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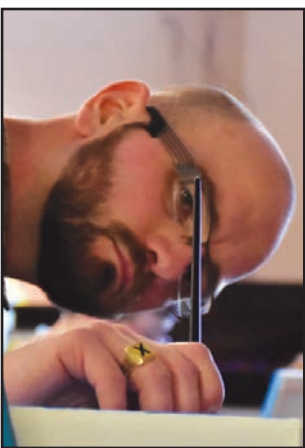
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INSIDE This Issue



Michelle Wright looks forward to Base visit. Page 2



Artist offers art classes at CANEX. Page 6



Lt Sao Miguel makes a splash in pool. Page 12



Day of Caring



CFB Shilo participated in Brandon's Day of Caring event in the downtown area. Along for the ride was the Canadian Army's mascot, Juno. The mascot was obliging on a number of occasions as individuals working on Day of Caring asked for group photos or selfies (above). A building being renovated received a fresh coat of paint (left), while in a nearby walk-in fridge Juno helped with sorting of food, including a turkey.



Country artist here to celebrate Canada's 150th

Sarah Francis

Shilo Stag

New music is on the way for Canadian country artist Michelle Wright as she prepares to perform at CFB Shilo's Canada D'eh.

Wright said the July 1 celebration is not her first visit to this area.

"I've played every dump on every corner, and every stadium and every theatre. Brandon, Manitoba I had an experience there," she recalled. "I'll never forget playing the Brandon Inn. Probably about 1993 or [94] or something and it was a pretty rough spot. I toured the clubs for about nine years before I got my record deal. I've had the opportunity to travel the world in some of the most amazing circumstances since then."

She holds a great deal of respect for the Canadian Armed Forces (CAF) and the job soldiers undertake. Wright takes any opportunity she can to work with the military.

"I've been up to Alert. We did Christmas there a couple of years ago," she told the Shilo Stag in a phone interview from Nashville. "It was just incredible. I think we spent about 10 days up there."

She added, "I'm not from a military family, so you have no idea. I knew nothing about ... and then you go to Afghanistan. You experience that and experience the time with the soldiers and you meet with the families afterwards and you realize it's such a sacrifice."

"Everyone involved is sacrificing for our country in ways that you just don't really understand."

According to Wright, her visits up north and overseas have helped shine light on what families and soldiers experience.

"I have an idea, and I can only imagine what it must be like."

When not on the road touring, lately she's been writing and in the studio working on a new album. This is something she said keeps her on her toes, and learning about her own style and skills.

For Wright, creating music is a task best done with no distractions, during a set time.

"I have to sit down and go, 'Today I'm writing.'"

As for inspiration, it can come from just about anywhere. For instance, the now Nashville resident's realization that she wouldn't be getting her penny back at a Tim Hortons when that small coin was discontinued in Canada.

"Another song I wrote recently is called, *If the World Turned Backwards*," Wright explained, "because I went to Tim Hortons and they didn't give me back my pen-



Michelle Wright will showcase her country music when she visits CFB Shilo July 1 to help us celebrate Canada's birthday. Photo supplied

nies. I was like, when did that start happening! I just think of the beginning of that verse to that. *Trees in the desert, castles to sand, when a penny costs a penny again. Hand written letters, sent to a friend. Black and white, you and I in the camera lens. If the world turned backward.*"

Out of the songs she has recorded, there are a few personal favourites. Her top-five would start with the tune *Take it like a Man*.

"That was my big break through single. My next song I would say that's been really impactful would be *He Would be Sixteen*. The next one would be *Safe in*

the *Arms of Love*. The next one would be a song called *Your Love*. Gosh, what would be the next one?"

She paused for a while over the phone, and reflected on some of her first hits, and then thought about her most recently released album, *Strong*. Part of which was inspired by her travel to Afghanistan in 2006 to perform.

"It's a song I wrote as a result from a business manager dyeing from ALS — a long struggle, and going to Afghanistan and Capt Nichola Goddard was killed in combat when we were there performing," she recalled.

"We went to her ramp ceremony when they carried her coffin covered in the Canadian flag off to her family. Those kinds of things are very, very powerful. I wrote a song called *Strong*, and that would be something that is very special to me."

Being in the business for so long, she said there have been a lot of changes.

Today, new musicians need to work hard and stick with it.

"There were times in the 90s when, as Canadians, many of us were signed to record deals. That was a result of many things. Country music was exploding, there were 26 country labels in [Nashville]. Right now, I think there might be three or four."

Wright said statistically Canadians were being embraced nicely by the Nashville scene, but then the industry changed.

"I think you've just got to keep showing up and understand that there just isn't the deals that there used to be. And don't take it personally I guess is what I'm trying to say."

Music has been a family affair growing up for Wright. Her mother and father were singers and performers on a local level and both from small towns. Her mom's town totalled 500 people and her father's village, a mere 50 people.

"They both played in bands," she recalled. "I saw my father dressed up in his rhinestone suit and guitar in hand off to some Moose Lodge, or the Kinsmen's and Kinnettes or something like that, for some local weddings and dances ... my mom did exactly the same thing."

"Music was a really big part of our lives. We had a garage full of instruments and I use to go to band practice all the time."

