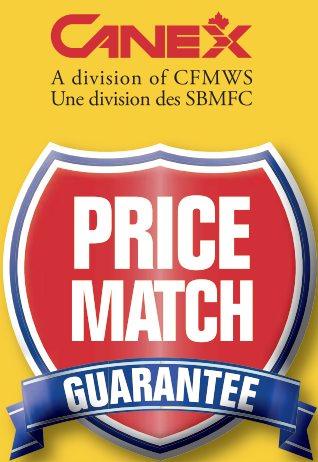




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Volume 57 Issue 23



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November 29, 2018

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Retired navy gun displayed
at golf course. Page 2



United Way raises more
than \$47,000. Page 3



Base HQ decorated with
festive colours. Page 6



Being watched

Artist Rob Benoit adds the details to his wall mural painted on the brick facade of a business in Wawanesa. He started painting in mid-September, choosing a rural landscape featuring a horse and her colt.

Photo Jules Xavier/Shilo Stag

Navy guns find new life

HMCS Brandon's 40mm gun displayed at Shilo Country Club

Peter Mallett
Stag Special

Instead of being turned into scrap, the phased-out 40mm gun off Kingston-class warships will serve as monuments and tourist attractions in their namesake cities and other distinguished locations across the country.

Currently, some of the 40mm guns are in the process of being transferred to museums and public parks; one gun weapon system has landed on a golf course. That gun is currently sitting across from Base HQ awaiting transport to the Shilo Country Club, where it will be put on display in front of Rick's Restaurant. The artillery piece currently on display there will be moved to one of the 18 holes on the golf course. The 40mm gun came from the *HMCS Brandon*.

In 2014, the Department of National Defence (DND) decided that the 22 Second World War era 40mm NC 1L 60 gun weapon systems had come to the end of their service life.

However, the ships' Commanding Officers and Material Group organizations within DND and the federal government were able to re-purpose them into outreach tools.

"A key aspect of the disposal plan was to retain and preserve the unique maritime artifacts, as well as strengthen the relationship with the ships and their namesake cities," said LCdr Kevin MacDougall, a Naval Combat Systems Engineering officer who works at Ottawa's Director of Naval Combat Systems office.

"The intent is part of the Navy's ongoing outreach efforts with the Canadian public. The process will get some of this reconditioned weaponry to far-away inland locations and allow people to see some tangible equipment and take a moment to think about the Royal Canadian Navy."

LCdr MacDougall said the initiative is also a morale



The phased-out 40mm gun off Kingston-class warships have found new homes across Canada, including a gun from *HMCS Brandon* now on display at the Shilo Country Club in front of Rick's Restaurant.

Photo Jules Xavier/Shilo Stag

booster for the sailors onboard the ships that have an overwhelming sense of pride for their namesake cities. He also notes the donation process is cheaper than the cost of destroying the weapons, which saves the Canadian taxpayer money.

He said this weaponry has been in the navel inventory since 1943 making them of historical value. The guns were used on Canadian warships during the Second World War, once saw service on Tribal-class destroyers in the 1960s, served as air field defence in the 1970s and 1980s, and were also installed on Her Majesty Canadian Ships in support of the Gulf War.

Then after undergoing mechanical and hydraulic upgrades the guns were installed on the 12 Kingston-class warships during the 1990s. An additional 10 units were reconditioned to support training at several naval reserve units across the country.

Preparation to turn the gun weapon system into a public artifact included the physical demilitarization at either Fleet Maintenance Facility Cape Breton or Cape Scott, where they weld the breach — the rear of the barrel — closed, plug its barrel and make sure there are no hazards which could be dangerous to the general public once on display.

From there they were loaded onto transport trucks and shipped to fall-off locations.

LCdr MacDougall acknowledged that Maritime Forces Pacific has taken the lead on the initiative as three of the six Kingston-class weaponry that operate from CFB Esquimalt have already found homes in their namesake cities.

HMCS Saskatoon donated its gun to reserve unit *HMCs Unicorn* in August; the gun from *HMCS Edmonton* was shipped to the Garrison Edmonton Memorial Golf and Curling Club in April and is now part of an 11th hole tribute to the Battle of the Atlantic, while *HMCS Nanaimo's* gun is positioned near the entrance of the

Vancouver Island Military Museum near the downtown harbour area in Nanaimo.

Two remaining West Coast vessels have yet to find homes for their guns, but LCdr MacDougall said plans are currently in the works.

HMCS Whitehorse is working with the territorial government's Highways and Public Works Department to find a home for its gun, while *HMCS Yellowknife* has been unable to find a home for its gun in their namesake city. However, they are currently in discussions with representatives in London, Ont., at *HMCS Prevost*.

Eventually, the former 40mm gun weapon systems from all West Coast Kingston-class warships will be in a position to show off Canadian Naval history across Canada.

With files from Jules Xavier

Pet of the Week



ARROW

Reilley Squire's white king shepherd was his best friend. Before his death at age 14, Arrow would guard the family house by running the perimeter of the backyard. At age two, he fell and required surgery on his leg, which hindered him from jumping afterwards. He was under his favourite tree when he went to sleep and never awoke. 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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United Way hit \$47,000-plus

Jules Xavier
Shilo Stag

The success of CFB Shilo's annual United Way campaign is based on teamwork.

That's the assessment of campaign chairperson Capt Eliza Shanahan, who announced during the Finish Line breakfast held at L25 that \$47,173.44 was raised during the three-month campaign.

"There is no way to do all this without the support of a huge team," she said while breakfast was still being served with the arrival of a large contingent of soldiers from 2PPCLI.

Capt Shanahan pointed out there were 28 reps across the Base, including 1RCHA, 2PPCLI, CFHA and MFRC.

"The annual workplace charitable campaign would not happen without the diligence and enthusiasm to organize teams, plan events such as [Base Maintenance's] car care clinic, put up posters, collect money and canvas ... and sometimes spending your own money for these events. For that, we are grateful."

