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Bowling alley closes its doors on Base. Page 10



2PPCLI goalie Pte Alex Moodie stopped another 1RCHA HQ Bty player on a breakaway during his team's 4-0 victory at Gunner Arena. The former Brandon Wheat King puckstopper plans to also play defence. *Photo Jules Xavier/Shilo Stag*

Former Wheat King goalie stops pucks for 2PPCLI

Jules Xavier
Shilo Stag

2PPCLI has a plethora of riches when it comes to stopping the puck in the Intersection Hockey League.

However, both goaltenders would much rather patrol the blueline as a D-man or score goals on opposing net-minders rather than ply their trade between the pipes.

Such is the story for two no-hook privates new to 2PPCLI this year, six-foot-one Alex Moodie and six-foot-four Curtis Martinu.

While Pte Martinu is burying the puck as a forward — he scored his team's first goal of the 2019-20 campaign at Gunner Arena — Pte Moodie is 3-0 after three stints in net. But he soon will move to the blueline once he collects the right equipment for the job. Why play defence when he has played 76 games over four seasons in the WHL?

"I'm like Curtis," he says during a visit to the *Stag's* office to talk about hockey and life with 2PPCLI. "I just want to have some fun playing hockey again. I can't really shoot the puck having played all these years with a goalie stick. I like to do stretch passes with my goalie stick, so I'd do the same as a defenceman with that first pass out of my zone."

Now 24 and working out of 2PPCLI's Ops, Pte Moodie acknowl-

edges it's not about him making the big saves to impress his fellow Patricias because he played for the Saskatoon Blades — drafted 108th overall, fifth round by the Saskatoon Blades in 2011, and traded to the Brandon Wheat Kings during the 2014-15 season.

"It's not easy to play goal in intersection hockey," offers Pte Moodie. "I'm not facing hard shots like I would facing the best junior players [from Western Canada]. It's actually harder because I'm getting flutter shots which are hard to track. Plus, I've got a lot of rust having not played regularly for five years after my junior career ended."

While Pte Moodie played 76 WHL regular season games — nine with the Wheat Kings until a blatant elbow to the head put him out with a concussion — and one post-season tilt during the 2013 Memorial Cup, 27-year-old Pte Martinu from A Coy played in three minor pro leagues after he left the SJHL's Estevan Bruins following the 2012-13 season.

After being the starter in 46 games for the Bruins, he would be a backup for the next four seasons from 2013 to 2017 — it was up and down on teams in the ECHL, SPHL and FHL. He lived out of a suitcase most of the time as he saw playing time with the Evansville Icemen, Columbus Cottonmouths, Dayton Demonz, Fayette FireAntz, Knoxville Ice Bears, Port Huron Prowlers and Macon Mayhem.



See **HAVING** page 7



Burgers and hotdogs were served for lunch (left) during the Base's annual United Way wrap-up luncheon at L25. The winning ticket was drawn (right) during a 50-50.
Photos Jules Xavier/Shilo Stag

Base's United Way campaign raises more than \$29,000

Céline Garbay
Shilo Stag

There seemed to be only one question on everyone's lips at the Base's annual United Way wrap-up event: who won the shed built by the carpenters at RPOU-W Det Shilo?

The lucky winner, a civilian from Brandon, could not receive his prize in person due to an industrial accident the morning of the scheduled presentation.

He is just one of many civilians and military members who took part in this year's fundraisers, big and small, together donating nearly \$30,000 since the campaign launched in mid-September.

Base COS Maj Howard Nelson announced the tally at the event in L25, which featured a barbecue lunch put on by the Base kitchen — all proceeds going into the pot, of course — and a 50/50 draw.

Held on a Friday, many military partakers wore civilian attire, a permission they "purchased" by way of a further donation to the campaign.

"The United Way campaign is an important way for [CFB] Shilo to give back to the community," he said, adding, "\$29,376 is a testament to how this community can come



CAPT DWAYNE GUYMER

together to support a good cause."

Campaign chairperson Capt Dwayne Guymer co-ordinated the Base fundraisers.

"We're ecstatic with the representation and the support from the units, the soldiers and individuals on the Base," he said.

"International operations are ongoing, so a significant number of personnel from the Base are out the door and deployed, so given the audience that we have, the donations were fantastic."

The final, official, tally will not be known until 1RCHA completes its unit campaign, which started two weeks late due to personnel deployments.

Every dollar raised from car care clinics, bake sales and raffles will go towards feeding, housing, clothing and otherwise assisting the

most vulnerable.

United Way CEO Cynamon Mychasiw made it a priority to attend the wrap-up event.

"CFB Shilo is by far our largest employee contributor, each and every year," she noted.

The money raised is enough to fund three programs for an entire year, or provide innovation funding to start up a new program.

"Thirty-thousand dollars goes a long way in our community: it means that people have beds to sleep in, food on their table, clothes on their backs — and in a lot of cases, access to the mental health support that they otherwise wouldn't have."

The Brandon & District United Way currently provides services throughout Brandon and the RMs of Elton and Cornwallis and Whitehead.

Because it operates on a mandate to direct services to the communities in which money is raised, the organization plans to expand services in Wawanessa, where a significant amount of donations are also generated.

The needs are always changing — they grow, every year, exponentially.

Prioritizing the needs and allocating funds is an ongoing process, especially as the nature of community needs changes.

"There is a real focus now on mental health," Mychasiw acknowledged, "because we're seeing that as a driver of so many of the other [problems] in Brandon."

Individuals can continue to support the United Way by donating to the annual pyjama drive.

The season of giving is still in full swing at CFB Shilo throughout the first week of December, as the chaplaincy team collects food items to fill hampers for needy families.

Last year's United Way campaign raised \$47,173.44.

Pet of the Week

KIRA, ZEUS & INOUK

Natacha Pelletier has three dogs: my Dalmatian KIRA "is a dream come true and I want a dog with energy, she has a lot." My Beauceron ZEUS "is the perfect dog, [who] will follow you everywhere. My puppy Husky INOUK, "to complete my team as I wanted a nordic dog for long time. They are my life and a part off my job, too, because I'm a dog trainer." Do you have a photo of your pet — cat, dog, bird, snake, hamster — you'd like to share with our Stag readers? If so, e-mail it to us via stag@mymts.net



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DND/CAF Ombudsman Gregory Lick (inset) listened to soldiers and civilians at the GSH theatre during his four-day visit to CFB Shilo. He also had an opportunity at the MFRC to visit with military families.

Photos Sheila Kozirowski & Jules Xavier/Shilo Stag

Old infrastructure a problem on Bases

Céline Garbay
Shilo Stag

The state of the shacks caught the attention of the National Defence and Canadian Armed Forces (CAF) Ombudsman when he visited CFB Shilo recently.

Gregory Lick, officially appointed to the role last summer — although he's been in the Ombudsman's chair since late 2018 — spent three days on Base from Nov. 19 to 21, meeting with soldiers, their families and civilian personnel and presenting the services his office provides.

