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Shilo Stag

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**INSIDE
This Issue**



Fly specialist looking to improve on time. Page 6



Base COS enjoys being back on the ice. Page 10



Canada's manager enjoys rugby experience. Page 12




LEST WE FORGET

It was a full house at the MPTF during the Base's Remembrance Day ceremony. Besides the Units laying wreaths, so did the Girl Guides (above) and CANEX (below). Soldiers saluted their fallen comrades, and children offered their poppy afterwards.




Photos by Jules Xavier




**SHILO & AREA
Operation
Red Nose™**

OPERATION 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.

Night shift 6 p.m. to 2 a.m. Nov. 27, 28, 29 Dec. 4, 5, 8, 9, 10, 11, 12, 31
Day shift 2 to 8 p.m. Dec. 8, 9, 10

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 Dec. 4 @ 7:30 p.m.
 Dec. 5 @ 7:30 p.m.
 Dec. 8 @ 7 p.m.



vs Regina Pats
 vs Regina Pats
 vs Saskatoon Blades
 vs Calgary Hitmen

#GOLDRUSH

Base teams preparing for winter season

Danny Hamilton
 Stag Special

CFB Shilo was well represented on the international sports stage with the advent of fall.

First, we had athletes at the Sixth CISM World Military Games held in Mungyeong, South Korea from Oct. 2 to 11.

On the volleyball court, Canada's roster featured WO Jim Davidson of 2PPCLI and from 1 Fd Am Det Shilo Avr Kyle Vangenne. The team went winless in five matches after being swept 3-0 by military teams from Iran, India, Oman and the host South Korea.

The men's soccer team featured goaltender Cpl Tyler Van Uden of 1RCHA. His squad also went winless in five games, dropping decisions to Brazil 3-0, Oman 9-0, Egypt 5-0, New Guinea 2-1 and in the team's final tilt, edged 3-2 by the USA. Canada was actually up 2-0

before the Americans secured the win with three unanswered goals.

Meanwhile, across the Atlantic Ocean in England, CFB Shilo was represented by three individuals on Team Canada's rugby roster. Team manager Jim MacKenzie is the Fitness, Sports and Recreation manager, while on the rugby pitch were 1RCHA's Capt Matt Haynes and 2PPCLI's Pte Eric Young.

The Canadian Armed Forces (CAF) saw its all-time medal count grow to 12, with three gold, a silver and six bronze, since our involvement in the quadrennial competition commenced in 1985.

The Canadian team was in tough at the International Defence Rugby Competition held from Oct. 1 to 31. The team went winless going up against countries known for producing excellent rugby players.

Opening against France, Canada dropped a 76-10 decision. Facing



No-hit intersection hockey is underway at Gunner Arena. *Photo by Jules Xavier*

the British Army and Navy, respectively, Canada was outscored 128-6 and 116-0. Against Australia, the Aussies cruised to a 145-6 triumph.

Meanwhile, closer to home, the Community Recreation No-Hit Hockey league opened the 2014-15 regular season Oct. 19 at Gunner Arena with nine teams in the fold: A/C Coy, B Coy, Adm Coy, Cbt Sup Coy, A Bty, B Bty, C/Z Bty, HQ Bty and B Reps.

After five most teams have played five or more games — A Bty the exception because the team started late because of commitments in the field this fall — B Bty hold down first-place with a perfect 5-0 record, having outscored its opponents 40-7. A Bty and Cbt Sup Coy are also undefeated after three tilts, with both team demonstrating a flair for offence and defence based on goals-for, goals-against. Games are played Monday and Thursday, with triple-headers scheduled for 5, 6:30 and 8 p.m.

During the next few months, CFB Shilo will be hosting tryouts to compile Base teams to participate in the following prairie regional sports competitions:

- Women's development basketball camp at Garrison Edmonton Nov. 30 to Dec. 4.
- Men's hockey 15 Wing Moose Jaw Jan. 16 to 20, 2016
- Men's oldtimers hockey Det Wainwright Feb. 1 to 5, 2016
- Ladies hockey 17 Wing Winnipeg Jan. 31 to Feb. 4, 2016
- Men's and ladies volleyball Garrison Edmonton Jan. 28 to Feb. 4, 2016
- Men's basketball Garrison Edmonton Feb. 14 to 18, 2016

The following individual sports are also offered:
 • Swim camp 4 Wing Cold Lake Jan. 18 to 20, 2016
 • Badminton/squash 4 Wing Cold Lake March 7 to 11, 2016.

If interested in tryouts or participating look for the flyer on your unit's bulletin board or contact your military sports co-ordinator at ext 3894.

Hometown Manitoba
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Hometown Manitoba offers grants of up to \$5,000 to help communities in rural and northern Manitoba improve their outdoor meeting spaces, green spaces and main streets.

