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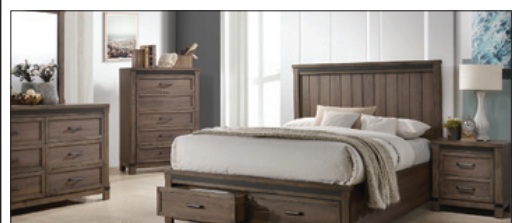
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INSIDE

This Issue



New owner plans changes to CANEX venue. Page 4



Researcher looks at gender, peacekeeping. Page 5



A Bty needs OT to win Kingston Cup. Page 10

Photo Céline Garbay/Shilo Stag



Snooze with Santa

Just four weeks old, one can excuse Trevor Lanteigne from taking a nap when mom Becky introduced him to Santa Claus for the first time at L25. The Base venue was playing host to the children's Christmas party for families from the Junior Ranks and WO/Sgts' Mess.

Patsy Marion recalls mess memories

Céline Garbay
Shilo Stag

From jousting with regimental swords to playing watermelon soccer, Patsy Marion has seen her fair share of mess shenanigans.

She was 20, when she first started out as a casual bartender at CFB Shilo, rising through the ranks to her current role as mess manager.

She revels in the memories of days gone by.

"I loved every part of it; I love talking about it," she says. "It makes me smile."

Messes have come a long way since Marion began slinging drinks in the early 1980s.

She remembers full-service kitchens in each mess, bustling with activity as stewards and staff worked in shifts to serve soldiers breakfast, lunch and dinner six or seven days of the week.

The bar would be open most of the afternoon, with the last customers leaving around 11 p.m.

Friday nights, the mess bars would be so busy, soldiers would invite guests in for happy hour to ensure they'd have a table reserved while they went home to change out of their combats.

Through the years, Marion has climbed up the ladder from casual bartender to manager of all three messes.

"There's nothing better than wading through a sea of people wearing combats," she recalls with a hint of nostalgia.

These days, instead of mingling with soldiers while picking up empty glasses, Marion spends the bulk of her time assisting with budgets,

hiring and managing staff, planning functions and taking care of inventory.

As her role has changed, so have the messes.

She sees a lot fewer shenanigans. In fact, she sees a lot fewer customers.

Gone are the days where the messes came alive at the end of the workday. Now they're often empty.

The most traffic the Junior Ranks Mess sees in a week is on Thursday happy hours, when free food attracts a few dozen soldiers.

"Back in the day, if you had 60 people in the mess you used to think, okay I'm going to have a busy night," Marion recalls. "People would be at the mess for the night."

"Now they take the free food, and take off into town," she adds. "That's the kind of mentality now — I'll just go to the mess for the free stuff."

The shift didn't happen overnight.

Rather, Marion attributes the change in mess culture to a series of incremental changes which, over time, have eroded the long-standing place of importance the mess has held in the culture of the Canadian Armed Forces. (CAF)

First, the kitchens closed.

In the early days of Marion's career, only junior NCOs took their meals at the Flatlands dining hall, specifically those living in the shacks. Officers took their meals in the Officers' Mess, where they had table service at every meal.

Pet of the Week

ZIPPER & ZOE

Stag editor Jules Xavier has a four-year-old JRT named Dotti. His puppy born on July 1, 2015 came from Bernadette Epworth via the canine parents Zipper and Zoe, who love to run out in the country. 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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Scoring goals, not stopping them, goal of former back-up goalie

Jules Xavier Shilo Stag

Pte Curtis Martinu aspires to score goals versus stopping pucks from bulging the back of the net's twine.

"I have a love hate relationship with goaltending now," says Pte Martinu during a visit to the Stag's office. "Now, I would rather go out and score goals, not be the guy in the crease having to stop the puck."

So, the 27-year-old has a hockey stick and helmet, not a goalie stick and mask, when he hits the ice at Gunner Arena to play for 2PPCLI in the Intersection Hockey League.

The A Coy soldier scored in his first game, while former Brandon Wheat Kings goalie Pte Alex Moodie made the big saves as 2PPCLI bested the Base team — down 2-0 early — 4-3 to open the 2019-20 season.

Born in St. Joachim, Ont., on Nov. 7, 1992, Pte Martinu played his AAA hockey in Windsor, Ont. with the Jr Spitfires.

Starting in the 2011-12 season, Pte Martinu would play in five different leagues — Junior A to minor professional — before he decided to leave hockey and join the Canadian Armed Forces (CAF). He arrived at CFB Shilo with 2PPCLI this past April after completing his basic training at CFB St. Jean, Que., and CFB Wainwright.

"I did not see a future in professional hockey for me when I was moving around so much after being sent down to another league," he says of his final season in 2016-17. "After being the guy when I was playing in Estevan [SJHL Bruins], I became the backup."

Starting his Junior A career with the AJHL's Drayton Valley Thunder, where he suited up for 32 games and posted a 16-11-3 win-loss-tie record, Pte Martinu was traded to the



2PPCLI winger Pte Curtis Martinu (middle) patrols in front of the opposition's net looking for a shot from the point during Intersection Hockey League action held at Gunner Arena. He's no longer stopping pucks as a minor league goaltender, instead preferring to score goals.

Photo Jules Xavier/Shilo Stag

OJHL's Trenton Golden Hawks, but before arrived in the community that his home to 4 Wing Trenton, he was instead sent to the SJHL's Bruins.

"That was a great season for me, playing 46 games where I was the starter," he recalls. "I played a lot of minutes [2,725]."

His team made the playoffs, with Pte Martinu playing nine more games. His season saw him post a 16-29-0 record, allowing 152 goals against en route to a 3.35 GAA.

Going to his first season as a professional player after signing a tryout contract, Pte Martinu honed his skills in the off-season by attending a goalie camp run by NHL goalie Marc Andre Fleury of Vegas Golden Knights.

Standing 6-foot-4, and weighing 215 pounds, Pte Martinu filled the net and used his size to keep opposing forwards at

bay. When you are a starter, you play with rhythm. Not so, as the backup where you can sit on the bench biding your time to be the starter.

"You try not to get down, just work hard in practice and bide your time until the coach calls on you," he says. "You work with the starter, too, because that's what goalies do."

Like he did with Wetaskiwin-born Allen York, who was drafted in the 2007 entry draft in round six, 158th overall, by the NHL's Columbus Blue Jackets, and played for that team 11 games during the 2011-12 season.