He wants to know what's going on in people's lives, and invited them to air their concerns.

At one session, a soldier said he'd like to make toast in the barracks, but plugging in a toaster is deemed a safety hazard in the aging building.

Lick acknowledged old infrastructure is a real problem at Bases across the country.

"When [soldiers] go out into the field they're not expecting [luxury] but when they come home they do expect quality accommodation," Lick acknowledged.

"I think investment in that area would go a long way for people, in terms of morale and welfare."

Lick — he prefers to be called Greg — gave nearly 20 hour-long presentations during his visit, carefully outlining the two major roles that the Ombudsman plays for the defence community. The first is a sounding board for systemic issues that affect the morale and well-being of the CAF and DND.

"In order to have a good operational force, you need one that has good morale, that's healthy," he explained.

"We have the capability to look at the life of soldiers and sailors and airmen and airwomen and say what changes could be achieved that would provide a better life for them but still actually maintain operational effectiveness."

Complaint resolution is the other facet of the role. Back in Ottawa, a team of investigators works to ensure a fair resolution to grievances, making sure policies are applied correctly and justly. You might not always get the result you want, Lick underscores, but it will meet the standard of fairness.

It was his first visit to Shilo, following visits to CFB Cold Lake, CFB Bagotville and Garrison Petawawa in the past year.

"Overall, we got a great sense of community, I would suggest even more than any other Base I've visited, he said.

"Participation here was [also] better than it was everywhere else," he added.

As well as speaking to soldiers of all ranks about issues faced at home and in the workplace, Lick's team met with civilians who asked about the broken Phoenix pay system, and the impact it is having on pension and retirement plans.

An evening session for families, held at the MFRC, was a more intimate affair with only a handful of attendees.

"I would have loved to see more families, but that seems to be the most challenging even though we provide child-care and a pizza supper."

Even more challenging, he says, is getting the word out to recently-released soldiers, to ensure they know the wide range of services available to them.

In his spare time, he volunteers with VETS Canada, patrolling the streets of downtown Ottawa providing assistance to the homeless and seeking out, in particular, home-

less veterans. It's clear Lick cares deeply about serving those who serve.

Early in his career, he spent 17 years as a naval reservist prior to his career in the Canadian Coast Guard, which spanned three decades.

"My gap in knowledge is definitely on the Army side," he admits.

In 2013 he was part of a response team in Ottawa that managed the repatriation of remains when a Coast Guard helicopter crashed in the Arctic, killing three men aboard.

Although he insists the experience is far different from the type of trauma soldiers face on a battlefield, the incident has left an impact on him.

His eyes moisten when he speaks of the mental health issues faced by members of the CAF.

"Tragically, we do get those calls from people who are at the end of their line; our [intake officers] are trained to be able to help them, to talk them down, to calm them, to get them the support, and maybe even directly help them to get the support they need immediately."

Working on behalf of members of the CAF feels like a homecoming.

"I couldn't think of a better way to finish my career than by helping people in a very direct way and at least contributing to making long-term positive change in the organization where I started," he says.

Back when he was a part-time sailor, the office of the Ombudsman didn't exist.

It was only created in 1998, an outcome of the Somalia Commission of Inquiry which brought to light certain weaknesses within the CAF, including complaint resolution and accountability.

"Many of my sailors that worked for me might have and probably did experience certain issues in which they could have used — or I could have used — the services of an Ombudsman to help them," he says.

Getting the word out to leaders is one of the messages he hopes will resonate from his visit. "We're not simply the office of last resort," he stressed at all the briefings. "We can help you help someone else."

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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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Op RED NOSE seeks volunteer drivers

BComd LCol Jeff Lyttle and Op RED NOSE organizer Julie Mazsa spoke at the kickoff for the annual Christmas season Op RED NOSE program at the Junior Ranks. Mazsa co-ordinates the drivers who will transport party goers home in their own vehicle. If you are interested in being part of this festive season campaign stop by the MP office and submit your application and police check form.

Photos Jules Xavier/Shilo Stag

Military memorabilia donated by 103-year-old medic

Shilo Stag

Military memorabilia donated by a Second World War veteran from Winnipeg will soon be on display in the reception area at the 11 CF Health Services Centre.

Cpl (Ret'd) John Pauls, a military medic who saw action in the central Mediterranean area and Continental Europe, had his daughter

11 CF H Svc C Shilo CO Maj Anjolie Hogan and her CSM WO Lisa Forester took a day trip to Winnipeg last month to meet the retired 103-year-old military medic.

From Manitoba, Pauls was a member of the Royal Canadian Army Medical Corps during the Second World War. He enlisted, according to his Canadian Army paperwork, on March 3, 1942, and was demobilized "to return to civil life" on June 5, 1946.

Never wounded despite his exposure to enemy fire



11 CF H Svc C Shilo CO Maj Anjolie Hogan and her CSM WO Lisa Forester visited Cpl (Ret'd) John Pauls in Winnipeg in October after learning he had his daughter donate his Army medic memorabilia to the RCA Museum. The Second World War veteran is 103, and served from 1942 to 1946.

based on his military job, Cpl (Ret'd) Pauls was mentioned in dispatches for his work. Following the war, he received a number of medals, including 1939-45 Star, Italy Star, France and Germany Star, Defence Medal (UK) as well as the Canadian Volunteer Service Medal and clasp. The medals are part of the donated collection.

Other donated items include a handwritten itinerary of his locations, dates, places and ships which ferried him across the Atlantic Ocean from Canada to England, then on to Italy.

Following the Second World War, Cpl (Ret'd) Pauls

took care of veterans at the Deer Lodge Veterans' hospital in Winnipeg up until he retired.

His daughter says Cpl (Ret'd) Pauls often sent packages of clothes and toys overseas to families in need which he had met during his service.

Besides the Base clinic working on a display case featuring his donated memorabilia, staff also plan to rename the Medic of the Year award after Cpl John Pauls.

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Céline Garbay
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Volunteer drivers needed for program

MP Platoon CO Capt Geoff Chandler attended the kick-off with BComd LCol Jeff Lyttle.

The first time Cpl Natasha Desrochers called on Op RED NOSE to get her home safely, she was 18 years old. She had been drinking with friends during the holiday season and knew she wasn't safe to get behind the wheel. Rather than pay for a taxi, leaving her car behind, she called for a free ride home — in her own vehicle. She has used the service many times since then.

"I like drinking," she laughs.

The Montreal native also volunteers with the organization, and this year is no different.

With silly season right around the corner, she has submitted her paperwork to be a designated driver for the fourth year in a row.

Along with two friends, she'll volunteer her time for pre-arranged dates that work with their schedule, before flying home for Christmas leave.

That simple contribution goes a long way to keeping colleagues safe throughout the month of December.

The program covers a wide area throughout Brandon and the RM of Cornwallis, including CFB Shilo, Carberry and surrounding areas.

