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Volume 53 Issue 19



Serving Shilo, Spruce Woods & Douglas since 1947

September 25, 2014

INSIDE This Issue



Base host to Afghanistan Memorial Vigil. Page 6



Good turnout for annual Terry Fox Run. Page 7



Aboriginal youth enjoy Eagle's Nest camp. Page 8

Medic breaks own record

Jules Xavier
Shilo Stag

As a runner, 2PPCLI's Sgt Brian Weigelt covered 32 kilometres in two hours, 27 minutes, seven seconds.

As a paddler in a canoe covering 10 kilometres, the 34-year-old army medic spent 1:12.10 on the Saskatchewan River.

Of the four portions of the annual Ex MOUNTAIN MAN held in Edmonton, Sgt Weigelt was the fastest after the long run, but posted a 25th-placing in the canoe paddle.

See **COMPETITION** page 12



Overall winner 2PPCLI's Sgt Brian Weigelt carries his canoe from the transition area (left) to begin the second leg of Ex MOUNTAIN MAN held Sept. 11. He broke his own record crossing the finish line (above). Ex MOUNTAIN MAN took place in Edmonton's River Valley. The 50-kilometre competition consisted of a rucksack march, canoe portage, and a canoe paddle.

Photos by MCpl Van Putten

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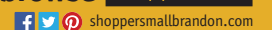


Charity Bazaar

Saturday, October 4
9:30 a.m. – 6:00 p.m.

go for the shopping stay for the fun!

go browse Shoppers Mall



2PPCLI garner team trophy

Shilo Stag

It was a dominant performance from 2PPCLI soldiers during the annual Ex MOUNTAIN MAN competition held in Edmonton's picturesque River Valley.

With eight competitors finishing in the top 20, 2PPCLI scored an impressive 86 — totaling the eight placings — to the 140 for runner-up 3PPCLI and returned home with not only the major unit team title, but the men's individual title, too.

2PPCLI's Sgt Brian Weigelt erased records he posted in 2005 (four hours, 41 minutes, 18 seconds) and 2006 (4:40.58) to finish first overall in a time of 4:38.55. He was first in the 32-kilometre march; second covering the 3.2-kilometre portage; 25th in the 10-kilometre paddle; and fourth in the 5.6-kilometre march — all based on his times covering those distances.

But it was his overall time that saw him prevail as the fastest male, three minutes better than fellow 2PPCLI comrade Lt Eric Henderson, who covered the course in 4:42:57.

"It's not about winning, but beating myself based on my goals [during a race]," said Sgt Weigelt on his fourth victory in seven Ex MOUNTAIN MAN events. "I want to improve on what I did the last time, and post decent times, so that you know you are getting better. It's not about being the fastest, but finishing in a time you set as your goal. There are always guys coming along who are faster [and younger]."

This year's run was the first time in eight years that Sgt Weigelt has run this event, with the 2013 event held while he was on the last tour for 2PPCLI in Afghanistan while serving as a medic.

"I had actually stopped running eight years ago, but then got back into it after about five years of not running at all," he said of a hiatus from wearing out running shoes and adding medals to his distance running trophy case.

The 50-kilometre competition for 300 male and female competitors consisted of a rucksack march, canoe portage, and a canoe paddle. The intent of this military competition is to challenge the limits of soldiers mental and physical toughness within 1 Canadian Mechanized Brigade Group (1CMBG).

Lt Henderson ran a consistent race based on his placings in the four sections of competition: He was third in the initial run; fourth portaging his canoe; then 16th out on the Saskatchewan river paddling; he then made it close at the end by finishing first in the last shorter run carrying the rucksack.

Sgt Weigelt and Lt Henderson combined with eighth Cpl Bryce Cooper (5:32.50); 11th Pte Michael Cole (5:34.52); 13th Capt Casey Gergely (5:37.53); 14th Pte Torrie Puccia (5:38.26); 19th LCol Bob Ritchie (5:44.06); and 20th MCpl Kyle Roux (5:44.45) to win the major unit team title.

With 295 points, 1RCHA's top-eight finished sixth among the seven major unit teams. The team featured 21st Gnr Joel Roy (5:53.18); 27th Bdr David Elliott

(6:14.20); 31st Bdr Marco Ribeiro (6:22.16); 35th Maj Caleb Walker (6:25.35); 41st Bdr Patrick Hutchinson (6:37.07); 43rd MCpl Stephen Damery (6:39.32); 44th Bdr Dustin Desroches (6:41.45); and 53rd Sgt Edward Seward (7:01.50).

In the masters men's division won by WO Al Verzyl of 1 Fd Amb in 5:40.44, two 1RCHA soldiers were among the 22 competitors in this division. MCpl Stephen Damery was seventh (73rd overall) in 6:39.32, while Gnr John Psallidas came 21st (235th overall) in 8:49.46.

In the ladies division won by MCpl Caroline Brooks of 1PPCLI in 6:08.17, there were four Shilo-based soldiers among the 21 competitors. Three 1RCHA runners completed the course, with Gnr Rhea Parcher setting the best pace with a sixth-place finish in 7:35.04 (181st overall). She was followed by MCpl Kim Derkson in seventh with a clocking of 7:37.10 (188th). Bdr Catherine Bell was 16th in 8:39.58 (261st) while Shilo's Lt Anna Hawkins was 20th in 10:01.47 (284th).

The minor team unit award went to HQ and Sigs with an average time of 6:12.26 among its four runners. Shilo's Cpl Steven Jackson, who finished 80th overall (6:39.37) and 147th Lt Christopher McDonald (7:13.36) were part of the 3CDSG team that finished third overall with an average time of 6:50.12. They were joined on this bronze medal team by non-Shilo competitors Cpl Jesse Rufiange (6:27.55) and Sgt Andrew Clipperton (6:59.38).

Shilo's representation at this year's event was five competitors, with Cpl Raymond Castel finishing 119th overall (6:56) and Pte Derek Picklyk in 178th (7:31).

1RCHA had the largest contingent from CFB Shilo, with 30 competitors. There were 19 from 2PPCLI.