Applications are now available for 2016 at manitoba.ca/agriculture or contact your local Manitoba Agriculture, Food and Rural Development GO Office.


Your deadline to apply is December 15, 2015.

Manitoba 

Pet of the Week

TUCKER

Tucker is a very active 20-month-old puppy. His heritage is a mix of Lab, Brittany and Border Collie. Tucker loves to fetch and play outside and is always eager to learn new tricks, according to Cher Brereton, the financial administrator at Engineering Services. Tucker is a treasured member of his family. Do you have a photo of your pet you'd like to share with our Stag readers? If so, e-mail it to us via stag@mymts.net



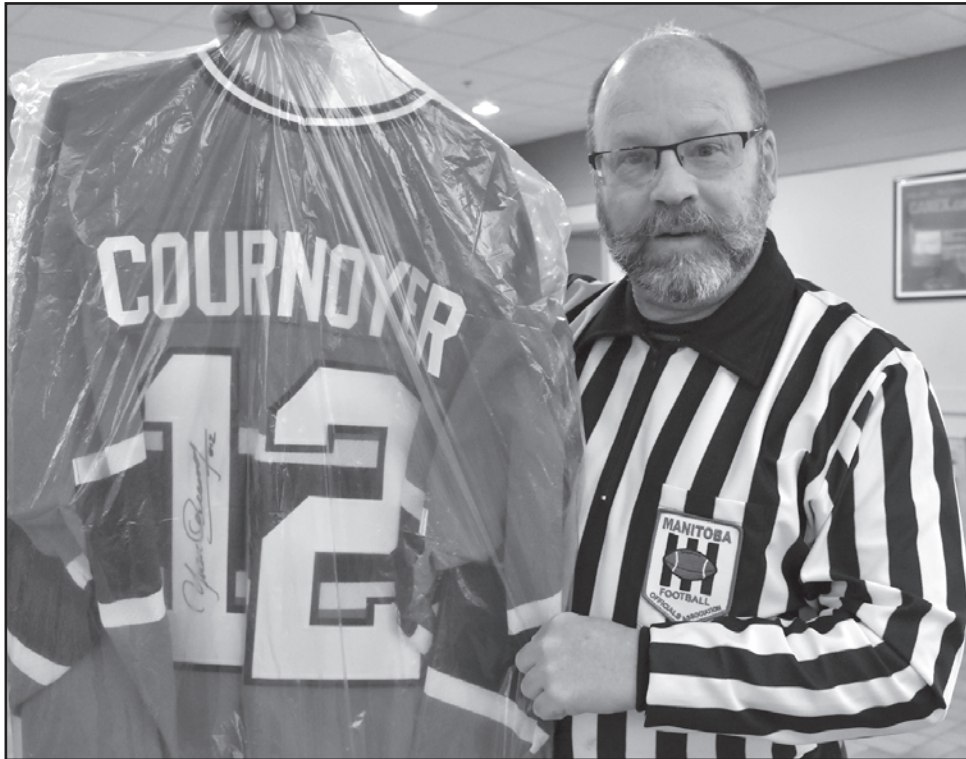
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Roadrunner for United Way

Yvan 'Roadrunner' Cournoyer fan Jules Xavier shows off the autographed Montreal Canadiens jersey being raffled off by 1RCHAA Bty for this year's United Way campaign. Your last chance to buy a raffle ticket on the jersey is Nov. 24 during the United Way Touchdown breakfast at the Flatlands Dining Hall. The draw will occur after breakfast.

Photo by Sarah Francis

Sharpen skates for \$2 at arena

Shilo Stag

The 2015 CFB Shilo United Way campaign is underway, with this Base hitting the 44 per cent mark of its goal.

There are number of events planned this month. Here's what is on the agenda leading up to the conclusion of this year's campaign:

- Dress Down Fridays: Every Friday throughout the campaign members are encouraged to participate in dress downs.

The cost is \$2 business casual and \$3 jeans/Unit PT gear. Members must maintain Mess appropriate attire.

- Skate Sharpening: Throughout the campaign the Gunner Arena is offering skate sharpening for \$2. All proceeds will go to the campaign.

- Touchdown Breakfast: Come celebrate Nov. 24 with us, the Brandon Wheat Kings and the Brandon United Way team, all the successes we have achieved together in this year's United

Way campaign.

This event is being held at the Flatlands Dining Hall from 7:30 to 9:30 a.m. Cost is \$5 and you can enjoy a delicious pancake breakfast, plus participate in the "No Duty" draw.

- Annual United Way Tree Auction: In the spirit of giving during the holiday season, you can give the best gift of all to a family in need. You can provide them with a Christmas. No child should wake up Christmas morning and not have the excitement of seeing what is waiting for them under the tree from Santa.

