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Shilo Stag

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Wheat Kings turn 50

Sgt Mark Giroux of Base Maintenance (left) and Range Control's MBdr Jeff Mills brought the WHL championship trophy to center ice to mark the 50th season for the Brandon Wheat Kings when the team hosted the Moose Jaw Warriors. With the Warriors up 2-1 late in the middle period, the game was called because of foggy conditions. The game will be made up in early November. Sgt Giroux, standing alongside Wheat Kings alumni, shook the hand of captain Nolan Patrick after a ceremonial faceoff.

*Photos by Jules Xavier
MCpl Bryce Cooper*

Massage therapy available on Base

Sarah Francis
Shilo Stag

CFB Shilo's new resident Registered Massage Therapist (RMT) can help treat your aches and pains.

As a person who sits at a desk for the better part of her work day, and plays a full contact sport, I can attest to having a number of physical ailments which could benefit from the hands of a professional.

Enter RMT Patricia Keough, who has teamed up with Jen Moes at the Naturally Amourified Healing Studio located in CANEX. Although she's only been on the Base a short time, her career as an RMT is lengthy.

"I graduated in 2005," Keough told the Shilo Stag.

Looking for a hands-on job, massage therapy is just that, according to Keough.

"I'd done my kinesiology degree and Munn first. In the last year you do all your fourth-year courses and I was kinda like, 'I still don't know where I want to go.' I knew I wanted to deal with clients hands-on, but I didn't feel like I had enough knowledge to take someone's life and change it for the better."

She decided to continue her education.

"I [said] what area can I go in now. I liked physio, but it didn't really spark an emotion. I started looking at massage and said, 'Well this is definitely hands on!' The more research I'd done, and looking into it and [with] the different courses you could do after your schooling, that's when I started to become more interested in it."

Keough offers a number of options for massage to help you in a variety of situations — such as Myofascial, Swedish, cupping, hot stone, pregnancy and infant.

She showed this Stag reporter how the cups work. This is the treatment causing the purple circles on many of the Olympic athletes at the Summer Games in Rio.

She stuck one on the palm of my hand. Her's work with suction as opposed to some that require flames.

I could see the flesh on my hand start to raise and become purple. Heat from my body made condensation form inside. Like other massage techniques, this helps toxins release from your body.

"When muscles get tight and you get those knots, that's where toxins tend to sit. A lot of times when someone is a tighter or denser individual, you can touch some people and the muscles are really just like a rock," she explained.

"Those muscles tend to hold more toxins. As you increase circulation to an area by doing a repetitive technique, like muscle stripping, through the area, what happens is you get more blood, more of everything moving through the area. When the muscles start to relax, those toxins come out."

Unlike the Olympic athletes — they looked like they'd been attacked by an octopus — I didn't bruise, but it did feel a bit odd for a while.

I walked out of my full treatment feeling as though I had just gone to the gym, which is normal. The muscles are being worked when you go to the gym, and they're being worked during a massage, just in a different way.

Keough encourages you to get in some light exercise and consume a lot of water after a treatment.

"When someone does get a treatment I usually tell them not to do a hardcore exercise. If someone comes in, 'I want deep tissue on my back.' Not a problem. For the next couple days, I usually recommend not to go and do a hard back workout."

It goes the same if you're a runner. If you just started running to go for a walk. If you're an avid runner doing marathons, do a light five kilometre run.

"Increase circulation to flush all the toxins that have been released in your system out," she said.

Massage has many benefits to your body and well-being, according to the RMT.

"With massage you get the therapeutic aspect, but you also get the relaxation aspect of it."

It can also compliment other treatments such as physiotherapy or chiropractic.

"With massage we can therapeutically treat a knot or we can make a muscle feel better or we can lengthen a muscle with stretching."

If you have a bad knee, they can help with treatment, even though they don't directly do anything to the joint.

"We can treat the surrounding tissue. A joint moves because the muscles pull on it. If one muscle is tighter, it's not going to allow the joint to move properly," she explained.

Although I was sore, I could feel almost instantly where my muscles had an improvement.

My legs and lower back felt like Jell-O, but loose comfortable Jell-O.

It was the same sensation as after a good leg day.



RMT Patricia Keough works on a foot during an appointment at her facility in the Naturally Amourified Healing Studio located in CANEX.

Photo by Sarah Francis

I had a bit of Myofascial and Swedish done. It was an odd sensation during the Swedish, which uses long smooth continuous strokes. I could feel the knots on my ribs being squished under my skin, popping about and moving around.

Whereas Myofascial is slower and does not use lotion. I could feel the muscles starting to relax and loosen at this part. I imagine it's what a piece of dough being kneaded feels like.

My body felt great afterwards, although it was a bit sore. I'd definitely go back.

Being an RMT enables Keough to provide a service your healthcare provider recognizes. Meaning she may be able to direct bill your provider, or you can submit the services as a claim.

Obtaining an RMT title is no easy feat.

"There are some people who aren't registered. You can go into a province and find an RMT or you can just find a massage therapist," she said. "With the different provinces, they typically have a legislation in terms of who can use RMT."

Keough added, "With the provincial registration that you have to go through, they check your hours, the course you've done, the continuing education you've done, how long you've worked, different things like that. When I joined in Manitoba, I had to have first aid, CPR. I had to provide them with a copy of my certificate, I needed to give them a certificate of every course I've done."

You can contact Keough at 902-848-6181 or by e-mail at patriciakeough@hotmail.com to book an appointment.

Pet of the Week

ASTA

Ryan Scheer's dog is named Asta. The Lab mutt is three years old. No real quirks other than being well-behaved, loyal, obedient, always happy to see me come home, and she's a social butterfly with all my friends' dogs. 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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PSP admin assistant Elaine Bullee checks out the design she came up with to replace the previous United Way tote board featuring a thermometer.

Photo by Jules Xavier

Padres will bless your family pets

Shilo Stag

Starting this month, CFB Shilo's United Way campaign will offer a plethora of events which you can participate in to help reach this year's goal of \$35,000.

Maj Greg Costen, your Base padre and the United Way's campaign chairperson, provided this updated list of events or activities:

- Skate sharpening at Gunner Arena - \$2 during regular open hours. For more info contact Karen Gero at 204-765-3000, ext 3326.

- Oct. 6 - Bake sale and raffle for your Thanksgiving turkey being held at the CANEX Mall from 8 a.m. to 1 p.m. Tickets for the turkey are \$2 and can be purchased at Base Supply, the bake sale at CANEX, or the Faith Centre. For more info contact Sgt Morrisette at ext 3029.