Masters Men's (22 competitors)
7 MCpl Stephen Damery 1RCHA 6:39.32
21 Gnr John Psallidas 1RCHA 8:49.46

MEN (262 competitors)
1 Sgt Brian Weigelt 2PPCLI 4:38.55
2 Lt Eric Henderson 2PPCLI 4:42.57
8 Cpl Bryce Cooper 2PPCLI 5:32.50
11 Pte Michael Cole 2PPCLI 5:34.52
13 Capt Casey Gergely 2PPCLI 5:37.53
14 Pte Torrie Puccia 2PPCLI 5:38.26
19 LCol Bob Ritchie 2PPCLI 5:44.06
20 MCpl Kyle Roux 2PPCLI 5:44.45
25 Gnr Joel Roy 1RCHA 5:53.18
30 Pte Thomas Emslie 2PPCLI 6:01.22
31 Lt Jesse Kettles 2PPCLI 6:02.24
33 Sgt PJ Nadasdy 2PPCLI 6:03.04
38 Cpl Barrett Avery 2PPCLI 6:09.28
40 Bdr David Elliott 1RCHA 6:14.20
48 Cpl DJ Smith 2PPCLI 6:22.01
49 Bdr Marco Ribeiro 1RCHA 6:22.16
54 Maj Caleb Walker 1RCHA 6:25.35
61 Cpl Luke Westervelt 2PPCLI 6:29.14
71 Bdr Patrick Hutchinson 1RCHA 6:37.07
73 MCpl Stephen Damery 1RCHA 6:39.32
74 Cpl Steven Jackson Shilo 6:39.37
75 Bdr Dustin Desroches 1RCHA 6:41.45
78 Bdr Christopher Marshall 1RCHA 6:42.45
100 Gnr Mathew Blake 1RCHA 6:52.52
102 Gnr David Machut 1RCHA 6:53.20
107 Cpl Corey Blunt 2PPCLI 6:55.12
110 Cpl Raymond Castel Shilo 6:56.34
111 Capt Ben Clark 1RCHA 6:56.36
112 Bdr Garret Taylor 1RCHA 6:56.48
114 Gnr Steven Richer 1RCHA 6:57.20
123 Sgt Edward Seward 1RCHA 7:01.50
129 Capt Rhett Wytjjes 1RCHA 7:09.06
132 Gnr Kyle Brown 1RCHA 7:11.00
137 Sgt Troy McEachern 2PPCLI 7:12.57
138 Lt Christopher McDonald Shilo 7:13.36
147 Cpl Richard Wieler 2PPCLI 7:19.38
154 Bdr Graeme Staples 1RCHA 7:23.22
155 Pte Jonathan Maloney-Bertrand 1RCHA 7:23.22
163 Pte Derek Picklyk Shilo 7:31.44
167 Cpl Jonathan Boucher-Kovacs 1RCHA 7:34.59
168 Capt Brian Pettigrew 1RCHA 7:35.04
177 CWO Todd D'Andrade 2PPCLI 7:39.49
182 Capt Jon Logan 1RCHA 7:43.45
200 MBdr Derek Sedgwick 1RCHA 7:54.04
220 Sgt Nicholas Robicheau 1RCHA 8:19.13
223 Capt Joe O'Donnell 1RCHA 8:26.05
224 MCpl Joshua Finn 2PPCLI 8:27.01
227 Bdr Daylan St. Laurant 1RCHA 8:37.25
235 Gnr John Psallidas 1RCHA 8:49.46
246 Bdr Joshua Rosamond 1RCHA 9:41.32

LADIES (21 competitors)
6 Gnr Rhea Parcher 1RCHA 7:35.04
7 MCpl Kim Derkson 1RCHA 7:37.10
16 Bdr Catherine Bell 1RCHA 8:39.58
20 Lt Anna Hawkins Shilo 10:01.47



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



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



MINIMUM WAGE INCREASES OCTOBER 1, 2014

Manitoba's minimum wage increases from \$10.45 per hour to \$10.70 per hour on October 1, 2014.

Manitoba's minimum wage for security guards will increase to \$10.95.

To find out more, visit manitoba.ca/labour/standards

Or call Employment Standards
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Toll free: 1-800-821-4307





Ready to read

Shilo Community Library patrons, including those who can barely reach the sign-out counter, have plenty of books/videos to enjoy, whether at the Base venue or home. The library also features a plethora of French reading material. Here, two youngsters submit the material they want to take home, taking advantage of stools to stand on.

Photo by Jules Xavier

Four blooms for Base, dump cited by judges

Shilo Stag

CFB Shilo received a four-bloom rating and a special mention for its Base landfill site during this year's national symposium and awards ceremonies held in Charlottetown, PEI.

CFB Shilo participated in the Community in Bloom's (CIB) Canadian Forces Sustainable Communities category along with 4 Wing Cold Lake and Garrison Petawawa.

In July, trained CIB volunteer judges travelled to participating communities to evaluate the overall contributions of municipal council and departments; industry; businesses and the private sector — including volunteer efforts — in regards to the following criteria: tidiness, environmental action, heritage conservation, urban forestry, landscape and floral displays.

Following their evaluation, volunteer judges Dave Hilton and Bruce Hay wrote: "Our visit to the Base landfill was a marked difference from the 2012 visit. This was noticed by the judges as requiring improvement. The improvements began following the 2012 CFSC judges visit and has continued to improve to 2014.

"The site is well organized and maintained so as to cover all current trash thereby avoiding attracting both birds and animals. The site and its use are well known to the base resident's and will often be used throughout the week separate from the regular pickup."

They added, "There is also provision for appliance, electronics, tires, scrap metal and wood waste easily accessible on the site".

Within the actual context of climate changes and environmental concerns, communities involved in the program can be proud of their efforts, which provide real and meaningful environmental solutions and benefit all of society.

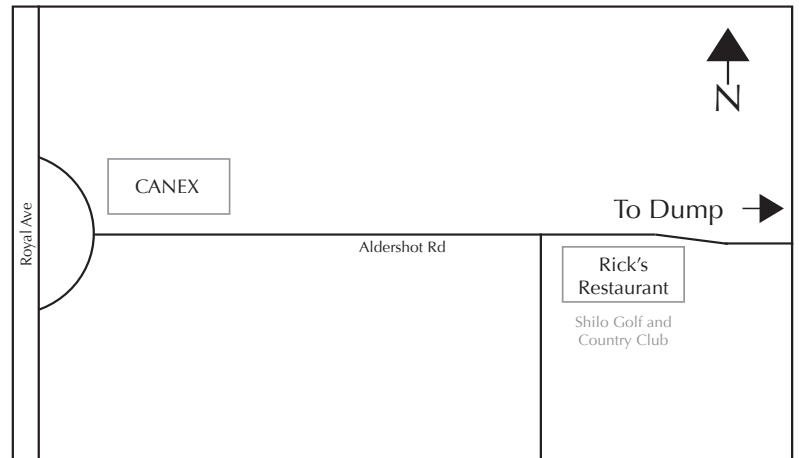
CIB is a Canadian non-profit organization committed to fostering civic pride, environmental responsibility and beautification through community involvement and the challenge of a national program, with focus on the enhancement of green spaces.

The pride, sense of community and feeling of accomplishment generated through participation are visible in communities across Canada.

For a complete list of the results and the electronic copy of the CIB magazine, visit www.communitiesinbloom.ca

Got Bulk Garbage?

Bulk items, yard waste, tires, and electronics may be disposed of Monday – Friday from 8 a.m. – 4 p.m. at the Shilo dump located 2 km east of Rick's Restaurant on Aldershot Road.



Items may be placed for curb-side pick-up the following date ONLY:
October 14, 2014

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



We want you on our team

The Shilo Stag is looking for another sales consultant for its team. It's posting season, which is the perfect opportunity to sell the Brandon business market on advertising in the Stag. They have a captive audience — people 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 Jillian or Jules about the job. Or call 204-765-3000 ext 3013/3093. Be part of the award-winning Shilo Stag team.