She had her first paid band at the age of 17 and went on the road three years later.

"I was in college, but I finished by first year of college and went on the road and it took me down this journey," she said.

Pet of the Week



DAISY

This is Daisy. She is aged six and loves to sit on the couch looking out the window. She is the middle sister of our three fur babies, and loves to beat up on both of her siblings. Do you have a photo of your pet — cat, dog, bird, snake, hamster — you'd like to share with our *Stag* readers? If so, e-mail it to us via stag@mymts.net



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Look for the BeneFit signs on products being sold at CANEX. Photo by Jules Xavier

CANEX & DFIT

Collaborating to provide healthier food environment for the CAF community

Dr Michael Spivock Stag Special

In 2016, representatives from DFIT Health Promotion and CANEX began working together to develop a program which identifies and promotes healthier food options — includes beverages and snacks — customized to the nutritional and lifestyle needs of the Canadian Armed Forces (CAF) community.

Building on the successes of a similar program at Canadian Forces Leadership and Recruit School in Saint-Jean, Que., Registered Dietitians and other PSP Health Promotion specialists performed extensive research on existing programs, to come up with the best possible program for the CAF community.

The result of this work was the development of a point system and calculator that takes into consideration fats, cholesterol, sodium, sugars, fibre

and proteins for each of the 27 different food categories.

Based on the nutrient content, food items either lose or gain points and the final total numbers of points is what determines whether these foods meet the threshold for its category and are considered to be a healthier choice.

Now the CAF community can simply seek out the BeneFit logo which will appear alongside food items in-store and online at CANEX/CANEX.ca and know they are making the healthier choice.

The idea is not to completely eliminate junk food, but merely to offer options and enable informed choices for CANEX customers — there's certainly nothing wrong with an occasional "treat" in the context of a healthy and balanced lifestyle.

Dr Michael Spivock is senior manager Health Promotion Delivery, Directorate of Fitness, CFMWS

CFMWS contest winner announced

Stag Special

Canadian Forces Morale and Welfare Services (CFMWS) launched the Be One of a Million contest in March to close out its 20th anniversary celebrations.

Between March 1 and 31, all new CFOne card registrants, as well as the people who referred them, were automatically entered into a draw for a chance to win a prize valued at \$7,000.

A winner was randomly picked April 19 at CFMWS headquarters in Ottawa from the pool of 4,600 people who participated. The lucky winner is Catherine Corrigan, a veteran from Kelowna, BC.

Corrigan was entered as a referrer to this contest as she told numerous people about the CFOne card.

When contacted and told she had won the \$7,000 prize, she mentioned she had never won anything like this ever before. She had heard about so many friends enjoying the vacation opportunities, and is excited to try it out for her first time.

On behalf of CFMWS, and the 20th anniversary committee, we would like to thank everyone who participated and to congratulate Corrigan.

We would also like to invite members of the CAF community who haven't yet registered for a CFOne card to do so by visiting www.cf1fc.ca

The 20th anniversary virtual gallery at www.cfmws20-sbmfc20.com will also remain available to those who wish to learn more about CFMWS and the significant milestones that marked our organization's existence.



CATHERINE CORRIGAN



A division of CFMWS
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<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>Mott's® Clamato • Original, Extra Spicy, Pickled Bean • 1.89 L • Reg. 5.49</p> <p style="text-align: right; font-size: 2em;">2/6</p>
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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 army attire?

Base Supply can be a hive of activity when soldiers arrive looking for a new helmet, boots or a replacement for worn pants. Soldiers working out of Base Supply have a vast warehouse where they keep supplies meticulously organized in an array of bins and containers on shelving to better serve their customers.
Photo by Cpl Bryce Cooper

Significant action taken with Op HONOUR

Stag Special

The Chief of the Defence Staff (CDS) Gen Jonathan Vance released the third CAF progress report on addressing sexual misconduct last month.

During the nine months covered by this report, the Canadian Armed Forces (CAF) has taken significant action to improve victim support; initiate prevention programs; update policies; enhance subject matter expertise of those who provide support and assistance to victims; embed Op HONOUR concepts across all levels of education and training; hold leaders to account for their response and actions; take decisive action to deter perpetrators; and engage and empower all members of the CAF to take action to address and eliminate sexual violence and harassment.

Op HONOUR began with a Roto Zero in August 2015. The focus in the initial stage was to complete the necessary recce, gather intelligence, initiate engagement and awareness activities, and set the conditions for success.

The focus of Roto One covered in progress report three, has been the implementation of policies, programs, and performance measurement to initiate the necessary culture change and for a workplace free from harassment and discrimination while ensuring those who experience harmful and inappropriate sexual behaviour are provided the care and support they need.

At the progress report release, Gen Vance said, "Leaders need to be consumed with an abiding desire to take care of the troops. And if we take care of them properly, we'll recognize when someone's hurt and they need care."

"We'll recognize that they could get hurt by harmful behaviour, and we stop it."

There are encouraging indications across the CAF

that Op HONOUR is having a positive impact on CAF members' awareness of harmful and inappropriate sexual behaviour and the impact on individuals and the institution.

CAF members are acquiring a greater understanding of the critical role of bystanders including response and support, as well as increased reporting and confidence in the chain of command, military police and military justice.