Like Pte Martinu, York has had a long career in the minors since arriving in 2010-11 when the Bluejackets sent him to the AHL's Springfield Falcons.

The two met up in the 2013-14 season with the ECHL's Evansville Icemen, where Pte Martinu saw just seven minutes of playing time before he was demoted to the SPHL's Columbus Cottonmouths. He would backup the starter, getting into five games and allowing 24 goals against en route to posting a 2-2-1 record.

While playing for the Cottonmouths in 2014, Pte Martinu would find himself being watched on *YouTube* thanks to scrapping with Kiefer Smiley of the Louisiana IceGators, then Josselin St. Pierre of the Watertown Wolves — google it — when he was sent to the Dayton Demonz of the FHL.

He also saw it coming when another demotion was about to happen when news was reported on ESPN during his time with the Columbus Cottonmouths. He had five games under his belt as the backup, but was sent to Demonz to make room for Canadian Olympian goaltender Shannon Szabados, now 33, who would go on to play 49 games over three seasons in the SPHL.

"I guess I'm a trivia answer," he laughs when it's pointed out he lost his job to the first woman to play in the SPHL.

See **GOALTENDER** page 9

From the Stag archives 50 years ago

BComd forecasts changes for 1970

The late sixties signalled a new era for the newly unified services of the Canadian Armed Forces.

A re-evaluation of Canada's commitment to NATO in 1968-1969 would ultimately lead to drastic reductions in defence spending and a restructuring throughout the Army, Navy and Air Force.

CFB Shilo's Base Commander at the time, LCol D.H. Gunter, addressed the uncertainty of the times in his holiday message to the troops.

From the archives of the Shilo Stag, Dec. 23, 1969:
Commander's Holiday Message:

At this time of year it is customary to look back over the past 12 months to review progress and to consider what the new year may bring.

Certainly 1969 has been an interesting year as far as Canadian Forces Base Shilo is concerned.

We have lived under the threat of the political axe, but with the Minister's announcement in mid-September, we have seen the future of our base assured.

This same speech forecast changes in our resident units: the Canadian Forces School of Artillery will leave for Gagetown to become part of the Combat Arms School, 2nd Battalion PPCLI will arrive from Germany and later, 3RCHA will move to Shilo from Winnipeg.

Then we were told that 28 Canadian Forces Supply Depot is to move to Edmonton, and that other Shilo units may either disband or be reduced in strength.

While we welcome the new units and the prospective increase to our population, all will be sorry to see old friends and distinguished units leave Shilo after long and outstanding service here.

Although the Minister's announcement cleared the air as far as the future of Shilo is concerned, it gave rise to a

good many personal uncertainties for the majority of our residents.

When will we move?

To those worried about these and other nagging doubts, I can only say that the answers will become clear as details of the moves are worked out.

I know it is difficult to plan ahead, but most of us in the Armed Forces have learned long ago to live with such unknowns and that patience is an important virtue.

In any event, things are looking up for Shilo.

With our future certain and our numbers increasing, we have been able to dust off a number of base development plans that had been shelved, and are now in a position to press for community improvements.

During next spring and summer we hope to see the long-overdue alterations to the Junior Ranks Club completed, an outdoor swimming pool built near General Strange Hall, a cable TV facility established, an extensive reconstruction of our shopping centre.

In addition, there will be a requirement to expand the Sergeants' and Officers' Messes and to build more Permanent Married Quarters and schools.

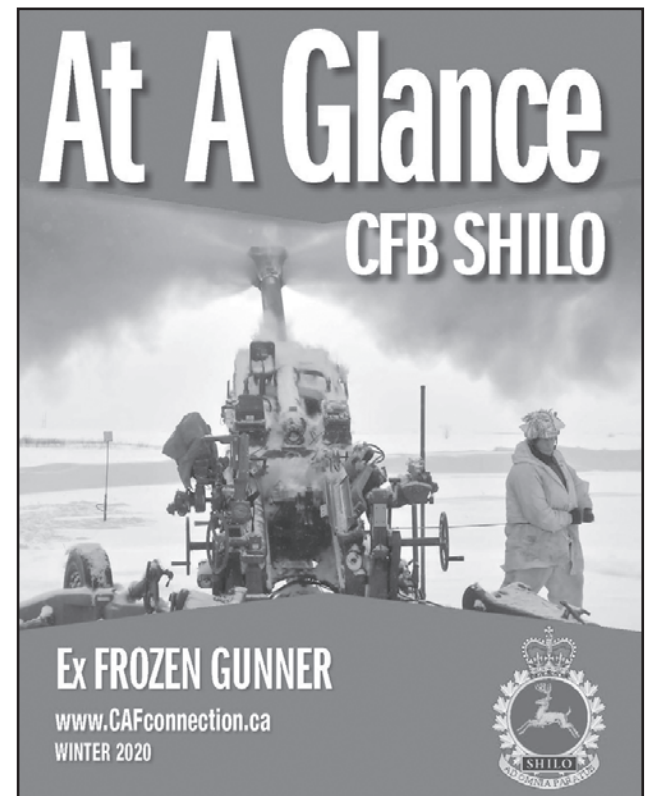
Although these projects will take time and money, and we may not be able to achieve everything as soon as we would like, I see a challenging and interesting year ahead for Shilo.

I would like to thank all the members of the Armed Forces and civilian employees in Shilo for your industry and hard work in the year that is closing and to ask for your continuing support during the New Year.

Meanwhile, I wish each of you and your families a very happy festive season.

LCol DH Gunter

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Required qualifications:

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- Familiar with military lifestyle
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- Valid Manitoba driver's license
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Please submit resume by **Dec. 15, 2019** to Shilo MFRC executive director Willemien van Lankvelt via e-mail willemien.vanlankvelt@forces.gc.ca

We thank all who apply, but only those applicants invited for an interview will be contacted.



Military Family Resource Centre
Centre de ressources pour les familles des militaires



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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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Facebook by visiting:<http://www.facebook.com/ShiloSTAG>

New Forbidden Flavours owner Rayna Moffat prepares a Monday morning coffee for a customer.

Photo Céline Garbay/Shilo Stag

Stronger java on the menu

New owner has plans for CANEX coffee shop

Céline Garbay
Shilo Stag

If you're a regular at Marino's Pizza in Brandon, a new face on Base might seem familiar.