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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.

• • •

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Kudos for community support

Camps, activities good for Base morale

After taking some time off from writing during the summer I wanted to pass along some observations, kudos and announcements.

The summer has been packed with activities and I will fail miserably if I try to recount all of them. Therefore, this is a brief review of events that have recently been completed and a look ahead to some events coming up shortly.

All represent the best of what the folks from this Base and this community can do. There were a number of summer camps and activities for our kids held here during the last few months. I would like to commend the summer camp run by the community recreation staff and the Chaplains' Bible Camp.

I have received feedback from parents specifically praising the recreation staff and the conduct of the community summer camp, and crediting the camp with reinforcing self-confidence in their children and allowing them to develop more friendships.

Similar comments were relayed to the Base RSM and I when we attended the wrap up day for this summer's Bible Camp. The exuberance of the staff and the focus on fellowship was certainly evident.

The support and work of all of the volunteers and organizers was greatly appreciated. Thanks to the community recreation staff and the Base Chaplains for their guidance and tireless efforts in providing outstanding programs for the kids.

The week before last, CFB Shilo hosted a stop on the cross-Canada trek of the Afghanistan Memorial Vigil (AMV). This provided the public with a rare glimpse of a very moving and poignant memorial to Canadians who fell while serving in Afghanistan.

The soldiers of the Vigil Party during the official opening ceremony, those assigned as escorts and the sentries throughout the week, demonstrated outstanding professionalism that did all of us proud.

Branch No. 3 of the Royal Canadian Legion hosted the post-ceremony reception in the Officers' Mess.

The support from all of the membership of this Branch was evident throughout the planning for this event and it contributed directly

were foremost in our minds. Enjoy the start of autumn.



to the overall success of the day.

During the week, we were honoured to host members of some of the families of soldiers who were deployed from CFB Shilo at the time they fell in Afghanistan. I would like to acknowledge the attendance of four very strong women and thank Jane, Susan, Allison and Mackenzie for coming back here and sharing this important occasion with all of us.

Your sacrifices and loss will never be forgotten.

Looking ahead to next month, I want to highlight a few events that have become almost annual traditions at CFB Shilo.

Shilo's MFRC will host a career fair Oct. 16 in the Junior Ranks Club. All members of the community are welcome.

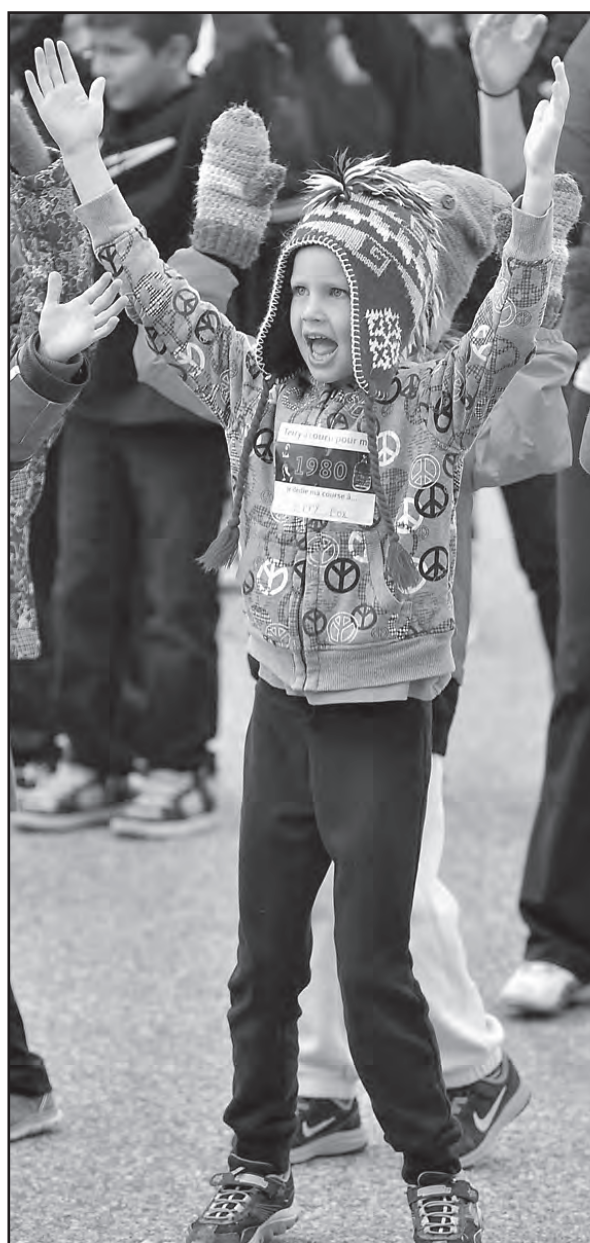
At the end of the month, the Halloween Haunted House will again be held in L25. Last year's version was outstanding and the plans for this year promise to again delight kids of all ages.

The official launch of the Base Shilo United Way campaign will be marked Sept. 30. The generosity and goodwill of this community will again be called upon to help in this campaign.

The campaign will conclude Nov. 28 and plans are being developed for activities and events within units and across the Base.

As a new event this year, the Brandon Wheat Kings will be wearing a CaDPaT-themed jersey during their home game Nov. 15. They were designed by the Junior A club to honour the service of the soldiers and families that make CFB Shilo and the surrounding communities home. These game worn jerseys will then be put up for auction with the proceeds going to the United Way campaign.

In closing I want to personally thank all of the organizers from PSP and the runners and walkers who took part in the annual Shilo Terry Fox Run held Sept. 12. It was great to have the students and staff from the Shilo schools as well as family members out with us that morning. Almost all of us have a friend or are related to someone who has been stricken with and is fighting cancer. For the record, my two friends are Jim and Stu. On that day, all of these folks



BComd LCol Stephen Joudrey enjoyed seeing students attending both Base schools participate during this year's Terry Fox event. Photo by Jules Xavier

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 Forbidden Flavours
 Shilo Community Centre
 GSH

Country Club (Rick's)

All Messes
Carberry
 East Side Service
 Carberry Legion
Douglas
 General Store

Minnedosa

Minnedosa Legion
Sprucewoods
 The Shilo Inn
 340 Esso
Wawanese
 Lucky Dollar



Happy Birthday CANEX

Just 46 years young, CANEX celebrated its birthday with a party at L25. CANEX manager Rick Kehler was there to cut the birthday cake, while farm animals kept young and old entertained. Brightside Dental Care's tooth mascot also entertained the kids, who poked and got hugs.

