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# Shilo Stag

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## INSIDE This Issue



Former soldier draws on her military career. Page 2



1RCHA run camp for Ex EAGLE'S NEST. Page 6



Zip line popular with kids during Family Day. Page 9



## Terry Fox Run

Base COS Maj Katherine Haire and 1RCHA CO LCol Stephen Haire flanked their son during the 37th annual Terry Fox Run. The Haire family were just three of more than 700 who took part during the morning event. For more visuals see page 7.



Photos Jules Xavier



# Former soldier's uncommon artwork creates buzz at war memorial

**Peter Mallett**  
Stag Special

The newest project by artist Jessica Lynn Wiebe involved filling and stacking 550 sandbags around the First and Second World War monuments at the Acadia War Memorial in Wolfville, Nova Scotia.

The former Canadian Armed Forces (CAF) Reservist, now an artist-in-residence at the MacPhee Centre for Creative Learning in Dartmouth, said her performance art piece was physically demanding to create, and unorthodox.

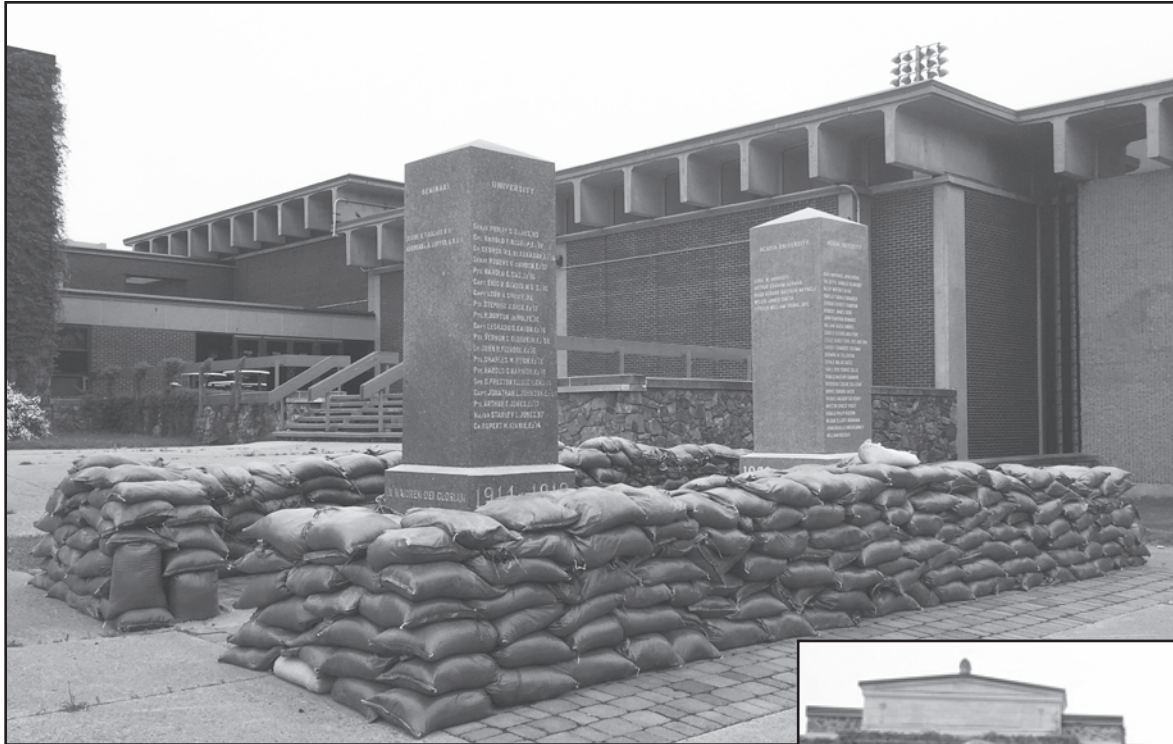
In late May, as part of King's County Uncommon Common Art Exhibit, Wiebe and a team of participants — veterans and civilians — built a trench wall around the First and Second World War monuments located on the campus of Acadia University.

"Monuments tend to merge with the landscape over time and become invisible in our every day. The temporary trench built around the war memorial protects memory and disrupts the invisibility," Wiebe said.

"This performance-based installation investigates the physical experience and sacrifices of war that monuments represent. It is about linking a new generation of soldiers and their experience of war with former generations, and at the same time bridging the gap between civilian understanding and military experience.

The 29-year-old graduate of the Nova Scotia College of Art and Design draws inspiration from first-hand experience. She was an artillery gunner with 26th Field Artillery Regiment in her home province of Manitoba and, in 2008, deployed to Afghanistan with 2PPCLI.