In the past few months we have also seen positive impacts in reporting and greater confidence in care, support, investigations, and action.

While the majority of reports are made by those directly impacted or targeted, 40 per cent of reports of incidents are now coming from others who have observed harmful and inappropriate sexual behaviour and took action.

Change is possible and we are seeing positive change across the institution.

But to really make a difference and to truly eliminate sexual violence and harassment, we need to take action on all forms of conduct in the CAF and reinforce the military ethos that sets the Profession of Arms apart from others.

This is not something to be implemented by a single group and must be implemented together from the recruiting centre through all training institutions, from the unit level to national headquarters and from the most junior members to the most senior.

Roto Two that has just begun is an opportunity for us to take stock of our work on Op HONOUR, evaluate our actions and initiatives and ensure that we have not only the programs, policies, research and initiatives necessary for mission success, but a longer term, enduring campaign plan to ensure we have a culture of respect and dignity and one that values our people, and supports and cares for them.

Cliff CULLEN
 MLA for Spruce Woods

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Party like a war bride

Keeping the Canadian war bride story alive

Lynn Capuano
Stag Special

Saskatoon — Look out Ottawa, the Canadian War Brides of the Second World War are planning to whoop it up at their next three-day reunion starting May 19,

And no one, apparently, parties like a war bride. It is estimated that one in 30 Canadians have a war bride in their family tree.

"We are part of Canadian history, 48,000 brides and 22,000 kids. We have more than a million descendants in Canada," said war bride Jean Fells, who is a past-president of the Canadian War Brides and Families (CWB&F), a national organization based in Saskatoon, Sask.

It is holding its sixth reunion since the group was formed in 2010.

In the more than 70 years which have passed since they first made Canada home, there have been many provincial and regional war brides organizations. As time went on, the women's numbers dwindled and the local organi-



Jean and Robert Fells on their wedding day. *Photo submitted*

zations did as well.

This did not sit well with Fells, who wanted to make sure her sister war brides could remain connected.

"I was the instigator of organizing the group here in Saskatoon," she said. "Because we are getting older [I am going to be 90 this year], we thought we should begin including our children and so it is now called the Canadian War Brides and Families."

Originally from Leeds, England, she met Canadian Sapper Robert George Fells of the 8th Field Squadron, Royal Canadian Engineers (RCE) at a dance in England in 1945.

He left the Army to farm with his father in Saskatchewan after the war and died in 2003 at the age of 83. They had two girls and a boy in the Village of Girvin, Sask.

Sadly, the couple lost their baby son Glen at one month of age from a heart condition. One daughter had three children, the other had eight — there are 10

grandchildren to date.

Joan Reichardt, current president of the CWB&F,

said of her own experience, "When I look back on more than 70 years ago, it is amazing to me now that we put all of our belongings in a very small trunk and left everything else behind, our childhood memorabilia, in my case at least. And off we went — talk about a leap into the unknown."

Her husband, John Reichardt, was a member of the Royal Canadian Electrical and Mechanical Engineers. They met in 1946 at a dance in England and were together for 50 years, raising five children in Saskatoon before retiring to British Columbia before he died in 1996.

"I was from the south of England where we endured bombing and bombing and more bombing, not to mention the hardships and the shortages," she recalled. "There were so many positives in Canada that the negatives were easier to handle. It was difficult to be in a different culture in a way but on the other hand there



Joan Reichardt with husband John met in England in 1946 at a dance. *Photo submitted*

was lots of food!"

She added, "But anyway, here I am, I'm 89 and my marbles are intact! Yes, I'm one of the lucky ones," she said.

In 1992, she was awarded the city of Nelson's highest municipal honour — the Freedom of the City — and the Canada 125 medal. In 2012, she was awarded the Queen's Jubilee Medal, primarily for her lifelong volunteer work.

The organization has dedicated itself to keeping the War Bride story alive. Its website defines war brides as women from abroad who married Canadian Services personnel and Canadian women who married Commonwealth Service personnel during or immediately after the Second World War.

Most of the war brides were from Great Britain, with a smaller number from Ireland, the Netherlands, Belgium, France, Italy and Germany.

"There were a few war brides from the First World War, but not anything like the numbers and the variety so to speak from the Second World War," said Reichardt.

The first national reunion of the CWB&F was held in Saskatoon in 2012, followed by Victoria in 2013. Reunions continued in London in 2014 and Calgary in 2015.

Fells offered, "Then last year in 2016, it was the 70th year since we came to Canada, so what better place to have it than Halifax, Nova Scotia where most of us arrived?"

Fells said they were pleased with the number of war brides who came to the Halifax reunion, which was also a celebration for children who came with their mothers 70 years before. Pier 21, Canada's Immigration Museum hosted it and provided the entertainment.

She said she and the other war brides and families are looking forward to visiting Ottawa and seeing the official Canada 150 tulips at the Tulip Festival, among other events, including a visit to the Canadian War Museum.

Want to party with the war brides? Any war bride or family member who is interested in attending the reunion may contact the organization through its webpage at www.canadianwarbridesandfamilies.ca

Their website also contains a wealth of information about their experiences, including some fascinating first-person accounts.