Photos by Jillian Driessen

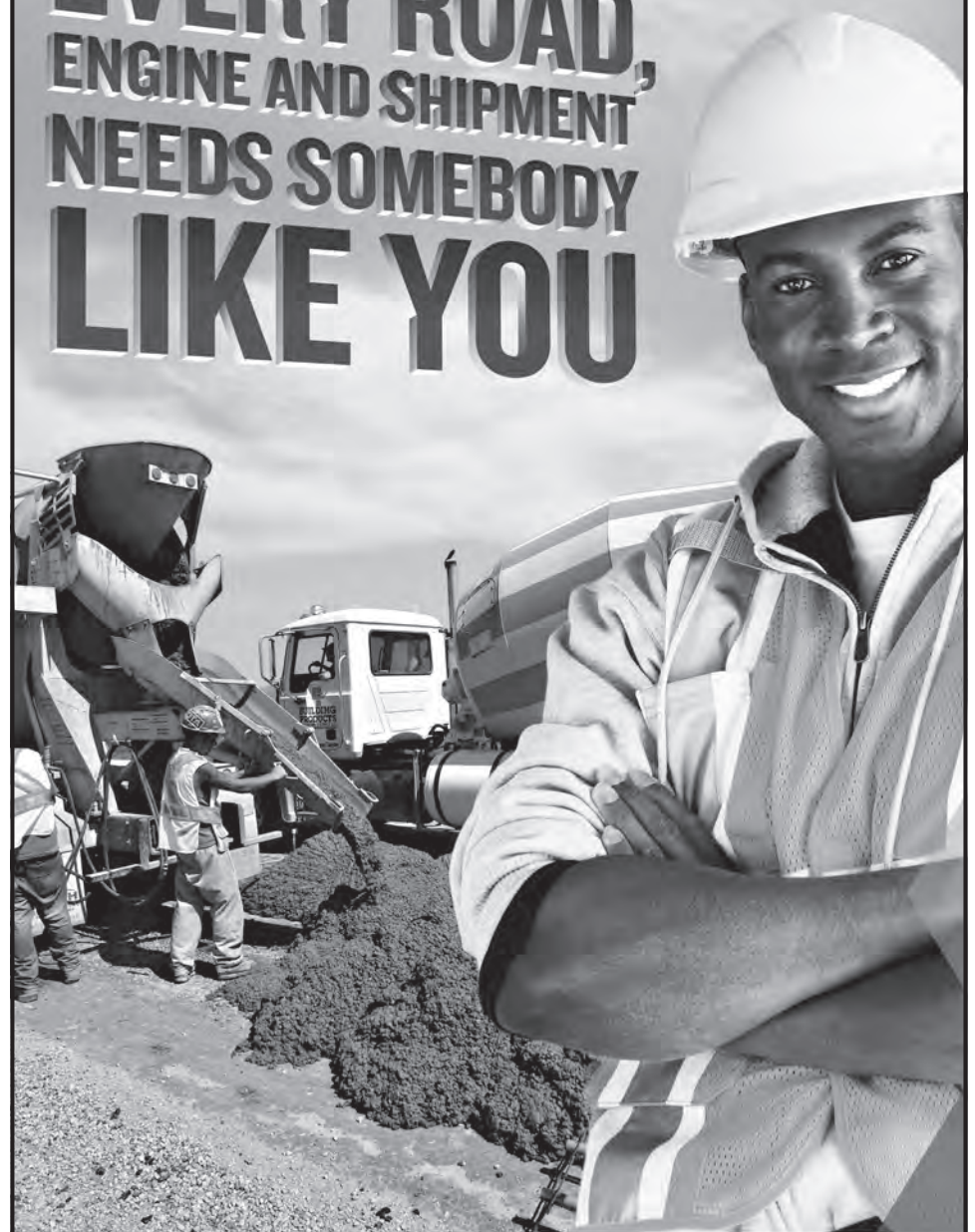


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TERRY FOX RUN



PHOTOS BY JULES XAVIER

A good turnout for this year's annual Terry Fox Run, with our Base numbers bolstered by the participation of students attending the two Base schools. Besides soldiers from across the Base participating, there were families and pets brought along for the event.





Afghanistan Memorial Vigil

CFB Shilo was host to the Afghanistan Memorial Vigil as part of its cross-Canada tour for a week, with a good turnout from the public and military alike.



PHOTOS
BY
JULES XAVIER



Aboriginal youth learn from 1RCHA soldiers during Eagle's Nest camp

Shilo Stag

In mid-August, 1RCHA led Ex EAGLE'S NEST for seven days.

The exercise took place in a rural area near the Muskeg Lake Cree Nation north of Saskatoon, Sask. B Bty moved under the command of Maj Caleb Walker, Battery Commander, and MWO Todd Buchanan, Battery Sergeant-Major, to the camp location to set up the position and welcome the aboriginal youth from the local surrounding area.

The camp consisted of support staff, instructors and camp counselors. An elder was on site with a traditional tepee and daily smudging ceremonies were conducted.

Military equipment included various cargo trucks, LAV III armoured vehicles and a weapons display.

The camp layout was constructed with every amenity for the exercise, including a kitchen, dining hall, male and female sleeping quarters, and showers with solar-heated shower bags.

The exercise was designed to give the aboriginal youth the opportunity to have hands-on experience with the Canadian Armed Forces (CAF).

Daily activities conducted with the youth included camp routine, navigation with map and compass, Geo-caching, obstacle course and weapons handling drills.

Basic military foot drill classes were conducted and explanations of the role of our Military as well as our relationship within the community were also provided.

The participating youth were divided into three sections, with a Section Commander and a Section Second-in-Command (2IC).

The youth also enjoyed rock climbing in Saskatoon and kayaking on the Mistawasis Lake.

The main focus was team building and teaching the youth to work as a group. Team spirit was high and daily activities displayed cohesion between the three sections.

The First Nation Community in and around our location was one of open arms and respect for the CAF and our mission. After speaking with the elders, it was quite obvious that there is a high degree of respect for the contribution of the CAF and the conduct of the daily interactions with the aboriginal youth.

There was a student versus staff soccer game played



Campers during Eagle's Nest Aboriginal youth camp last month, honed their first aid skills with mock exercises. The Canadian Army hosted a five-day skills development and leadership camp for Aboriginal youth, called Eagle's Nest, near the First Nations community of Muskeg Lake, Sask. Photo by MCpl Mélanie Ferguson/Canadian Army Public Affairs

Monday evening with stakes that were set very high. Platoon warrant WO Jason Buenacruz set the rules: If the staff won the candidates would be woken up 30 minutes early, but if the candidates won they would sleep an extra 30 minutes in the morning.

The candidates had a thirst for competition, and gave the Gunners a run for their money with their determination to win. They even employed a little bit of trash-talking, referring to the staff as "old men." However, the staff prevailed with the victory, resulting in a very early morning Tuesday.

Tuesday was another busy day at Camp Eagle's Nest. The day was filled with kayaking, more foot drill and making shelters.

Late Tuesday afternoon was a busy time with the arrival of 1RCHA CO LCol Stewart Taylor and RSM CWO Stephen Rice. The Chief of Muskeg Lake Cree Nation discussed the importance of this type of exposure to the aboriginal youth.

They toured the camp and finished the evening off with a smudging ceremony and then dinner in the dining tent.