"Coming home from that experience [in Afghanistan] changes you," said Wiebe. "Art does not always have to be cathartic or have healing power, art can



kilometres from Camp Aldershot, where the sand bags were prepared, to the war memorial in Wolfville following the old Dominion Atlantic Railroad (DAR).

The old railroad is now a walking and biking path that runs along Nova Scotia.

"The DAR transported thousands of soldiers from around Nova Scotia to Camp Aldershot for basic training before being sent to the trenches and battlefields of the First and Second World War," she said.

"The march was a genuine effort to symbolically tie the performance to the soldiers training and being transported through this landscape."

be art. But I also believe it is important to artistically document Canada's role in Afghanistan."

Her ink drawings and mixed media sketches documenting the conflict in Afghanistan were exhibited at the Army Museum in Halifax's Citadel Hill in 2013 and are currently still on display.

In the collection is a variety of images portraying Canadian military members and civilians to showcase the human side of war.

"As an artist, I feel it's important to document not only the intensity of war, but also the daily activities of soldiers in training and in the downtime, sitting and waiting for their next set of orders," she offered.

"I remember watching motorcycles and trails of dust, vehicles overpopulated with people, animals and cargo, and the Afghan landscape; the dull beige landscape camouflages my experience and memories and finds its way into my work,"

As part of this performance art piece, Wiebe packed a 25-kilogram concrete sandbag which she sculpted by hand into a rucksack and marched a distance of 14



Wiebe's Uncommon Common Art work titled *The Space Between* will remain at the memorial until Oct. 30. It can be viewed at [www.uncommoncommonart.com](http://www.uncommoncommonart.com)

More on the artist can be found at [www.jessicalynnwiebe.com](http://www.jessicalynnwiebe.com)

Artist Jessica Lynn Wiebe's newest project is on display outdoors at the Acadia War Memorial in Wolfville, Nova Scotia.

*Photos submitted*



**WIEBE**

## Pet of the Week

### ANGUS

This big guy, although intimidating looking, is a big softie and loves people as much as his family loves him, says Yvette Kirk. He spends a lot of time in his yard chasing his big yellow egg toy, madly barking and running. Angus also enjoys time spent hiking, riding in the truck and UTV and soaking himself in the lawn sprinklers. He's a rescue dog and at almost four years old. There's still a lot of pup left in him. 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](mailto:stag@mymts.net)



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Padre Ihuoma was part of the serving crew who helped serve pancakes, sausage, scrambled eggs and bacon during the Base's United Way kickoff held at the Warrant Officers' and Sergeants' Mess. *Photos Sarah Francis*



# United Way breakfast helps raise \$1,101.50

**Jules Xavier**  
Shilo Stag

Bacon and eggs, or pancakes smothered in butter and maple syrup. That was the menu when the Base's United Way campaign had its kickoff at the Warrant Officers' and Sergeants' Mess, with a full house being served after the event had to be moved from the Flatland's Dining Hall.

"Despite the last-minute change of venue, 349 people filled the Warrants' and Sergeants' ... raising \$1,101.50," said Base United Way chairman Capt Troy Dennis.

"Representatives from Brandon and District United Way were on hand to bring greetings and talk about the important work which the United Way supports through partner agencies."

Last year, CFB Shilo raised more than \$54,500. The campaign officially runs to Nov 17.

With another campaign underway, the Base padre said United Way reps spent last week being trained in order to organize events at their respective units.

Follow the *Stag's* Facebook page [www.facebook.com/ShiloSTAG/](http://www.facebook.com/ShiloSTAG/) for updates on future United Way events, or turn to your Base newspaper.

"We'll know more as these events are vetted and approved," he said. "Right now we're a little like a duck swimming — looks calm on the surface, but underneath things are very busy."

For those who like to wear blue jeans, Casual Fridays has begun on the Base. "Five dollars allows people to wear jeans to work each Friday, or \$40 for the entire campaign," he explained. "Jeans must be clean, not ripped. T-shirts must not contain offensive material. Jeans are authorized in the messes during the campaign."

The current United Way totals does not include the \$444 which was raised during Canada Day's dunk tank event.

The Base has installed its United Way tote board beside the German tank across from CANEX, so keep an eye on the dial as monies are collected and highlighted weekly.

"I am very excited for the campaign based on the results of the breakfast," offered Capt Dennis. "Our Shilo folks are very supportive of United Way, and this speaks well of their continued support."

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# This Week's Deals!