The first year it launched on Base, in 2012, there were no recorded incidents of drunk driving — down from 13 the year before. That's the bar set by local organizer Julie Mazsa, and she needs more volunteers to reach it.

"We cover from here to Carberry, Brandon and all around because our members live in such a diverse area," she explained at this year's official kick-off, which took place Nov. 18 at the Junior Ranks' mess. "It's a lot harder when I only have one team to get people home to Brandon or to pick them up in Brandon and bring them back."

At the very least, Capt Chandler hopes enough volunteers will come forward from each unit to provide driver coverage for each of the main functions held on Base, as well as mess and private parties.

"If individuals are looking to volunteer outside of these dates, we will be happy to have them," he said. "Any shifts that people take will assist us in ensuring we provide options other than drinking and driving."

"We want to keep everyone who is drinking off the road and keep it safe for everybody out there," LCol Lyttle added.

The service is free, but donations are accepted. Each ride is tallied, earning a rebate from Manitoba Public Insurance (MPI), which in turn supports youth programs on Base.

This year, Mazsa hopes stricter provincial laws will encourage even more people to use the service. When new legislation goes into effect Dec. 16, drivers whose blood-alcohol level ranges between .05 to .079 — just under the legal impaired limit — risk losing their vehicle for three days, and a hefty fine.

The "immediate roadside prohibition" measures also give police the ability to revoke licences, impound vehicles, and order the installation of an ignition interlock system. Similar legislation in British Columbia has significantly reduced alcohol-related deaths since it was first implemented in 2010.

"Every ride gets us a donation, every ride gets someone home safe with their own vehicle," Mazsa said.

All volunteers must submit to a criminal record check.

Application forms are available online at www.operationrednose.com

Op RED NOSE offer safe ride home during festive season

Shilo Stag

Enjoying a festive drink after work or while out at the messes with comrades?

If so, remember to not to drink and drive, especially with tougher laws now in place in Manitoba. Reach out to organizer Julie Mazsa and her Op RED NOSE team during the Christmas holidays.

Manitoba Public Insurance (MPI) and Safety Services Manitoba would also like you to dial 204-765-4444 to book your ride home using Op RED NOSE.

CFB Shilo is one of 11 communities in this province offering a Op RED NOSE program starting Nov. 29, from 8 p.m. to 2 a.m. Daytime rides Dec. 10, 11 and 12 run from 2 to 8 p.m., coinciding with a number of unit functions on

the Base. The program concludes on New Year's Eve from 8 to 2 a.m. Op RED NOSE ensures that both you and your vehicle arrive home safely. This service is provided free of charge, but donations are appreciated and accepted. All money raised via this Shilo Community Council initiative helps fund children's sports on this Base.

In a media release Safety Services Manitoba president and CEO Judy Murphy said, "Programs like Operation RED NOSE play a crucial role in renewing our investment in Manitoba's road safety every holiday season. The 2019 campaign will be the 25th year that Operation RED NOSE has run in Manitoba.

"Hundreds of volunteers in our 11 participating communities along with provincial and local sponsors make offering this program a success year after year."

Murphy added, "Our goal is to prevent impaired driving accidents in a non-judgmental manner by enabling communities to provide a free and confidential service."

MPI is once again providing support to Manitoba's Op RED NOSE. In a media release, Satvir Jatana, MPI vice-president responsible for communications, said "Last year, more than 4,000 Manitobans made the right decision by choosing a safe ride home and making our roads safer for everyone. [MPI] remains committed to putting an end to the tragic consequences of driving impaired, whether by drugs or alcohol."

CFB Shilo's Op RED NOSE will run nightly out of the Faith Centre Nov. 29, 30 and Dec 6, 7, 10 to 14, and Dec. 31 from 8 p.m. to 2 a.m. There will be afternoon pick-ups Dec. 10, 11 and 12 from 2 to 8 p.m.

Community Christmas Hamper: Adopt A Family

This holiday season, you can be a part of bringing joy and cheer to families in need. As an individual, family or group you are invited to adopt a family and fill a hamper with non-perishable food items.

How to adopt a family:

- * Register by contacting Carolyn Senchuk-Lavergne (FLO) at carolyn.senchuk-lavergne@forces.gc.ca
- * or Capt Shanahan (Chaplain) at eliza.shanahan@forces.gc.ca
- * You will be asked to indicate the size of family you wish to adopt (families will only be identified by size: small, medium, large, x-large).
- * A list of food items to be included in the hamper will be provided to you, along with any additional instructions.
- * Fill a box or some bags with the items on your list.
- * Deliver filled Hampers to the Faith Centre (T119) Dec. 5 between 9 a.m. and noon

Registration Starts Nov. 14

Other ways to participate include making a monetary donation to the Chaplain Services Fund.

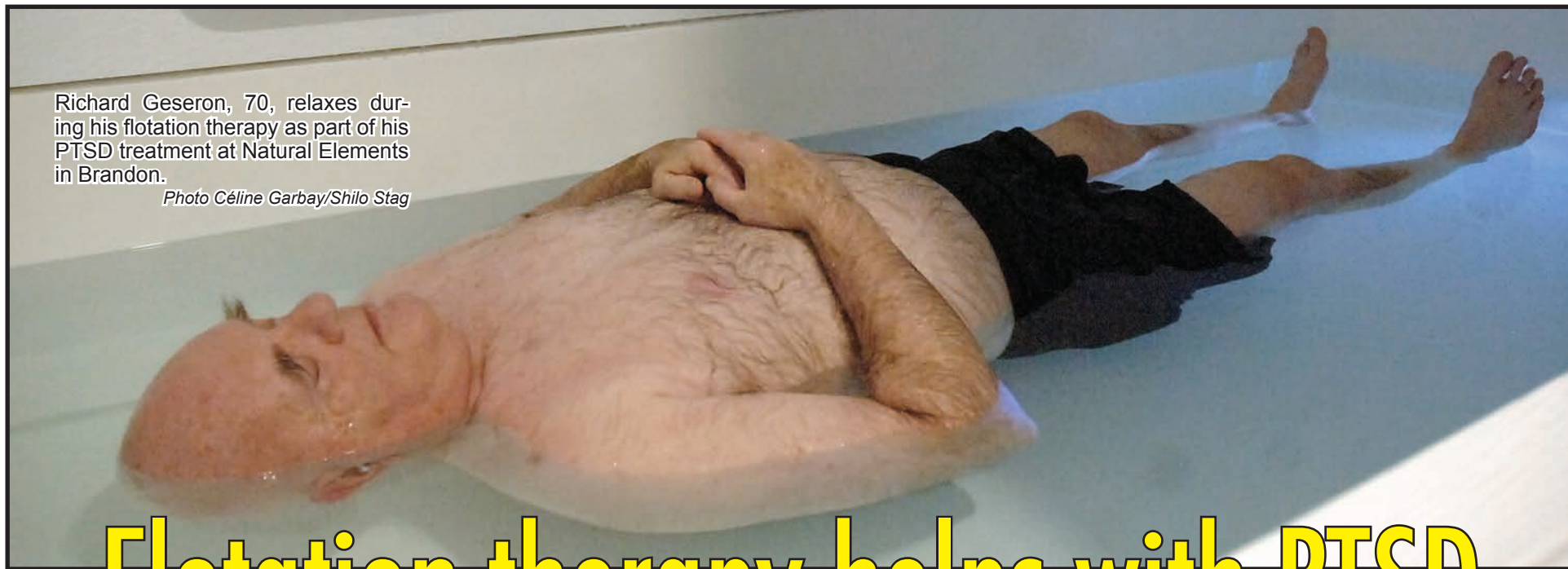
Nominations to receive a Hamper:

- * All nominations to receive a Christmas Hamper will be made through the Chaplains (3091), Health Services (3177) or MFRC family counsellors (3352).
- To request a Christmas Hamper, please contact one of the above mentioned services for a consultation.