She cited the help the Base kitchen provided during the initial United Way kickoff, then the contribution from the Shilo and Area Service Club for the Finish Line breakfast.

"It was a fantastic start to a three-month campaign," she said. "A lot of people behind the scenes [helped], and your support has been very generous."

Promoting the United Way activities earned kudos from Capt Shanahan as she applauded the efforts of PSP, MFRC, Base Graphics and the Shilo Stag to spread the word. Creating posters and supplying sandwich boards helped promote events held across the Base, as did using social media platforms like Facebook and Twitter.

Capt Shanahan was especially appreciative to businesses like CANEX for supplying gift cards to Dean's Shilo Beauty and Barbershop providing door prizes.

"We thank-you for your constant and continued support for United Way," she said.

Areta Donnelly from United Way Brandon also earned kudos from Capt Shanahan, who acknowledged she of-

ten used her for a resource when she had questions about United Way.

Capt Shanahan's team also proved resourceful in helping her navigate the 2018 United Way campaign, this being her first as chairperson. 2Lt Ryan Bartlette was her 2IC, while Sophie Egloff from the Faith Centre looked after the financials.

"[Ryan] did an amazing job with advertisements, articles and interviews with people from charitable organizations that receive money raised from this campaign. He also helped sell tickets at CANEX, and he did all that and more plus was able to fit in his wedding and honeymoon during the campaign."

She added, "Sophie handled all the financial tracking and provided admin support. And she would answer my famous question 'Do you remember how this was done last year?'"

"There is no way to tell you how valuable [Ryan's and Sophie's] contributions have been to the campaign. It just would not have happened without them."

She also appreciated the support from the Base's various Command Teams.

"There was never any doubt about their commitment in providing people to support the campaign — for this we are grateful," she said.

But it's the people on the Base who support the United Way who garnered gratitude from Capt Shanahan.

"I want to thank all of you for coming out to events, taking part in Casual Fridays, buying raffle tickets ... for giving generously. The Brandon area has given so much to support us, and you have responded in kind by being generous."

While the campaign officially ended Nov. 16, Capt Shanahan pointed out that 11 11 CF H Svcs C planned a polar bear dip Nov. 23 thanks to the fundraising efforts of three staff members if they hit certain targets: Sr Med Tech Sgt Scott Lawrence \$1,000, medical officer Steven Nordstrom \$2,000 and CO/BSurg Maj Keith Wilson \$3,000. With more than \$3,000 raised, all three experienced a polar bear dip.

For the second time in three years, Cpl Justin Zinger won the grand prize after his ticket was drawn by BComd LCol David MacIntyre.

"My Christmas shopping is done," he joked while collecting his prizes.



CFB Shilo's United Way campaign raised \$47,173.44, according to chairperson Capt Eliza Shanahan. She made the announcement at the Finish Line breakfast held at L25. 2Lt Ryan Bartlette (inset) helped with the grand prize draw won by Cpl Justin Zinger.

Photos Jules Xavier/Shilo Stag



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Deadline for submissions is the Thursday prior to the week of publication. Submissions can be sent to the Stag via email at stag@mymts.net, dropped off at the Stag office located in CANEX or via Inter-base mail.

Submitting articles and photos for print:

- Please submit articles as a MS Word Document.
- Include the author's full name, rank, unit and contact information.
- Include photos with your articles whenever possible, however, do not embed photos in word documents.
- Please submit photos as high resolution jpegs (if scanned 300 dpi), digital images or in hard copy format.
- With photos, include a caption that names the individuals in the photo; what is taking place; and the name, rank, and unit of the photographer.

• • •



Follow the Shilo Stag on
 Facebook by visiting:

<http://www.facebook.com/ShiloSTAG>

Medsafe Pharmacy manager Dhawi Salih has been busy this month providing flu shots. Here, he goes over a prescription on his office computer.

Have your prescriptions filled out on the Base CANEX pharmacy here to serve your needs

Shilo Stag

Without a pharmacy on this Base for a number of years after the previous operation closed and returned to Glenboro, Medsafe Pharmacy in CANEX is now here serving the Base and its hinterland.

Want to switch your prescriptions over to the pharmacy that opened last spring is no problem? Need a flu shot? Require medication for an ill child after visiting Western Medical Clinic for a doctor's appointment?

If you do, see manager Dhawi Salih and he will happily look after what you need.

"I enjoy serving my clients and being open, especially to develop a relationship, more than just being a pharmacist dispensing medication," he offered while filling a prescription for a Spruce-woods client.

After hearing from a friend that CFB Shilo did not have a pharmacy, but previously did, Salih was happy to step in to be able to offer this service.

His brother operates a Medsafe Pharmacy in Brandon, so if he's short of something, he can reach out to his sibling.

All you have to do to switch your prescriptions is visit Salih and he will begin the process of contacting your current location to have them moved. After your doctor's appointment, you no longer have to drive 20 minutes to have it filled in Brandon. Medsafe Pharmacy is just around the corner from the doctor's office.

"We do internal transferring prescriptions," he explained. "We get the pa-

tient's information — the patient has to authorize us to give [their] full name, date of birth, and what pharmacy [they] deal with — a phone number or name of the pharmacy.

"We contact the pharmacy [and] the pharmacy will transfer the prescription or file to us. We contact the patient to see what medication they are interested to transfer or be filled."

Shilo's Medsafe Pharmacy location also offer a number of services for clients, including free delivery. If you have used Salih's services, let your friends and relatives know there's a pharmacy on the Base. Stop by for your annual flu shot.

"In both branches, we are authorized to give injections and vaccines. I have the certificate [to do] that. Especially in flu season — we encourage people to get vaccines. We have the vaccines provided to us by Manitoba Health."