Rayna Moffat, the new owner of Forbidden Flavours located in the east wing of the CANEX building, moonlights at Marino's as a server.

Opening her own breakfast bakery and coffee shop had always been a childhood dream, but she wasn't prepared to walk away from her full-time gig working in a bank.

Then suddenly last summer, the bank restructured and she found herself at a crossroads. The timing seemed right for a jump into entrepreneurship — but where?

Launching a new business in Brandon seemed daunting. "People in Brandon are used to what they know," Moffat explains. "Coming into the market with a name that no one knows would be hard."

One night while scrolling through Facebook, she came across the opportunity to purchase a Forbidden Flavours. Former owners Ray and Leita Piché were hanging up their aprons after operating the CFB Shilo location for 14 years.

Taking over an established business with a loyal clientele eliminated some of the risk for Moffat and her husband, Ben.

The newlyweds, both in their mid-20s, were buoyed by their age.

"Ben said, 'we're at an age where if we fail, we'll re-

bound,'" Moffat recalls.

And seemingly overnight, they became business owners. Ben still works full-time at his automotive sales job in Brandon, while Rayna carves out her dream on this Base.

Some of the changes are immediate: Coffee is already a bit stronger. Some booths will be coming out, making room for more tables.

Other changes are coming: the tanning salon will close, to make way for a bigger kitchen to provide fresh baking onsite such as cakes, cupcakes, muffins cookies, pies.

"Just no bread," Moffat clarifies "It takes too long!"

Renovations should begin towards the end of winter. In the meantime, the menu will gradually expand to offer more choices of coffees, ice creams as well as meal options. Eventually, Moffat has plans to apply for a liquor licence and add some local flavour and ambiance.

"I would love to have local artists display their art here, if they want to sell it that's fine; or just display it. Maybe we could get live music in here, do some more local suppliers," she offers.

Since taking over the coffee shop in early December, Moffat has already been recognized by some customers to whom she has served pizzas in the past.

She has learned a lot from her boss, whom she counts as an enthusiastic supporter and mentor for her new venture. She still plans to work there on a casual basis.

"They're trying to make me quit," she laughs. "They said you can't do both — and I said can, just watch me!"

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Canadian researcher investigating gender, peacekeeping

Steven Fouchard
Stag Special

As the United Nations and militaries across the world work toward greater female representation in peacekeeping operations, a Canadian researcher is delving into this little-studied area to shed more light on the potential implications.

Andrea Lane, a PhD candidate at Dalhousie University, is on a year-long contract at the Canadian Forces College where she has been invited to teach as part of its National Security and Joint Command and Staff programs. As director of Dalhousie's Centre for the Study of Security and Development, she notes she has "long-standing research interests in Canadian defence policy and in particular women in the military."

As she began research relating to Canada's part in the UN mission in Mali — where Canadian operations ceased Aug. 31 — the federal government rolled out a pilot project announced in 2017 known as the Elsie Initiative for Women in Peace Operations, which seeks to increase women's meaningful participation in peace operations.

While Lane is generally supportive of efforts to make male-dominated militaries more open to women, she said current thinking on women's role in peacekeeping may not be entirely beneficial.

"There are a whole bunch of assumptions that are largely untested about women as better communicators, as people who are more likely to tone down conflict versus add to conflict — women being seen as warmer and more approachable by civilians," she explained. "So it sets a different burden on women peacekeepers that is really about singling them out as different than the norm for peacekeeping, which is male."

She added, "On the surface, getting more women into peacekeeping is clearly a win for women. How can you argue that's bad? It's when you start looking at the reasons behind that inclusion that you realize that actually there are effects that may make it more difficult for their complete integration. It's not fully integrating them within the military

and saying, 'We want women soldiers because of everything they bring to the table.'"

The UN recently took the step of directing member nations to form peacekeeping engagement teams — soldiers responsible for outreach to civilian populations — with a minimum of 50 per cent female representation. The body of research into the effects of such initiatives on those they are designed to help, Lane noted, is small.

"There are a whole bunch of assumptions that are largely untested about women as better communicators, as people who are more likely to tone down conflict versus add to conflict."

— Andrea Lane

"Some evidence from the deployment of female engagement teams in Nordic militaries — Sweden, Denmark — in Afghanistan found that the women who were involved were viewed by their male colleagues as women first and soldiers second and that they needed to be protected," she said. "But that was a small study. Rigorous evidence for some of these claims about female peacekeepers is really lacking and there's no Canadian evidence, so actually adding to the body of

evidence is one of the main reasons I'm doing the research."

The contract with Canadian Forces College, Lane explained, is not related to her research but is a "happy coincidence," given that it will provide access to female military officers for interviews that will inform her dissertation.

At the time of writing, Lane was still waiting for a go-ahead from the College and Dalhousie before she could begin interviews. However, some media coverage is already attracting attention. Word of mouth is also playing a part, and she is finding other potential subjects through her own personal networks and those of her spouse, a Royal Canadian Navy officer.

"What I have found, and I'm very grateful for this, is that women are interested in talking about this because of the way that it affects their professional lives."



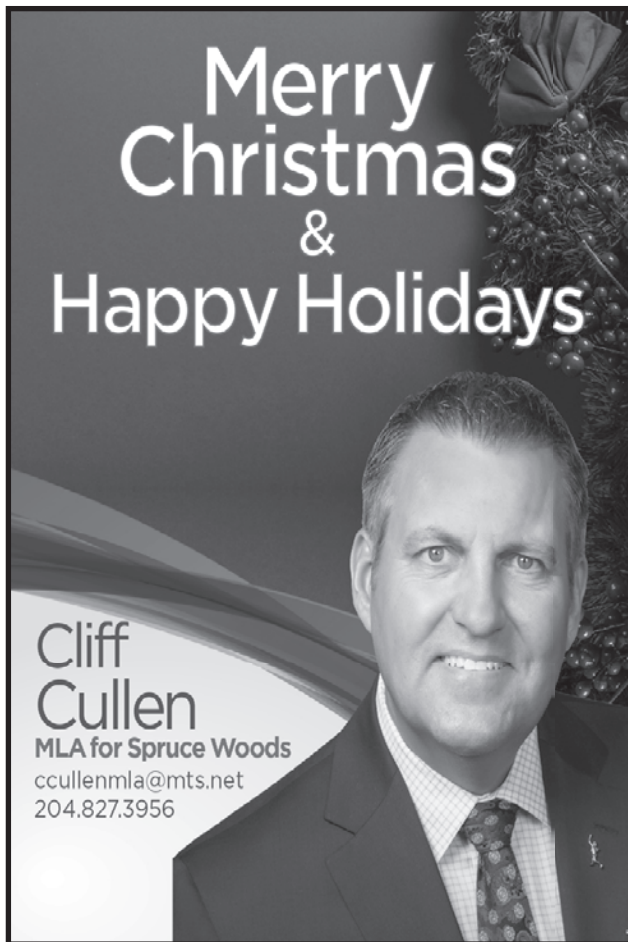
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Intent of messes was never just to drink