Lynn Capuano is with Army Public Affairs

"When I look back on more than 70 years ago, it is amazing to me now that we put all of our belongings in a very small trunk and left everything else behind, our childhood memorabilia, in my case at least. And off we went — talk about a leap into the unknown."

— Joan Reichardt



PUBLIC NOTICE

You're invited

to share your views about the proposed rate increases from Manitoba Hydro

Manitoba Hydro has applied to the Public Utilities Board (Board) for a 7.9 per cent increase to hydro rates on August 1, 2017 and another 7.9 per cent increase on April 1, 2018.

For a residential customer not on electric heat (using an average of 1,000 kilowatt-hours (kWh) per month), the combined impact of these rate increases is an additional \$14.31 per month after April 1, 2018.

For a residential customer that has electric heat (using an average of 2,000 kilowatt-hours (kWh) per month), the combined impact of these rate increases is an additional \$27.33 per month after April 1, 2018.

Further details are available at: www.pubmanitoba.ca.

How do I share my views?

You can share your views on the proposed rate increases with the Public Utilities Board in three ways:

- **Oral presentation** – If you wish to make a verbal presentation to the Board at a Public Hearing, please register with the Public Utilities Board by writing to the Board office at the address listed below, or by sending an email to publicutilities@gov.mb.ca. Presentations are limited to a maximum of ten minutes.
- **Written comment** – If you would like to comment on the rate increase, please go to www.pubmanitoba.ca and provide your comment.
- **As an approved intervener** – If you want to be an Intervener, please go to www.pubmanitoba.ca and register to become an intervener.

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PHOTOS BY SARAH FRANCIS

Art instructor Nole Moes is offering art classes at his studio located in CANEX. Classes are open to both children and adults.

hone your artistic skills with Nole Moes

Sarah Francis Shilo Stag

Art has come to CFB Shilo through artist instructor Nole Moes.

A new art studio has been established through the Naturally Amourified salon located at CANEX. Moes told the Shilo Stag art has been a part of his life from a young age.

"I picked up art as a child and I realized I had a talent for it, but I never started pursuing it as a full-time interest or professionally. I didn't start feeling that until high school. I had an art teacher who really pushed me to step out of my comfort zone."

Classes are being offered through the studio for both adults and children. For his students, Moes likes to start with the basics.

"Being a teacher I think it's really important to be able to instruct a student how to do something from a viewpoint of starting with basic shapes and line,

from basic artistic principles, to use that as a starting ground," he offered.

Sometimes he offers other mediums other than canvas and paint.

"I do painting and drawings as sort of the basic part of the art class," he explained. "I've also been doing collages ... this is mainly with the kids. I've been doing — trying to get into using multi-media, like tissue paper and Mod Podge, cardboard, construction paper. Using that to create a composition as well."

He taught English Second Language (ESL) previously and uses those skills in teaching various art techniques.

"Teaching English was trying to figure out tools in the classroom, tricks of the trade as an ESL teacher," recalled Moes. "How to get students to be able to get that confidence they needed to improve fluency."

Classes are open to art enthusiasts of all levels. Children and adults are welcome to come and try

their hand at creating art. When choosing an image to teach there are certain characteristics Moes looks for.

"I look for a simple composition that doesn't have a lot of detail, but has a certain — you can kind of see where the brush strokes are. You can kind of see how it was produced."

While he teaches the basics, you don't need to fret about being overwhelmed. Moes said he doesn't instruct classes as though they were courses like he took in university.

"I don't think that's a really useful way of looking at it. Because adult students want to be able to sit down and do something like this — it's kind of like a Paint Night approach, which I remember doing in Shilo not too long ago. It was interactive. Everyone had a great time. It was incredible."

To sign up for classes drop by the Naturally Amourified salon at CANEX — his studio is just around the corner.



Gala raises funds for Women's Resource Centre

Event goes dine, dance en route to raising funds

Sarah Francis
Shilo Stag

The Women's Resource Centre in Brandon is one step closer to finding a new home.

Through ticket sales, raffles and a silent auction — more than \$8,000 was raised toward the facility being relocation following an event at the Officers' Mess.

"It was a huge success," said Chief of Staff (COS) Maj Kathy Haire.

Most of the revenue comes from fundraising. That's where the Hearts to Home Gala comes in. Executive director Brandy Robertson told the Shilo Stag the Women's Resource Centre's current space is quite cramped.

"We are pretty much bursting at the seams in our current location. We have seven staff who share four offices. So it gets pretty hectic in there."

In her two years at the Women's Resource Centre, the organization has seen growth.

"We've added an additional counsellor, which is really important and awesome," she said. "It's a good thing we're expanding. We just need more space."

Many of the women seeking aid from the centre have experienced violence in their life.

"We predominantly focus on women and children who have been affected by domestic violence," explained Robertson.

"That can be intimate partner violence, or family violence. We have women's counselling, children's counselling and Spanish speaking women's counselling. We also have community resource advocacy, which is for any woman, and it's navigating social services."

Robertson said situations can include women looking for legal representation, housing, a doctor or women looking for info on employment and income assistance.

"We help them navigate those services, sit with them and go through the process with them."

The centre also offers a number of activities for women. This includes free programming like yoga, ZUMBA, stress management, assertiveness and drum making.