Richard Geseron, 70, relaxes during his flotation therapy as part of his PTSD treatment at Natural Elements in Brandon.

Photo Céline Garbay/Shilo Stag



Flotation therapy helps with PTSD

Céline Garbay
Shilo Stag

When Richard Geseron started practicing flotation therapy five years ago, he had no idea it would help him deal with his PTSD.

The burly 70-year-old has been suffering the debilitating effects of Post-Traumatic Stress Disorder ever since his father died 29 years ago.

It was the catalyst to a breakdown that left him unable to work for two years. Even today, just hearing the letters P-T-S-D can trigger an intense, even physical, wave of emotion.

"I've learned to cope with it, but it's there," he explains. "It's hard to predict when it's going to hit you."

When he was first diagnosed, counselling was the only form of therapy available to him. That helped a bit, and so did running.

"Running was my alone time," he says, "where I could work through the trauma."

An avid runner for 40 years, aging knees meant he eventually had to abandon the only form of non-medicinal therapy that provided real relief from his chronic emotional pain.

Until he started floating.

• • •

Geseron's wife of 41 years, Laurie, first heard of flotation therapy while scrolling the Internet five years ago.

Also known as Restricted Environmental Stimulation Technique (REST), the service is gaining traction at wellness centres and spas across North America. In its earliest days back in the 1960s, it was also known as sensory deprivation therapy. The goal is to achieve a heightened state of relaxation by eliminating as much external stimuli as possible.

Users climb into dark, soundproof pods or cabins containing just 10 inches of heavily-salted water, warmed to skin temperature. The solution is so buoyant, one floats effortlessly, achieving a sensation of weightlessness.

When Laurie learned of the concept, float therapy wasn't offered anywhere closer than Winnipeg. She realized it might not be Richard's thing, but they both knew he had nothing to lose.

"It was strange, and unnerving," he recalls of his first time. "Finally I said I've had enough of this and I got out."

That first experience lasted only 20 minutes. But it was enough to see a potential benefit.

"Even though it was only 20 minutes, I felt good," he says. "When you do an activity that makes you feel good, you want to do it again — whether it's five minutes or an hour or two hours. So I was ready to pay for it, even if it was only 20 minutes."

The couple began making the trip to Winnipeg every few months just so they could float.

• • •

Back in Brandon, Kori Gordon had a part-time wellness business offering reiki and natural energy therapies.

Eager to bring something new to the area and to launch her business full-time, Gordon discovered flotation therapy by chance during a weekend getaway to Bismarck, North Dakota.

During her trip, she also discovered halotherapy, a dry salt therapy that disperses finely ground pharmaceutical-grade salt into the air, opening the the respiratory tract and

providing a measure of comfort for sufferers of emphysema, bronchitis, sinusitis, among others.

"I thought, this is amazing," she recalls. "This could help a lot of people."

Convinced, she began researching the therapies and figuring out how to bring them to southern Manitoba.

Since opening last spring, Natural Elements is the only centre in the province to offer halotherapy.

Of the two services, flotation therapy was the more costly and complicated dream to realize, but Gordon was committed to making it happen.

Having suffered her own bout with PTSD a decade ago, it was important to her to offer something that could provide some relief to those currently struggling.

"I know the hell you can be in when you're in the middle of it," she says.

Sensitive to the common triggers of PTSD, Gordon decided that her clients should be free to customize their float experience as much as possible. Instead of tanks or pods, she opted for custom-made cabins with a private shower and change area to provide users the most room, eliminating fear of claustrophobia.

Clients can float with the door open or closed; lights on or off — there are ten different colour settings — to music, spa sounds, or in complete silence. There is also an infrared option, said to increase blood circulation and alleviate aches and pains, among others.

Gordon follows provincial health regulations and guidelines to the letter, ensuring the cabins are sanitized between customers. Water samples are tested regularly in a laboratory, and she maintains strict hygiene procedures.

With its extremely high salt content — 1,000 pounds of Epsom salts per 10 inches of water — the float solution goes through a filtration system, a UV light system and an ozone system.

"The water here in a float cabin is way more pristine than you'll find in any public water facility," Gordon assures.

• • •

Laurie and Richard Geseron were among Gordon's first clients when her spa opened earlier this year, eager to try float therapy more regularly. For five years they had been making the trek to Winnipeg a few times annually — never during winter — just to float.

They floated when they visited Victoria, twice. Over time, Richard increased his float time to 30 minutes, then to 40.

"The more you float, the easier it is to get to that relaxation stage," he says.

They each have their own style. Laurie floats with the lights on, in silence, and uses the time to meditate, aiming to clear her mind of conscious thought. For Richard, floating to music and in the dark, provides the same mental benefit he once achieved through running. He uses the time to process recent events and to work through his emotions.

"Thinking, relaxing, realizing that it's not the end of the world, that what I have is not a weakness. [Floating] gives me the time to put it all in order."

Since May he has been floating twice per month, and claims the practice brings him an inner calm and physical well-being. In addition to feeling more at peace with himself than he ever has been, he has noticed a change in his relationships.

There are fewer angry outbursts towards Laurie.

"I get wound up, I still do — but it's not as bad. I don't fly off like I used to. I have better control today than I ever have."

His children, now adults, experience a different father than the one they had growing up. For the first time ever, he has a relationship with them. "I'm in a lot happier place today than I ever have been in my life," he says.

• • •

Looking for scientific evidence to explain the effects of flotation therapy is tricky. Information on the Internet abounds, with small clinical studies suggesting that flotation therapy may generate creativity, enhance concentration and visual-motor coordination; relieve chronic pain and alleviate everything from hypertension to headaches and insomnia.

Larger-scale, controlled studies using advanced brain imaging techniques have yet to be conducted, to explain with certainty the health benefits of flotation, or sensory deprivation. Regardless, those small-scale studies all back up the overwhelming anecdotal evidence that flotation relieves stress. Participants consistently report feeling substantially more relaxed after floating.