No parent should have to worry about what they will feed their family, on any day, especially on Christmas. Join us and help support such a great event that allows everyone to have a wonderful Christmas season.

This event is at Houstons Country Roadhouse Dec. 4. Decorating starts at 5:30 p.m. followed by the auction at 6:15 p.m.



CFB Shilo's Candy Cane Christmas

Join PSP & the MFRC as we celebrate the Christmas season!

Saturday, December 12
10:00 a.m. - 1:00 p.m.

Community Centre Annex, Bldg L-25

- ☞ Pancake Breakfast
- ☞ Photos with Santa
- ☞ Cookie Decorating
- ☞ Kids Christmas Shopping, and much more!

For more information, please call the Recreation Office at 204-765-3000 ext. 3317/3588 or the MFRC Front Desk at 204-765-3000 ext. 3352.



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2/7⁰⁰

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2/6⁰⁰

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2/6⁰⁰

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November 19 to December 2, 2015



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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.

Follow the Shilo Stag on
Facebook by visiting:<http://www.facebook.com/ShiloSTAG>**Want to volunteer?**

Shilo and area Op RED NOSE is seeking volunteers to get people and their cars home this holiday season. Help make your community a safer place by participating during operating hours, with the first outing scheduled for Nov. 27. Night shifts run from 6 p.m. to 2 a.m. Your gas is covered, and meals and snacks are provided. If you are interested in volunteering contact MP SLt Gregory Ansley at local 3339. He is looking for about 50 volunteers in order to cover off 11 days, with Dec. 8, 9 and 10 also offering day shifts of 2 to 8 p.m. SLt Ansley hosted Op RED NOSE kickoff at the Junior Ranks.
Photo by Jules Xavier

Military will be stronger, says PM**Shilo Stag**

Canada's 29th prime minister has a message for members of the Canadian Armed Forces (CAF) and Department of National Defence (DND).

Here's what Prime Minister Justin Trudeau released to the media from Ottawa following the federal election:

"During my travels across Canada, I have had the honour of meeting veterans, members of the Canadian Armed Forces, and Department of National Defence civilians and I have tremendous pride in their service to our country. Their message was clear: Canada needs to take care of its military the way its military takes care of Canada.

"Recent events serve as a reminder for us all of the enormous debt owed to our Canadian Armed Forces members, past and present, and the contributions you have made in the name of freedom and democracy.

"At our first Cabinet meeting, the Ministry began work immediately. Your new Minister of National Defence, Harjit Singh Sajjan, will be dedicating his time and energy to making Canada's military stronger.

"Your Minister — along with our associate Minister of National Defence, Kent Hehr — will have Cabinet's full support to reinvest in Canada's military, making it stronger and leaner, more agile, and better equipped,

with the right support systems for military personnel and their families.

"We are also committed to ensuring that new and significant investments are made to meet the sacred obligation that we have to our veterans.

"The men and women of the Canadian Armed Forces have a long and storied history of exemplary service. From combat missions, to peace operations, to disaster relief, Canada has always been there, and will continue to be an active force for good around the world.

"Canadians expect us to make good on our promises, including those to members of the Canadian Armed Forces, their loved ones, and their communities.

"I am honoured to have this opportunity to serve as Canada's Prime Minister.

"As we bring about real change, I have no doubt that you will play a critical role in helping us meet those commitments, and I am confident that with your support we will accomplish great things for all Canadians.

"As servicemen and women, you exhibit the very best of what it means to be Canadian. Today, as on all days, I would like to express my heartfelt gratitude to all those who put their lives on the line for our great country."

Minister of Defence honoured to work with military**Shilo Stag**

Canada's newest Minister of National Defence is now on the job following his swearing-in ceremony held in Ottawa.

Harjit Sajjan released this statement to the media regarding his appointment:

"It was my great honour to be appointed the Minister of National Defence. As a Canadian and as someone who has served Canada in uniform, I have a profound respect for the role of the Department of National Defence (DND) and the Canadian Armed Forces (CAF). I feel truly privileged to lead this proud institution," he said.

"I know first-hand that this institution is home to an incredible Defence Team, both military and civilian, whose members offer an unparalleled depth of expertise and experience, acquired through years of dedication in the service of Canada."

"I am particularly reminded of the courage shown — time and again — by our men and women in uniform, and of all that they have sacrificed for Canada, both in conflicts long past but also in more recent memory," he said reflecting on the recent Remembrance Day ceremonies held across Canada.

In his new capacity as Minister, Sajjan offered, "I am deeply humbled to have the opportunity to

once again serve as part of Canada's Defence Team.

"On behalf of the Government of Canada, I reaffirm our commitment to ensure that the Canadian Armed Forces continues to stand amongst the best military forces in the world, and remains well-positioned to continue serving this great country, both at home and abroad.