- Oct. 11 - Indoor car wash located at the POL facilities from 9:30 a.m. to 3 p.m. Just \$5 to use the indoor power wash and vacuum. For more info contact Sgt Morrisette at ext 3029.

- Oct. 29 - Dog dress-up contest is being held at L25 starting at 1 p.m. for the large breed canines. At 2 p.m., it's time for the small breed dogs to strut for the judges. Entry fee is \$5 per dog, or \$10 to dress-up the pet and owner. Prizes for each category. Pre-register at the Health Promotion office in the CANEX Mall before Oct. 26. Contact Lacey at ext 3868.

- Oct. 30 - Blessing of the Animals service being held at St. Barbara's Chapel starting at 10:30 a.m. This includes livestock. Donations will be received and forwarded to an animal-related United Way charity. Contact Padre Costen at ext 3381 for more info.

- Nov. 3 - Punkin' Chunkin' from 1 to 3 p.m. at the field adjacent to the Base's confidence course. Form a team and build a mechanical device to throw a pumpkin the farthest. Entry fee per team member is just \$5. Donation of a loonie per spectator will be collected on site. Teams must register by Oct. 28. For more info and to register contact Cpl Urquhart or Pte Blais at ext 3037.

CAF Sports Day in Canada

Have fun playing sports on Base

Shilo Stag

Imagine being able to participate in two consecutive days of sports.

This will come to fruition thanks to the annual Canadian Armed Forces (CAF) Sports Day in Canada — a two-day event slated for Oct. 21 and 22.

The Friday events are open to all members of the defence team; Saturday events are open to all members of the defence team, community members and GSH access card holders.

What is the aim of two consecutive days of sports?

This national celebration of sports, from grassroots to high performance, is an opportunity for all CAF members and their families to celebrate the power of sport, build community and national spirit, and facilitate healthy, active living.

For the military members on the Base, Oct. 21 will start with a five-kilometre road run which starts and finishes at the GSH. This event is scheduled from 8 to 9 a.m.

From 9:30 a.m. to 3:30 p.m., Gunner Arena is the venue for ice hockey. Floor hockey will be offered at the same time at the GSH.

The following day, from 12:30 to 4 p.m., the GSH is the place to be for the second phase of CAF Sports Day in Canada.

Sports and games for children and families are being offered, or you can drop by the pool for a swim. If swimming or games in the gym are not your cup of tea, then why not enjoy an afternoon at the bowling alley.

These GSH events are free for participants.

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This Week's Deals!

Thanksgiving dinner deals

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• Reg. 4.69

2⁹⁹

Dairyland ®
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• Perfect topping for your pumpkin pie
• 25% off
• 225 gr
• Reg. 4.39

3³⁹

Pillsbury ®
Pillsbury Baked Goods
• Pizza crust, country biscuits, crescents original
• 235-391 gr
• Reg. 2.59-2.99

1⁹⁹

Kraft ®
Stuffing Mix
• Stove Top stuffing mix
• 120 gr
• Reg. 2.29

1⁹⁹

Harvest Crisp ®
Red Potatoes
• Minnesota grown red potatoes
• 5 lbs
• Reg. 3.79

2⁴⁹

Knorr ®
Sidekicks pasta or rice
• Assorted pastas or rice flavours
• 120-140 gr
• Reg. 2.39

1⁹⁹

Ocean Spray ®
Cranberry Sauce
• Whole berry cranberry sauce
• 348 gr
• Reg. 2.69

1⁹⁹

Lettuce
• Product of USA
• Reg. 2.49

1⁵⁹

Mr. Noodles ®
Instant Noodles
• Chicken, spicy chicken, and beef
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• 5x85 gr

1⁹⁹

Sun Rype ®
Fruit juice
• Assorted flavours
• 900 ml - 1 L
• Reg. 2.29

1⁹⁹

Oct. 6 to Oct. 21, 2016



Volume 55 • Issue 19

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
 Advertising rep Elaine Bullee ext 3736
 Editorial advisor Lori Truscott ext 3813
 Proof reader Elaine Bullee ext 3736

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CANADIAN
COMMUNITY
NEWSPAPER
AWARD 2014Mailing Address:
Box 5000, Stn Main
CFB Shilo, Manitoba, R0K 2A0

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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>

Ukrainian Military Law and Order Service trainees prepare a vehicle checkpoint following a lesson by Canadian Joint Task Force – Ukraine members on Op UNIFIER at the International Peacekeeping and Security Centre in Starychi, Ukraine.

Photo by JTF-U

Canadian Military Police prepare Ukrainians for NATO-led exercise

Lt (N) Aaron Lutter
Stag Special

A Ukrainian Military Law and Order Service (MLOS) field platoon successfully completed three weeks of training Sept. 24 under the guidance of the Canadian Armed Forces (CAF) Military Police (MP) at the International Peacekeeping and Security Centre in Starychi, Ukraine.

In September 2015, the Chiefs of Defence of Ukraine, Lithuania, and Poland agreed to provide a multinational MP company in support of a multinational brigade at a NATO-led exercise to be held in 2017.

Given Canada's recent experience in conducting similar training missions, the Ukrainian MLOS looked specifically to Canada to provide baseline training for their contribution in preparation for that commitment.

"I am convinced that the experience gained through this training will enable these Ukrainian students to effectively perform their duties, be it as part of a multinational exercise or while deployed in the operations zone," said Maj Jade Watson, Deputy Commander of Joint Task Force - Ukraine (JTF-U).

Development and translation of the training syllabus commenced ten weeks prior to deployment. A team of three MP officers, and two MP non-commissioned members was selected, based on their background and experience in field MP operations.

Their first task was to build a training package to include duties and responsibilities of a field MP platoon with a focus on NATO interoperability.

Concurrent with the curriculum development, the MLOS platoon began internal training to reinforce individual soldier skills, in a manner similar to how Canada soldiers complete annual Individual Battle Task Standards training.

Additionally, Op UNIFIER personnel provided valuable assistance and support through provision of combat first aid and explosive threat and hazard awareness and recognition training.

The MP team arrived in Ukraine in two groups: an advance party Aug. 24 and the remainder Sept. 3. Training began two days later. In keeping with the Op UNIFIER battle rhythm, training was conducted six days a week.

To best prepare the MLOS platoon for NATO duties, instructional material centred on the five NATO MP functions: mobility support, security, detention, police functions, and stability police functions.

Classes consisted of theory and practical exercises, and included duties and responsibilities typically assigned a field MP platoon.

These duties included a wide array of tasks such as conduct of Command Post operations, NATO orders format, route reconnaissance, Prisoner of War (POW) and detainee handling, site exploitation, refugee and straggler control, rear area security, traffic control, and policing in failed and failing states.