A 2018 study involving patients diagnosed across a spectrum of anxiety and stress-related disorders, including PTSD, concluded that most participants felt significantly less stressed after floating, and experienced a substantial decrease in their muscle tension, pain and depression.

Richard doesn't care much about the science.

"I don't understand [why it works] and I don't want to, I don't need to understand," he says. "For me, floating and halotherapy have brought a peace that I have never felt."

Geseron's testimony and Gordon's own experience with PTSD are what motivate her to get the word out about flotation therapy's potential use to treat PTSD. Although post-traumatic stress disorder can affect anyone and is not exclusive to military personnel, she is offering a military discount to clients who want to try flotation therapy out for themselves.

"I'm not going to say that it's a cure or that it will help everybody, but it gives you that moment in time to either collect your thoughts or just escape and be away from it for a little bit."

• • •

On Saturdays, Geseron often works at a local storage company. Over the years he's met many military members who keep their vehicles there. In getting to know some of them, he recognizes the symptoms of PTSD. It brings back memories of when he was first diagnosed, at a time where mental health was not openly discussed, especially by men.

"Back then you hid everything," he explains. "You felt it would be seen as a weakness."

He tries to share the benefits of his flotation therapy whenever he sees an opportunity, he says, but often it falls on deaf ears. Whether it's flotation therapy or something else, he urges people to keep an open mind to new ways of achieving well-being.

"They're just not ready to admit to themselves that they should try something different," he says.

"They don't yet realize that maybe they can find some peace, either physical or mental — even just for that five minutes, to feel as if you're on top of the world."



While he admits to some rustiness between the pipes playing for 2PPCLI in the Intersection Hockey League, former Brandon Wheat King puckstopper Pte Alex Moodie was on his game facing 1RCHA HQ Bty at Gunner Arena. He recorded a shutout, and improved to 3-0 to start the 2019-20 season.

Photos Jules Xavier/Shilo Stag

Having fun key to enjoying hockey again

From the front

Winnipeg-born Pte Moodie did not pursue a professional career after his stint with the Wheat Kings, nor was he interested in playing another season in the WHL. His "DUB" stats include one shutout, three assists, a 30-33-5 win-loss-tie record, two penalty minutes and 274 goals scored against during 3,968 minutes in the blue crease.

"When I was done that season, I was done playing hockey," he recalls. "I had lots of offers, including the MJHL, and could have gone back for another [WHL] season. I had talks with the University of Manitoba, but because I was no longer interested in playing anymore I didn't even send in my transcripts after I'd talked with the coach."

The concussion did not help matters, plus a hip injury during the 2013-14 season in Saskatoon limited him to just two games in the second half of the junior campaign after he'd started 26 tilts. Moreover, that summer he was traded to the Spokane Chiefs, where he ultimately did not play after being traded back to the Blades. He saw only 11 games in Saskatchewan before the Wheat Kings traded for an experienced keeper to backup Jordan Papirny during the season where Brandon posted an impressive 53-11-0-8 record.

"That was a great team with the players on that roster," he says. "But that elbow against Moose Jaw really put me back because of the concussion."

Hockey was no longer fun, Pte Moodie came to realize, when he went home to recover that summer in Winnipeg and weigh his hockey/life options.

"It was never not fun playing hockey at that level, but it was becoming a business where I was not having fun," he says.

So, that fall he enrolled in the criminal justice program at Alberta-based Lethbridge College, where he studied with aspirations of being a police officer. But in 2017 he thought he needed more life experiences, and stopped in at the Canadian Armed Forces (CAF) recruiting office.

"I wanted more life experiences, plus a career where teamwork was part of your work day. So, a career in the military came to mind, so I looked into it.

"I'd already had the sports life experiences having left home at 16 to play junior hockey. So why not the Army? There's no better place for teamwork because you can't do it by yourself."

He adds, "I could handle the stresses in sports, but going off to college I had to learn to cook for myself, do my own laundry. Everything was done for you in junior hockey."

The life of a soldier also appealed to him when it came to deciding on what pathway he would take. His initial choice was military intelligence, followed by weapons tech and combat engineers.

"I dropped the combat engineers idea because I'm not good at math," he says laughing.

Then it was off to St. Jean, Quebec for basic training in October 2017. Once he graduated, a trip west to CFB Wainwright in Alberta was in the offing for further training after someone convinced him to go infantry, and look to the Patricias. He arrived here in May, and has not regretted his decision, especially with home just more than two hours drive away east down Hwy. 1.

It was while at CFB Wainwright that he once again donned goalie pads after a hiatus and saw action for the host team during the CAF regional tournament.

"I'd not talked with anyone about my hockey past, but some guy came up to me and said he remembered watching me play for the Wheat Kings," he recalls. "He said his team needed a goalie and would I be interested."

He adds, "Funny, I had just started selling off all of my goalie equipment. So, I had to go out and find a pair of goalie pants. Plus I had to dust off some of the rust on me having not played in sometime, and that included my skates."

His first game was a 7-2 loss to Garrison Edmonton. The calibre of play meant he had big adjustments to make as he was not facing the likes of Nolan Patrick, Ivan Provorov, Kale Clague or Ty Lewis, all players who would become teammates after the trade from Saskatoon. Those players, all NHL drafted, were tough to deal with when Pte Moodie manned the Blades net.

Now with 2PPCLI, putting in just one team for this season because of High Readiness, he was again approached to play net. He will make himself available if needed, but his choice will be to defend the attack zone with a hockey stick, not a goaltender's stick. He's more focused on making the Base's regional team as goalie and earn a trip to CFB Cold Lake this January.

Admitting his skates are more rusty than dusty after being in a goaltender bag for many months since he last used them, Pte Moodie was happy with his play for 2PPCLI, a 4-3 win over the Base squad, followed by a 4-0 skunking of 1RCHA HQ Bty.

"I know I let those two goals in early in my first game, but we came back and won it. I know the guys were chirping me from the bench after they scored early, but I just dialled it in and focused on stopping the puck the rest of the way. I

had to adjust to the players on the ice, keeping focused on stopping every shot I faced."

With maturity, Pte Moodie says his game between the pipes has improved because he no longer worries about the negatives, like being scored on.

"I'd get down on myself quickly when I was younger, letting in a soft goal," he recalls. "Now that I'm a little older, I have more patience. When I was thinking about my [NHL] draft year it was tough after giving up a goal because I was thinking that when I let in a goal [with scouts watching] I would drop from round two to round three. That's hard on a young goaltender when you should just play your game."

At his height, Pte Moodie fills most of the net, even when he's down in a butterfly stance. He concedes the extra few inches Pte Martinu has on him can mean the difference of having a pro career in today's NHL.

While the majority of his hockey buddies are avid NHL television watchers, or immersed in their Facebook profile talking hockey, not so for Pte Martinu.

"I only watch the Stanley Cup finals," he admits. "I don't follow the NHL, nor do I sit in front of the TV watching games all the time. Last season, I only watched game seven in the Cup final where St. Louis won. I have better things to do, now that I'm in the Army ... I'd rather watch golf."