"In the coming days and weeks, I look forward to working closely with Deputy Minister John Forster and Gen Jonathan Vance as I transition into my new role, and I am reassured in the knowledge I can draw on your collective expertise as, together, we chart the way forward."

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Addiction Awareness Campaign

Be aware of lifestyle choices

Shilo Stag

Go for the Green!

This year's addiction awareness campaign focuses on being aware of the lifestyle choices which keep you safe and healthy in the Green zone of the Mental Health Continuum.

Take the time to reflect on your alcohol, tobacco, gambling and gaming — which includes Internet — use.

Do you know the signs of possible addiction and the effect it may have on your health?

What are the things that you, your workplace, and your community do to stay in the Green?

On our website check out the link to learn more about mental health, check your drinking, guide to successful entertaining, calculate how much you spend on tobacco products, learn to pour a standard drink, and much more.

Join us in promoting an addiction free lifestyle for the entire Canadian Armed Forces (CAF) community by participating in the addictions awareness campaign which run from Nov. 12 to 26.

Don't forget to answer the question to get the chance to win amazing prizes. Drop by our location and see our display, plus fill out a ballot to win one of three backpacks.

For more information contact Shilo Health Promotion located in the CANEX Mall at 204-765-3000 ext 3868.

The campaign artwork being used this year garners your attention based on the addiction transformation of both male and female soldiers. *Art Supplied*



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Manitoba

MAKING A SPLASH



Isabelle Stewart on the fly with Bluefins

Jules Xavier
Shilo Stag

CFB Shilo's Isabelle Stewart takes a different approach to being a teenager compared to her peers.

This 16-year-old Massey 11th grader won't be found munching on fast food burgers and fries, nor does she allow mom Marquita to fill the grocery cart with potatoes chips and other junk food.

Though she does have a penchant for gulping down a handful of chocolate chips from the kitchen cupboard or finishing off a bag of microwave popcorn, Stewart's lifestyle matches her intensity when it comes to being a competitive swimmer.

And a hearty, healthy appetite — her daily caloric intake is more than 3,000 — because of her sport. Lots of fruit. Three square meals per day, plus lots of snacks. To start her day it's a smoothie, banana, bagel with cream cheese, or bowls of Cheerios and Almond Crunch.

In bed by 9:30 most nights, the Brandon Bluefins' oldest swimmer has more important quests on her to do list versus surfing the Internet or playing video games: shave off the fractions of seconds needed to earn a spot on the pool deck at the national swim championships. She is not on Facebook.

"I'm to invested in swimming to do anything else," she told the *Stag* after finishing off a plate of pasta lightly smothered in her mother's homemade tomato sauce. "Right now I want to get my qualifying time for nationals."

While her Personal Best (PB) time in the 50-metre butterfly is 29.98 seconds set swimming short course in December 2014, the qualifying time she needs to meet is 28.11 seconds. It's 29.66 seconds in long course.

Pushing herself in practice, with no time to gossip or giggle in the water, the start to the 2015-16 season saw the Bluefins bumped from the home pool at the Brandon Sportsplex because of renovations.

The 5-foot-7, 131-pound fly specialist now trains Wednesday and Thursday night at the GSH pool, and does additional training at the new YMCA pool in Brandon Monday at 6:30 a.m. and Saturday at 8:30 a.m. Plus, she has dryland training to compliment what she does in the pool.

She also coaches the younger Bluefins at the GSH pool Friday night, and recently landed a job at the pool lifeguarding.

Training has proved fruitful to enhance Stewart's already growing trophy case she keeps in her PMQ bedroom — she garnered five medals, four of them gold at a recent "home" swim meet held in Winnipeg.

Stewart is not one to rest on her laurels, especially when Swim Manitoba recognized her 2014-15 swim campaign that saw the genial teenager for the first time ever, attend the Western Canadian swim championships held in Edmonton.

To make it to this level of competitive swimming she needed, and clocked, the times required for attendance.

She was also an alternate with Team Manitoba for the Western Canada Games held hosted by Fort McMurray in Alberta.

Like her approach to being part of the Bluefins Swim Club, she took being part of Team Manitoba with serious intentions of being on the team if a swimmer was to drop out.

To accomplish this, Stewart moved to Winnipeg where she trained for several weeks with Team Toba.

And while she did not have an opportunity to wear Team Manitoba's colours in the pool, she gained valuable training experience because of the exposure to new coaching techniques.

Stewart's achievements in the pool did not go unnoticed from last season.

Swim Manitoba presented her with the title of Outstanding Swimmer of the Year from

an outlying area — not Winnipeg — based on FINA points she garnered in her freestyle events.