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**6<sup>49</sup>**

Sept. 21 to Oct. 4, 2017



Volume 56 • Issue 18

Regular Circulation: 3,000

Printed bi-weekly by  
Struth Publishing, Killarney MB

General manager Mike McEwan ext 3073  
 Managing editor Jules Xavier ext 3093  
 Base Photographer ext 6008  
 Assistant editor Sarah Francis ext 3013  
 Editorial advisor Lori Truscott ext 3813  
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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](mailto: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>

# Base pet bylaws explained

## Dog, cat owners responsible for well-being of their animals

### Cpl Pascale Couvrette Stag Special

Your family pet is precious — take care of it whether you own a dog or cat.

During summer or fall, you may want to enjoy the beautiful seasonal weather accompanied with a four-legged companion. As a pet owner, or future pet owner, you must be knowledgeable of your responsibilities not only when choosing, but caring for a cat or a dog.

You may already know that taking care of an animal requires at minimum feeding it; taking it for a walk; providing proper medical attention and spending quality time with it.

However, you are also responsible to ensure that the environment in which you reside with your animal is safe not only for your pet, but also for the other occupants of your house and for the neighbours as well.

This is a quick reference of cat and dog bylaws on the Base which can be used as a friendly reminder for pet owners, adults who are responsible for animals, and anyone who has safety concerns for their pets.

The following extract is from RM of Cornwallis cat and dog bylaw and the full version can be found by visiting [www.gov.cornwallis.mb.ca](http://www.gov.cornwallis.mb.ca)

Chief Constable Drader is the animal control officer for the Base.

However, any urgent or serious calls can be made to the 1 MP Regt Shilo Pl at 204-765-3337.

Licensing, regulations and restrictions:

**Licensing of dog**

• The owner of every dog older than the age of four months shall obtain and renew annually, a license to keep the dog, which license shall require the payment of the annual fee. The owner shall ensure the license tag issued for the dog is securely fastened to a collar worn around the neck of the dog in respect of which the tag was issued;

• No one shall remove the collar or license tag from any dog without a lawful excuse;

• The license fee hereby imposed shall be due and payable Jan. 1 in each year and shall expire Dec. 31 in the year in which the license fee was levied and paid;

• Where the license tag is lost or damaged, the owner shall forthwith apply and pay for a replacement li-

cense tag;

• Where a change in ownership of a dog licensed hereunder occurs during the license year, the new owner shall have the current license transferred to his or her name upon payment of the transfer fee.

**Responsibility of Owners regarding dogs:**

• No owner shall allow to suffer or permit his dog to run at large;

• No owner shall allow to suffer or permit his dog to bark or howl or in any other way unduly disturb the quiet of any person;

• No owner shall allow to suffer or permit his dog to

defecate on any public or private property other than the property of its owner. Where a dog defecates on property other than the property of its owner, the owner shall cause such excrement to be removed forthwith;

• No owner shall own, keep, harbour or have possession or control of any dog for which a valid license has not been issued;

• No owner shall allow to suffer or permit his dog to pursue, bite, wound or worry any person or animal, whether or not on the property of the owner;

• No owner shall allow to suffer or permit his dog on public property — including parkland area — unless the dog is on a leash, which shall be no longer than six feet in length, fully extended, and the dog is in the actual custody and effective control of the owner or a person competent to control it.

**Restrictions on dogs and cats**

• A female dog or cat in heat shall be confined to the premises of the owner or a person having control of the dog or the cat, or

shall be housed in a licensed kennel, for the period of the time that the dog or the cat is in heat;

• No person shall own, harbour, keep or have in his possession or control or on his premises, more than three dogs older than the age of four months;

• No person shall own, harbour, keep or have in his possession or control or on his premises, more than five cats older than the age of four months.

**Biting incidents related to dogs and cats:**

• The animal control officer shall apprehend, impound and place in quarantine any dog that he has reason to believe has bitten a person or any animal and may apprehend a cat he has reason to believe has bitten a person if, in his discretion, such action in respect of the cat is necessary for the protection of the public.



On the Base, you can own no more than three dogs older than four months.

Photo Jules Xavier

**Cliff CULLEN**  
 MLA for Spruce Woods

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## Food 4 Thought

Crew members from the HMCS BRANDON presented their annual donation to the Brandon Food 4 Thought program during a recent visit to her namesake city. Sailors from the BRANDON raised \$1,100 through on-board fundraising activities and fun events. The program is now in 19 Brandon schools serving thousands of breakfast meals to students. The cheque presentation featured (l - r) Lieutenant Commander Collin Forsberg, Commander Officer HMCS BRANDON, Brandon Food 4 Thought rep Judy Seib, naval communicator LS Sydney Huyghe and Chief Boatswain MS Donald Merlo. Photo Lori Truscott