Or like he did this past golf season, playing more than 50 rounds on the nearby Shilo Country Club course.

Until he can return to the golf course sometime in April 2020, Pte Moodie will visit Gunner Arena to have fun playing hockey again, whether it's in goal or on the blueline.

And help his team win the Intersection Hockey League title in March, or help 2PPCLI win Ex STRONG CONTENDER in mid-January at Garrison Edmonton. There's also regionals in January at CFB Cold Lake, with a victory in the final earning CFB Shilo a trip in the spring to CFB Borden for nationals.

"As long as I'm having fun, then I'll keep playing. Like the guy who scored on me from Z Bty, with a one-timer. He acted like he'd scored the game-winner, so I was happy for him because he was having fun. His goal made the game closer, but we still won 3-2."

Pte Moodie is also not distracted by spending time on a computer or iPhone checking on his Twitter or Facebook pages — in fact, one of his teammates had to show him action photos from his shutout victory on the Stag's Facebook page because he does not have a Facebook profile.

Story on Pte Curtis Martinu's professional hockey career in your Dec. 12 Stag

PPCLI veteran embedded with soldiers paints what he observed



Taking a Knee is based on a photo taken by artist Scott Waters during Ex DESERT RAM held at CFB Suffield.

Peter Mallett Stag Special

Toronto-based artist Scott Waters' military experience has framed much of his work.

He served with the Princess Patricia's Canadian Light Infantry (PPCLI) between 1989 and 1992, and was stationed at Work Point. He and his platoon mates were preparing for war, hoping to be deployed to Kuwait for the Gulf War.

His insights into the reality of being a soldier is what led him to being accepted into the Canadian Forces' artists program. A reality that doesn't always match with the public's perception.

Much of a soldier's work is waiting for action, leading Waters to paint a more human aspect of them.

In 2006, he travelled to CFB Gagetown in New Brunswick to collect images of soldiers training to deploy to Afghanistan. From that embedded opportunity he created a series of paintings showing soldiers in everyday situations.

This point of view is a detour from many other artists who depict soldiers in hardship moments. Waters wanted to paint the truth of a soldier's journey — the boredom from waiting, the humour found in anticipation, the solemn nod to a lost comrade.

Sleeping in the LAV is among those. It depicts two Second Battalion Royal Canadian Regiment (RCR) personnel resting in their vehicle during Ex ROYAL ARCHER II in the lead-up to their deployment to Afghanistan.

"One of the issues I was interested in painting is how military service sometimes leads to death because that's the nature of the job," said Waters. "So, in this painting I have presented a rather quotidian [commonplace] image of two guys napping. But there is also the intended spectre of deployment in a war zone, and that pose of them sleeping can also draw a strong parallel to death."

He paints on sheets of plywood using bold colours to divide the background from the subject. His medium is acrylic and oil, and he incorporates the knots and grain of the

wood into his artwork.

The 49-year-old artist said his art is an attempt to record the interactions of soldiers and how the military, and specifically the infantry, operate as a social unit, both in isolation from and relation to civil society.

His experience at CFB Gagetown left him wanting more.

In 2011, he reapplied to the CF's artist program and was again accepted. This time he was able to deploy with his former unit for four weeks on Op ATTENTION between Kabul and Mazar-i-Shariff.

Soldiers he met on his rotation in Afghanistan told him "... he should realistically portray moments of boredom — the unglamorous nature of a theatre of war.

The outcome from this direction led to *Coda* (Lt Orde), an average, everyday moment captured at Camp Dubs near Kabul. It shows an act of remembrance by Lt Orde for his friend and platoon-mate MCpl Byron Greff, the last Canadian soldier to be killed in Afghanistan. Embroidered on the back of his ball cap is RIP Greff.

"Greff can be seen as a marker of the Afghanistan mission's draw down, but I was also interested in the laconic way in which Greff is remembered," said Waters. "Nothing fancy, just functional, but a daily reminder of the loss."

These days, Waters has moved the focus of his artwork away from the military. He seldom paints soldiers, but said his experiences in the military and with the CF's artist program are always in his mind when he's painting.

Born in Preston, England, in 1979, Waters' family emigrated from northern England and settled in Trail, BC. He joined the military out of high school.

After leaving the military he earned a Bachelor of Fine Arts from the University of Victoria, and a Masters of Fine Arts from York University.

Writing credits include the illustrated military memoir, *The Hero Book* (Conundrum Press) and the anthology, *Embedded on the Homefront* (Heritage House).

In 2012, he was awarded The Queen's Diamond Jubilee Medal. For more information about Waters and his work visit his website www.scottwaters.ca/cfap

At A Glance

CFB SHILO

Ex FROZEN GUNNER

www.CAFconnection.ca
WINTER 2020

Former CAF artist program volunteer Scott Waters depicts two members of 2RCR (Royal Canadian Regiment) sleeping in their LAV during training at CFB Gagetown in 2006.



"One of the issues I was interested in painting is how military service sometimes leads to death because that's the nature of the job. So, in this painting I have presented a rather quotidian [commonplace] image of two guys napping. But there is also the intended spectre of deployment in a war zone, and that pose of them sleeping can also draw a strong parallel to death."

— Artist Scott Waters

Christmas events at your Chapels:

St Barbara's Chapel (Prot)
 Dec. 1 10:30 am – Theme – Hope
 Dec. 8 10:30 am – Theme – Peace
 Dec. 15 10:30 am – Theme – Joy
 Dec. 22 10:30 am – Theme – Love
 Dec. 24 10:30 am – Christmas Eve Service
 Dec. 29 10:30 am – Regular Service

Our Lady of Shilo (RC)
 Dec. 22 10:30 am – Liturgy of the Word
 Dec. 24 7:30 pm – Christmas Eve Mass
 Dec. 30 10:30 am – Liturgy of the Word



Ambassador for Peace Medal – Republic of Korea



National Order of the Legion of Honour - France

War medals available to veterans

Shilo Stag

Did you or a fellow soldier serve in France during the Second World War, or during the Korean War?

If so, Guy Black can help you, or the family of veterans have since died, obtain two very special medals which are available for our veterans — the National Order of the Legion of Honour from France and the Ambassador for Peace Medal from the Republic of Korea.

“Our veterans of the Second World War and the Korean War have both fought hard and made tremendous sacrifices and they have both won the greatest level of respect and thanks we can give them,” noted Black, a recipient of the Minister of Veterans Affairs Commendation and the Sovereign’s Medal for Volunteers.

“The Government of France is awarding their highest medal to all living Canadian veterans who directly helped to liberate their country between June 6 and August 30, 1944.”

Black added that the Republic of Korea is presenting its Ambassador for Peace Medal to all Canadian veterans who participated in the Korean War and its peacekeeping operations between 1950 and 1955.

Living veterans or the families of veterans who have died may be eligible to receive this special medal from Korea.

“If you are a veteran or know someone that is and who might be eligible for one of these important medals, please contact me,” he said.