Venues opened to boost morale, create sense of esprit de corps

From the front

Those were the days when single military members were not permitted to live in the PMQs; they weren't even allowed to set foot in the residential neighbourhood.

Over time those rules relaxed, and more soldiers began living either in their own houses on Base, or in apartments in Brandon. Gradually, the need for full kitchens and the staff to run them began to phase out until they were removed completely.

"Once the kitchens shut down, there was no reason to be at the mess on a regular basis," she remembers. "That's when things started to get quieter and quieter."

With the kitchens closed, alcohol sales became the bread-and-butter of the mess.

Along with mess dues, bar profits pay for every service a mess provides to its members. Food, drink, wifi, UFC on Demand — even the power bill.

Marion remembers when a weekly bar order would include a dozen 40-ounce bottles of rye and 75 cases of beer (or 1,800 bottles).

Those were the days when a "work hard, play hard" mentality prevailed, Marion says.

People would drop in after work to catch up with their co-workers, discuss their day, make plans for the weekend, and stay to socialize.

"Back in the day people went out and danced, enjoyed music, they drank, they had a good time," Marion recounts.

Flipping through an album of photographs from her early days as a bartender in the Sergeant's Mess, her face lights up.

The pages are full of pictures of soldiers laughing, dancing and carousing.

Sure, it got rowdy sometimes.

There were food fights. At least once a piano caught fire.

But it was all about the camaraderie and blowing off steam, she says.

Serious altercations were rare.

"If there were, there was never a requirement to call in the MPs. It was pokey-chest time, but they would take care of themselves."

Scandalous headlines in the 1990s brought the issues of bullying and hazing in the CAF to the forefront.

She never saw any of that at CFB Shilo, either.

Still, the shift in the public's general perception of the military led to an increased awareness of — and accountability for — soldiers' off-duty behaviour.

Shenanigans, once a point of pride, became frowned upon.

Societal attitudes around drinking began to evolve around the same time. Stricter drunk-driving laws changed patrons' consumption habits. Provinces began legislating the sale of alcohol: cracking down on happy-hour specials and events promoting reckless consumption, like drinking games.

In response, the CAF further redefined and strengthened its own policies on alcohol consumption within the messes.

All of this, Marion says, has had an effect on how the mess is perceived and used.

Those weekly booze orders are few and far between; now usually reserved for mess dinners or course smokers.

And those who are consistently getting drunk at the mess are often troubled, Marion says.

She remembers one soldier slamming his head down on the bar, feeling a need to punish himself.

"When people used to drink they were happy drinkers, and they're not anymore," she says.

"Anybody that's in there drinking hard and drinking for a reason is not happy — and that's troublesome."

But Marion points out the intent of the messes was never just to drink.

They were a means to boost morale, and to cre-



Mess manager Patsy Marion shows off a treasure from one of the messes left by the Germans.

Photos Jules Xavier/Shilo Stag

ate a sense of esprit de corps.

"We're not saying come to the mess to get drunk; we're saying come to the mess for lunch," she insists.

Sitting in the Officer's Mess on a Thursday noon hour earlier this month, a few captains trickle in.

They take seats away from each other in the spacious great room, and pull out their phones.

In a few moments, the Regimental Leader's Course will



The historic Wolfe table has a story to tell since it found a home in the Officers' mess. It was removed for safe keeping during the 2012 flooding.

come in for lunch after spending the morning visiting Camp Hughes.

The mess will be a bit busier while the course is in town, with a trivia night planned and a mess dinner planned for the final evening.

Messes were once so busy, each of the three establishments had two full-time janitorial staff working five days each week, with an extra cleaner coming in on weekends.

Now, Marion says only one cleaner spends 20 minutes in each mess every day "if we're lucky — and maybe a little bit longer if there's popcorn on the floor."

Of all three messes, the atmosphere in the Junior Ranks Club Mess has changed the most.

Marion sees a different type of soldier joining the CAF. "Back when I was younger, it was very career oriented — you were in it for life," she says.

"Nowadays, it seems to be an 8 a.m. to 4 p.m. job; not a career."

Some soldiers resent being forced to pay mess dues and try to buck the system by not clearing into the mess at all — it always catches up to them; come posting time they're on the hook for the entire amount at clear-out time.

In fairness, society has also changed.

Going to the bar after work used to be commonplace. Now, soldiers and civilians alike eschew that practice; citing spousal commitments, kids' activities, pets' needs, and work-life balance.

The advent of smart technology means work issues can be discussed by text message, freeing up time for other pursuits and friendships outside of the Army sphere.

Between their unit canteens and restaurants on and off the Base, soldiers have a much wider range of lunch options to choose from, too.

Marion recognizes that the shift may be generational. For her, watching the culture slip away triggers a sense of loss as traditions that were once formidable seem to go by the wayside.

It pains her that elements of unit history and customs, including the practice of removing headdress upon entering the building, aren't being passed down.

"The master corporals [aren't there] being leaders and mentors for their young guys. I just don't see it," she says ruefully.

As attendance wanes, messes across the country are having to reinvent themselves; finding new ways of attracting customers if only to stay alive.

It's obvious something has to change, but Marion doesn't know what.

"I just wish there was something we could give back to the members that would make them come back," she says.

Across the country mess managers and executive committees are brainstorming new ways to entice members back into their respective clubs.

Simple nights of music and dancing are a thing of the past; bingos and theme nights have received lukewarm response.

Committee members don't have a lot of time to devote to putting on elaborate events as secondary duties, and cost-recovery is an ongoing concern.