He acknowledged while advertising helps promote his location, word of mouth contributes to more visits from individuals who might otherwise not think there's a pharmacy here after the previous business left CANEX.

Salih has authorization to give prescriptions for minor ailments, too. These can include prescriptions for acne and allergies.

Getting in touch with Salih is easy if you stop by his venue at CANEX. Besides a phone call or an e-mail, Medsafe Pharmacy uses the social media platform, Facebook. Visit www.facebook.com/medsafeshilo/

Medsafe Pharmacy is open Monday to Thursday from 9 a.m. to 5 p.m.; Friday 9 a.m. to noon. Call 204-702-0114.



Medsafe Pharmacy manager Dhawi Salih's door is always open to your prescription or medical needs, including giving flu shots.

Photos Jules Xavier/Shilo Stag

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Podcast creates dialogue on veterans' issues

2Lt Ryan Bartlette
Shilo Stag

Matt Luloff is no stranger to CFB Shilo. Posted here in February 2006, he was welcomed by the prototypical prairie winter blast. Having previously spent time with the Foot Guards in Ottawa, his military experience was drastically about to change.

Luloff deployed with TF 1-08 to Afghanistan, and was medically released not long after returning to Canada. Since then, he has had his own struggles with returning to civilian life.

Luloff and his friend Maciej always wanted to give back to the veterans' community. With the advent of a recording studio in his basement, the Veteran X podcast was born.

Aside from Luloff, other CFB Shilo soldiers, including 2PPCLI's Ian Tait and 26 Field Regiment's Jessica Wiebe have been on the show.

The Stag caught up with Luloff on the phone to discuss how the podcast came to fruition.

RB: What gave you and co-creator Maciej the idea for this podcast?

ML: "I built a studio in the basement because I was recording music down there, and Maciej has always been interested in starting a podcast with me. It's been about a year in the making. We sat down, hit record then talked about the sort of thing we might want to talk about in a podcast.

"A few months later my wife brought up 'whatever happened to that podcast idea.' We discussed music, current affairs. But there is so much of that out there. My wife said, 'Well, you guys have been looking for a way to give back to the veterans' community, right?' Combined with the idea that we wanted to start a podcast, she kind of gave me that look of 'come on, figure it out!'

"So, Lauren is our executive producer. She helps keep things on track, makes sure I keep up with my editing and that we're constantly bringing in new people to talk. It became a three-way partnership between the three of us. We recorded our first four episodes and started releasing. We are taking a bit of a hiatus while I'm running [for municipal office], but we'll be back in November. That's kind of how it began."

RB: You got out in 2009. Something about me as well — I spent four years working at the IPSC here at CFB Shilo. I'm betting you're fairly familiar with them as well?

ML: "I was personally never posted to an IPSC. The end of my contract was coming up, so they gave me a medical release."

RB: Do you think it would have been beneficial to spend time there prior to your transition to civilian life?

ML: "Oh probably, yes. When I got back to Ottawa, I had a really good [VAC] case manager. They would follow up with me to make sure I was meeting appointments, so I felt like I got the support I needed once I got back to Ottawa. I felt like they took care of me very well.

"I started going to school immediately, so I had something to keep my mind busy. I also started a rock band called Hearts and Minds. I was with them for 10 years ... we actually ended up winning \$45,000 in a local radio competition. I had a really healthy outlet for the way that I was feeling. It was a rough transition, don't get me wrong. Since I was coming home to where my family was, I felt like I had that safety net."

RB: I listened to your interview and I'd have to agree — there's no one way that people deal with transition. You had a good transition with VAC, where some hadn't had that piece, and had their experience somewhere else be it through OSISS or other mental health advocates.

ML: "Exactly. I think everybody's journey is different. It was terribly frustrating in the beginning, but I did get the service I needed. Dealing with any bureaucracy can be trying at the best of times."

RB: When I listened to Jessica's episode, I could

hear her pushing herself. It was, I think, incredibly raw for her because she believed that if she was going through this, that there were others going through similar circumstances. If we can put it out there, and one person realizes that they are not alone, then it is worth it.

ML: "That's the way I look at it. If we can help one person decide that they want to keep living, or that they have something to give the world, then I think we've done our job."

RB: I've noticed a few common themes in your podcast, but if you want to expand what do you think are important themes to talk about as veterans together in this community.

ML: "I think we need to talk about how it felt, transitioning to civilian life.



What that loss is actually like. You're living in a culture, and you're giving that up to go back to something that you left behind in the beginning. Everybody who joins the military in the beginning, you become ingrained in this incredible culture, this new family. It's almost like you're forced out of it.

"It's important to talk about how they felt, leaving the military. It's important to talk about how their experiences affected them, because we need other people to know that it's normal. To feel the way that you do. That emptiness that you have, after your service, is normal. It's important to talk about relationships. It's important to talk about hobbies. It's important to talk about who they talk to, to show people the many different avenues there are to get where you need to be."

RB: When I was working with IPSC, I knew one guy his hobby was knitting. Which I kind of get now. Had the tough soldier image, but admittedly loved knitting. With so much in his life that was grey, knitting was very direct. Your accomplishments were measurable. Viewable. Something that was lacking in his life.

ML: "I think that's awesome. There's also something very mindful about knitting, too. You have to pay attention. Your body and your mind have to work together. I find with OSI and with PTSD, there becomes a bit of a disconnect between your mind and your body. If you can find an activity you can do that connects the two, whether it's meditation, learning to play an instrument or knitting. That's an incredibly helpful thing."

RB: You've been on this journey for 10 years. If someone came to you now, what advice would you give guys who are starting to have these feelings?

ML: "First things first. Put your hand up. There's no shame in feeling the way that you do. Put your hand up and say you need help. Go to someone you trust, and maybe someone that is going through the same thing. It takes a soldier to train a civilian to go to war, but it doesn't take a soldier to train another soldier to become a civilian.