How did Stewart find herself taking up swimming versus volleyball, soccer or basketball?

Dad Cpl Andrew Stewart from Base Transport, and the Bluefins club president, introduced her to the pool at age one when he was working on Vancouver Island in Campbell River, BC.

Born in Thunder Bay, Ont., she started swimming seriously at age nine.

Two years later she started with the Superior Sea Lions, then moved on to the Northwest Ontario Narwhals. She's been a Bluefin for four years.

Why swimming?

"Because I had to wait until I was 12 to take lifeguarding courses after taking swim lessons, and I wanted to stay in the water," she recalled.

"I was signed up for the Four Strokes Four Fun program."

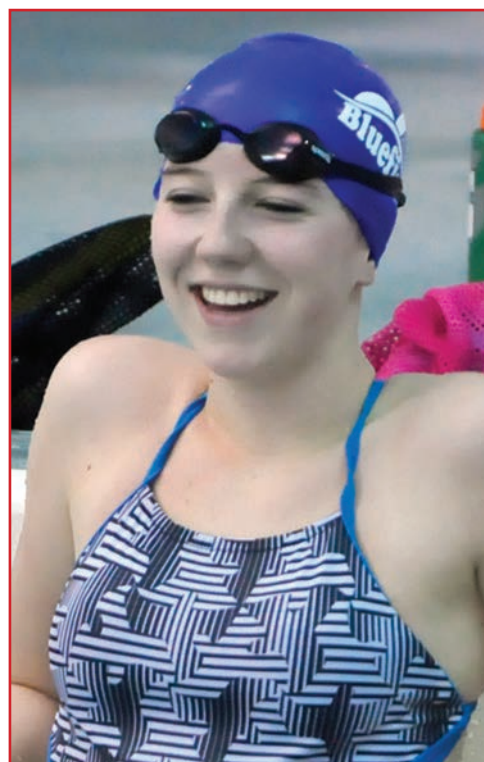
A road trip for a swim meet in Minnesota, and subsequent visit to the Mall of America, saw Stewart "hooked" on competitive swimming.

"Yes, I love shopping," she admitted. "And I like travelling."

Being a competitive swimmer has allowed Stewart to swim at pools across Canada, from Halifax to Edmonton.

Being part of Swim Manitoba, she takes part in meets in the Manitoba-Saskatchewan region, which means road trips to Winnipeg, Selkirk, Saskatoon and Regina.

Does she have a favourite pool?



A relaxed 16-year-old Isabelle Stewart at the GSH pool prior to the start of a rigorous training session with the Brandon Bluefins Swim Club. Stewart and her teammates are using the GSH pool while their home pool at the Brandon Sportsplex undergoes renovations.

Photos by Jules Xavier

See **FLY** page 7

GSH POOL

Bluefins want you!

Shilo Stag

The Bluefins Swim Club out of Brandon is a non-profit club which promotes excellence in swimming and has been "making a splash in Westman" since 1986 and currently swims out of CFB Shilo.

The club is seeking eager young swimmers who are hard-working, eager and enjoy a challenge. Swimming is a fun sport which has something to offer to all youth.

The purpose of the club is to provide an opportunity for youth to participate in the fun and challenging sport of swimming. In addition to the benefits of exercise and conditioning the objectives of the club are to promote personal development, sportsmanship and team spirit.

Competitive swimmers train several times a week to achieve the skills necessary for endurance and speed in executing the four racing strokes.

High-quality coaching is provided in a positive atmosphere promoting learning, fun and fitness.

The board of directors are parent volunteers who have children swimming in the program, although all community volunteers willing to help are welcome.

These volunteers are extremely committed to providing the best possible environment in which both the swimmers and coaches can strive for excellence.

Goals of the club:

- Promote excellence in swimming
- Provide fun in this challenging sport
- Promote a healthy lifestyle
- Promote personal development, sportsmanship and team spirit
- Offer high-quality coaching in a positive atmosphere that promotes learning, fun, and fitness
- Provide the best possible environment in which both the swimmers and coaches can strive for excellence

The four strokes taught include: free, back, butterfly and breast, with the club open to children age five and older. Competitive swimming starts at age eight. Once the Sportsplex pool reopens sometime in 2016, the coaches will begin training again with practices Monday to Friday.

The Bluefins operate a feeder program for newer swimmers to develop the four main strokes. While no Bluefin is ever forced to compete, the hope is that the learn-to-swim program will instill in swimmers a love for the sport along with solid skills. This will allow those who choose to swim competitively the ability to do so when they are ready or to move on to other water sports.

The program moves from Level one through Level three with advancement based on acquiring certain skills. Often, it takes more than one 10-week session to acquire the skills to move onto the next level.