"We were able to learn lots of important new skills on this course, and further improve several skills that we already had. This training has certainly helped prepare us for next year's exercise," said senior Lt Sergii Orlov, Ukrainian MLOS platoon commander.

The training package culminated in a three-day field exercise, which challenged the MLOS platoon in all aspects of field MP duties, and confirmed the knowledge and skills gained over the training period.

Throughout the scenarios the Ukrainian students demonstrated at every opportunity that they are well prepared to effectively contribute to the multinational MP company in 2017 or on deployed operations.

Lt (N) Aaron Lutter is 2IC of MP field training



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Learning from 2PPCLI

2PPCLI gave children from the MFRC a chance to be a soldier for the afternoon. Besides applying cam make-up, they navigated an obstacle course.

Photo by Cpl Bryce Cooper

NEXT HOME GAME:

Oct. 7 @ 7:30 p.m.
vs Swift Current
Oct. 8 @ 7 p.m.
vs Portland
Oct. 14 @ 7:30 p.m.
vs Prince Albert
Oct. 21 @ 7:30 p.m.
vs Lethbridge

Is it your time?

SCAN is your recipe for success if you decide to leave the CAF

Lt Bradley Knoll
Stag Special

Are you ready for the future? Are you five years or less from possible retirement or thinking about a second career outside the Canadian Armed Forces (CAF)?

Or are you interested in learning about financial, education, and other benefits to prepare a long-term plan for retirement or to develop yourself professionally?

The Second Career Assistance Network (SCAN) seminar is your recipe for success.

Many members of the CAF enter the civilian work-force following their military service; others choose to hang up their uniform and live the good life.

Either way, the CAF recognizes that this transition is a major life-event. We address this issue by providing information and guidance to CAF members and their spouses on how to effectively manage career changes or retirement.

SCAN offers a variety of services to help you prepare for a successful transition.

This fall's three-day SCAN seminar runs from Oct. 26 to 28 at the 1RCHA theatre. The first two days are general SCAN for all CAF members, while Oct. 28 is the medical SCAN for members who may be medically transitioning from the CAF.

This event will comprise a number of presentations by different agencies over the entire seminar.

Director Canadian Forces Pension Services (DCFPS) will facilitate sessions on the financial aspects of release including excellent information on pensions and severance.

The release section will discuss administrative details regarding the release process and SISIP Financial

Services will be returning to discuss financial planning and insurance coverage after release.

There is also valuable information on wills, estate planning, and powers of attorney. Representatives from Brookfield Global Relocation Services will brief participants on current regulations and entitlements. If furthering your education is something you are considering, the CAF Education Reimbursement Programs and Benefits will be discussed.

As well, representatives from Assiniboine Community College (ACC) and the Adult Collegiate will provide information on continued learning and adult education.

The third day of this seminar focuses on the medical aspects of release and will feature transition services, medical employment limitations, and vocational rehabilitation, clarifying the multi-services and benefits.

Representatives from these services, as well as Operational Stress Injuries Social Support and Case Management will present information to both Regular Force and Reserve Force members.

This seminar promises to be packed full of useful information which you will not want to miss.

Register on-line at <http://dgmpradgram.sondages-surveys.ca/s/SCANRegistration/>

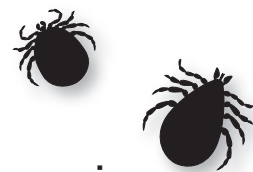
The registration link is also located on the CFB Shilo DWAN homepage banner or under the G1 Branch/BPSO.

Complete and submit the registration form no later Oct. 21.

Seating is limited, so be sure to reserve your seats early. Dress is appropriate civilian attire and we encourage your spouse or partner to attend as well.

Lt Bradley Knoll is Base Personnel Selection Officer (BPSO)

Watch out for blacklegged ticks



Tick-borne diseases, such as Anaplasmosis, Babesiosis and Lyme disease, can be contracted through the bite of an infected blacklegged tick.

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

For more information about tick-borne diseases, including symptoms and prevention tips, visit our website at www.manitoba.ca/health/publichealth/cdc/tickborne

You can help

You can help in the study of tick-borne diseases in Manitoba by collecting and submitting blacklegged ticks for surveillance purposes.

- Blacklegged ticks are smaller than the more common wood tick. Unlike wood ticks, they do not have white markings on their bodies.
- If you find a blacklegged tick, remove it slowly from skin or clothing using tweezers and steady pressure; avoid twisting. Cleanse area with soap and water or a disinfectant.
- Place the tick in a small, crush-proof container (for example, a pill bottle) with a piece of slightly damp paper towel (to help keep the tick alive).
- Firmly tape the lid shut.
- Check the pictures and additional information on the website to determine if your tick might be a blacklegged tick.
- Hand-deliver or mail the sample to the address below. If mailing, place the container in a sealed plastic bag then in a cardboard box labeled: RESEARCH SPECIMENS – FRAGILE – HANDLE WITH CARE
- Include your name, telephone number, email address and information about where, when and on whom (ex: a dog, a person) the tick was found. Deliver or mail to:

Passive Blacklegged Tick Surveillance Program
Cadham Provincial Laboratory
P.O. Box 8450, 750 William Avenue, Winnipeg, MB R3C 3Y1



Shilo Theatre
(Located in the General Strange Hall)

Oct. 7 Ice Age: Collision Course Rated G
Oct. 14 The Secret Life of Pets Rated G
Oct. 21 Monsters Inc. (MOVIE IN THE POOL)

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

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

Patricia Keough RMT

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2PPCLI's Capt Eric Henderson (top) heads out on the last leg of Ex MOUNTAIN MAN en route to the finish line following the canoe portion of the competition held in at Edmonton's Hawrelak Park. Capt Henderson would go on to win his second consecutive title, with fellow 2PPCLI MCpl Kyle Roux (below) finishing third overall. As a team, 2PPCLI won the large unit title.
Photos by 1CMBG

2PPCLI garner third consecutive Ex MOUNTAIN MAN title

Lt Andrew Legge
Stag Special

In the early hours of Sept. 8, 370 racers from across the Canadian Armed Forces (CAF) descended upon Edmonton's Hawrelak Park to take part in 1CMBG's annual Ex MOUNTAIN MAN competition.

Among those racers were 24 2PPCLI soldiers — they renewed 2PPCLI's recent dominance of this competition by winning it for the third consecutive year.

Ex MOUNTAIN MAN consisted of a 32-kilometre rucksack run, a 3.2-kilometre portage, paddle a canoe for 10 kilometres, and finished with a 5.6-kilometre rucksack run.