"You can get the help of a civilian. You're learning

now, how to be a civilian. My psychologist, who finally got me doing exposure therapy, she never served in the Forces, but she got me. I feel like she gave me my old life back.

"It doesn't have to be a soldier to reach out to — it can be somebody else. Whether it's a friend or a professional that's the sort of relationship that will help you get through these things."

RB: It can be tough. Sometimes people reach out, and they get let down. You have to find that somewhere deep down that it will be worth it in the end.

ML: "It's sadly common, but I agree."

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BPSO clerk Linda Hildebrand stands in her Winter Wonderland at Base HQ. Hildebrand has been creating and setting up the Christmas display at Base HQ for the last 10 years.

Photos Jenna Dulewich/Shilo Stag

Christmas display banishes 'bah humbugs' on Base

Jenna Dulewich
Shilo Stag

Breathtaking.

That is how one woman described the Winter Wonderland scene she walked into at a Base HQ room at the end of the hall, as CFB Shilo BPSO clerk Linda Hildebrand was decorating one of her 25 Christmas trees for the annual display.

"Wow! I'm so impressed — you really have a knack for this," the lady exclaimed before leaving the room.

For the last 10 years, Hildebrand has been creating and putting up the annual CFB Shilo HQ Christmas display which started with humble beginning in only her and her bosses office a decade ago.

"It actually started with my plant business," Hildebrand explained.

With a plant store in the Shoppers Mall in Brandon, the BPSO clerk was known for her extravagant Christmas displays and asked to help decorate the mall, too.

"I used to do all sorts of displays all over the mall," Hildebrand recalled.

There were even years when Hildebrand would decorate both at the mall and Base HQ, but the regulations for putting up decorations in the mall became more and more intensive with various safety courses to attend, so Hildebrand made the decision to focus on the Base display.

"Sometimes I get help [at the Base] but mostly it's just me," Hildebrand said.

The Christmas displays which start being prepared anywhere from a month to two months in advance, spans across two floors and several offices in Base HQ, including the conference room, Hildebrand's office and a tree for the Base Commander — all with different themes.

There is a silver and white theme, a gold theme, and a peacock theme, to name a few.

"People ask me to decorate their house and I would, but there is only so much time," Hildebrand said with a laugh.

Always one to be in the Christmas spirit, Hildebrand said she has also always decorated her heritage home in Brandon, which has become known as the "Christmas House" on the block.

"Christmas has always been a great time for me. I come from a large family and Christmas was always the time when we got presents and candy," Hildebrand said.

Working on her display in a room at HQ in early-November, there were several interruptions during the *Stag* interview where people would walk in and stop in awe at the decorated trees.

"This makes me so happy," another lady said as she walked in the room.

Definitely one of the biggest perks that comes with the lavish displays is watching people's reactions.

"Some people say they're 'bah humbug' yet when they see the decorations it makes them not so 'bah humbug'," Hildebrand said with a smile.

"I [do this] because I really enjoy it ... it makes me really happy so I hope it makes other people happy."





NIKO (ABOVE)
ARTHUR BLAKELY (BELOW)



BEN THOMPSON
INSTRUCTING



SHANE LARGE

KICKS A R A T E B E X C I T I N G L T S



2PPLCI'S MCPL BRAD LEBEL
TRAINS WITH SEVEN-YEAR-OLD
DAUGHTER KAYDENCE

Shilo karate club's Tuesday night workout at the GSH saw two students receive their black belts following weekend testing — Arthur Blakely and Shane Large. Young Niko also garnered his yellow belt. Black belt instructor Ben Thompson said he was proud of the accomplishments of his pupils, which number more than 30 for the 2018-19 season.

Photos Jules Xavier/Shilo Stag

3CDSG Commander's visit



For her efforts co-ordinating the 2018 CFB Shilo United Way campaign team — raising more than \$47,000 — Padre Capt Eliza Shanahan received a Commander's Coin from 3CDSG Commander Col Scott McKenzie during a town hall meeting held at the Officers' Mess. For more the '18 campaign, see the story on page 3 of this edition.

Photos Jules Xavier/Shilo Stag



WO Mark Giroux received a 3CDSG Command Team commendation from Commander Col Scott McKenzie during a town hall held at the Officers' Mess. WO Giroux was acknowledged for identifying and supporting veterans experiencing mental distress. The combined guidance from WO Giroux and Operational Stress Injury Social Support (OSISS) led to veterans seeking professional help and eventually recovering with a newfound positive outlook on life. WO Giroux's actions brought great credit to CFB Shilo, 3CDSG and the Canadian Armed Forces (CAF).



RCA Museum collections manager Clive Prothero-Brooks was recognized for his 45 years of exemplary service with the Canadian Armed Forces at Base HQ. He received a 3CDSG Command Team commendation, with it presented to him by 3CDSG Commander Col Scott McKenzie. The citation reads: As a collection manager, he has done an admirable job in maintaining a collection of more than 65,000 pieces. He is an expert on the history and heritage of the Royal Regiment of Canadian Artillery and is highly regarded amongst his peers. His dedication and passion for military history has played an integral role in the success of the RCA Museum.

'Adopt a Family' campaign helps during tough times

Jenna Dulewich
Shilo Stag

Kickoff this holiday season by getting into the spirit of giving with the Christmas Hamper 'Adopt a Family' campaign.

"We are here to support families going through tough times ... whether they have a lot of big bills this month or just need that little bit of extra to get through the holiday season," said MFRC campaign organizer Bonnie Hildebrand.

"It's just this time of year can be tough for a lot of people."

The annual Christmas Hamper 'Adopt a Family' campaign has successfully helped on average, approximately 20 families in CFB Shilo and surrounding area for the last couple of years.

"Over the last four years, I've seen a real generous spirit in Shilo," Hildebrand said.

Available to families who need the extra bit of help and are staying in the CFB Shilo area this holiday season, the program is 100 per cent confidential — and

anyone can sign up to fill a hamper.