"Programming for women to come and relax, have some fun, that kind of thing," said Robertson.

All self-identifying women are welcome to take part.

To become involved in any activities, or use the Women's Resource Centre's services call 204-726-8632. You can also contact them on Facebook and Twitter.

Robertson said they are seeing an increase in women requiring help, but looking to the future would like to see the facility in Brandon not to be so busy.

"The sad part about what we do is that women need our services," she offered.

"It means that there are women who are in domestic violence situations, there are children who are seeing this violence and experiencing this violence and it means that there are a lot of marginalized women that need our help to navigate these services."

She added, "We always say our goal is to work ourselves out of a job."



Prior to dinner, Hearts to Home Gala goes check out the items available during the silent auction.



Padre Matthew Ihuoma (above) showed off his dance moves following the gala dinner. It was a night to dress up, with COS Maj Kathy Haire enjoying the evening with husband 1RCHA CO LCol Stephen Haire (above right). Community librarian assistant Tracy Askeland (right) attended with husband BRSM CWO Don Askeland.

Photos by Sarah Francis

"We predominantly focus on women and children who have been affected by domestic violence. That can be intimate partner violence, or family violence. We have women's counselling, children's counselling and Spanish speaking women's counselling. We also have community resource advocacy, which is for any woman, and it's navigating social services."

— Women's Resource Centre executive director Brandy Robertson





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Ask about Glow bowling birthday parties!

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

Shilo Theatre
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May 19 Chips Rated 14A
May 26 Collateral Beauty Rated PG

Children aged 10 and younger require adult supervision at all times.
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1RCHA A Bty CoC

1RCHA CO LCol Stephen Haire addresses (above) the A Bty Change of Command (CoC) ceremony that saw Maj Keith Woodill, with son (below), pass Battery Command (BC) on to Maj Lee Bellemore. The two majors (below left) had their CoC ceremony held in the training area while out on an artillery exercise.

Photos by Sarah Francis



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2PPCLI return home from Ukraine deployment

Shilo Stag

2PPCLI's CO is back at work on Canadian soil.

LCol Wayne Niven returned to Canada along with his RSM CWO James Smith, plus soldiers on ROTO 2 of Op UNIFIER, following their time overseas in the Ukraine.

The commander of Joint Task Force - Ukraine (JTF-U) LCol Mark Lubinecki assumed command earlier this spring from LCol Niven during a ceremony held at the International Peacekeeping and Security Centre in Starychi, Ukraine.

The ceremony marked the transition between ROTO 2 and ROTO 3 of Op UNIFIER, Canada capacity building and military training mis-



sion in Ukraine.

"Sergeant Major James Smith and I are extremely proud of the work done by our team to help build capacity within the Ukrainian Armed Forces," said LCol Niven.

"After working alongside our multi-national partners and outstanding Ukrainian hosts for the past seven months, we depart with a strong sense of accomplishment."

As CO of JTF-U ROTO 3, which includes additional 2PPCLI and a few 1RCHA soldiers, LCol Lubinecki commands about 200 Canadian Armed Forces (CAF) personnel with the mission to conduct training with the Ukrainian Armed Forces in areas such as tactical army skills, leadership development, explosive ordnance disposal, battlefield medical aid, MP skills and logistics modernization.

"Together, with the troops under my command, we will continue the outstanding work of our Canadian colleagues in enhancing the military capabilities of our friends and partners in the Ukrainian Armed Forces," said LCol Lubinecki.

Canada is providing military training and capacity building to Ukrainian Armed Forces personnel to support Ukraine in its efforts to maintain sovereignty, security and stability.

Since the start of the mission in September 2015, more than 3,200 Ukrainian Armed Forces members have participated in training provided by the CAF through some 90 course serials.

Back in early March, the Canadian government announced the extension of Op UNIFIER until March 31, 2019.

2PPCLI soldiers from ROTO 2 of Op UNIFIER leave their plane at 17 Wing Winnipeg after arriving home from the Ukraine.

