choreographed, not unlike a fight scene in a movie with actors prior to the camera actually rolling. He breaks down each move for his attentive audience.

He also offers insight to what they are observing because not every door that needs to be breached poses a risk. However, it is important the lead soldier eye every inch of the door to look for wires which might be attached to explosives.

Moreover, kicking in a door is not as simple as you observe watching TV police doing it to flush out a suspect in a seedy New York hotel.

Assisting with the demonstration is Sgt Hugo Girouard, another Afghan veteran who breached more than a few doors while securing the scene around artillery guns.

"We had to make sure buildings were secure around our guns, so we used the techniques you are seeing here when I was in Afghanistan," explained Sgt Girouard, 1RCHA's MT NCO.

What was the purpose of A Bty doing Urban Ops training, figuring these soldiers are now handling mortars, not the M777, in a combat zone if deployed?

"It is important for us to remember our mortar troop would likely face a built-up area in any deployment," explained Capt Jonathan Lee, A Bty Gun Position Officer (GPO). "Deploying next to or inside of a build-

ing, skills in operating inside of a five-man stack allow the troop to clear and secure urban areas. It is also not unheard of for such formations to be employed in an infantry role."

From Capt Lee's point of view as an officer leading a five-man stack to breach, this requires a lot different skill set from working with a M777 gun line out in the field, taking targets out from a distance, versus being closer to potential firefights with the enemy.

"Although the specific drills are somewhat different from those we normally train for, artillery officers and NCOs are always considering their own force protection when operating with the M777s," he said. "It is always a priority for us to prepare for a near battle to insure that our ability to provide fire support is not interrupted. These drills allow us to meet the specific requirements of a built-up area."

A Bty soldiers were introduced to different scenarios as part of their Urban Ops training. While there's a text book on this training based on what the military gleaned from the Canadian Armed Forces (CAF) experience in Afghanistan, training at times can be hectic for soldiers unfamiliar with it, according to Capt Lee.

"It requires timely and clear communication as well as absolute confidence in one's drills. Through constantly challenging our soldiers, they learn to trust the drills, maintain situational awareness, and to remain calm while addressing threats with both speed and aggression."

He added, "As for how we train for the potentially unknown, we understand we can only directly prepare for one quarter of our specific challenges; the other three are reacting."

"It is our intention that our soldiers [at 1RCHA] and leaders be so confident in the drills and procedures of operating in an open environment that they can em-

ploy them confidently when it really matters."

Besides Urban Ops, A Bty spent a few days doing combatives training under the tutelage of Maj Steve Burgess. He showed them different techniques when it comes to close quarter hand-to-hand fighting. Soldiers were taught how to defend themselves, but also how to go on the offensive.

BGen Trevor Cadieu dropped by the GSH to observe the training, offering the soldiers encouragement and good luck during the spring exercise at CFB Wainwright.



FREE HOME DELIVERY
PRESCRIPTION SERVICE
GLENBORO PHARMACY

FREE HOME DELIVERY SERVICE

Terry Dubyts Pharmacist
Toll free: 1-855-668-1066
Phone: 1-204-827-2841
Fax: 1-204-827-2081

SAME DAY DELIVERY IF ORDER IS PLACED BY 2 PM
glenboropharmacy@gmail.com



1RCHA A Bty soldiers hone their five-man stack skills during indoor Urban Ops training (above, right). Then it was on to combatives training under the tutelage of Maj Steve Burgess (below pointing out the proper technique for subduing a combatant during hand-to-hand combat). Various defensive and offensive techniques (left) were taught by Maj Burgess.

Photos by Jules Xavier



SOLDOUT

Come out and help us celebrate CFB Shilo's

13th Annual Base Commander's
Downhomer Lobsterfest

June 18th
at L25

Tickets \$35

Featuring a whole lobster and steak dinner and an evening of live music!