Sandwich bars and coffee breaks at least provide opportunities for co-workers to socialize away from their desks.

"At this point, it's all about the free food," Marion says. "It's not sustainable."

Empty mess buildings on Bases across the country are beginning to attract attention for another reason.

As the infrastructure ages, especially constructions built after the Second World War, the costs of upkeep and maintenance rise, making them vulnerable to closure.

CFB Shilo nearly lost its Officers' Mess in December 2012, when a pipe burst in the attic.

See **OFFICERS'** page 7



Then-Maj Reg Sharpe inspects the flooding damage in 2012 at the Officers' mess.



Paint nights are a popular event held at the Base's messes (above), while special functions featuring the culinary skills of the Base kitchen (below) also make use of the messes. The entrance to the Officers' mess was revamped following the flooding in December 2012 (left).

Photos Jules Xavier/Shilo Stag



Officers' mess refurbished following 2012 flood

From page 6

The officers' children's Christmas party had concluded only 30 minutes before.

The Base Engineer at the time, now-LCol Reg Sharpe, remembers being at the CE unit Christmas party when the call came in.

The MPs, on a routine check of the building, had found water gushing out from under the front doors.

Responsible for the maintenance and upkeep of all the buildings on Base, then-Maj Sharpe was on the scene within minutes.

Water poured out of the ceiling like a scene from Titanic, and a mess of ornaments and debris floated down the length of the corridor.

As the cold water met the building's warm air, a fog seemed to rise from the floor, causing a surreal effect.

"It was like something out of a thriller video," LCol Sharpe recalls.

"I thought, how are we ever going to fix this?"

Within an hour, dozens of officers and senior NCOs from 1RCHA and 2VP were mobilized.

In icy water up to their calves, they moved out the valuable pieces of history housed in the mess: paintings, mementoes presented from units across the country, and gifts from the German Army from its time spent at CFB Shilo.

One of the first things they tried to save was the long wooden table located in the RCA Association room.

Legend has it Gen James Wolfe, fatally wounded during the battle of the Plains of Abraham in 1759, was laid out on the table before being buried.

It was kept in Quebec City until 1871, when it was passed on to the RCA.

The officers managed to move it to a dry part of the building, and then to the RCA Museum.

Everything else was shuttled to L25 for temporary safekeeping.

Damage to the mess was extensive: water-logged carpets were ripped out, the ceilings, walls and lighting in the main entranceway and coatroom were destroyed; so were the built-in wooden trophy cabinets.

Insulation in the attic and components of the electrical system would have to be replaced as well.

Rebuilding from the ground up was out of the question.

There was just enough year-end money left in Maj Sharpe's annual budget to fix the water damage and salvage the building.

Had the flood occurred a year later, he might not have been able to do even that.

Newly implemented government cost-cutting measures imposed stringent rules on the use of public funds, and he would have had a hard time justifying the expense.

"The mess would have been a prime target to be divested," he recalls, adding, "A mess is a 'nice to have,' not a mandatory requirement. You can put one anywhere — having a [dedicated building] is not an entitlement."

The ordeal may have shown what the future might hold for aging mess buildings and the dwindling number of patrons who use them.

During renovations, the officers' club was temporarily located to the second floor of the Junior Ranks Mess.

Known as the Tenne Club, it was built when the German Army trained at CFB Shilo.

Regular meals were served in a standard dining mess, but they wanted a Gasthof as well; a private club with full service restaurant and bar.

They put in the order for the fence around the upstairs patio, the acronym for the German Army Training Establishment Shilo (GATES) included in the metalwork.

"It was fabulous to be up there," Marion remembers.

"They were serving schnitzel dinners, bratwurst, you name it. Tables with tablecloths and menus — it was a lot of fun back when it was so busy."

The Tenne Club has remained largely empty since the German soldiers left nearly 20 years ago, and with its separate entrance from the Junior Ranks Mess, it seemed a perfect fallback for the displaced officers.

Their mess would relocate there for a year, until repairs were completed.

• • •

To some, combining the messes into all-ranks facilities is the only viable long-term solution.

Such a move could save on staff and wages, and lower building maintenance costs.

On the surface, the idea appears to make business sense.

But consolidating three empty buildings into one empty building doesn't address the root attendance problem, Marion insists.

If anything, she anticipates resistance from the soldiers themselves.

"I don't think they're ready to take that step yet," she says. "With the Army, they traditionally don't like to play together and mix the ranks."

LCol Sharpe isn't convinced, either.

He remembers his officer colleagues feeling a sense of awkwardness at sharing a mess building with the junior NCOs; a perception that they couldn't be themselves in front of the troops.

The sentiment might be mutual, he muses.

"With separate buildings," he says, "people don't have to feel they're being watched."

Everyone seems to agree the mess heydays are likely a thing of the past.

Watching mess culture decline in recent years has been tough for Marion, but ultimately her concern lies with the soldiers.

An integral part of Army life, she says, is making fun memories outside of work.

"Are you at least making memories elsewhere?" she wonders. "Because you're not making them here."



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Saturday 10:45 a.m. - 4 p.m.
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Where's Willie?

Somewhere on the pages of this *Shilo Stag* is a picture of Willie, the Wheat Kings mascot.

Tell us on what page, in what particular advertisement Willie was found and correctly answer the following skill-testing question for your chance to win two tickets to an upcoming Wheat Kings home game in Brandon.