One of the popular events in the training schedule was the Close Quarter Combat Training (CQCB). This gave the students hands-on exposure to hand-to-hand combat and defence with Pugal sticks and lots of padded gear and helmets.

The students squared off against each other and sparred for 30 seconds each.

Thursday afternoon, the students enjoyed firing the C7 assault rifle and the C9 and C6 machine guns. The range was conducted with simmunition fired at wooden targets and with blank ammunition under close one-on-one supervision.

Thursday evening was the arrival of the elders and the First Nation veterans for a veterans dinner at Camp Eagle's Nest. This included a static weapons display and a fly-over by a fighter jet.

The veterans had the opportunity to converse with the youth and pass on their wisdom to them. One of the Cree Nation elders, Nina Wilson, came in and told the stories of how to protect the land and water and the animals around them.

The veterans dinner was a fellowship of young and old where stories and experiences were exchanged and the youth displayed a fond respect for the veterans.

Friday morning was an interesting one for the students, as they had expressed an interest of having one morning where

they would be treated as new recruits in basic training.

At 4 a.m. the day was kicked off to the sounds of machine gun fire and the NCOs hounding the candidates to get up and out of bed in PT gear. This demonstration of recruit life lasted until the Eagle's Nest students tapped out after 40 minutes.

Lots of tired faces showed up for breakfast in the dining tent that morning, having had an authentic basic training experience which they will not soon forget.

After a much needed breakfast, the students engaged in team competitions on the obstacle course for the fastest times and the overall winner.

The first-place team was served lunch by the other candidates. Saturday was the last day of events, which included the tear down of the camp and the graduation ceremonies. Many veterans, community councillors, friends and families attended the closing ceremonies to watch the youth receive their certificates from the CO of the Canadian Army, and to see them demonstrate their new skills in foot drill.

The candidates were eager to greet their parents, and head home for some much deserved rest.

For some of the youth, this experience is just the tip of the iceberg, and many plan on attending the Bold Eagle or Black Bear programs also available to them next summer.

Sutton

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CE staff have been using an environmentally friendly acrylic copolymer Envirotac II, which is affectionately called Rhinosnot, repairing the potholes on Lundy's Lane. The company which produces the mixture was on the Base to observe its use, and brought along the mascot.

Photos by Jillian Driessen



Rhinosnot used to patch Base potholes

Jillian Driessen
Shilo Stag

Those who call Lundy's Lane home are well aware of the challenges of potholes. For many on the crescent, driving down the street means gingerly navigating their way through a maze of craters while attempting to leave room for other motorists.

With a project on the books for replacing underground utilities and repaving in 2017-2018 complete road repair is not possible at this time on Lundy's Lane. BEng Maj Andrew Wall has found what he and his staff hope is an interim solution for Lundy's Lane and the rest of the Base.

Using the readily-available gravel and the environmentally friendly acrylic copolymer Envirotac II, which is affectionately called Rhinosnot, CE staff have been out in full force repairing the potholes on Lundy's Lane.

The idea came to Maj Wall when the need for repairs on the residential street was made clear to him.

"When I first arrived, there was a higher level directive that indicated we could not spend money on asphalt repairs due to funding and priorities. With limited money and resources, we had to look for another solution to fix this problem," he explained. "In Afghanistan, I had experience building a helicopter landing site in Kandahar province. We had used Rhinosnot to create a landing site that would reduce the amounts of dust thrown into the air from rotor upwash at the landing site. Knowing this application worked there, I contacted the company to see if we could use it for pothole repair with the gravel we already have on hand."

Fuelled by a desire to right the pothole-ridden Lundy's Lane, Maj Wall contacted the California-based manufacturer of the copolymer looking to see if it could be used to complete pot hole repairs.

While Rhinosnot isn't typically used as a pot hole repair measure, it is effectively used for dust control, soil stabilization, and road surfacing. The company offered a free sample to CFB Shilo for a trial for our

road repair needs.

"The staff at CE first trialed the product on some holes along Engineer Road," said Maj Wall. "We had some challenges with it so we contacted the Canadian distributors and they came for several site visits to help the staff learn more about applying the product."

The Canadian distributors arrived with additional product and advice for CE staff to make use of during their repair efforts.

National sales and marketing manager Darryl Chubak arrived at CFB Shilo to lend a hand in ensuring the repair technique was done right. After viewing previous attempts, he suggested a different mixture of water and the product, which he guarantees is safe for use.

"We're using this type of product because of the previous experience I had with it. The application we did in Afghanistan was so successful we knew that if it could work in a hostile and austere environment like that, it could be successful here, too."

— Maj Andrew Wall

at many military sites across Afghanistan and Iraq.

The experience Maj Wall had in Afghanistan led him to use and trial Rhinosnot as an alternative to the much more costly asphalt.

"We're using this type of product because of the previous experience I had with it. The application we did in Afghanistan was so successful we knew that if it could work in a hostile and austere environment like that, it could be successful here, too," said Maj Wall of his experience with the copolymer.

With a substantially lower cost than paving, and the plentiful supply of gravel at CFB Shilo, the cost of the trial is minimal. If it's successful, this Base could use this or a similar product on a larger scale as an interim cost savings solution to asphalt repair.

See **COPOLYMER** page 10



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Open bowling for all ages
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PRAIRIE MOUNTAIN HEALTH

Where's Willie?

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



Entry Form

Name: _____

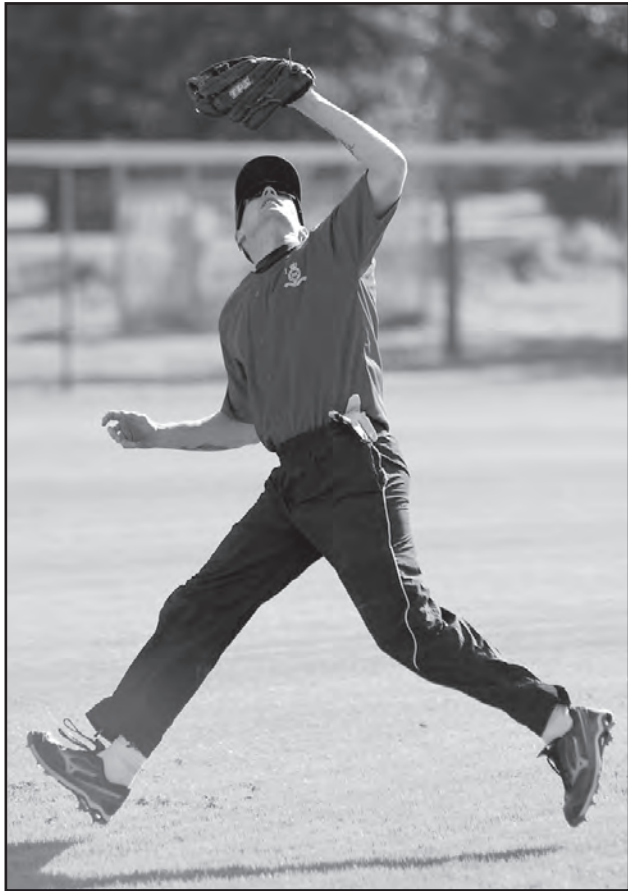
Address: _____

Phone: _____

Page #, ad: _____

Answer to skill-testing question:
What time did Sgt Brian Weigelt break at Ex Mountain Man?