"One of the things I love seeing is how this community comes together — and it's a great way to kick off the Christmas season," Hildebrand said.

While the campaign was launched mid-November, individuals, families or groups still have a week to sign up and start collecting donations before the Dec. 6 deadline.

"If someone wants to give, we will still accept donations ... and already we've seen what we've seen in other years — that is what excites me the most is seeing first hand how generous people are," Hildebrand said.

A campaign where both sides benefit, organizers talked about how those who help fill the hampers also get a sense of gratitude.

"It helps give the season some purpose and they can give back and support their community," the organizer explained. "It's a way to fill a need in a tangible way."

To help keep confidentiality, those who sign up to fill a hamper have their choice between small, me-

dium, large, and extra-large hampers, where organizers are asking for non-perishable items such as cereal, canned veggies, crackers, peanut butter, soup, canned meat or fish, bags of flour, pasta, rice, granola bars, and tea/coffee — to name a few. And don't worry about collecting 'too much' as the excess food collected is used to restock food banks in the area.

"Shilo's generosity reaches surrounding areas," Hildebrand said.

Monetary donations to the Chaplain Service Fund are also accepted.

"It's phenomenal to see the generosity come out of Shilo," the organizer said with a smile.

Run in partnership with Shilo's MFRC and the Faith Centre, anyone who wants to get together with family members, co-workers or put together a hamper themselves, can e-mail organizers at bonnie.hildebrand@forces.gc.ca or daniel.walton@forces.gc.ca

Or to sign up to receive a hamper this year, families can get in touch with the Chaplains at ext 3091, Health Services ext 3177, SISIP 204-765-7127, or the MFRC family counsellors at ext 3352.



Have your child's portrait taken with Santa Claus when you visit L25 for the annual Candy Cane Christmas event, or take part in a gift wrapping contest.

Photo Jules Xavier/Shilo Stag

Candy Cane Christmas Dec. 1

Mrs Claus attending along with Santa Claus

Jenna Dulewich
Shilo Stag

If you're looking for an exciting, festive way to kick off the holidays this season then look no further, as CFB Shilo is hosting a family-friendly Candy Cane Christmas this Saturday.

"It is a lot of fun and the kids just love it," said Kristen Lucyshyn, community recreation co-ordinator and Candy Cane organizer.

With various activities for children of all ages, newcomers can expect the tried-and-true favourites to reappear this year, including the delicious pancake breakfast, entertaining cookie decorating, joyful wagon rides and photos with Santa — with the photo printed out on the spot so families can take home the festive keepsake and immediately add it to the fridge.

And for those who have attended in previous years, new events will be unveiled to keep things exciting.

For the first time ever, Mrs. Claus will be attending the Candy Cane Christmas to have storytime with the children at 10:30 a.m. and noon.

And wanting to add a little something for the adults attending, organizers said they will be supplying boxes and wrapping paper offering the moms, dads, aunts, uncles, grandparents and family friends a chance to show off their creative side with the inaugural introduction of the 'Most Gifted Wrapper Contest' kicking off at 11 a.m. Winners will receive gift cards.

"We are asking people to pre-register so we can get an idea of how much interest is out there and also so we know how much supplies to buy," Lucyshyn said.

And for the children that haven't started their holiday shopping — fear not! The favourite Kids Only Christmas Shopping is returning, where all items will only be priced at \$1 for an affordable, stress-free shopping experience for the little ones.

"It's just a fun, family event ... there is a lot of Christmas cheer," Lucyshyn said.

The event, partnership with PSP and the Shilo MRFC, is coming to the Base Dec. 1 at L25, open from 10 a.m. to 1 p.m.

To pre-register for the 'Most Gifted Wrapper Contest' contact Erin at 204-765-3000 ext. 3588.

New Padre says it was 'worth the wait' to join CAF



Capt Sean Smallwood

Jenna Dulewich
Shilo Stag

How did a man originally from St. Cloud, Minnesota end up as CFB Shilo's newest Padre?

He got posted here, of course.

But it's the path that took him from the US to northern Italy to Calgary to our southern Manitoba Base that Capt Sean Smallwood talked with the *Stag* about.

"I've thought about joining [the CAF] for a long time," the Padre revealed in his new office at the end of the hall in the Faith Centre. "I have great respect for people serving in the military."

Starting his Pastoral training almost three decades ago in the United States, Capt Smallwood took his 'pastor internship' overseas in Northern Italy, working with the US and other NATO affiliated troops.

"My intern supervisor had some 'connections' and was able to get me over there," Capt Smallwood explained.

Intensifying his respect for those who serve, which started with his father who was a marine in the Vietnam War, the Padre said joining the military was always in the back of his mind.

After moving from Sioux City to Calgary, Alta. with the help of a connection to serve a English/German parish, the then-Father said he brought up the idea with his wife, who is also a Navy brat, about joining the military. But the pair decided the timing wasn't right for them as they were about to start a family.

"We decided when the kids were older — and now they're older," Capt Smallwood said with a laugh.

Joining CFB Shilo mid-October, the new Padre said he is "very happy to be here."

"People are respectful and nice ... this is far and above any civilian jobs I've had."

While the Padre is still awaiting his basic training at CFB Borden, Ont. and in the learning stages of the new job, he said his door is always open.

"I may be Lutheran, but first and foremost, my door is open for everyone," he said.

"I'm trying to listen — I'm not here to teach, I'm here to learn."

And after 23 years as a Pastor in the civilian world, Capt Smallwood said it was "worth the wait" to join the CAF family.

"It's a very good place to be," he said. "I love it — it's more than I hoped it would be."