**Shilo Theatre**  
(Located in the General Strange Hall)

Sept. 22 Cars 3 Rated G  
Sept. 29 Kong: Skull Island Rated PG

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

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

## Treasury Board approves CAF pay, allowance increases

### LGen Chuck Lamarre Stag Special

To all members of the CAF, we received the good news earlier this summer that the Treasury Board has approved pay and allowances increases as follows:

- pay increase of 1.25 per cent for general service officers, pilots, medical and dental officers, and non-commissioned members for four fiscal years beginning April 1, 2014

- an annual increase of 1.25 per cent to the environmental and special allowances for four fiscal years beginning April 1, 2014

- an increase of 1.2 per cent Military Factor component in rates of pay effective April 1, 2016

The pay increase and military factor components are compounded from their effective dates, and combine to result in a 6.34 per cent pay increase.

The increase in the environmental and special allowances result in a 5.1 per cent compounded increase for those who are entitled to them — Non-Commissioned Members, General Service Officers and pilots at the rank of Lieutenant-Colonel and Commander and below, and all medical and dental officers are included.

Additionally, former members who left the CAF after March 31, 2014 will also receive a retroactive payment and adjustments to their retirement benefits.

Members will be paid at these new rates along with a lump sum back-payment starting June 30.

Further details, including payment estimates, will be posted on the Know your Benefits webpage.

Thank you for your continued, loyal service to Canada.

LGen Chuck Lamarre is Commander Military Personnel Command (CMPC)

## Base Clothing Stores mounts medals

### Shilo Stag

What are you doing with your medals following recent promotion and medal presentations on the Base?

Base Clothing Stores has a contract in place for court mounting of authorized service medals and decorations.

All Shilo military personnel are to use Base Clothing Stores for all court mounting at public expense.

No claims for reimbursement of medal mounting at public expense will be accepted without prior authorization from the Base Supply Officer.

Members choosing to use their own supplier will not be reimbursed.

## Bulk garbage pick-up Oct. 10

### Stag Special


It's that time of year again when the leaves turn to yellow and fall to the ground. Besides dusting off your leaf rake, it's also time to think of what you have in the house that can't be easily taken to the Base dump yourself.

Mark this on your calendar: Fall bulk garbage pick-up in the PMQs will be held Oct. 10.

As per the CFHA notice, all appliances that contain Freon — fridges, A/Cs, water coolers, etc — will not be picked up by the fall bulk garbage pick-up crews.

Base residents may disposed of those items at the Eastview Landfill site in Brandon.

Further information can be found at the City of Brandon landfill overview website by visiting [www.brandon.ca/sanitation/landfill/landfill-overview](http://www.brandon.ca/sanitation/landfill/landfill-overview)



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



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## Reminder Public Notice



### You're Invited

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

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

Further details are available at the MPI website, [www.mpi.mb.ca](http://www.mpi.mb.ca) or the Board's website at [www.pubmanitoba.ca](http://www.pubmanitoba.ca).

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

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

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

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

For more information, visit [www.pubmanitoba.ca](http://www.pubmanitoba.ca).

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



Before taking part in the MILSKILLS competition, Ex EAGLE'S NEST participants camouflaged themselves and each other using the skills they learned earlier in the week.

Photos Ashley Materi



Members of 1RCHA set up a C7 rifle range using simunition for the camp participants and trained them on marksmanship and weapons handling.

# Soldiers from 1RCHA ran summer camp Ex EAGLE'S NEST takes flight in Manitoba

**Ashley Materi**  
Stag Special

In a remote wooded area two hours north of Winnipeg, about 50 youths between the ages of 12 and 16 participated in Ex EAGLE'S NEST, a week-long adventure in the woods where the kids learn a variety of military and life skills from soldiers in the Canadian Armed Forces (CAF).

The development and leadership camp rotates to different Indigenous communities throughout Canada every year to foster a strong relationship between the CAF and the Indigenous communities in Canada. This year it was held outside of Wanipigon, and was run by 1RCHA.

Camp Commandant Maj Lee Bellemore oversaw the exercise and ensured it ran smoothly. This is the second time 1RCHA has run Ex EAGLE'S NEST since it started in 2013. Maj Bellemore prioritized incorporating lessons of leadership and esprit de corps this year, while wellness and nutrition were also of utmost importance to him and the leaders of Eagles Nest since they were aware that some of the kids came from challenging home lives on the First Nations Reserves they live on.

"We wanted to introduce a bit of wellness to the camp," said Maj Bellemore. "We brought in a healthy

meal plan, extra fruits and vegetables, and a nutrition class for the kids."

Since teamwork was imperative in the camp's mandate, Maj Bellemore and his team focused on ensuring the participants were set up for success.