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.



Slo-pitch champions

Bdr Jonathan Wilson of 1RCHA HQ's slo-pitch team tracks down a flyball during his team's victory over 1RCHA A Bty in the intersection league final. Wilson and his teammates won the lopsided game with the long ball, and stellar defence.

Photo by Jillian Driessen

Copolymer has many uses on Base

From Page 9

"Our staff have gone back several times to re-apply product and it is looking to be successful," said Maj Wall of the holes on Lundy's Lane. "From my knowledge and discussions with Rhinosnot Canada the product has not typically been used for pothole repair on asphalt roads. Trialling the product is a win-win situation for the Base and Rhinosnot Canada. It can help us save time, money, resources and help them develop their own operating procedures."

With financial limitations and constraints in place, priority of work for engineers becomes critical. Diminished budgets sometimes do not allow certain types of work to be completed, nor does it make sense when larger projects to address issues are just over the horizon. CE staff have had to think outside the box to address projects such as Lundy's Lane road repairs. This approach will continue to be applied across all planned and future projects Base wide.

Although the condition of Lundy's Lane is a daily challenge for its residents, the prioritization of the utilities replacement along with repaving sits at the national level for prioritization and implementation. Once at the national level, Bases have little ability to influence when it gets implemented.

Larger scale engineering projects are prioritized at the national level and for some projects, there is a several year wait for completion. The national criteria ensures the most urgent infrastructure issues are resolved soonest and often leaves local engineering units trying to find creative interim solutions.

Using Rhinosnot for pothole repairs is an out-of-the-box idea with a lot of potential for future savings. Thankfully, Rhinosnot Canada was on board for the trial as well.

"The road is a major issue for those living on Lundy's Lane, but in the bigger picture, compared to other infrastructure

priorities across DND it is relatively small in nature," said Maj Wall "There are other more urgent infrastructure issues that have a higher priority and greater impact to operations. The way in which projects are prioritized is based on health and safety, compliance to building codes, government regulations and other policies DND is mandated to adhere to. Using Rhinosnot is a way for us to meet local needs and bypass the prioritization process at the regional and national levels."

When cured with gravel, the Rhinosnot repair is equally as strong as asphalt and the cost savings are substantial. Less than \$3,000 of product has the potential to cover five kilometres of road. The cost of paving a five-kilometres stretch of road is substantially higher even when staff and gravel costs are considered.

The efficiency of the copolymer and its ease of use make pothole repair a job requiring minimal staff and very little time. The future for copolymer use at CFB Shilo is not limited to road repairs, according to Maj

Wall. It could also be used in the expansive training area if the need should arise.

"We could quite easily use this in the training area as well. We could have roads with less dust and erosion problems. It could substantially reduce annual maintenance and costs. From a roads and grounds perspective, this type of product has numerous applications," said Maj Wall of the potential future uses of the copolymer.

To the best of our knowledge CFB Shilo is the first base in Canada to trial Rhinosnot as a pothole repair measure. Maj Wall hopes for success and to be able to share it with other engineering organizations within DND.

"We wanted to trial this on a small scale at Shilo to see the benefits here. Once we determine if it is a success, we can go to the rest of the engineer community across the country and share this with them as a cost saving method," he said.


Throughout the trial, CE staff request that if you see a barrier placed on your street that you leave them

in place. Although the repair looks like gravel at first glance, it contains the copolymer which requires time to cure. The barriers will be removed when the repairs are solid again. Removing barriers or driving around them will result in additional work and barriers will be placed again.

"We may not have a completely seamless asphalt road," said Maj Wall of the cured-gravel texture of the repairs. "Some of it may be discoloured and look a bit different, but at least the holes are filled."

"We could quite easily use this in the training area as well. We could have roads with less dust and erosion problems."

— Maj Andrew Wall



NOTICE OF ELECTION
Rolling River School Division
Province of Manitoba

Notice is hereby given that a vote of electors of Rolling River School Division will be taken to elect School Trustees from the following duly nominated candidates:

WARD #	NOMINATED CANDIDATES	GEOGRAPHIC AREA	POLLS	TRUSTEE
1	Shelley Livingstone Hayley Marshall Ronald Rioux	Towns of Forrest, Douglas and Rapid City including property in the RM's of Cornwallis, Elton and Saskatchewan	Poll -1 RM of Cornwallis municipal office Poll -2 Forrest Elementary School Poll -3 Rapid City Senior Center	2
2	Carole Black L. Renay Jewar Lawrence McFarlane	Towns of Rivers, Oak River, and Cardale including property in the RM's of Duly, Blanshard and Saskatchewan	Poll - 3 Rapid City Senior Center Poll - 4-5 Rivers Legion Hall Poll -6 RM of Blanshard, Oak River Poll -7 Dora's Coffee Shop, Cardale	2
3	Kenneth Cameron Barbra Gilleshammer Clarice Robinson Shauna Sotas-Burton	Town of Minnedosa and area including the RM's of Odanah, Minto, Saskatchewan and Harrison	Poll -3 Rapid City Senior Center Poll -8-11 Minnedosa Community Conference Center Poll -12 Basswood Hall Poll -13 RM of Harrison Newdale	3
4	Crystal Erickson Terryl Maduke Jason Potter	Towns of Erickson, Sandy Lake, and Onanole including property in the RM's of Park, Harrison, Strathclair, Clanwilliam	Poll -13 RM of Harrison Newdale Poll -14 Sandy Lake Fire Hall Poll -15 Crossroads Hall Erickson Poll -16 Onanole Recreation Center Poll -17 Horod Hall	2
5	Victoria Blackbird Marie Gregory	Rolling River First Nation	Poll -18 Rolling River First Nation Hall	1

VOTING PLACES

Voting places will be open for voting on Wednesday the 22nd day of October, 2014 between 8:00 a.m. and 8:00 p.m.

IDENTIFICATION MAY BE REQUIRED BEFORE BEING ALLOWED TO VOTE. A person may be required to produce one piece of government issued photo identification (for example - driver's license or passport) or at least two other documents that provide proof of identity.

ADVANCE POLL

For the purpose of accommodating persons who are qualified to vote, but who have reason to believe that they will be absent or otherwise unable to attend their proper voting place on election day, an advance voting opportunity will be located at:

- Ward 1 Forrest Elementary School - Common Area 9:00am to 4:00pm October 6th, 2014
- Ward 2 Rivers Collegiate 350 Dominion Street 9:00am to 4:00pm October 9th, 2014
- Ward 3 Minnedosa Town Office 103 Main Street 5 8:00am to 8:00pm October 7th, 2014
- Ward 4 Erickson Collegiate 39 Queen Elizabeth Rd. 9:00am to 4:00pm October 8th, 2014
- Ward 5 Rolling River First Nation Hall RRFN 9:00am to 4:00pm October 10th, 2014

MOBILE VOTING

For the purpose of accommodating persons who are qualified to vote, but reside at a health care facility, a mobile voting station will be set up at the following health care facilities on election day.