Throughout the competition racers carried a 15-kilogram rucksack, and then added a 36-kilogram canoe to their load during the portage.

In most years race day is the culmination of a training program that begins around April which allows competitors to gradually strengthen their bodies in order to adequately prepare themselves for the abuse doled out to them by the Edmonton River Valley on race day.

However, there was no such luxury this year — Road to High Readiness training kept the members of 2PPCLI occupied with training for their primary roles as war fighters and training for secondary tasks such as Ex MOUNTAIN MAN had to be conducted where time and resources permitted.

Despite the challenges associated with the compressed training schedule, members of the 2PPCLI Ex MOUNTAIN MAN team rose to the occasion aided by WO Rod McLeod's support staff, completing a challenging training program which ultimately paved the way for their success during the competition.

All 24 competitors arrived in Edmonton ready or thinking they were ready to do Ex MOUNTAIN MAN. However, nothing could adequately prepare the first time runners for the 50-kilometre gut check they were about to experience.

The constant elevation changes of the Edmonton River Valley tested the endurance of the 2PPCLI team which had done much of their training on flat Manitoba prairies.

By drawing upon their reserves of physical endurance and mental toughness, 2PPCLI's competitors overcame the challenges posed by the course and every racer finished the competition.

As a team, 2PPCLI dominated the race, being the first major unit to have every team member finish the race in addition to winning the top major unit award. Furthermore, the unit represented itself very well at the individual level, with Capt Eric Henderson finishing overall for the second consecutive year alongside.

Capt Henderson was followed by MCpl Kyle Roux, who finished third, while Sgt Peter Nadasdy was seventh. That gave 2PPCLI three competitors in the top-10.

Overall, this year's Ex MOUNTAIN MAN proved to be a very challenging, but rewarding experience for the soldiers from 2PPCLI who participated.

The Patricias demonstrated flexibility, resilience, and intensity throughout their training and during the competition. They overcame a compressed training schedule and a challenging course to capture a number of individual accolades, as well as proving 2PPCLI will be the team to beat for yet another year by heading back to CFB Shilo as 1CMBG's top major unit.

WESTMAN COMMUNICATIONS GROUP

Call for Nominations

Westman Media Cooperative Ltd. (WMCL) officially announces the **Call for Nomination** of candidates for election to the Board of Directors. Nominations are now open. All WMCL members, 18 years of age or older are eligible, as outlined in the WMCL Charter Bylaws. Each nominee must be supported by at least two other WMCL members.

Completed nomination applications **MUST BE RECEIVED** at: Westman Communications Group, 1906 Park Ave, Brandon MB, R7B 0R9 by 5 p.m., Friday, October 21, 2016.

For a nomination application or more information, call 204.717.2010 or 1.800.665.3337, ext. 2010, Email: bakers@westmancom.com or write to the above address.

Westman Communications Group is the operating name for Westman Media Cooperative Ltd.

Westman is a customer-focused cooperative providing leadership in communication and entertainment services in cable TV, Internet, phone, and data transport.

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Lunch is served

Brandon Chamber of Commerce members lined up for their lunch, a serving of chicken, rice and vegetables, when CFB Shilo hosted the luncheon at the Brandon Armoury. Photo by Cpl Bryce Cooper



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For more information on event planning or party services contact Debbie Nadon: 204-727-2695 x222 or d.nadon@thunderbirdbowl.ca.

Visit thunderbirdbowl.ca for more information on all we have to offer!

Don't wait, check the date Replace PMQ smoke alarms every decade

Shilo Stag

The theme of Fire Prevention Week this year is "Don't Wait, Check the Date" of your smoke alarms. That's the message from Shilo Fire Chief Dennis Hurley.

"Smoke alarms don't last forever. So we would ask everyone to take a moment and check the expiry date of their smoke alarms," he explained.

Smoke alarms wear out over time and need to be replaced within the time frame indicated by the manufacturer, usually a 10-year period. The date of manufacture is indicated on the back of the smoke alarm and the expiry date is taken from that date.

While smoke alarms typically last a decade, some have different expiry time frames. Check the manufacturer's instructions for the expiry time frame of your smoke alarms.

CFB Shilo's fire department also reminds you that smoke alarms are required on every level of your PMQ and outside all sleeping areas.

Test all of your smoke alarms monthly by pushing the test button on the alarm, and replace batteries twice a year at Daylight Savings Time or when the alarms low battery signal begins to chirp.

Fire Prevention Week runs Oct. 9 to 15.

BECAUSE IT'S ABOUT HIM TOO

GET VACCINATED. DON'T SPREAD THE FLU.



The annual seasonal flu vaccine is available to all Manitobans at no charge. It will offer protection against four seasonal flu strains.

An annual flu vaccine is especially important for those at increased risk of serious illness from the flu, their caregivers and close contacts.

If you are 65 or older or have a chronic illness, you should also get a pneumo vaccine. One pneumo vaccine may give you a lifetime of protection.

To get your free flu vaccine, contact your public health nurse, doctor, pharmacist or call Health Links – Info Santé at **204-788-8200** or toll-free **1-888-315-9257**.

manitoba.ca



Remember those who fell, sacrificing their lives so you could be free after two world wars, as well as battles in Korea and Afghanistan

For our Nov. 3 Remembrance Day edition, your Base community newspaper would like to share stories, photos, and letters from the First and Second World Wars involving the men and women of CFB Shilo and area who went overseas. This could be your grandfather or great-uncle who fought in the trenches of France or Belgium in what became known as the Great War. Or your dad or grandfather who fought the Japanese in the Pacific campaign or the Germans in the liberation of Holland. What about an uncle or son — did they see action in Korea with 2PPCLI? What about the more recent Afghanistan war? We're also looking for submissions related to the centenary of the First World War. Dust off the family photo album and drop off your war treasures at the Stag. Deadline is Oct. 27.



SOLDIER FOR A DAY



**PHOTOS
BY
JULES XAVIER**

It was a learning experience for members of the Brandon Wheat Kings during a visit to CFB Shilo. Besides learning about 1RCHA's M777, the players also learned rappelling from Sgt Morgan Spurrell. For lunch, they sampled the cuisine offered in IMPs.





Only the shadow knows

G3 Maj Lindsay Jackson tested her mettle at the rappel tower for the first time after receiving lessons from Sgt Morgan Spurrell from Range Control.

Photo by Jules Xavier



Run to the finish

The 36th annual Terry Fox run featured ideal weather conditions and a great turnout.