Photos submitted

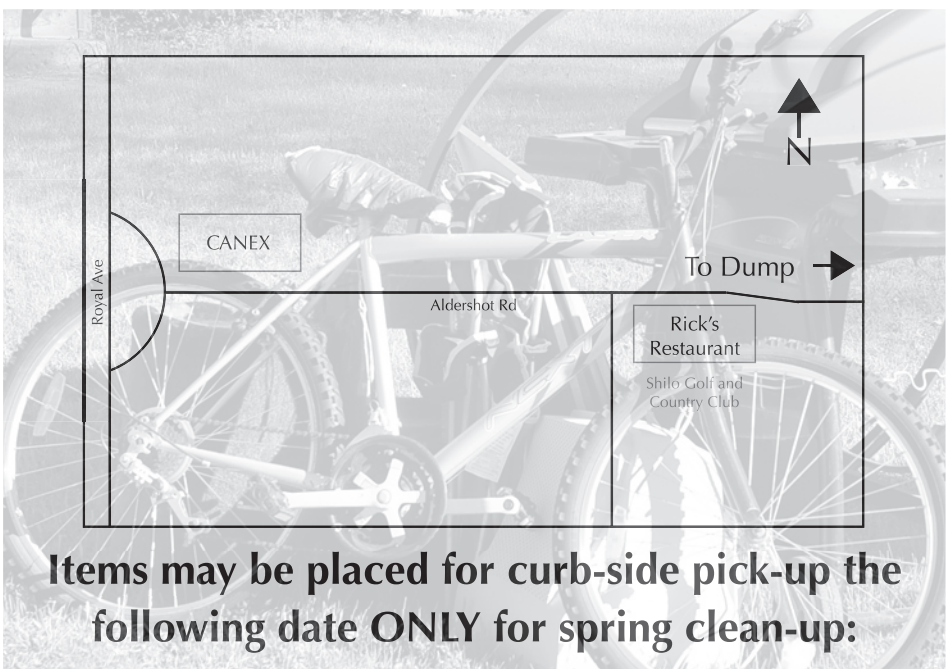


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Antique search at arena

Mother's Day was more than going out for a meal when you observed those at the arena in Wawanesa during the eighth annual antiques and collectables flea market. More than 200 vendors showcased their goods, from antique cameras to a Kentucky Fried Chicken Col Sanders piggy bank.

Photo by Jules Xavier

Manitoba Army Cadets travel to Vimy Ridge

Stag Special

Among Canada's defining events, the Battle of Vimy Ridge in the First World War ranks high. It was a triumph — a major victory for the Allied side after a long, bloody stalemate — and a tragedy.

In the four-day battle, 3,598 Canadians died and another 7,004 were wounded. In the near-century since it ended, on April 12, 1917, it has become something else: an event bordering on myth.

"In those few minutes," said Canadian BGen A.E. Ross of the victory, "I witnessed the birth of a nation."

Observed through history's rearview mirror, Vimy Ridge's significance is clear. At the time, however, the bringing together of the Canadian Corps' four divisions, for the first time, seemed to simply throw fresh blood onto the killing field that the seven-kilometre-long ridge north of Arras, France, had become after more than three years of fighting.

As historian Tim Cook describes it, the ridge was "an open graveyard," bearing the remains of some of the more than 100,000 French soldiers killed or wounded in previous efforts to remove the Germans.

For the Allies, winning the ridge would destabilize German lines across the region. For the Germans, the ridge was the "hinge" of their line, protecting their newly constructed Hindenburg Line and a long stretch into Flanders.

A loss would leave those entrenched positions open to the Allied guns above

them. In 2009, the last living veteran of the Great War died. In 2011, to ensure that the Canadian sacrifices in the Great War or the "War to End all Wars" were not forgotten, the Army Cadet League of Canada embraced the Battle of Vimy Ridge and commemorate it annually.

Starting in 2011, annual commemorations led by Army Cadets and the Army Cadet Leagues, with support from the Regional Cadet units, have been happening across Canada

This year, with it being the 100th anniversary of the Battle of Vimy Ridge, and Canada's 150th anniversary, the Manitoba Army Cadets celebrated and "REMEMBER THEM" on two occasions and in two countries.

Between May 15 and 23, more than 100 Manitoba Army Cadets will be travelling to Europe on an educational tour of First World War historical sites.

Three years ago, the Army Cadet League of Canada in

Manitoba embarked on an ambitious undertaking of engaging the 12 Army Cadet Corps in the province in fundraising in their communities to support sending local cadets to Vimy, France this year.

Vimy Trek 2017, like the battle of Vimy Ridge, was a very long-shot and a very big undertaking.

Despite the great odds, but with the support of local communities, businesses, generous members of their communities, the Cadet Corps and their families did what many people did not believe they could do.

100 in the 100th, Vimy Trek 2017 is a reality, with more than 100 very lucky cadets taking the "trip of a life time."

The ridge was "an open graveyard," bearing the remains of some of the more than 100,000 French soldiers killed or wounded in previous efforts to remove the Germans.

— Tim Cook

Veteran Family program pilot extended

MFRC Special

In October 2015, CFB Shilo's Military Family Resource Centre (MFRC) was one of seven pilot sites to launch the Veteran Family Program (VFP).

The program began as a four-year pilot which extended the Military Family Services Program (MFSP) to medically released members and their families to support their transition to civilian life.

The seven pilot locations included CFB Shilo, Garrison Edmonton, CFB Esquimalt, CFB North Bay, CFB Trenton, CFB Val Cartier, and CFB Halifax.

A veteran family co-ordinator was established at each location to facilitate the program.

In addition to the extension of the regular MFSP programming, services include transition programs, access to intervention support, and enhanced information and referral.

Availability of these services begins at notification of release, and extends to two years post-release.

Since the onset of the program, the funder, Veterans Affairs, has completed a review of the program which was extremely favourable.

As a result, MFSP will be receiving funding for the extension of the VFP across all MFRCs. This expansion will provide access to medically releasing and released members and their families to 32 MFRCs across Canada.

The pilot centres will continue providing services under the VFP, while Military Family Services works with Veterans Affairs and MFRCs on the actual rollout set for April 1, 2018.

To keep up with local programming sign up for the MFRC's newsletter, or like the CFB Shilo MFRC on Facebook.

If you have questions related to VFP, contact veteran family co-ordinator Pamela Hall via e-mail pamela.hall@forces.gc.ca or dial 204-765-3000 ext 4557.