1. Minnedosa Hospital 334 1st St. SW
2. Minnedosa Personal Care Home 138 3rd Ave SW
3. Erickson Health Centre 60 Queen Elizabeth Ave
4. Sandy Lake Personal Care Home 106 1st St W
5. Rivers Health Centre 512 Quebec Street

APPLICATION TO VOTE BY SEALED ENVELOPE

A voter who is unable to go in person to the voting place or vote in advance, may apply in person, in writing, or by fax to the senior election official at Rolling River School Division 154 Main Street S Minnedosa or fax 867-2037.

If applying in person*, a voter may apply between September 24th to October 19th, 2014.

* A voter applying in person may pick up a sealed envelope ballot package at the time of application.


A voter applying by mail or fax will receive a sealed envelope ballot package by regular post, or by making alternative arrangements with the senior election official.

Jean Garbejnsky
Senior election official



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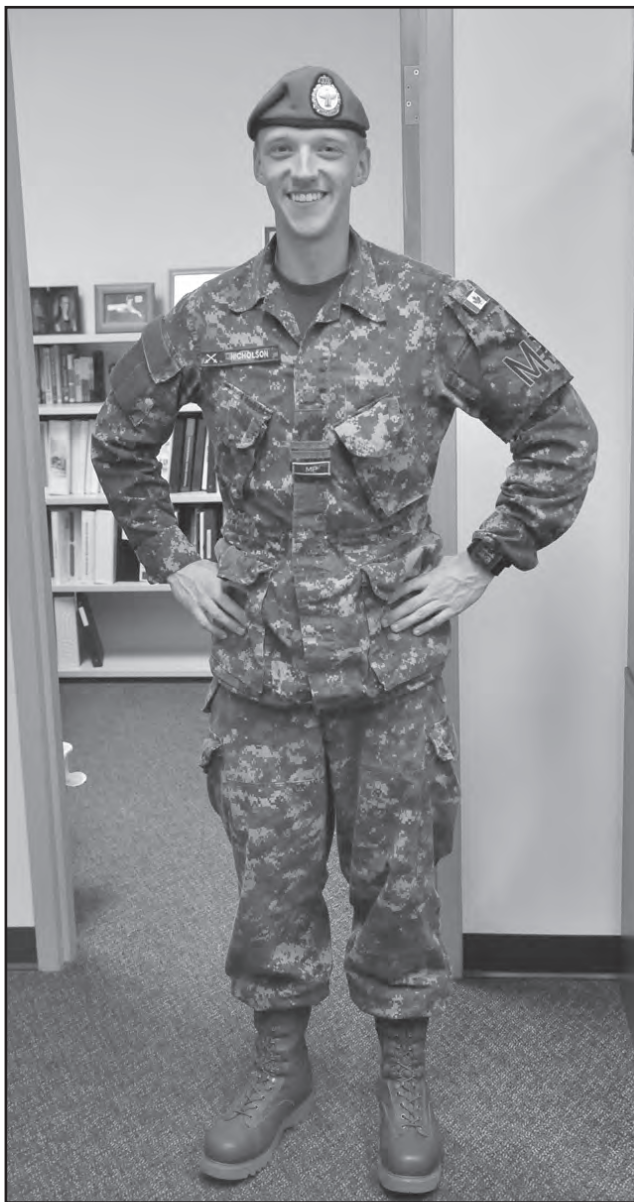
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Look who's back!

No, you were not mistaken when you saw former Platoon Commander 1 Military Police Regiment on the Base. Capt. Dane Nicholson returned here from Vancouver Island where he's working with the RCMP to do his handover with his replacement, Sub-Lt Greg Ansley. *Photo by Jules Xavier*

Cliff Cullen
MLA for Spruce Woods

Constituency Office:
Box 129, Glenboro, MB. R0K 0X0
P: (204) 827-3956 | Toll Free: 1-866-702-1241
E: ccullenmla@mts.net | Website: www.cliffcullen.com

We want you on our team

The Shilo Stag is looking for another sales consultant for its team. It's posting season, which is the perfect opportunity to sell the Brandon business market on advertising in the Stag. They have a captive audience — people 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 Jillian or Jules about the job. Or call 204-765-3000 ext 3013/3093. Be part of the award-winning Shilo Stag team.

Change your smoke alarm battery

Shilo Stag

Working smoke alarms can make a life-saving difference in a fire.

That's the message behind this year's Fire Prevention Week campaign Working Smoke Alarms Save Lives: Test Yours Every Month!

Along with firefighters and safety advocates nationwide, Shilo Emergency Services is joining forces with Canadian Armed Forces Fire Marshal, and Grand Valley Mutual Aid District during Fire Prevention Week which runs Oct. 5 to 11 to remind local residents on Base and the hinterland about the importance of having working smoke alarms in the home and testing them monthly.

According to the latest National Fire Protection Association (NFPA) research, working smoke alarms cut the chance of dying in a fire in half. Meanwhile, almost two-thirds of home fire deaths resulted from fires in homes with no smoke alarms or no working smoke alarms.

"In a fire, seconds count," said Chief Fire Inspector Daniel Barney.

"Roughly half of home fire deaths result from fires

reported at night between 11 p.m. and 7 a.m. when most people are asleep. Home smoke alarms can alert people to a fire before it spreads, giving everyone enough time to get out."

This year's Fire Prevention Week campaign includes the following smoke alarm messages:

- Install smoke alarms in every bedroom, outside each separate sleeping area and on every level of the home, including the basement.
- Interconnect all smoke alarms throughout the home. This way, when one sounds, they all do.
- Test alarms at least monthly by pushing the test button.
- Replace all smoke alarms when they are 10 years old or sooner if they don't respond properly.
- Make sure everyone in the home knows the sound of the smoke alarm and understands what to do when they hear it.

If you have any questions about your smoke alarm or fire prevention concerns call the Shilo Emergency Services Fire Prevention Branch at 204-765-3000 ext 3296. To learn more about smoke alarms visit www.firepreventionweek.org

Want to be an extra in Hyena Road film?

Shilo Stag

You won't have a speaking part, but you can tell your grandkids you shared screen time with Canadian actor Paul Gross.

Voluntary military extras are required for the film production Hyena Road.

The latest movie penned by Gross is looking for volunteer soldiers from CFB Shilo to be extras in this film during production on various days between Oct. 6 and 20. Filming at CFB Shilo will be done Monday to Friday.

"We are looking for military personnel extras, all male and female ranks welcome to appear as background performers in our movie," said Shawn Stewart in a release. "If you're interested and have a spouse that is interested as well, please bring them along."

What is Hyena Road about?

Gross, who has Due South, Men with Brooms and Passchendaele on his acting resume, has written and is directing Hyena Road, which is a story about Afghans and Canadians. He will also co-star as Pete, a

veteran intelligence officer.