Photo by Jules Xavier



CANADA'S MILITARY STORE
LE MAGASIN MILITAIRE DU CANADA

CFB / BFC SHILO
29 OCTOBER 2016

Shilo Community Council and CANEX are hosting

FAMILY PUMPKIN CARVING EVENT

29 October 2016 1300-1600 Hrs

Join us at CANEX for refreshments

FREE pumpkin to carve on site!

Kids' Craft Table from Shilo MFRC



TOP THREE ENTRIES WIN CANEX GIFTCARDS

One free pumpkin per family. Please bring your pumpkin carving tools. All entries must be submitted by 1600 on 29 October, winners will be announced on October 31st 2016. All children must be accompanied by an adult.



Infantry tricycle

2PPCLI soldiers spent an afternoon with MFRC children showing them life in the infantry. Soldiers and children took part in an obstacle course, with this soldier showing off his tricycle skills.

Photo by Cpl Bryce Cooper

Releasing from the CAF? SISIP Financial offering unique options for Regular, Reserve Force members

SISIP Special

The reasons for having life insurance vary depending on your stage in life; most important however is income protection for the family and protection of assets.

As serving members of the Canadian Armed Forces (CAF) — whether engaged in military activities, including deployment, but also at home or on vacation, your SISIP Financial Term Life Insurance has provided coverage specifically suited to meet your needs and those of your family.

But what happens when you want to release from the CAF?

At this juncture, SISIP Financial offers its Regular and Reserve Force members a very unique option: transferring their existing SISIP Insurance coverage (RTIP or OGTI) to Insurance for Released Members (IRM).

A seamless process has been set up whereby your coverage and premiums — premiums are based on age and smoking status — as these change, so too will premiums remain the same, and no medical disclosure is required, but only if you transfer coverage within 60 days of your date of release.

After this timeframe, however, your request for insurance will be treated as a new application and a medical questionnaire must be supplied.

Your local SISIP Financial advisor/insurance representative can assist you in this transfer, thereby securing continued and

affordable life insurance for you and your spouse.

Additionally, they can answer any questions or concerns you may have related to the release process:

- Are you adequately informed about, and prepared for release?
- Have you factored in your CAF Pension (if eligible) and other sources of income?
- Have you looked into the Second Career Assistance Network (SCAN) which provides a number of options. These include: Long Term Planning (LTP) seminars, transition seminars, career transition and job-search-related workshops and individual counselling.

There are currently 21 SISIP Financial offices located on major Bases and Wings across the country, including main cities such as Vancouver, Montreal and Toronto. Your local office is located in CANEX around the corner from the Shilo Stag.

While some Reserve Units may not be close to a SISIP Financial branch, our representatives are always willing to travel to specific locations when requested by the local Unit Commander, for briefings, SCANS, etc.

Like all CAF members, reservists also have easy access to a SISIP Financial advisor via their website (www.sisip.com).

Simply find the SISIP Financial office closest to your Unit, contact them or select "to make an appointment" and fill in the form.

We understand that releasing from the CAF is a major change in your life. You may not be facing the added risk associated with being deployed, but having adequate Life Insurance will help provide security for your family and peace of mind for you.

"I WORK FOR YOU"



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Product Advisor

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Ad must be presented at time of purchase of vehicle from Terry Coleman.



PLANET

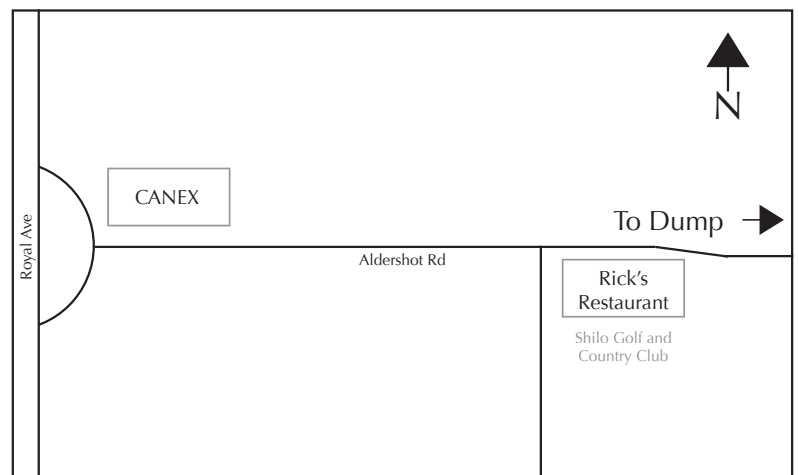


BRANDON MANITOBA

415 18th Street North, Brandon, MB ~ 1-866-357-6190
204-725-2566 ~ 204-761-2747, cell ~ terry@planetkia.ca

Got Bulk Garbage?

Bulk items, yard waste, tires, and electronics may be disposed of Monday to Friday from 8 a.m. to 4 p.m. at the Shilo dump located two kilometres east of Rick's Restaurant on Aldershot Road



Items may be placed for curbside pick-up the following dates ONLY:

Fall's schedule Oct. 11 & 12
Items are not to be placed earlier than the evening prior to pick-up.

Ex LIMBER GUNNER

Crater analysis gives soldiers lesson in artillery

Cpl Bryce Cooper
Stag Special

Monday morning just after 0700 hrs I prepared to deploy to the field. It is not unusual for me — having served in the infantry with 2PPCLI for 10 years — to deploy to the field at dawn, but this was different. I wasn't deploying with the infantry — I was deploying with 1RCHA's A Bty.

Moreover, I wasn't going out to do the usual PWT 3 rifle test. I was out to take photos of 155mm howitzers blowing up pig carcasses and a white minivan as part of Ex LIMBER GUNNER.

Things took a turn for the typical when my departure to the field was delayed by a mix-up, and I returned to my PMQ to wait at my phone for a ride to be ready. Only a few minutes later it rang and I went back out to the ballistic meteorology building to link up with a ride into the training area. That ride took me to another link up by G-wagon at Gibson House. From there I went to the impact area in the back of a LAV 6.

When I arrived at the impact area I asked to take "before" photographs of the target area to have an idea about how things change when you drop rounds out of the sky onto a few trenches and a lonely minivan. Two pig carcasses were decked out in helmets and frag vests. One was acting as a co-driver (passenger side) in the minivan, while the other scanned his arcs from the safety of a trench.

After quickly surveying the target area and taking a few photos, I went back to a safe distance from where I would observe the carnage.

A 1RCHA soldier on the radio called in the co-ordinates and asked for a "shot over" and the radio finally said "shot out" — meaning the projectile was in the air and headed for the target area.

After about a minute, we could hear the boom of the M777 and just after we saw the round impact about 50 metres to the right of the target area. Corrections were called in over the radio and another shot was ordered and outed.