Once the basic skills are acquired in the learn-to-swim program, swimmers advance to the Minifins group where the skills are refined and the swimmer is introduced to speed swimming. This includes advanced starts and turns, the use of the pace clock and swimming of specific "sets" as a training regimen.

At this stage, swimmers are encouraged to compete and can travel with the team throughout the year to various meets and events.

The it is on to racing with the Bluefins. At this level, the swimmers have the opportunity to refine their skills, build speed and endurance, and have the opportunity to participate in several meets. Part of the training sees a swimmer refine their skills by using the following: technique, endurance, speed, reaction, starts and turns, rhythm abilities, diving skills, streamlining and propulsion.

If you know someone on the Base who would like their child to join the club, but are unsure what level to enter them in, the swim club offers open assessments to help ensure swimmers are placed in a group where they would best benefit. This is not about judging or ranking, but to ensure kids are placed in a group where they will achieve the highest development and have fun.

To register or book an assessment, e-mail bluefin-registar@gmail.com

The next assessment is Nov. 25 at the GSH pool for the club's winter session.

For information on the club contact club president Cpl Andrew Stewart at 204-765-3000 ext 3276 or Marquita Stewart at 204-729-3285.



Massey 11th grader Isabelle Stewart does not have far to travel for Bluefins practices. With her home pool in Brandon undergoing renovations, the CFB Shilo resident hones her four strokes at the GSH pool along with her teammates. Here, the 16-year-old fly specialist arranges her goggles before practice.

Photos by Jules Xavier

Fly specialist looking for PB time

From page 6

"I'd say my favourite pool is in Saskatoon," she said. "The water is cold. There's no humidity. The blocks are nice, and it has 10 lanes."

This is a contrast to her home pool at the Sportsplex. Her experience at the pool in Edmonton was also memorable, especially facing some of the best swimmers based in Western Canada.

While Stewart has no swimmer's superstitions, quirks in the pool prior to competition include spitting in her goggles to keep them from fogging up. But a lot of swimmers use this technique.

The one guilty pleasure she does admit to as a teenager is her enjoyment watching shows like *Prison Break* and *Breaking Bad* on Netflix.

An honour student at Massey, Stewart has yet to decide what she wants to be "when I grow up." If she can use her swimming prowess to land an athletic scholarship to an American or Canadian university she will pursue a post-secondary education. But that's a way off before she graduates from high school in 2017.

"I have lots of swimming to do before then," she offered after swallowing another handful of popcorn. "Right now, I don't know what I want to do with my life after high school."

The butterfly is Stewart's strongest stroke in the pool, and she figures she excels because of her long arms, lithe physique and fast kick. Does she have a weak stroke in the pool?

"Oh yeah, my breaststroke," she said without hesitation. "I have weak knees, and doing breast is hard on the knees."

While she holds numerous Bluefins age-group records, and is not up against swimmers two years older than her, Stewart does not dwell on the past. She's

looking forward, but has excellent recollection of her successes in the pool.

At 13, as a member of Team Westman at the Manitoba Summer Games, she garnered three medals. She still has the ribbon she won in her first swim meet in Thunder Bay. And soon after she won her first medals, both bronze, doing the backstroke.

"I was good with that stroke when I was younger," she recalled. "It's still decent, but fly is my best stroke now."

With her PB in the 50-metre fly race breaking 30 seconds, Stewart is now a member of the Under-30 Club. Her home trophy case sports a trophy for this recognition. While her friends might have a few swim suits, Stewart has a basket full featuring \$90 one-piece for practice, and expensive compression suits for use only on race day. These specialized suits purchased on-line for \$450, or more depending on your preference, are good for about eight meets, or 18 races before the material deteriorates. If there is a pet peeve when it comes to being a competitive swimmer, Stewart grabs a clump of her hair and said the pool chlorine makes it feel gross.

But she puts up with it by getting regular haircuts and lots of showers to reduce the chlorine odour.

To recruit other swimmers from the Base to join the Bluefins, now that they are spending part of the season at the GSH pool, Stewart has a number of reasons why you would have fun.

"You make new friends. Swimming keeps you in shape," she said. "Keeps me out of trouble, and winning is fun."

And Stewart has enjoyed her share of winning since taking up the sport, and looks forward to further triumphs in the pool wearing her Bluefins swim cap proudly while cutting through the water en route to the end of another race.

Dressing of the Graves

Christmas Hamper Program

A COOPERATIVE INITIATIVE OF THE SHILO MFRC AND THE CHAPLAIN'S EMERGENCY FUND

Help bring Christmas to a military family in need

- ✦ Apply or nominate a military family at the MFRC or on the MFRC website by December 4
- ✦ Pick a tag from the MFRC gift tree and bring in a new, unwrapped gift by December 4
- ✦ Donate non-perishable food items at any of the hamper drop boxes available at most units
- ✦ Tax deductible donations can be made to the Chaplain Emergency Fund/Christmas Hamper

www.familyforce.ca



PPCLI's MCpl Timothy Wilson and Sgt Peter Ewasiuk had their graves dressed by students in Brandon.