Principal photography is scheduled to begin on the Base this month and will finish up in the country of Jordan in December.

If you're interested in being a movie extra, obtain written permission via memo or military e-mail including supervisor's signature block before contacting us.

For more information contact Stewart at the production office on the Base at 204-765-3000 ext 4832 or drop him an e-mail at shawn.stewart13@gmail.com

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 2 at noon

Free ads (non-commercial only)

restricted to members of the

CAF, employees of CFB Shilo and the

citizens of the surrounding area.

Services



St. Barbara's Protestant Chapel

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

Our Lady of Shilo Roman Catholic Chapel

Sunday 10:30 a.m.
Wednesday 12:05 p.m.
Confession by appointment
Padre Inienwe - ext 3089

Services

Greg Steele, Canadian Firearms Safety Course Instructor/Examiner • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses offered at least monthly and more often by demand. October 4, 5 in Melita and October 18, 19 in Reston. Examinations by appointment • 204-725-1608 • e-mail: ggs57@wcgwave.ca. huntershooter.org

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.

Nad's Simply Clean For all of your cleaning needs weekly, bi-weekly, and monthly. Also available for offices, contract cleanup and single occasions. Receipts provided. 204-573-1509.

Employment

Clerk/Cashier (part time/permanent), wage \$11.12 - \$13.05/hr. Visit www.cfmws.com or contact npfhrshilo@cfmws.com for further details.

Swim Instructor/Lifeguard (casual). Visit www.cfmws.com or contact npfhrshilo@cfmws.com for further details.

Vendors Wanted

Looking for crafters/vendors - CFB Shilo's Little Big One Craft Sale & Tradeshaw Saturday, November 22. 10 a.m. - 2 p.m. Tables are \$15 each or \$20 with power
Call 204-765-3000 ext 3588/3317 to book your tables.

THE RCA MUSEUM
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www.rcamuseum.com



Competition challenges mental, physical toughness

From the front

Still, he ended up winning his fourth individual title as the best male on the Ex MOUNTAIN MAN course that runs through the River Valley Park in a record-setting time of 4:38.55. This eclipsed previous records he set in 2005 (4:41.18) and 2006 (4:40.58).



Lt Eric Henderson

"I'm not strong in the canoe, but I did work on it when we started training for mountain man back in May," admitted Sgt Weigelt. "I never paddled a canoe growing up. So I had to learn. I did some practicing out on the Assiniboine [River]. I was good enough to get through it."

Sitting in the canoe for 72 minutes did not deter Sgt Weigelt once he emerged from the river and found his legs had cramped up. He threw his 33-pound rucksack back on his back and headed for the finish line.

"Thankfully, there was a slow uphill portion which allowed me to limber up and continue running the final leg [5.6 kilometres]," he said. "Lt Henderson impressed me how well he ran after getting out of the canoe."



Col Trevor Cadieu, CO of 1CMBG (left) stands with the champion team members of 2PPCLI following their first-place finish for a major unit during Ex MOUNTAIN MAN.

Photo by MCpl Van Putten

His fellow 2PPCLI teammate was 16th in the canoe paddle, covering the distance a minute faster than Sgt Weigelt. But once on dry land, he was flying on the last leg of Ex MOUNTAIN MAN. He had the fastest time at 28 minutes, 36 seconds, while the army medic was fourth fastest in 32.15. Combining the placings of Sgt Weigelt and Lt Henderson and six others, this allowed 2PPCLI to easily win the large unit team title, 84 points to the 140 accumulated by runner-up 3PPCLI.

Modest about his running accomplishments, the Winnipeg-born runner has been with the Canadian Armed Forces (CAF) for 15 years, and was posted to CFB Shilo in 2011.

"It's not about winning, but beating myself based on my goals [during a race]," said Sgt Weigelt. "I want to improve on what I did the last time, and post decent times, so that you know you are getting better. It's not about being the fastest, but finishing in a time you set as your goal. There are always guys coming along who are faster [and younger]."

Besides honing canoe skills, Sgt Weigelt also had to learn to portage a canoe while also carrying his rucksack. Unlike Lt Henderson who has canoe experience, the last time he ran Ex MOUNTAIN MAN there was no portage section. Instead, competitors ran with a sand bag along with the rucksack.

"I do prefer the portage of the canoe over the sand bag that's for sure," he said. "I'd rather lug the canoe over that sand bag."

Endurance is something Sgt Weigelt benefits from going into Ex MOUNTAIN MAN. He's an ultra-marathon enthusiasts, who ran two of them prior to focus-

ing on his training for the Edmonton run which he first ran at age 20. This more recent event was his seventh, and he expects to be back in 2015 to defend his title if there are no military tasking to keep him away.

"I did stop running for awhile after the 2006, but then came back to it," he said. "My 100-mile runs helped with my Mountain Man that's for sure. I've recovered better than I thought I would, especially when you are older."

This past Sunday he was in Ottawa to compete in the annual Army half-marathon.

"I'll see how I feel for the race, but I'd like to break [one hour, 20 minutes]," he said.

There's a major difference covering 100 miles versus the distance for the four-part Ex MOUNTAIN MAN course.

"You have to pace yourself doing the 100 mile runs," he explained. "I did them to see if I could do it. It's a challenge ... it's a different race for sure."

Running in the Black Hills while competing at a 100-miler in Sturgis, South Dakota, he covered the distance to finish eighth overall in 24 hours, 20 minutes. He ran a similar distance at Spruce Woods Park and came fourth.

"The 100 miles is not a sprint, but you pace yourself, whether it's walking up a steep hill, or doing an easy shuffle," he explained.

Did he have a strategy for Ex MOUNTAIN MAN after not running it since 2006? "I looked at my '06 times," he said. "I was just looking at breaking five hours. It had been eight years since I last ran it, so there were some unknowns. Like portaging a canoe. Since I had not done it every year, it was like a first time for me."

If Sgt Weigelt could make another change it would be starting the race at 7 a.m. rather than 5 a.m. He was up by 2 a.m., and having a light breakfast before heading to the course.

"I was sure glad that I was done when I got to the finish line," he said. "That was a long day when you consider when I got up and when I finished."

He added, "I was running the first 16, 17 kilometres with a head lamp in the darkness. I need it because I'm a klutz."

Knowing the park is home to a plethora of wildlife, from skunks to raccoons, Sgt Weigelt did not want to trip over one of them as he ran in the darkness. Looking back at this fourth triumph from the seven Ex MOUNTAIN MAN he's run, Sgt Weigelt knew he was running solidly and had a chance at his old record early on the opening leg. "I took the lead around the 10-kilometre mark," he said. "I passed one guy, but still you can only run your race and not worry about what others are doing [on the course]."

UPCOMING HOME GAMES:



Sept. 26 vs. Saskatoon
7:30 p.m.

Oct. 3 vs. Tri-City
7:30 p.m.

Oct. 4 vs. Red Deer
7:30 p.m.



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