This time the target area was partially obscured by the impact of the M777 round.

Soon a barrage was called — "five rounds fire for effect" — with most of the rounds impacting within the target area. These projectiles had fuses set to explode immediately after impact.

For the second time, we headed "down range" to survey the damage. Disappointingly, the damage was minimal. A few shallow craters had appeared around the target. The back window was blown out of the minivan and a piece of shrapnel had spidered the front window.

After having a look and quickly snapping a few more photos, again we headed to our position of safety to observe more rounds strike the unsuspecting pigs' defensive position.

Corrections were called in and, this time, fuses were set to detonate within proximity to the ground. When rounds blow up above the ground the shrapnel that sprays across the area is much larger.

We watched the shells airburst over the target area and, once the smoke had settled and it was safe to venture out, we went to survey the final damage.

Although more apparent than the first time we looked, the damage was still disappointingly light. Capt Richard Walker, although also disappointed, was very professional and determined to mine all the training value from this artillery exercise.

Surveying the damage some of the things that were noticed: Passenger side rear tire was flat; narrow slices had appeared in the body panels of the minivan on the passenger side; falling shrapnel had also penetrated from the roof and the hood through the vehicle to the ground; the radiator had blown out, with debris from it scattered around the front of the vehicle.

Small craters made by shrapnel pock-marked the scene. Some of these craters were no bigger across than a deck of cards, but they were surprisingly deep.

Other than a couple nicks in the helmet, the pig placed in the minivan was as healthy as he had been the first time I looked at him. The trench pig was a different story. There was a jagged hole where shrapnel



had torn into his chest.

At this time the 1RCHA A Bty gun line was called up to survey the damage which their guns had inflicted from so far away. It would take them more than a half hour to travel to the target area.

I decided to stay in the field to observe the gun line be briefed on the effects on the target area. Capt Walker and a medic removed the armour from the trench-based pig and examined the hole in his chest. The shrapnel had flown through the armoured vest, skin and muscle of trench pig, but bounced off his sternum.

The shrapnel made a larger more jagged hole on its way out. First, Capt Walker probed the "wound" with his fingers to see if shell fragments were still there. Then the flesh around the wound was removed to expose the chest wall. The flesh they removed was dirty and there was fibres from the frag vest in the wound.

The attached medic was invited to inspect the carcass and provide insight into how a living person might have been effected by such damage. The medic suggested that such trauma outside the chest wall could result in tension pneumothorax.

See **ARTILLERY** page 12

1RCHA A Bty BC Maj Keith Woodill explains to his soldiers what a round does on impact during a crater analysis session held during Ex LIMBER GUNNER.

Photo by Bryce Cooper

In support of United Way Jeans Friday

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*Excludes clearance items



AERIAL PHOTOS BY
CPL BRYCE COOPER



1RCHA's Ex LIMBER GUNNER started Sept. 13, with soldiers involved expected to be out in the training area honing their artillery skills for two weeks. Some of these skills included jumping from a CH-146 Griffon brought in from Garrison Edmonton. Soldiers with their mortar equipment hit the ground, then set up positions for firing on targets.

Artillery hone M777 skills in field

From page 11

A tension pneumo is a life-threatening condition where air builds up in the chest cavity outside of the lungs. The air in the chest cavity builds tension and puts pressure on the lungs and heart.

It was also noted that had the trench pig been hiding at the bottom of his trench he would likely not have sustained any damage at all.

Whether or not the damage would have "killed" the trench pig, this soldier was quite happy he was not in the trench when the impact area was bombed. I am confident the trench pig would not have posed a threat to friendly troops after the bombardment.

There was a walk and talk brief detailing how the different types of fuses would effect the target area differently. There was also a session on crater analysis in which it was explained how you could tell the direction the round had come from.

When a shell detonates on contact with the ground the fuse at the front of the projectile will often be found within the crater. The fuse will likely still be oriented in the same direction as it was on the shell.

The crater will likely have a defined edge in front

of where the round exploded. Large fragments of the bomb will be at the bottom of the crater.

In the direction the strike came from the edge of the crater is also quite well defined. On the sides of the crater perpendicular to the direction of travel of the projectile the crater was much less defined.

This is because when the round detonates the blast expands from the centre of a shell in a disc shape.

Discussion concluded that more rounds were needed for the barrage to be more effective. To maximize damage all fuses should be set to proximity in this situation.

After the target area had been exploited I was generously offered a haybox lunch in the field. Lunch was steamed carrots, meat on a stick that was possibly pork, and perogies. All good.

Being able to leave Ex LIMBER GUNNER within hours of going out was a new experience for me and not an unpleasant one.

I would like to thank Capt Walker and all members of A Bty for the co-ordination, transportation and general hospitality. This former infantry soldier enjoyed the whole experience of observing the artillery up close.

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:
 Where are 2PPCLI instructors training Ukraine soldiers during Op UNIFIER?

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.



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Soldiers can battle influenza by receiving a shot

Shilo Stag

Soldiers can combat the flu by receiving their shot. Influenza is commonly referred to as the flu. It is a contagious respiratory disease which is caused by a virus.

Symptoms of influenza include: fever, head/body aches and pains, weakness, tiredness, sneezing, sore throat, cough and sniffles. Individuals with the flu are often laid-up for a week or more.

While influenza is a common illness, it is not a trivial disease. It will usually cause several days of bedridden misery and, for some, it may cause more serious illness and even death.

How is it spread?

The influenza virus is spread through the air by coughing and sneezing, or by touching something which an infected person has contaminated.

How can you protect yourself during flu season?

The most effective way to protect yourself against the flu is to get an annual flu shot.

Who should receive an influenza vaccine?

The Canadian Armed Forces (CAF) Surgeon General strongly recommends anyone who wants to protect him/herself from the flu should get an influenza shot.

Some individuals really need the protection because a bout of influenza could be life-threatening. This includes people with chronic health conditions.

Individuals who provide care to those who are "high-risk" for complications from the flu should receive the shot so they do not pass the virus to someone who could die from it.

If you are pregnant or breastfeeding, the influenza vaccine is safe for mothers.

Who should not receive a flu shot?

People with moderate or severe acute illness. And people who have a known anaphylactic (shock-like) reaction to eggs or to any component of the flu vaccine.

Does an influenza vaccine have any side effects?

The flu shot is safe. It is rare to have serious side effects. Most side effects involve some redness or sore-

ness at the injection site.

A few people may experience mild fever, tiredness, and body aches for one to two days after getting their flu shot. Rarely someone will react to the vaccine and require medical attention.

With this and any drug there is an extremely rare possibility of having a serious allergic reaction (anaphylaxis).