Capt Smallwood is seeking a new/used mess kit (size medium). If anyone has one they are willing to part with, get in touch with the new Padre via email at sean.smallwood@forces.gc.ca

Base Met Techs visit Areospace Centre

MCpl Evan Hurak
Stag Special

Recently, 1RCHA's ballistic meteorological section were invited to Southport Aerospace Centre in Portage La Prairie by the weather observation team working for Midwest ATC Canada.

The invitation was a valuable chance to explore how a private company supports air operations with weather.

What makes Portage La Prairie important?

Formally known CFB Portage La Prairie — home of 3 Canadian Forces Flight Training School — the Base closed in 1992 becoming what is now known as Southport Aerospace Centre, with the flight training for 3CFFTS being handled by civilian contractors.

The current operations of flight training was awarded to Kelowna Flightcraft Limited in 2005, with a 22-year contract. While Kelowna Flightcraft Midwest ATC Canada was awarded the air traffic control as well as weather support for 3CFFTS, Midwest ATC has staffed its weather office with retired Met Techs making Southport one of the few places a retired military member can find work mirroring their duties when they served.

The weather office currently employs four retired members, with around 70 years of serving the meteorological trade.

How does a trip to Portage La Prairie help the Met Techs of 1RCHA?

With the only focus on the one aspect of the Met Techs job at CFB Shilo it becomes imperative the section keeps their skills up at the other three. It is expected of a Met Tech to be proficient at the role of weather observations not only by the military but the World Meteorological Organization (WMO).

This is because we may be deployed anywhere in the world and the WMO requires that we provide accurate weather data aiding in aviation safety.

This trip east down Hwy. 1 allowed us from CFB Shilo not only to reconnect with our training in weather observation, but offered unique insight in the operations of a civilian weather office.

One aspect where a military office is the same as Southport is the sending of monthly recorded weather data to Environment Canada. The recorded data is checked for mistakes, used for climatological needs, and archived in case the data may be needed for accident investigation.

The weather office also has direct contact with pilots in the air for the passage of weather information. Weather passed on by pilots is very important and is passed on for other pilots.

One major difference we observed is a civilian company must pay for its connection to weather data such as satellite photos, and the National Lightning Detec-

tion system. To keep costs down they only pay for what is needed and nothing more.

The weather forecast that is made for Southport Airport is also paid for and is made by Environment Canada employees and military forecasters from CFB Gatetown.

For those Met Techs on this road trip, the visit was a great experience not only to see how 3CFFTS is supported by our civilian counterpart, but to meet veterans of our trade.

Keeping the lines of communication open with veterans of the trade helps to pass on their experience and knowledge.

Why does the Canadian Armed Forces (CAF) have meteorological technicians — Met Techs?

The role of the Met Tech in the military is a multifaceted job which spans all three elements of Air, Land, and Sea. The four main duties of a Met Tech's career which they will be expected to perform include: weather observations; briefing/building weather packages for operations; ballistic wind profiles for forecasting as well as for weapons systems on land and sea; and weather forecasting in support of air operations.

All four of these tasks require one another to exist. The weather observations at civilian or military airports not only have safety implications for pilots and passengers alike, but the weather observations are used by weather forecasters to aid in their weather forecasting for the airport.

The data collected by ballistic met section is mirrored twice a day at locations around the world. That data along with weather observations is entered in Environment Canada's computer generated weather models. Products produced by all the data is then able to be disseminated to RCAF air crews so decisions on air operations can be made.

How does Met Tech support artillery operations?

The main role for the ballistic Met section at CFB Shilo is the direct support of 1RCHA operations. This is done with the use of meteorological sensor equipment used to find the winds, temperature, and humidity of the atmosphere at any give time.

The data collected is used by the gun batteries to aid in rounds fired being on target. Along with the collection of upper air data the Met section must also take part in field training.

The members of the Met section must also pass their rifle qualification, gas hut, and combat forces test to name a few. This is necessary for a Met Tech to be deployed with the artillery in either domestic or international operations.

Met Techs on this road trip would like to thank Ray Banks, supervisor of the weather office for Midwest ATC, Kelowna Flightcraft Limited for access to view the training facilities, and 3CFFTS for allowing us to observe operations.

Shilo Theatre
(Located in General Strange Hall)

Nov. 30 Ant-Man and The Wasp Rated PG
Children aged 10 and younger require adult supervision at all times.
All movies start at 6:30 p.m. Doors open at 6:15 p.m.
FREE GSH popcorn — h2o from CANEX

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

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:

Off what Royal Canadian Navy ship did the 40mm gun come from that is now on display at the Shilo Country Club?

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.

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

Call 204-765-3000 extension 3570
CFB SHILO

EXPERIENCE HISTORY WITH A BANG!

THE RCA MUSEUM

CANADA'S NATIONAL ARTILLERY MUSEUM



NEXT HOME GAME



Dec. 4 vs Medicine Hat 7 p.m.
Dec. 7 vs Prince Albert 7:30 p.m.
Dec. 15 vs Saskatoon 7:30 p.m.
Dec. 27 vs Regina 7 p.m.
Dec. 30 vs Moose Jaw 4 p.m.
Jan. 4 vs Seattle 7:30 p.m.
Jan. 8 vs Portland 7 p.m.



Your source for Army news in Manitoba

We want you on our team

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

"I'm just a dude who likes to dress up as a cat who likes to make people laugh and smile."



Cpl Justin Zinger says wearing his snow leopard fursuit is "like an escape from reality."

Photo Jenna Dulewich/Shilo Stag

Base tech trades greens for furs

Jenna Dulewich
Shilo Stag

Military computer tech by day — snow leopard by night?

You read that right. CFB Shilo's resident Furry sat down with the *Stag* over coffee earlier this month, to clear misconceptions, talk conventions and give insight to how a CAF member started swapping his green uniform in the day for a fur suit in the evenings.

"I don't think people really understand what we are," Cpl Justin Zinger computer tech for 3CDSG, said with a laugh. "It's like an escape from reality and I get to make people smile and laugh."