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Photos from the *Shilo Observer* circa 1947. (Above) The Tent Lines of the COTC when at Clear Lake. (Below) Grade 1 pupils go to school for the first time — it's a sad, but momenous occasion.



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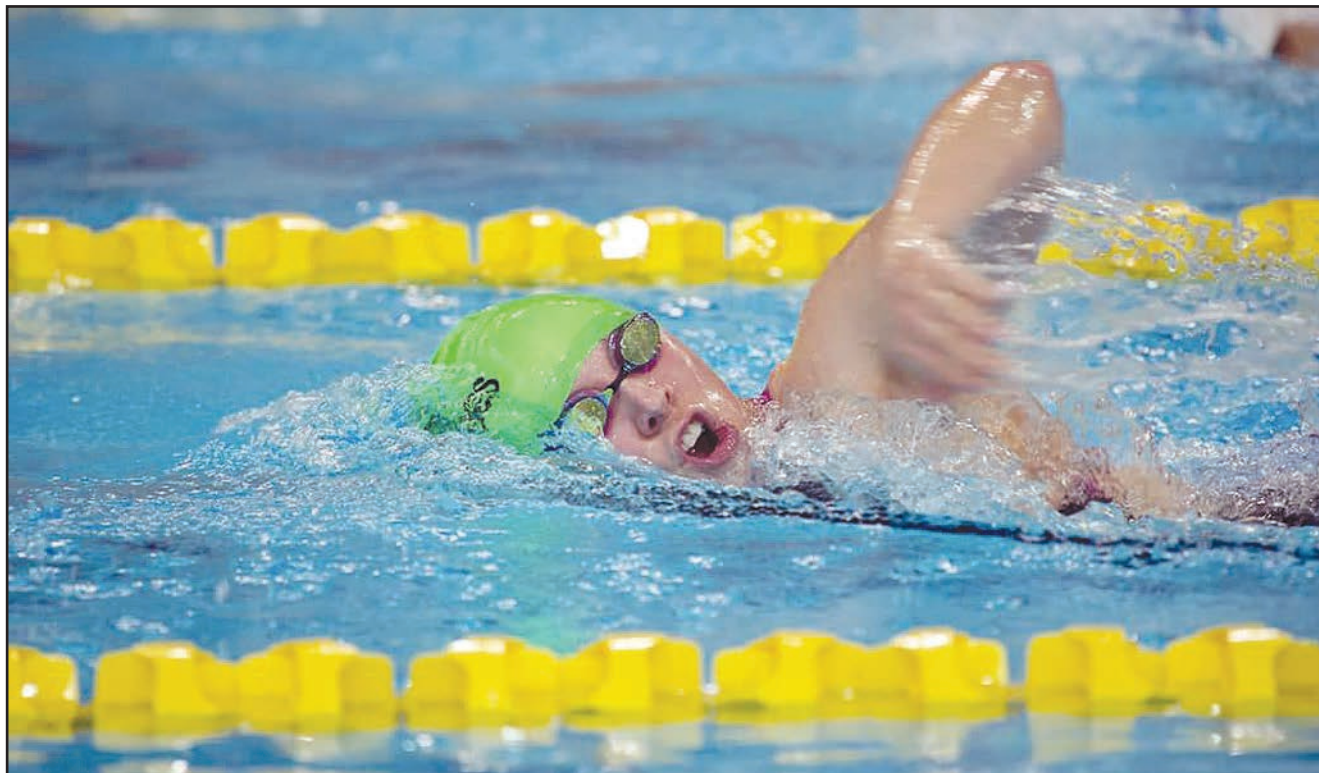
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Base Transport Officer Lt Emma Sao Miguel confers with an MP during the Base's Force Protection Exercise. She returned to CFB Shilo for the exercise following a trip to Ontario where she swam at the Canadian Armed Forces (CAF) national swim championship held in Markham. *Swim photo supplied/Exercise photo by Jules Xavier*

Lieutenant makes a splash on national stage

Jules Xavier
Shilo Stag

How often can you say you were hugged by a Canadian Armed Forces (CAF) Brigadier-General?

Base Transport officer Lt Emma Sao Miguel can while participating at her third CAF national swim championships held in conjunction with the Ontario Masters Swimming Championship held at the Markham Pan Am Sports Centre.

"It's a small circle of CAF swimmers," she told the Stag during a break from work. "This time, since it was my third trip to nationals, I met new swimmers. Now you start learning each other's names because in my first year, I only knew the swimmers who I came with [to Ontario]. At the end of this meet I received a hug from our swim patron BGen Bruce Ploughman."

BGen Ploughman was not on the pool deck just in his capacity as the CAF swim patron. He also wore goggles, swim cap and competitive swim attire as a competitor in the 55-plus age category.

"I've noticed you seem to lose the swimmers in the 30 to 40 age brackets because people are starting families," said Lt Sao Miguel. "Then they return after 40 and you see more swimmers in the pool."

There were swimmers in the pool, not competing against the much younger military swimmers, who were as old as 75-plus.

Because the military is not centralized, the CAF does not qualify to win the team title at the Ontario swim competition which features club teams from across the province.