Many of the youths knew each other due to some of the communities sharing a common school, but there were a few youths who weren't from the immediate area and didn't have an existing relationship with the others.

To avoid friend groups making cliques in their sections, Maj Bellemore and his crew split the participants into five different sections with the oversight of community members.

This meant that every participant was able to fully integrate into the section, as well as enabled them each to make new friends.

"These kids were shy," he noted. "There's probably five who are outgoing and would walk up to you and talk to you, but the rest are extremely shy. Now after a couple days they're all friends, they're horsing around with the army guys, they've got nicknames for their section commanders."

Many of the soldiers responsible for the youth said they noticed a remarkable growth in confidence and self-esteem after only a week. When the camp began, many of the participants wouldn't look the soldiers in the eyes while they spoke, if they said anything at all.

Some of the youths remained silent around the soldiers for days, not saying a word. The soldiers anticipated this, since it's not uncommon for some people to be intimidated by a group of uniformed soldiers, but Maj Bellemore said that for the first few days of the camp, the soldiers were concerned the participants would never come out of their shells.

However, after a few days of team-building exercises, physical activity sessions and lessons to teach them military skills such as navigation, first aid, weapons handling and self-defence, the youth's confidence started to blossom.

"It's that esprit de corps that is really generating the confidence," he said. "They realize that at school if they want to be shy, they can be quiet and kind of disappear into the shadows. The military system completely reverses that. If you're the one not in step, if you're the one not going over the obstacles, you're the one being noticed."

"We use that system to have all the soldiers notice those shy individuals and really bring them into the group and let them know: 'You're doing this, we're doing this as one.' It allows them to think and act more like a group. Those shy kids have more confidence now because they're surrounded by all their peers and have gone through the same trials and tribulations together."

See **CAMP** page 8



Ex EAGLE'S NEST participants enjoyed making new friends and gained confidence because they were pushed out of their comfort zones. Camp leadership from 1RCHA focused on balancing military skills training and fun activities for the kids.



Under overcast skies, more than 700 soldiers, civilians, spouses and students participated in the 37th annual Terry Fox Run. After a warm-up and message on behalf of BComd LCol David MacIntyre from COS Maj Katherine Haire, runners, walkers, joggers, cyclists and baby stroller pushers covered either a five or 10-kilometre course.

*Photos Jules Xavier*





As part of the MILSKILLS competition, camp participants involved in Ex EAGLE'S NEST all had to swing across four feet of water on a rope swing.

Photo Ashley Materi

# Camp 'essential' to kids

From page 6

The youth aren't the only ones benefitting from the experience.

The soldiers who took part in the exercise received Aboriginal awareness training back at CFB Shilo before the camp started, and were guided throughout the week by community elders and CWO Joel Pedersen, the Aboriginal advisor for Ex EAGLE'S NEST.

The elders taught the soldiers Ojibwe oral traditions, and led sweat lodge sessions each night for all soldiers who wanted to experience it.

CWO Pedersen said community involvement and understanding is integral to the success of the camp, and also to foster relations between the CAF and the Indigenous people in Canada. Initiatives like this provide a sense of hope in the future and in themselves, and teach the youth to become leaders in their communities.

"It's inspiring and it's empowering the community and the youth," he said. "The opportunity to do that is a privilege for the military. I think it's a level of reconciliation. The military is actually doing it by providing this engagement and opportunity for the Indigenous community. What's going to come from this? We don't know. But I do know it's going to be positive. Guaranteed."

Ed Neview, an elder from Hollow Water First Nation who works as a counsellor at the Wanipigon School and who worked with the soldiers during the course of the camp, said Ex EAGLE'S NEST isn't a program, but an "essential service."

After the youth spent the first half of the week learning a variety of military skills, their knowledge was put to the test in a MILSKILLS competition on the last day of the camp.

Each of the five sections, each containing about 10 participants, ran through the timed course in hopes of coming out on top.

In front of a crowd of their family and friends who filled the spectator stands for the competition, the kids demonstrated their foot drill before jumping through an over-under rope course, swung

across four feet of water on a rope swing, and balanced on a zigzagging log beam before being faced with two soldiers with simulated injuries.

The sections had to perform first aid and carry the injured soldiers across the course before continuing through more obstacles.

A highlight for participants and spectators was when each section was tasked with camouflaging their section commander using paint, tree branches and grass while simultaneously putting together a cot and an improvised shelter with tarps.

It tested the section's ability to multitask and delegate, since they only had five minutes to complete all three assignments.

The MILSKILLS course wrapped up with a C7 rifle shooting competition which involved each participant using simulated ammunition to collect points by shooting balloons and bullseye targets.

The final day of the camp was the graduation ceremony. Despite a rainy start to the day, spirits around the camp were high and the kids buzzed in anticipation.