Entry Form

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Address: _____

Phone: _____

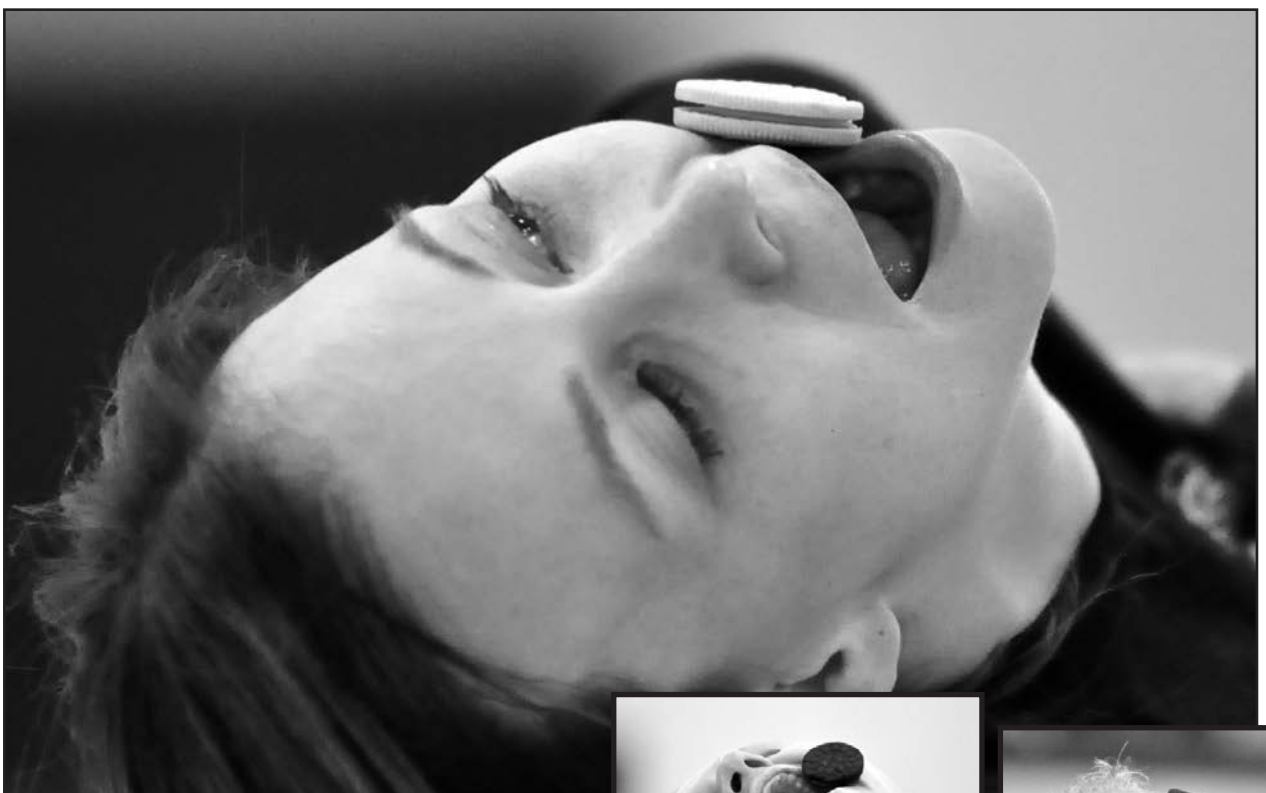
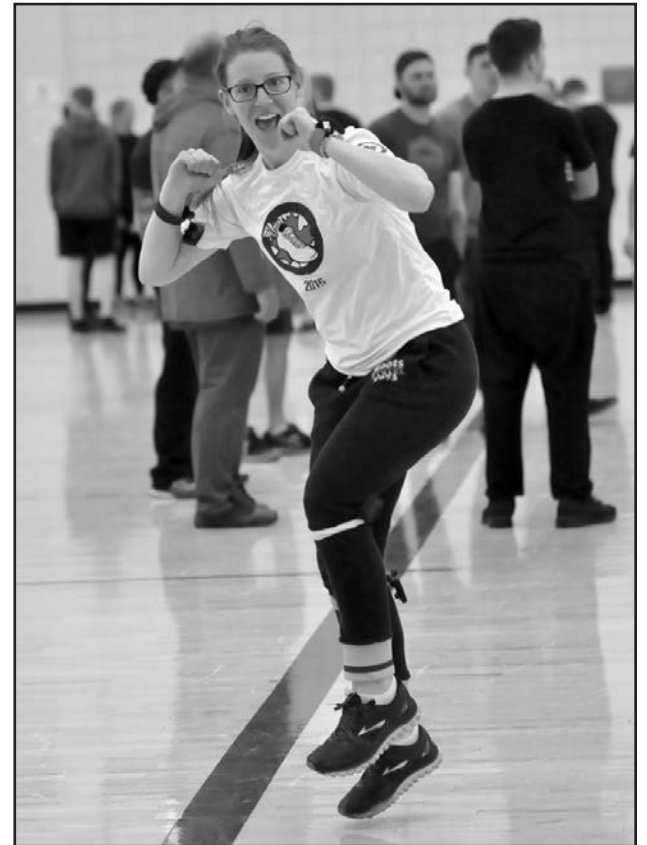
Page #, ad: _____

Answer skill-testing question:

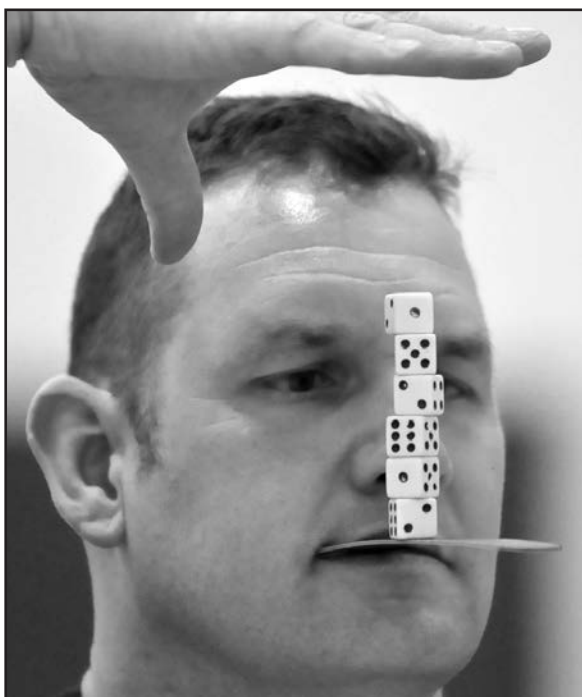
When did CFB Shilo nearly lose its Officers' Mess? What happened that day to cause the potential to have the historic building torn down?

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.

Base Sports Day



It was a hive of activity in the morning at the GSH, with the Base enjoying its sports day with an array of fun events that included to eating a cookie placed on the forehead, to balancing dice on a tongue depressor.



Photos Jules Xavier/Shilo Stag



Pte Curtis Martinu dives to knock the puck away from an opponent during Intersection Hockey League action at Gunner Arena. *Photo Jules Xavier/Shilo Stag*

Goaltender lived out of his suitcase

From page 2

Living out of a suitcase and having temporary sleeping quarters because of his nomadic life in the minors, Pte Martinu would play for nine teams in five leagues from 2011 to 2017.