Occasionally, oculo-respiratory syndrome (ORS) has been associated with the flu shot. ORS involves red, sore eyes, cough, sore throat and shortness of breath.

These symptoms are usually mild and are gone in 48 hours.

For soldiers on the Base starting this month until the end of influenza season next spring, your influenza vaccination clinic is held every Wednesday from 1 to 3 p.m. No appointment is necessary. Drop by 11 CF H Svcs Centre, room 1.048 and see the community health nurse.

For information visit www.forces.gc.ca/health

FLU MYTHS & FACTS

Myth: Influenza (flu) is not a serious illness.

Fact: Most young, healthy people will completely recover from influenza after about a week of bedridden misery. However, each year in Canada about 500 to 1,500 individuals die from influenza or its complications.

Myth: I never get the flu so don't need to be immunized.

Fact: you've been lucky! No one is immune from these viruses, which are spread easily just by breathing, coughing, sneezing and touching something contaminated with mucous from an infected person's nose.

Myth: Influenza vaccine can give you the flu.

Fact: The vaccine will not give you the flu. The vaccine is made from inactivated or killed bits of flu virus which cannot cause an infection.

Myth: Receiving an influenza shot every year weakens your immune system.

Fact: The vaccine actually prepares and boosts your immune system to help you fight the virus.

Myth: The vaccine does not work because you caught the flu despite being immunized.

Fact: Influenza vaccine is designed to protect against three of the most prevalent strains (types) of flu in any given year and not against the common cold and other illnesses frequently confused with the flu. Influenza strains can change each year, therefore a new vaccine is developed to match the circulating strains.

If there is a good match, the vaccine can be expected to prevent flu in seven out of 10 healthy adults. Even if the vaccine does not totally protect you from influenza it will make the illness you experience less severe.

DOG DRESS UP CONTEST



This event is for dog owners to come out and show off your pooch's fashion sensibilities and support the United Way

Stop by Health Promotion in the CANEX Mall to pre-register. Deadline to Register 26 October

October 29 2016

CFB Shilo -Bldg L25

1pm Large Breed Contest

2pm Small Breed Contest

\$ 5.00 per Dog

\$10.00 per Team (you and your Dog)



Come On out to Win a Fabulous Prize



Contact Lacey @ local 765-3000 ext-3868 or laceycollier@forces.gc.ca
Office hours are 8-4 Mon-Fri

NO AGGRESSIVE DOGS



Blessing of the Animals Service

30 October at 10:30 a.m.

St. Barbara's Chapel

(next to École la Source)



Donations received at the service will be donated to an animal-related United Way charity.



CFB Shilo hosted the first Brandon Chamber of Commerce luncheon of the season, bringing a mobile kitchen to the Brandon Armoury where barbecued chicken, salad, vegetables and rice were served.

Photos by Jules Xavier

ENTER TO WIN

United Way Grand Prize Package
Valued at over \$1,000



(Actual Prize Package Pictured)

GoPro Hero 4 Camera	Under Armour Hustle Backpack
Emerson 7" Tablet	Kingston 32GB MicroSD Card
iPod Shuffle	Gerber Air Ranger Folding Knife
Power Force Jump Starter/Personal Power Supply	Yurbuds Sports Earphones
Lil Wiz Tsunami Outdoor Waterproof Speaker	\$20 Canex Gift Card

Tickets are **1 for \$5** or **3 for \$10**

Available for purchase from Padre Costen, Padre Dennis, Lt Kang at 1RCHA, WO Desjardins at 2PPCLI, Base HQ Orderly Room, Faith Centre and MFRC main reception desk.

Winning ticket to be drawn at 1230 hrs during United Way Touchdown Event on 18 November at L-25. Winner must be present.



At what age should soldiers consider buying life insurance?

Marie Navarro
SISIP Special

Every stage in life comes with its share of goals and challenges.

That is why preparing for each coming stage is key, and where life insurance comes in. You are young, new to the military and probably healthy to boot; life insurance is probably the furthest thing from your mind at this stage in your life.

But then things begin to change; you're thinking of marriage, a home, children. Life is bliss for sure, but you now have loved ones to protect, assets to grow or to pass down.

And what about when you are ready to release from the military or to retire? With no kids at home, mortgage pretty much paid off (hopefully), should you still bother with life insurance?

Are you young and new to the military?

Your youth and health make it not only easy to get life insurance, they also make it very affordable. Since no one knows what the future holds, take this time to start building, setting up your goals (education), some stability in the form of a job (to secure a steady flow of income), purchasing a vehicle, etc.

With the security and safety net of a life insurance plan, specifically tailored to your needs — SISIP Financial Life Insurance plans are specifically tailored to provide the right amount of life insurance for each CAF member. Visit your SISIP Financial office or make an appointment for your Insurance Needs Analysis to determine how much coverage you actually need — you are prepared for the next stage.

Are you getting married? Settling into your chosen career? Having a family?

Arguably the most challenging, but in all likelihood this is the most rewarding stage in your life. However, if

you've accumulated some debt along the way — student loans from your previous stage — your life insurance needs may become more significant, and will be added to the growing demands of family life (university for the children, paying off mortgage, etc.).

Therefore, if you are no longer there to provide for them, the safety net will need expanding to ensure your family's financial wellbeing.

Are you retiring?

At retirement, we usually get to enjoy our family and the assets we've accumulated over time. Life insurance at this stage will mainly serve for estate planning purposes — inheritance for children, covering funeral costs, taxes on properties and investments that are left behind, or charitable donations, etc.

You may therefore need less than in previous stages.

However, for many Canadians financial security is still not a given, even at this stage. With some still carrying a mortgage, adult children at home, not to mention aging parents to take care of, debt can still be clouding your retirement.

Here again, preparing for this stage will help you and your family secure financial well-being post release/retirement! With SISIP Financial, you can transfer your existing Optional Group Term Insurance (OGTI) or Reserve Term Insurance Plan (RTIP) to Insurance for Released Members (IRM) in a seamless process, with no medical questionnaire, but only if you do it within 60 days of your date of release.

After the 60 days, however, your request for insurance will be treated as a new application and a medical questionnaire must be supplied.

Life insurance can provide the foundation to help secure and protect your family's financial well-being and should be considered when preparing for every each stage in life.



WARNING SHILO RANGES

Day and night firing will be carried out at the Shilo Ranges until further notice.

The range consists of DND controlled property lying approximately 32 kms SE from Brandon and N of the Assiniboine River in Townships 7, 8 and 9; Range 14 WPM, Townships 8, 9 and 10; Ranges 15 and 16 WPM and Townships 9 and 10; Range 17 WPM in the Province of Manitoba. If required, a detailed description of the Shilo property may be obtained from the Base Construction Engineering Office at Canadian Forces Base Shilo.