Each one of them was dressed in a matching hand-painted t-shirt and baseball cap emblazoned with EAGLE'S NEST, and they were eager to stand in front of the crowd of spectators to receive their graduate certificates.

The participants were also eager to see who won the coveted Top Section competition, after they had worked all week to earn as many points as possible to win this honour.

The winning section received 1RCHA water bottles and CAF lanyards and bracelets. 1RCHA CO LCol Steve Haire attended the graduation ceremony as the reviewing officer. He beamed as he addressed the participants and approximately 150 spectators from the surrounding communities.

"Our mission here was to inspire the youth," he said. "However, through their dedication, tenacity and perseverance, it is our soldiers who are leaving feeling inspired. Congratulations to our EAGLE'S NEST graduates. What you did was not easy, but I hope you had fun doing it."

This year, 49 participants graduated from Ex EAGLE'S NEST. Thirty of the youth were from Hollow Water First Nation, 14 came from Black River First Nation, three were from Seymourville, as well as one participant from Manigotagan and one from Bissett.

The participants were asked what they enjoyed most about the camp, and many commented on how fun the obstacle course and the weapons handling was.

They also mentioned that they were happy to meet new people, since they had seen them around the community and now that new friendships had formed, they could interact at school.

The youths were quick to add that they would recommend the program to anyone who was interested because it is a "fun experience that teaches teamwork."

...  
Ashley Materi is APAO with 3 Cdn Div HQ at Garrison Edmonton

Canadian Forces  
Morale and Welfare  
Services (CFMWS)

## A place where you can grow

**CFMWS**  
is always hiring.

Have you considered  
working with us?

### Who is CFMWS?

CFMWS is committed to enhancing the morale and welfare of the military community, ultimately contributing to the operational readiness and effectiveness of the Canadian Armed Forces (CAF). We pride ourselves on being part of the Defence Team.

### What types of job opportunities do you have?

- Health and Fitness – Ex: Facility clerks, fitness instructors
- Retail – Ex: sales associates, home and electronics
- Messes – Ex: bartenders, mess clerks
- Accounting – Ex: accounting clerks, accounting managers
- Newspaper – Ex: journalists, photographers

### Why should I work for CFMWS?

You can find a job that fits with your schedule. We have casual, part-time and full-time positions.

### Other Benefits:

- Access to the Gym
- CFOne discounts
- CANEX Credit Plan

NPF is strongly committed to building a skilled and diverse workforce reflective of Canadian society. Therefore we promote employment equity and encourage candidates to voluntarily self-identify on their application if they are members of a designated group (i.e. a woman, an Aboriginal person, a person with a disability or a visible minority).

For a list of our current opportunities, please visit us at [www.cfmws.com](http://www.cfmws.com) or submit your resume directly to [npfhrshilo@cfmws.com](mailto:npfhrshilo@cfmws.com)







PHOTOS JULES XAVIER



## Family day in focus

It was a hive of activity adjacent to Gunner Arena for the annual Base Family Day activities. Besides food, military demonstrations and rides from the MPs, there were plenty of hands-on displays, with soldiers from the various units offering to show off their weaponry and equipment. The kids sure had fun on the zip line.

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## 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 skill-testing question:  
 How much money was raised at the CFB Shilo United Way kickoff breakfast?

Cut out your entry form and fax it to 204-765-3814, or scan it and e-mail to [stag@mymts.net](mailto: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.

*Shilo Country Club*  
**\$15 Green Fee Special**  
 Valid Monday-Friday  
 For the remainder of the 2017 golf season  
 \*Must rent power cart\*  
 Book now @ (204)765-3623

# Be ready for next summer to battle sun's rays

**Capt Suzie Beaudoin**  
Stag Special

When it comes to summer, what do you really know about the sun and its rays?

Fact, there are two kinds of sun-damaging and

harmful ultraviolet rays: UVA (long wave) and UVB (medium rays). Most rays will cause sunburn and premature aging, specifically UVB can cause sunburn but cannot go through windows and UVA are responsible for tanning and premature aging and can penetrate windows.

Did you know 11 a.m. to 4 p.m. are when the sun's rays are the most intense! There are two types of sunscreens; chemical versus physical. Chemical-based sunscreens contain organic filters, which means the molecules contains carbon. This forms a thin layer on your skin to absorb the sun's rays, stopping them from penetrating your skin.

Physical sunscreen are made of inorganic compounds — examples zinc oxide and titanium dioxide — which forms a barrier against sun rays.