Black is an unofficial volunteer who is willing to help veterans and their families with the application. There is no fee involved.

For more information contact Black by mail at 515 - 95 Moody St., Port Moody, BC, V3H 0H2 or via e-mail at korea19501953@yahoo.com using Veterans Medals in the subject line.

Create habits which last your routine

MCpl David Sadai Stag Special

Aristotle once said “We are what we repeatedly do. Excellence, then, is not an act, but a habit.”

Creating habits which last in your routine become the foundational building blocks for creating your own version of happiness and also personal mastery.

To put the time in towards looking and monitoring your daily tasks and habits can be the best place to start to see what you’re doing and how often. Taking a log book around and recording in each 10-minute increment what you are spending your valuable time on.

This exercise can open your eyes into what you do habitually without even realizing how much time you’re spending on being non-productive and finding the positive and fantastic things you do and also the things you do that take you farther from the person you want to become.

The key is to recognize the habits you want to change, own them and find the way to replace them. Creating new habits in the place of old is hard.

It’s easy in the beginning, when you don’t have to put much sacrifice into it, but once time goes on the willpower always seems to fade, the new habit never seems to stick.

So how do you create a new habit? Knowledge, skill and desire. At the intersection of each of these, you will find your motivation to create and sustain your habits.

Educate yourself towards what it takes to develop this

new habit, develop the skills to be able to put it to test with meaningful practice and lastly, have desire to know what you’re doing it all for and have the end goal in mind.

Practice presence as you implement these new habits you take on. In the current moment you have control over your willpower and with a strong enough why you’re doing it, you’ll be able to bear any how.

Creating and keeping habits is always a hard task to keep up on as interests change and the will to carry on can fade. The best advice towards this is to keep your mind on your vision of the outcome you wish to have.

Be current in the moment and don’t allow your short term gratifications to rule your life and keep you from your long term goals and aspirations.

Sacrifice the here and now to get what you want later on. Be and stay congruent with your higher level and you will never fall into the pit of negative self talk.

You deserve to be living on your highest level and taking advantage of each day. Tomorrow is not guaranteed, so don’t waste another minute!

Nectr Athletics is proud to be a part of and serve the community of CFB Shilo and Westman with free shipping on all orders through www.nectrathletics.com. 10 per cent of all profits go to Big Brothers and Big Sisters of Canada to positively enrich the future leaders in our community. Be sure to check out our Facebook and our Instagram social media pages @nectr_athletics

For more information send this columnist an e-mail davidleesadai@gmail.com or visit www.nectrathletics.com

The Shilo Stag is now on Facebook.
Check out www.facebook.com/ShiloSTAG
for videos and more photos!

BRANDON WILDLIFE ASSOCIATION'S BIG BUCK AWARDS SUNDAY, DECEMBER 8TH, 2019 @ 1PM



Keystone Centre
Manitoba Room
(Enter by Main Ramp)

Admission: \$8
12 & Under FREE
ALL HEADS MUST BE TAGGED

Pre-Measure from 10AM - 1PM and Enter to Win a Hunting Knife. All Entries Due by 3pm.
Trophies for ALL Categories Including
Moose, Elk, Caribou & Bear
One Entry per Person, Per Category

TEN Browning Rifle Give-A-Ways!
Africa Hunt Raffle (Only 100 Tickets!)

Door Prize Rifle Draw (18+)

Junior Rifle (12-17) & Ladies Rifle Draw (18+)

All Heads 130”+ Entered into Special Draw

Free Draw for Donated Tagged Deer Hides



FOR MORE INFORMATION CONTACT DON @ 204-728-2903

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:
Playing 76 regular season games in the WHL, including nine with the Brandon Wheat Kings, how many goals did Pte Alex Moodie give up as a goaltender?

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.



GSH Bowling Alley

Open bowling for all ages
 Saturday 10 a.m. to 4 p.m.
 Sunday 12 p.m. to 4 p.m.

Adults: \$2.50 per game
 Youth: \$1.50 per game
 Children: \$1.00 per game
 Shoe rental: 75 cents

Reservations subject to tax
 Ask about Glow bowling
 birthday parties!

CLOSED

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

Shilo Theatre
 (Located inside General Strange Hall)

Nov. 29 *Blinded by the Light* Rated PG
 Dec. 6 *The Angry Birds Movie II* Rated G
 Dec. 13 *Hustlers* Rated 14A

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



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Wheat Kings

Dec. 13 vs Warriors
 7:30 p.m.

Dec. 27 vs Ice
 7:30 p.m.

Dec. 30 vs Pats
 7 p.m.

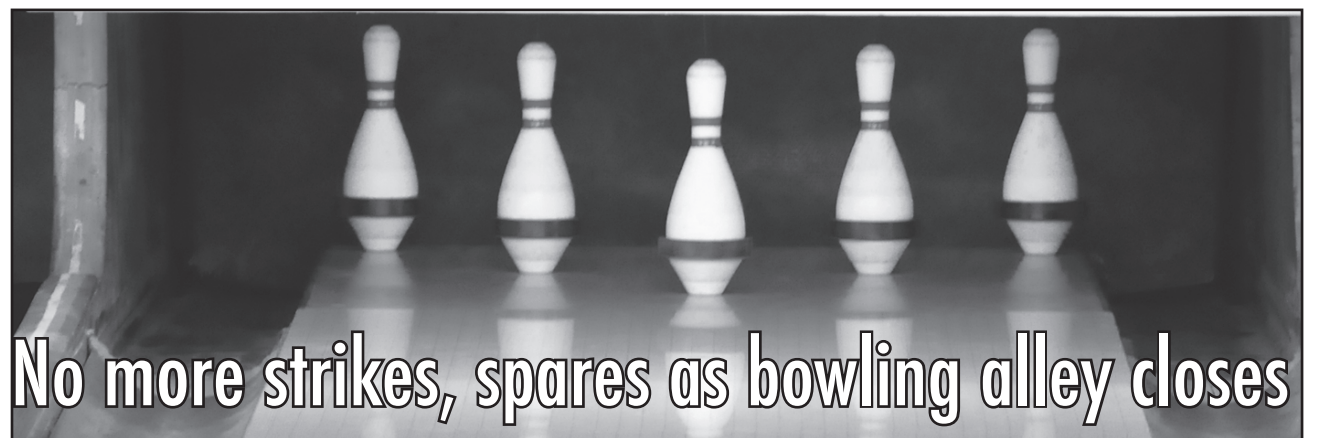
WHL



SISIP open house

CANEX manager Rick Kehler (left) helped open the plates of desserts for the recent SISIP open house. SISIP financial advisor Terrence Popadynetz (right) greeted open house goers, who had an opportunity to learn about SISIP services while enjoying desserts with their coffee.

Photos Jules Xavier/Shilo Stag



**Jules Xavier
 Shilo Stag**

With a mechanical system more than a half century old, and no trained bowling machine mechanics in Manitoba to fix aging equipment, the Base's bowling alley has closed its door permanently.