CHRISTMAS KIDS PARTY

December 6

For all officer, spouse & children

Activities, Gifts & **SANTA** will be there!

From 11h00 to 17h00
At RCA Officers' Mess



Photos by Jules Xavier

SHILO & AREA

Operation Red Nose™

SPONSORED BY



Volunteer with Shilo & Area Operation Red Nose this holiday season. Volunteers are needed the following dates:

Night shift 6 p.m. to 2 a.m.
Nov. 27, 28, 29 Dec. 4, 5, 8, 9, 10, 11, 12, 31
Day shift 2 to 8 p.m.
Dec. 8, 9, 10

Volunteers will be supplied meals and reimbursed their fuel costs.

Apply today.

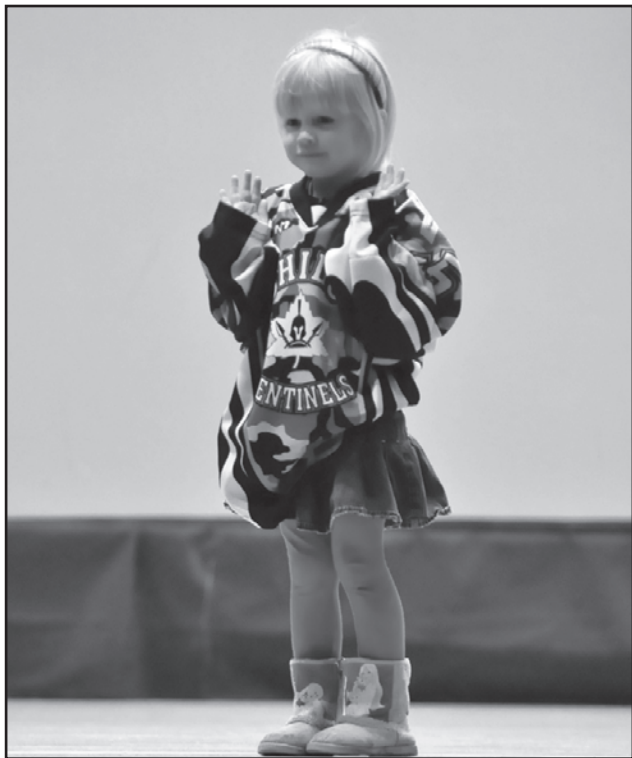
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SHILO SENTINELS



Hip players with the Shilo Sentinels were involved in a draft at the GSH Theatre, with the coaches like Jon Wilson (above) choosing their players and presenting them with jerseys on the main stage.

Photos by Jules Xavier



Brandon Wildlife Association Gun and Collectible Show

Saturday, Dec. 12: 10 a.m. - 5 p.m.
Sunday, Dec. 13: 10 a.m. - 4 p.m.

Manitoba Room, Keystone Centre

Admission \$8 per day

Children under 12 FREE with adult admission

For information call 204-725-4363



A Shilo Sentinels novice player wrists a shot for a goal past the goaltender during a game at Gunner Arena.

When you're making a purchase, make sure you're asking the right questions...

- ✓ "Is this the full price?"
- ✓ "Is this estimate guaranteed?"
- ✓ "Have you explained all the charges?"

Whether you're buying a new car or looking for a new cell phone, it's sometimes easy to get carried away with the excitement of buying something new.

And when you get carried away, sometimes you forget to ask the right questions.

Protect yourself

Before you sign any contract or close any deal, make sure you get up-to-date consumer protection information.

The Manitoba government's Consumer Protection Office provides advice on everything from how to shop safely online to purchasing a gift card.

Visit us at manitoba.ca to get the consumer protection you need. You'll get free information that's absolutely priceless.



Shilo Theatre
(Located in the General Strange Hall)

Nov. 20 Mission Impossible: Rogue Nation, Rated PG
Nov. 27 Southpaw Rated 14A
Dec. 4 Hotel Transylvania 2 Rated G

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.

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

HEY SHILO!

ONLY 5% of our children and ONLY 15% of adults get enough physical activity to be healthy.


LET'S GET MOVING!

RBC Sports Day in Canada
Saturday 21 November
Play for FREE @ GSH
1230 - 1600 hrs

BOWL, SWIM, DODGE, SWISH & JUMP!

Where's Willie?

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



Entry Form

Name: _____
Address: _____
Phone: _____
Page #, ad: _____

Answer to skill-testing question:
What was the score of the Australia-Canada rugby game?

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.