"I had a good season in the FHL with the Port Huron Prowlers [playing 27 games] where I was the man as the starter," he says. "He was fun again and the fans loved me."

That was the 2016-17 season. The previous season, he played seven games for the Prowlers before he was loaned to the Fayetteville FireAntz, where he saw no games, before he was then loaned to the SPHL's Macon Mayhem.

Playing for the FireAntz for three games during the 2014-15 season piqued Pte Martinu's interest to pursue a military career when he was done with hockey. He was near a major American Base, Fort Bragg, and saw the US military in action when he was not playing.

Pte Martinu's final pro season would be 2016-17, when he started with the Prowlers, then was loaned to the Mayhem, then the Cottonmouths. He would see one game each in those SPHL cities.

He also had a chance in the SPHL to play for the Knoxville Ice Bears, when he played for three teams during the 2014-15 season.

As a kid, Pte Martinu's interest in puckstopping came down to seeing the cool equipment work by a goalie. Plus his favourite NHLers from the Montreal Canadiens were Patrick Roy, then Carey Price.

"When you got to put on the goalie equipment compared to the other kids playing out, I was hooked on being a goalie. It was the equipment, especially the pads and mask," he recalls.

With his professional hockey career now in the rearview mirror, moving forward Pte Martinu is looking forward to honing his infantry skills and seeing where the CAF will take him in the future.

But it won't be stopping pucks if asked to suit up for a military team.

"No more stopping pucks for me," he says adamantly. "I'll score goals instead."

Season's greetings from Manitoba Legislature

Cliff Cullen
Stag Special

In the hustle and bustle of the season, my wife Marilyn and I would like to extend our warmest wishes for a festive holiday season, a very Merry Christmas, and a Happy New Year — from our family to your family.

One of the real joys this season is the opportunity to say thank-you. It has been my privilege and honour to be your representative in the Manitoba Legislature, and I am

happy to continue to serve you in the future.

I have appreciated hearing from you this past year as it helps me better serve our community. Please never hesitate to get in touch with me at any time should you need to ask a question, or share your concerns. I am here to help. As you gather with friends and family during the holidays, I encourage everyone to celebrate responsibly. Stay safe, happy holidays and all the best to you in the year to come.

Cliff Cullen is Spruce Woods MLA

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



CFB Shilo's Military Family Resource Centre is looking to fill the following position: Administrative Assistant

This is a full-time term — up to one year — position responsible for reception of community members to the centre and administrative support to the executive director, business manager and co-ordinators.

Specific Qualifications:

- Post-secondary education in a related field required
- Minimum one year office experience required
- Strong computer skills with experience in Microsoft Word, Excel and Publisher required
- Excellent communication skills
- Familiar with military lifestyle
- French a definite asset
- Criminal record and child abuse registry clearance required



Anticipated start date: Jan. 27, 2020

Salary range: \$16.50 - \$20.21

Please submit resume by **Dec. 31, 2019** to Shilo MFRC executive director Willemien van Lankvelt via e-mail willemien.vanlankvelt@forces.gc.ca

We thank all who apply, but only those applicants invited for an interview will be contacted.

CFB Shilo's Military Family Resource Centre is looking to fill the following position: Veteran Family Program Co-ordinator

Under the direction of the executive director, this position provides support to medically releasing Canadian Armed Forces (CAF) members, medically released veterans and their families as they transition to post-service life. You will be responsible for developing and co-ordinating the Veteran Family Program.

Responsibilities include:

- Promote the Military Family Services Program (MFSP) to medically-releasing CAF members, Veterans and their families.
- Provide or support the development of awareness sessions, briefings and resources pertaining to change management and transitioning into post-service life.
- Provide enhanced information and referral services.
- Assist medically releasing CAF members, Veterans, and their families in their navigation of relevant community programs and services.
- Initiate and maintain partnerships with military units, civilian community agencies and provincial/ federal organizations related to program services.
- Maintain open communication with VFP and other VFPCs to ensure continuity of service provided across all 32 MFRCs.

Education and desired knowledge:

- Undergraduate degree in psychology or social work is preferred. Other social science degrees or social service diploma with relevant experience may be considered.
- Minimum of two years of recent and relevant client contact experience.
- Ability to assess individual and family needs.
- Demonstrated ability to deal with both confidential and sensitive information in a professional and tactful manner.
- Knowledge of relevant DND, VAC, MFS, MFRC and other civilian support services.
- Experience using client database software.
- Experience creating annual budget and operating within budget guidelines.
- Strong public speaking and group facilitation skills.
- Excellent oral and written communication skills.
- Strong administrative, organizational and planning skills.
- Excellent interpersonal skills.
- Valid Manitoba driver's license and ability to travel within the Westman region.
- Clear criminal record check and child abuse registry check.

Other:

- To represent the MFRC in a professional, ethical and positive manner.
- To work closely with staff to ensure consistent and accurate communication of information.
- To work flexible hours as needed.
- To adhere to all MFRC policies and procedures.

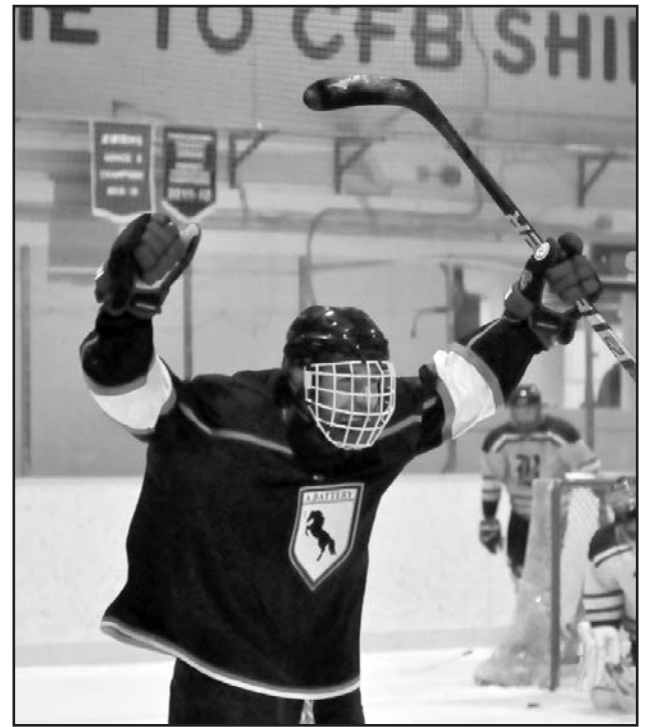
Salary range: \$39,321 - \$46,000

Anticipated start date: Jan. 27, 2020

Please submit resume by **Dec. 31, 2019** to Shilo MFRC executive director Willemien van Lankvelt via e-mail willemien.vanlankvelt@forces.gc.ca

We thank all who apply, but only those applicants invited for an interview will be contacted.