All boundaries, entry ways, roads and tracks into the Range are clearly marked and posted with signs indicating that there is to be NO TRESPASSING. Hunting is no longer permitted on the Shilo Ranges.

STRAY AMMUNITION AND EXPLOSIVE OBJECTS

Bombs, grenades, shells, similar explosive objects, and their casings are a hazard to life and limb. Do not pick up or retain such objects as souvenirs. If you have found or have in your possession any object which you believe to be an explosive, notify your local police and arrangements will be made to dispose of it.

No unauthorized person may enter this area and trespassing on the area is strictly prohibited.

BY ORDER
Deputy Minister
Department of National Defense

OTTAWA, CANADA
17630-77

Canada



AVERTISSEMENT POLYONES DE TIR DE SHILO

Des tirs de jour et de nuit seront effectués aux polyones de tir de Shilo jusqu'à nouvel ordre.

Les polyones de tir sont des terrains sous le contrôle du MDN situés à environ 32 km au sud-est de Brandon et au nord de la rivière Assiniboine dans les cantons 7, 8 et 9; polygone 14 OMP, cantons 8, 9 et 10; polyones 15 et 16 OMP et cantons 9 et 10; polygone 17 OMP, dans la Province du Manitoba. Au besoin, une description détaillée de la propriété de Shilo peut être obtenue du Bureau du génie construction de la Base des Forces canadiennes Shilo.

Toutes les limites, voies d'accès, routes et sentiers menant aux polyones sont clairement marqués et ornés d'écriteaux d'ACCÈS INTERDIT. La chasse est dorénavant interdite aux polyones de tir de Shilo.

MUNITIONS ET EXPLOSIFS PERDUS

Les bombes, grenades, obus et autres engins explosifs similaires et leurs enveloppes peuvent causer des blessures ou entraîner la mort. Ne ramassez pas ces objets et ne les gardez pas comme souvenirs. Si vous avez trouvé ou si vous avez en votre possession un objet que vous croyez être un explosif, signalez-le à la police locale, qui prendra les mesures nécessaires pour l'éliminer.

Aucune personne non autorisée ne peut entrer dans ce secteur où tout accès est strictement interdit.

Par ordre du
Sous-ministre
Ministère de la Défense nationale

Ottawa, Canada
17630-77

MFRC's hamper program adds partnership

MFRC Special

CFB Shilo's chaplains and the MFRC are excited to introduce a "new look" to this year's community Christmas hamper program.

Military units, local businesses, schools, and families are invited to "adopt a family" and create a food hamper designed to bring joy to families in need this holiday season.

Here is how you can be involved in spreading Christmas cheer: Register to adopt a family by contacting MFRC PSI co-ordinator Bonnie Hildebrand at 204-765-3000 ext 4106. Or send her an e-mail at bonnie.hildebrand@forces.gc.ca

Or try Base padre Lt (N) Ihuoma at ext 3089. His e-mail address is matthew.ihuoma@forces.gc.ca

During registration you will be asked to indicate the size of family you wish to adopt. Adopted families will only be identified by size — small, medium, large or extra-large — in order to protect confidentiality.

Registered participants will be given a list of items to include in the food hamper to ensure consistency.

Deliver your filled hampers to the Faith Centre Dec. 8 9 a.m. to noon and enjoy festive snacks and beverages as our thanks for participating.

If you are unable to adopt a family, consider making a monetary donation to the Chaplain Services Fund. These donations will be used, in part, to purchase gift cards and fresh produce to be included in each hamper.

This year's community Christmas hamper program is working in partnership with the Base chaplains, Health Services, SISIP, MPs, and MFRC family counsellors to ensure families in need receive a hamper of good cheer.

All nominations to receive a hamper will be identified through the above mentioned services.

If you would like to nominate a family, contact or refer the family to an appropriate service.

Consider how you can participate in this year's Christmas hamper program. Register your military unit, business, school, or join forces with other families to adopt a family.

Let's work together to bring cheer to CFB Shilo this holiday season.



Gun Park history

Visitors to the RCA Museum can learn about the artillery used in various wars by walking about the guns on display.

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:

October 13 at noon

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

Services



St. Barbara's Protestant Chapel

Sunday at 10:30 a.m. with Sunday school & nursery
Padre Costen - ext 3381
Padre Dennis - ext 3088
Padre Lee - ext 3090
Padre Neil - ext 6836

Our Lady of Shilo Roman Catholic Chapel

Sunday at 10:30 a.m.
Faith Studies Tuesday 18:30
Starting again in September
Confessions by appointment
Padre Ihuoma - ext. 3089

Services

Greg Steele Canadian Firearms Safety Course Instructor/Examiner Now offering Red Cross first aid training. Manitoba Hunter Safety Instructor. Courses offered at least monthly and more often with demand. Firearm/hunter safety courses planned seasonally. Restricted and Non-restricted. Call 204-725-1608 or e-mail ggs57@wcgwave.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.

For Rent/Sale

Newly renovated three-bedroom house for sale or rent in Carberry. One-car detached garage. Large yard. No smoking. No pets. Application and references required. Available immediately. Contact by e-mail ggs57@wcgwave.ca

www.rcamuseum.com
Call 204-765-3000 extension 3570
CFB SHILO

EXPERIENCE HISTORY WITH A BANG!
THE RCA MUSEUM
CANADA'S NATIONAL ARTILLERY MUSEUM

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

SCAN

BPSS

BASE PERSONNEL SELECTION SERVICES

Retiring/releasing from the CAF?

**The BPSS is hosting a
Second Career Assistance Network (SCAN)
General (Day 1 - 2)
Medical (Day 3)**

Oct 26 - 28, 2016

0800 - 1600 hrs

1 RCHA Theatre, CFB Shilo

Dress: Appropriate civilian attire
Spouses welcome and encouraged to attend.

**To register, go to the following website
or call 765-3000 ext. 3086**

<http://dgmpra-dgrapm.sondages-surveys.ca/s/SCANRegistration/>

Le SSPB - Services de sélection du personnel de la base

Votre retraite/libération des FAC approche?

Le SSPB organise un séminaire du Service de préparation à une seconde carrière (SPSC) et une séance d'information sur la libération pour raisons médicales (3e journée)

Du 26 au 28 octobre 2016

De 8 h à 16 h

Amphithéâtre du 1 RCHA, BFC Shilo

Inscrivez-vous sur le site Web ci-dessous
ou au 765-3000, poste 3086