Debuting the full fursuit at Shilo's annual Haunted House earlier this year, Cpl Zinger admitted he was anxious, but excited for the introduction of Toasty, the snow leopard.

"I was nervous the first night, but kids like giant stuffed animals, and it meant so much to be able to give back to a community that has given me so much," Cpl Zinger said. "It's nice to go from serving your country to bouncing around, having fun and being able to de-stress."

Standing at a little over six feet in his snow leopard fursuit, Cpl Zinger explained to the *Stag* he was first introduced to the furry world through his interest in anthropomorphic animal art.

"I've always loved big cats — I think they are really majestic animals," he said.

It was during his exploration of the art world, when Cpl Zinger started meeting people who would also do the humanistic animal suits.

"I also had my misconceptions," the corporal admitted, but said after talking with the people from the fandom, he realized it was just another hobby. "It's been a learning experience."

The major misconception about furries is the unique hobby is viewed as a fetish as opposed to a fandom community. Portrayed in TV shows and talk shows, as people who like to dress up in the suits for fetish reasons, the reality is the majority of people from the furry communities get together for causal no suit-up hangouts or they come together for conventions often raising money for different charities, typically for animals.

"I would say 98 per cent of [furries] I know are normal people who just like to dress up," Cpl Zinger said, estimating more than 150 furries in Manitoba. "There are always going to be the people who make things weird but I'm very clean and don't do lewd things in my suit."

Attending his first convention earlier this year in Winnipeg, with partials from his suit — wearing only the head and the hands — Cpl Zinger said the community of people are very caring and supportive.

"[Furries] don't judge ... [and] fursuits are a way to get away from anxiety and depression," he explained. "It's very rewarding to see people smile."

And like any other hobby, entering the furry world takes research, time and money.

A fursuit, whether requesting it be built or building one yourself can take upwards to a year depending on how intricate the design is. For example Cpl Zinger waited six months and paid \$1,500 for his full suit, made by someone from Brandon who specializes in the craft but he's known of friends shelling out \$8,000 for a single fursuit.

Then there is getting ready.

For Cpl Zinger, it only takes 10 minutes to fully suit up but some fursuits can take half an hour to fully get on and the work doesn't stop there — every furry needs a handler to help while they are in the suit. Whether it is helping keep a tail off the ground or giving the person in the fursuit water, it is a necessity.

"I passed out at a convention — I went outside for a [break] and left the head [part of the suit] out in the sun in the 30 plus weather and it heated up quite a bit. So when I put it back on, I got heat exhaustion," Cpl Zinger explained. "Having a handler there can be a matter of making sure you don't die."

For anyone encountering a furry for the first time, Cpl Zinger gave some pointers.

"Furries love getting hugs and having their pictures taken," Cpl Zinger said with a smile.

"I'm just a dude who likes to dress up as a cat who likes to make people laugh and smile ... Not everyone's going to accept that and I really don't care."

"It's just a hobby to make other people happy."

To keep up with the Shilo corporal and his fur suit antics, those interested can find more information on his Facebook page, "Toasty the Avocado Snep."

Available Dec. 3 to 7 Shilo DAG provide sledge hockey gear to introduce new active winter sport

Shilo Stag

In recognition of both the International Day of People with Disabilities, and Human Rights Day, CFB Shilo's Defence Advisory Group (Shilo DAG) and PSP have arranged for sledge hockey equipment to be made available at the Gunner Arena.

The equipment will be available to be booked with your ice time from Dec. 3 to 7. This is an excellent team building opportunity that will also shed light on the role that communities play in eradicating barriers to sports and social inclusion, according to Base COS Maj Howard Nelson.

The International Day of People with Disabilities is celebrated annually Dec. 3. It promotes awareness of the challenges faced by more than one-billion people living with visible and invisible disabilities.

Human Rights Day is celebrated annually Dec. 10. This year marks the 70th anniversary of the Universal Declaration of Human Rights, a milestone document that proclaimed the inalienable rights which everyone is inherently entitled to as a human being.

More information on these days of recognition can be found at the following links:

<https://idpwd.org/>

<http://www.un.org/en/events/humanrightsday/>

If you'd like to bring your "team" to Gunner Arena for a sledge hockey session, contact Karen Gero at local 3622, or via e-mail shilogunnerarena@gmail.com to book the equipment or ice time.

What is sledge hockey? It is a Paralympic sport that incorporates the same rules and structure as regular ice hockey. Sledge hockey players sit on specially designed sleds — "sledges" — with skate blades under the seat. Two sticks are used to not only pass, stick-handle, and shoot the puck, but also to propel and maneuver the sledges.

Are you familiar with the Shilo DAG? It exists to provide unfettered advice and grass roots insights to DND and the Canadian Armed Forces (CAF) leadership.

The role of the DAG is to affect or assist in policy development, employment equity initiatives, and the identification of systemic barriers.

All are welcome to attend the Shilo DAG's next meeting with the advent of 2019, scheduled for Jan. 15 at 1:30 p.m. in the BComd's conference centre.

Additionally, feedback forms are available for those unable to attend the meeting, but wish to provide comments or suggestions to the Shilo DAG.

Contact Maj Nelson's admin assistant Karli Allen at karli.allen@forces.gc.ca or local 3675 with any questions.



Fitness, Sports and Recreation manager James MacKenzie is a fan of the CFL's Winnipeg Blue Bombers. BRSM CWO James Doppler cheers for the Saskatchewan Roughriders. They made a friendly wager on the CFL playoff tilt held in Saskatchewan on Remembrance Day. With the close contest on a frigid Sunday on the prairies finally settled on the scoreboard, it meant the BRSM would have to wear a Bombers jersey and hat during the BComd's O-group meeting at Base HQ. Both were happily supplied by MacKenzie, who was able to gloat over his team's triumph in the post-season.

Photos Capt Nickie Witham/Base Adjutant

Blue Bombers win!