What does the SPF label on sunscreen really mean? The Sun Protection Factor is a rating system that measures how long it takes skin to burn with that specific sunscreen, compared to skin that doesn't have any sunscreen protection. Most SPF are in regards to UVB rays, you must read the label if you want broad-spectrum sunscreen. According to the Canadian Dermatology Association, the percentage of UVB rays you're protected against: SPF 15 - 93 per cent of UVB rays; SPF 30 - 97 per cent of UVB rays; and SPF 50 - 98 per cent of UVB rays.

Most dermatologists will recommend SPF 30 or higher since patients don't apply an adequate amount of sunscreen and don't regularly reapply it as they should. Another fun fact, you need at least 30 ml (one ounce) of sunscreen to cover your body and a teaspoon for your face! In doubt, apply more!

You should also apply sunscreen generously about 20 to 30 minutes before sun exposure to allow the active ingredients to bond to your skin. Reapply every two hours, espe-

cially if sweating a lot or swimming — even if with the waterproof sunscreen.

If sunscreen application seems to much work, you can cover up by wearing light coloured, long-sleeved shirts and pants.

There are easy ways to prevent sunburn:

- Don't forget to put sunscreen on your scalp or wear a hat.
- Check your blind spots such as the ears, neck, and back of your hands.
- Even if your makeup has SPF, wear separation sunscreen since most sunscreen ingredients tend to break down after two to three hours and since most of us don't re-apply makeup, apply sunscreen.
- Always wear more sunscreen than you think you need.

- Use minimum SPF 30 but if you burn easily, have sun-sensitive condition like rosacea or are on a medication that makes your skin photosensitive try SPF 60.
- Reapply every two hours.

How do you deal with a sunburn?

- Rehydrate. Drink lots of non-alcoholic fluids.
- Apply cool compresses to your red skin several times a day.
- Soothe: moisturize with after-sun products that contains aloe. You can also apply Vitamin E to decrease redness and swelling. Calamine, pramoxine lotion and colloidal oatmeal may also be soothing.
- Take the pain away by taking ibuprofen or acetaminophen as directed on the package.
- Cover up, after a sunburn, the skin should not be exposed to the sun for at least one week.

According to the Canadian Dermatology Association, sun exposure is the most common risk factor for skin cancer. Simply observe any lesions and seek medical help if something looks suspicious. You can look online at its website to see abnormal skin lesions.

Best way to enjoy your summer having fun outdoors is to stay safe.

*Capt Suzie Beaudoin is a Base primary care nurse*



Sept. 22 @ 7:30 pm  
vs  
Regina Pats

Sept. 29 @ 7:30 p.m.  
vs  
Red Deer Rebels

Sept. 30 @ 7:30 p.m.  
vs  
Swift Current  
Broncos



**Shilo Minor Hockey is pleased to present**

**ALUMNI VS. SHILO STAGS**

**Shilo, MB**

**SHILO GUNNER ARENA**

**November 30, 2017**

**- Game Time 6:00 PM -**

**Game Tickets:**  
**General Admission \$40**  
**FREE VIP Pass for Minor Hockey Kids!**

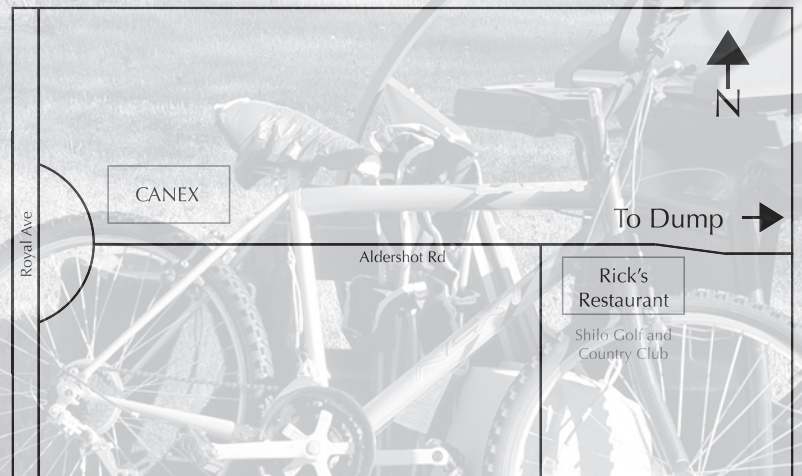
100 person reception to follow game at the officers mess (names will be drawn at random after 1st period) at no extra cost!