"You can't find parts, and there's no one to fix it," said fitness, sports and recreation manager Jim MacKenzie. "Three of the six lanes have been broken the last two months."

Moreover, while there are the occasional bowling birthday parties booked, use of the facilities open bowling Saturday and Sunday afternoons in the basement at the GSH has waned the past decade. Youth Bowling Council (YBC) and mixed leagues last ran in 2012. Intersection bowling for soldiers ended after 2015.

MacKenzie recalls the heydays of bowling popularity on the Base when he was a teenager, and aiming the ball down the current bowling lanes in the 70s scoring strikes, spares, head-pins and the occasional gutter ball.

While nearby Brandon boasts glow-in-the-dark bowling for five-pin and 10-pin enthusiasts, and computerized scoring, the Base's bowling alley still relied on old-school manual scoring. It was great for YBC bowlers because it allowed them to put their arithmetic skills to work, keeping score with their pencil.



Former BComd LCol David MacIntyre watches his ball head down the alley while using the Base's bowling alley.

Photos Jules Xavier/Shilo Stag

While the machinery is antiquated, MacKenzie said he will reach out to bowling alleys across the province to see if those venues would be interested in the excellent alley flooring which still has about 20 years of life in it. He plans to salvage the flooring, while the old balls and pins will likely be trashed.

"I'll be putting in a work order to have the place gutted, and the floor levelled and we're going to turn the place into a multi-purpose facility where clubs can use it, or we can run yoga classes," said MacKenzie.

From the time demolition starts and all work is completed, and funding is in place, MacKenzie expects the new space to be operational sometime in 2021.

Another long-time CFB Shilo resident is saddened after hearing of the bowling alley closing its doors.

Mess manager Patsy Marion has "awesome memories" of being part of the Monday night mixed league. She never did earn any YBC badges in her youth, but enjoyed the bowling camaraderie as an adult.

She laughs, "[I] bowled as an adult 'cuz they sold beer at the alley."

If you had a bowling birthday party booked in December, you will be contacted shortly by staff from community recreation co-ordinator Kristen Lucyshyn's office.

Call 204-765-3000 extension 3570
CFB SHILO

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




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Your source for Army news in Manitoba

Sales consultant required

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 about the job. Or call 204-765-3000 ext 3013/3093. Be part of the award-winning *Shilo Stag* team.



Christmas lights go up

Shilo firefighters used a balmy afternoon to put up Christmas lights on the exterior of the fire hall. They used their T-Rex fire truck to help with the building decorations to mark the festive season.

Photos Jules Xavier/Shilo Stag

Do you want to be a junior reporter?

Stag Special

Canadian Forces Newspapers (CFN) — the Canadian military's trusted news source like your award-winning *Shilo Stag* — is looking for youth from military families aged 13 to 18 who want to report on a story or issue which is important to their life or the community around them.

The story must be original and about an issue or a personal experience or insight which has not been widely reported about before and/or reflects the life of the contributor or their friends and/or family.

You should state why you think you reporting this story or issue will bring a unique perspective to it, but also how

you would widen your report to look at the issues around the subject.

Then CFN editors will meet in January 2020 to choose the most unique and powerful stories, which will be published with the winning entrants.

Our readers will then have an opportunity to vote for their favourite story and that reporter will win a grand prize package plus a scholarship.

To enter this competition send us your application and story idea which you would like to write about between Oct. 6 and Dec. 31.

For more on this competition visit www.CAFconnection.ca/youthreporter/

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: December 5 at noon

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

Services



St. Barbara's Protestant Chapel
 Sunday at 10:30 a.m. with Sunday school & nursery
 Padre Lazerte - ext 3381
 Padre Dennis - ext 6836
 Padre Walton - ext 3088
 Padre Smallwood - ext 3089

Our Lady of Shilo Roman Catholic Chapel
 Sunday at 10:30 a.m.
 Confessions by appointment
 Padre Nnanna - ext 3090
 Padre Shanahan - ext 3698

Services

Greg Steele Canadian Firearms safety course instructor/examiner offering Red Cross first aid training. Manitoba hunter safety instructor. CFSC, CRFFC safety courses offered at least monthly and on demand. Firearm/hunter safety courses planned seasonally. Restricted and non-restricted. Visit social media page www.facebook.com/gregsteelehunterfirearmsafetymanitoba/ Dial 204-729-5024 E-mail gstele4570@gmail.com

Services

Need your taxes done? Fast, friendly, and personal service. Located outside the gate. For all your income tax needs contact Ingrid Wasserberg at 204-763-4357. OPEN ALL YEAR.

Many local businesses offer discounts to military members. Check out our website for a list of offers

OR

look for our logo at a local business and ask about their military discount.



Brandon Salutes
www.brandonsalutes.ca

Employment

CANEX needs you: Sales associate part-time position with 13 to 32 hr /week required. Must be available days/evenings, and weekends. Starting salary is \$12.53 per hour, progressing to \$14.77 per designated pay band. Under the direction of the department supervisor, a clerk/cashier scans customer purchases, processes transactions, and accepts payment. He/she prices, stocks shelves, counters and display areas with merchandise and keeps stock in order. He/she performs cleaning duties as required. Apply in person at CANEX admin office, or NPF Human Resources office at base HQ.

Employment

Looking for a job on the Base? Submit resumes to NPF HR office via e-mail quoting competition # to npfhrshilo@cfmws.com OR for more detailed information on the jobs offered at CFB Shilo visit: www.cfmws.com



Youth Reporter Competition

New Program for Youth of Military Families

Presented by:
The Canadian Forces Newspapers:
The Canadian Military's Trusted News Source

The winner will win a grand prize package and a scholarship!
 Deadline: December 31, 2019



CAFconnection.ca/YouthReporter



JUNO rides on RCA Museum's jeep

Brandon's annual Santa Claus parade held in the evening once again featured a decorated jeep from the RCA Museum. Brisk conditions did not deter the Army's mascot, JUNO, from being part of the parade, waving at the throngs of people who lined the parade route in Brandon's downtown core.

Photo Céline Garbay/Shilo Stag



MFRC's military mixer



Brandon Armoury was a hive of activity for the second annual MFRC's military mixer.

Photos Céline Garbay/Shilo Stag



SHILO & AREA
Operation Red Nose™



Op RED NOSE is a way to arrive home safely with your car this holiday season. Volunteers will be on stand-by to provide safe transportation within Shilo, Brandon, Douglas, Cottonwoods and Sprucewoods. The service is entirely confidential. Still looking for volunteers.

Night shift 8 p.m. - 2 a.m. Dec. 31

Night shifts 8 p.m. - 2 a.m. Nov. 29, 30 Dec. 6, 7, 10, 11, 12, 13, 14

Day shift 2 p.m. - 8 p.m. Dec. 10, 11, 12

CALL FOR A SAFE RIDE during operating hours

204-765-4444