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 6 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 Johnston - 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 gsteel4570@gmail.com

We buy and sell good used furniture/appliances. We also deal in coins and coin/stamp supplies. People's Market Place, 32-13th St., Brandon, 204-727-4708.

Services

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

Dow Construction offers home renovations, new projects. Call 204-901-0350

Employment

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

Employment

CANEX needs you: Clerk/cashier part-time position with 13 to 32 hr /week required. Must be available days/evenings, and weekends. Starting salary is \$11.90 per hour. After two-month probation salary increases to \$12.15. 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.

Call 204-765-3000 extension 3570

CFB SHILO

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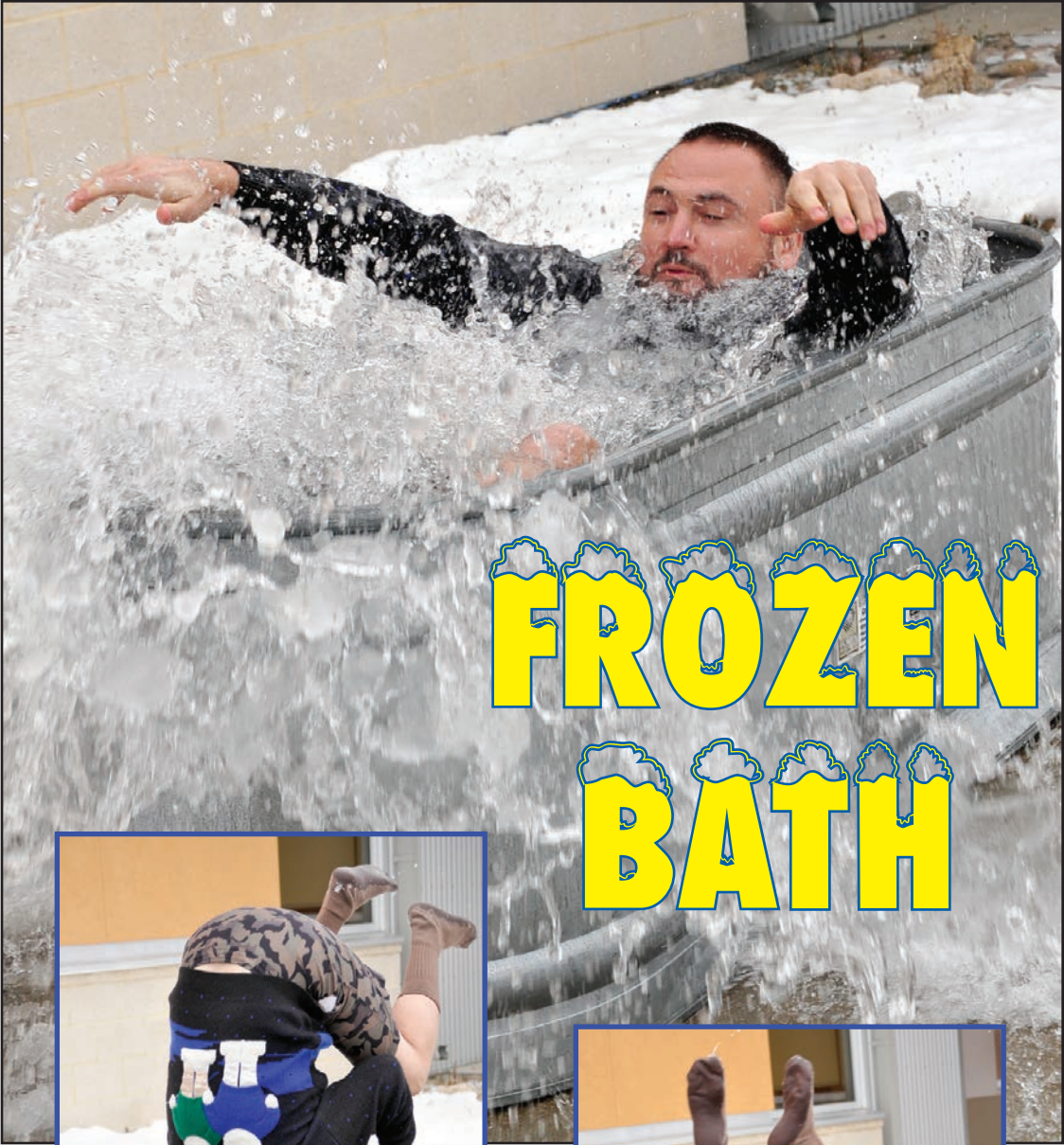
THE RCA MUSEUM

CANADA'S NATIONAL ARTILLERY MUSEUM





SGT SCOTT LAWRENCE



STEVEN NORDSTROM



Photos Jules Xavier/Shilo Stag



MAJ KEITH WILSON

11 CF H Svcs C planned a polar bear dip thanks to the United Way fundraising efforts of three staff members if they hit certain targets: Sr Med Tech Sgt Scott Lawrence \$1,000, medical officer Steven Nordstrom \$2,000 and the CO/BSurg Maj Keith Wilson \$3,000. With more than \$3,000 raised, all three took part in the Nov. 23 polar bear dip. Each of the participants had their own method of water entry. Sgt Lawrence did a cannonball; Nordstrom did a backflip wearing socks and a Christmas sweater, while Maj Wilson took a seat and just submerged himself. To warm up, chili was served afterwards for those in attendance as well as the three popsicles.



SHILO & AREA

Operation

Red Nose™



Op RED NOSE is a way to get 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. - 3 a.m. Nov. 30, Dec. 1, 7, 8, 31
Night shifts 8 p.m. - 2 a.m. Dec. 11, 12, 13, 14, 15
Day shift 2 p.m. - 8 p.m. Dec. 11, 12, 13

CALL FOR A SAFE RIDE during operating hours
204-765-4444