**Tickets available through Shilo Minor Hockey (for minor hockey players and families) and unit reps.**

**Contact Ian Taylor at [shilohockey@hotmail.com](mailto:shilohockey@hotmail.com) or text 204-721-0823 for more info**

## 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 curb-side pick-up the following date ONLY for fall clean-up:

**Oct. 10**

Items should not be placed earlier than the evening prior to pick-up

www.rcamuseum.com  
 Call 204-765-3000 extension 3570  
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**EXPERIENCE HISTORY WITH A BANG!**  
**THE RCA MUSEUM**  
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 70 YEARS

Your source for Army news in Manitoba

**We want you on our team**

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



**Under construction**

Lundy's Lane is a hive of activity when it comes to road, water and sewer construction. Residents in this area are receiving an alternative water source while work continues on this major Base project. *Photo Jules Xavier*

**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:  
 September 28 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	Services	Services	Employment
 <p><b>St. Barbara's Protestant Chapel</b>                  Sunday at 10:30 a.m. with Sunday school &amp; nursery                  Padre Costen - ext 3381                  Padre Dennis - ext 3088                  Padre Lee - ext 3090                  Padre Neil - ext 6836</p> <p><b>Our Lady of Shilo Roman Catholic Chapel</b>                  Sunday at 10:30 a.m.                  Confessions by appointment                  Padre Ihuoma - ext 3089                  Padre Shanahan - ext 3698</p>	<p><b>Greg Steele Canadian Firearms Safety Course Instructor/Examiner</b> Offering Red Cross first aid training. Manitoba Hunter Safety instructor. Courses offered at least monthly, more often with demand. Firearm/hunter safety courses planned seasonally. Restricted and non-restricted. Call 204-725-1608. E-mail gstele4570@gmail.com</p> <p><b>We buy and sell</b> good used furniture/appliances and we deal in coins and coin/stamp supplies. People's Market Place, 32-13th St., Brandon, 204-727-4708.</p>	<p><b>NEED YOUR TAXES DONE?</b> Fast, friendly, and personal service. Located outside the gate. For all your income tax needs contact Ingrid Wasserburg at 204-763-4357. <b>OPEN ALL YEAR.</b></p> <p><b>Employment</b>  <b>Looking for a job</b> 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</p>	<p><b>CANEX wants you:</b> Clerk/cashier part-time position with 13 to 32 hr /week required. Must be available days/evenings, and weekends. Starting salary is \$11.68 per hour, and after two-month probation increases to \$11.94. Apply in person at CANEX admin office, or NPF Human Resources office at base HQ.</p>

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

# NEW ONLINE BOOKING TOOL

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Through our website, members of the Defence community can now **book a telephone appointment** with one of our intake officers, for **any time between 8:00am-3:30pm**, in any time zone in Canada.

**UN MOYEN  
PRATIQUE DE  
COMMUNIQUER  
AVEC VOTRE  
BUREAU  
D'OMBUDSMAN.**

Grâce à notre site Web, les membres de la communauté de la Défense peuvent maintenant **réserver un rendez-vous téléphonique** avec l'un de nos agents d'accueil, pour **n'importe quel heure entre 8h00 et 15h30**, dans n'importe quel fuseau horaire au Canada.

[WWW.OMBUDSMAN.FORCES.GC.CA](http://WWW.OMBUDSMAN.FORCES.GC.CA)

1-888-828-3626



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Exclusive offers include: **FREE Banking** with the Performance Plan<sup>1</sup> – no minimum balance required.

Visit [bmo.com/cdcb](http://bmo.com/cdcb) for offer details.

Sign up before **October 31, 2017** and you will automatically be entered into the "BMO CDCB Customer Appreciation Contest" for a chance to win a grand prize of \$20,000 cash or one of 30 prizes of \$2,000 cash<sup>2</sup>!

**Already a BMO CDCB customer? Thank you!** You will automatically be entered into the contest for a chance to win.

Visit [bmo.com/cdcbcontest](http://bmo.com/cdcbcontest) for details.

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<sup>1</sup>The monthly Performance Plan fee is waived. You are responsible for all transaction, service, and product fees not included in the Plan. <sup>2</sup>No purchase necessary. The 2017 BMO CDCB Customer Appreciation Contest (the "Contest") begins on August 16, 2017, at 12:00:01 a.m. Eastern Time and ends on October 31, 2017, at 11:59:59 p.m. Eastern Time (the "Contest Period"). There are thirty-one (31) prizes in total (each a "Prize"), with total prizes valued at \$80,000 available to be won. There will be one (1) Grand Prize of \$20,000 cash and an additional thirty (30) prizes of \$2,000 cash. Odds of winning depend on the number of eligible entries received. Before being declared a winner, a correctly answered mathematical question is required. Employees of Bank of Montreal, its affiliates and subsidiaries are not eligible. Full contest details are available at [bmo.com/cdcbcontest](http://bmo.com/cdcbcontest) <sup>3</sup>Proof of CDCB eligibility is required.