A Bty forward Gnr Steven Polley celebrates his overtime goal (above) after beating B Bty goalie MBdr Tyler Paynton (left). A Bty captain Bdr Chet Blanchette raises the Kingston Cup — along with teammates — during the post-game trophy presentation (below).

PHOTOS JULES XAVIER/SHILO STAG



Gnr Chasen Coulson (19) scores his goal during the Hugsweir Cup tilt following opening ceremonies (inset).



Gnr Steven Polley paces A Bty to 3-2 OT Kingston Cup victory

Shilo Stag

Gnr Steven Polley's second goal of the game at 3:27 of overtime paced A Bty to a 3-2 victory over B Bty during the annual historic Kingston Cup tilt at Gunner Arena.

Gnr Polley jumped on a loose rebound following a shot from the point, and deposited the puck behind B Bty netminder MBdr Tyler Paynton.

B Bty's Gnr Kyle Timm struck first, scoring 44 seconds after the opening face-off of the opening period, to give his team an early 1-0 lead.

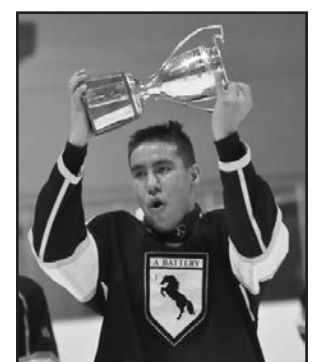
Gnr Polley's first goal, scored shorthanded at 3:24 of the opening frame, knotted the score at 1-1.

A Bty took a 2-1 lead on a goal from Maj Chris Ward, beating a sprawling MBdr Paynton at 2:29 of the middle period.

Gnr DJ Saunders sent the game to overtime with his tying marker, scored shorthanded, when he beat A Bty goalie Bdr Tyler McCrory at 4:05 of the third period.

A Bty also won the 2018 Kingston Cup, but instead of overtime, it was settled with a shootout. This year's game, however, the teams decided to use a three-on-three format, with substitutions on the fly, not at a whistle.

In the Hugsweir Cup, Z/C Bty prevailed 4-1 facing HQ Bty, with MBdr Jared "Goose" Gossen pacing his team's offence with a hat-trick, while teammate Gnr Chasen Coulson had a solo marker.



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CDS announces new CAF physical performance strategy

Stag Special

Gen Jonathan Vance, the Chief of the Defence Staff (CDS), launched the new Canadian Armed Forces' (CAF) physical performance strategy – BALANCE.

The strategy's goal is to provide CAF leaders with the tools to promote a culture of fitness and improve the physical performance of their members. All CAF leaders are expected to create conditions that optimize physical performance, as well as model behaviour as outlined in the strategy.

"I am extremely proud to announce the new physical performance strategy – BALANCE," said Gen Vance. "The strategy's ultimate goal is to ensure every military member has the support, resources, and opportunities to maintain a balanced, healthy, active lifestyle that makes them ready for any Canadian Armed Forces operational requirement."

BALANCE focusses on the relationship between physical activity, performance nutrition, adequate sleep, and prevention of injury to reinvigorate the essential components of operational readiness and lifelong wellness.

The strategy gives those in leadership and command po-

sitions the guidance and responsibility to assist their people in becoming fitter, healthier, and more operationally ready than ever before.

This new strategy reflects the CAF renewed emphasis on the wellbeing of its people, as outlined in Canada's Defence Policy, Strong, Secure, Engaged (SSE).

Information and updates on the physical performance strategy – BALANCE, are available at www.CAFconnection.ca and on the CFMWS website.

Quick Facts

- The strategy builds upon the ever-present need for the CAF to develop and sustain a strong, healthy, and fit military.

However, it isn't just about physical activity, it's also about sleep, nutrition, injury prevention, and physical activity. It is about balance.

Personnel Support Programs (PSP), a division of Canadian Forces Morale and Welfare Services (CFMWS), was instrumental in the development of the strategy and develops and delivers leading edge occupational fitness, sports, and wellness programs and services to the CAF.

- The last Physical Fitness Strategy was released in 2008.

Stag Special

Do you want to be a junior reporter? how you would widen your report to look at the issues around the

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

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 Fire-arms 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 gsteeler4570@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.

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

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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





NAME	TAYLOR, RAYMOND //
ENROL DATE	1986 //
RETIRED AS	MAJOR //
	QUEEN'S OWN CAMERON HIGHLANDERS //
DEPLOYMENTS	UNPROFOR (CROATIA) - 1992
	IFOR (BOSNIA HERZEGOVINA) - 1997
	KFOR (KOSOVO) - 1999
	OP ATHENA (AFGHANISTAN) - 2003 //
LOCATION	WINNIPEG //
TITLE	CLIENT ACCOUNT MANAGER //
SERVICE	2017-PRESENT //

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Photo Céline Garbay/Shilo Stag

Hello Santa! This youngster was curious about his first meeting with Santa during Christmas party at L25.



Government of Canada

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VETERAN FAMILY PROGRAM

For Medically Releasing CAF Members, Medically Released Veterans and their Families



LE PROGRAMME POUR LES FAMILLES DES VÉTÉRANS

Pour les membres des FAC en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille

The Veteran Family Program supports medically releasing Canadian Armed Forces members, medically released Veterans and families. If you are transitioning visit your local Military Family Resource Centre, **CAFconnection.ca**, or call the Family Information Line at **1-800-866-4546**.

Ce programme appuie les militaires en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille. Si vous êtes en transition, visitez **ConnexionFAC.ca** ou votre centre de ressources pour les familles des militaires, ou appelez la Ligne d'information pour les familles au **1-800-866-4546**