The CAF does not host its own nationals as they do with ball hockey, volleyball or soccer following regionals. Instead, CAF nationals piggyback with the Ontario Masters Swimming Championship.

When the water had settled in the Markham pool, CAF had garnered 1,311 team points, good for first-place overall. However, the Toronto-based Granite Club, with 1,099 team points, took the team trophy home.

Although aged 29, Lt Sao Miguel swam in the 30 to 34 age group. In her CISM races, she placed second in the 200-metre freestyle race; third in 400-metre freestyle and fourth in 100-metre freestyle.

While the freestyle is her forte in the pool, Lt Sao Miguel conceded she's not fond of the always tough butterfly stroke.

She had a personal best (PB) in her 50-metre freestyle sprint race, and shaved 11 seconds of her PB time in the 400-metre freestyle race.

"I think I could have swam better in that race, and taken off more time," she said. "My best time is four

minutes, 59 seconds, and this time I finished at five minutes, 41 seconds."

Swimming the 400-metre distance at nationals was a first for Lt Sao Miguel.

"It's a different race from the shorter distances, like the 50-metre, which is like a sprint," she explained. "I've never really swam the 400 as an adult. I did it at time trials while swimming at the regional camp at [4 Wing] Cold Lake."

Swimmers from the prairie region qualify for nationals based on their swims held at the regional camp.

"There's no ambience of a swim meet at time trials," she said. "You're swimming against the clock, not seven other swimmers as we did at nationals. There's no pace doing time trials."

"When you're going from the 200 to a 400 [race] you must adjust and settle into a pace with your stroke. My goal was five minutes, 45 seconds. I could have pushed harder, but had no pace."

She added, "I don't train with anyone [at the GSH pool], so there's no one to push me in the pool."

Prior to the regional swim camp in Alberta, Lt Sao Miguel used her lunch break to work on her strokes and stamina. It's not the same when you have teammates who can push you in training for a major meet like nationals.

Two of Lt Sao Miguel's teammates did not allow their pregnancies to keep them from nationals.

"She's my hero," she said of Capt Stephanie Dennis, who was seven months pregnant when she stood on the starting block. "She swam faster than me!"

Capt Dennis, who is also working on her PhD, recorded a 5:05 time in the 400-metre freestyle race, while Lt Sao Miguel finished in 5:41.

The other pregnant teammate was Capt Mallory Whitnell.

Born in Mississauga, Lt Sao Miguel grew up on the east coast when her family left Ontario when she was three. She started swimming at age six, joining her mother's best friends two kids in the pool.

While in Halifax, she swam for the Trojans Swim Club.

When she was 14, Lt Sao Miguel left competitive swimming after her mother was stricken with a serious illness. That same year she was off to boarding school, where she was told the high school was getting a pool.

Looking forward to attending King's Edgehill School, started in 1811 and the oldest in Canada, and taking up competitive swimming again, Lt Sao Miguel would have to wait until 12th grade before the pool finally opened following construction.

"I didn't have swimming, but I was very active with school sports like rugby, skiing, soccer, wres-

ting and softball," she recalled.

She was also a school prefect and helped out on the school's musicals.

Wearing a school uniform, it was also mandatory that King's Edgehill School students be part of cadets. This meant she was part of the Blackwatch.

Following high school, Lt Sao Miguel started working on a 90-horse farm alongside her best friend. She also studied recreation and facility management which she used for her job.

A career change was in the offing when she decided to join the CAF, choosing a career with artillery. A right knee injury, three re-constructive surgeries later, and a military career took her in a new direction. While rehabilitating the knee, her physiotherapist "encouraged" her to use the pool at CFB Gagetown.

"I worked as a staff officer for four years while my knee was healing," she said. "I couldn't run as part of PT, so I continued swimming."

This led to her first trip to CAF swim nationals, and she decided to continue after being posted to CFB Shilo, when she switched her trade from artillery to logistics, and her specialty transport.

Of all of her races, Lt Sao Miguel was not happy with her result in the 200-metre freestyle. She finished fourth, 15 seconds back of the winner.

Here are her results: 50m free third 30.74 seconds; 100m free fourth 1:08; 100 IM (individual medley) seventh 1:24; 200m free fourth 2:39.

She did have success in the relay race portion of nationals, earning four first-place finishes. She was pulled from her last relay race after experiencing numbness in her arm and fingers.

"I'll need an MRI on my shoulder to see if something, like a nerve, is being pinched," she said.

It's not injury, like her knee problems, that will keep her from work, or deter her from jumping back into the GSH pool to continue training for the 2018 nationals.

The Army relay teams earned bragging rights facing the Navy and RCAF relay teams.

There are the four gold medal swims turned in by Lt Sao Miguel, and her relay teammates:

• 4x100 free 4:30.27 1st Sgt Frederick Morissette Pte Mariepier-Mayrand Capt Lesley Quinlan Lt Sao Miguel 2nd Navy 5th Air Force

4x50 IM relay 2:19.72 1st Lt Sao Miguel Sgt Morissette, Pte Mayrand Cpl Claire Bortolotti 2nd Middlesex SC 2:20.26

4x100 medley relay 5:08.50 1st Cpl Bortolotti Sgt Morissette Pte Mayrand Lt Sao Miguel 2nd Middlesex SC 5:12.33

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