CFB Shilo's Chief of Staff (COS) Maj Craig Ethelston is enjoying his new job working out of Base headquarters. When he's away from the office, he dons skates and a referee jersey and officiates intersection or minor hockey games at Gunner Arena.
Photos by Jules Xavier/Sarah Francis

New experiences each day for Base COS

Sarah Francis
Shilo Stag

CFB Shilo's new Chief of Staff (COS) believes this Base is a unique community, one which he now calls his second home.

Born in St. Thomas, Ont., Maj Craig Ethelston had his first taste of CFB Shilo when he was posted here for the first time in 2001.

His military career started when he joined a Reserve unit as part of a co-op plan with his high school. He later went to Royal Military College (RMC) in Kingston, Ont., with his studies focused on business administration.

"Never once when I was younger did I ever think I'd be in the military," said Maj Ethelston. "Originally, it was police that I wanted to get into. But, at the time, for me the job opportunities weren't there in that field. "That's why I was looking at the Reserve unit for some background. When I found out what RMC had to offer, the free education and job afterwards. So, I thought I'd give it a try. That was 19 years ago."

He was then posted to CFB Gaagetown in New Brunswick for 18 months in 2000. August 2001 was his first posting to this Base.

Maj Ethelston and his wife April have three sons, 13-year-old Brody, six-year-old Hunter, and Ryker, aged four. They remained in the Shilo area while he was posted to Toronto for a year.

Now that he's back, he said he was glad to be able to take on the COS job in July.

"I was very excited I've spent a lot of time here in Shilo. It's kind like my second home I guess. I really enjoy the Base," he offered, adding being on a smaller base has its benefits, particularly for relationships between the units.

"I've been to [Garrison] Petawawa, the much larger Base. I've seen [Garrison] Edmonton. Here, it's nice and small you've only got a couple of units.

"I find the working relationship amongst the different units is very good. Everybody gets along and we've also got a great training area that's right here."

The community aspect is also something he said makes this Base stand out.

"We have a lot to offer the community through the different PSP programs. I find there is a lot to do. We do an excellent job of promoting the community."

He spends some of his free time refereeing hockey, including lacing on the blades and tossing on his black and white striped jersey to do Community No-

Hit Hockey League games at Gunner Arena.

"This is my first year getting back into refereeing. I refereed about 20 years ago, back when I lived at home, when I was in high school," he recalled. "It's something I used to enjoy doing and I miss doing. Now that the kids are a bit older I can get out and do that."

He said he also enjoys playing hockey, as well as golf. Having three young boys, he is also busy with their sports.

"I'm involved with coaching for my kids with hockey, soccer in the summer time as well in Brandon," he said. "They keep me busy with that."

Being a military member, he said one of the biggest learning curves he has is learning how to handle the civilian Human Resources (HR) side of things.

"It's not to say the department or the organization. It's just that I've always just dealt with strictly military and not had to deal with some of the civilian HR issues that come about," he observed. "The different policies you have to know when it comes to Human Resources. You've got collective agreements. It's completely different from what you deal with for military members. That's been not so much a challenge, but a steep learning curve."

He said every day is a new experience as COS, and is hopeful this will continue.

"It's dealing with a lot of situations and organizations I haven't dealt with before. Every day is a new experience. [I'm] learning something new. I think it's great because of that change in pace, change in work style."

He said that working as the COS has given him a better understanding of the intricacies of how different units function.

"I say every day is a new learning experience. There is always something new I find that in any job you do. You can be in a job for two or three years, but you're always leaning something. I enjoy that, because otherwise, what are you doing if you're not learning."

When asked about what he brings to the table as COS, Maj Ethelston said he believes he's approachable.

"I think if there is any issues, whether it be with the branch heads or dealing with any other organizations here on the Base, if there's any problems or any issues, people can come and talk to me.

"We can actually sit down and discuss it as opposed to just directing and giving it one look and one point of view."

Want to help out during Christmas season?

MFRC Special

Want to help families in our community during the Christmas season?

The Chaplain's Emergency Fund and Shilo Military Family Resource Centre (MFRC) invite you to participate in the 2015 Christmas hamper food drive and giving tree events.

There are several ways to be involved:

- Food drive: Drop off non-perishable food items at any one of our collection sites throughout the Base.
- Giving tree: Stop by the MFRC and choose a gift tag from our giving tree. Then deliver a new, unwrapped toy for your chosen child at this location by Dec. 4.
- Cash donations: Monetary gifts are welcome — make cheques payable to Chaplain's Emergency Fund/Christmas Hamper and deliver to the Faith Centre or MFRC.
- Christmas hamper champs: Each year several of

the Base unit collection sites participate in the challenge to create the most unique and creative display.

You can vote for your favourite display from Nov. 30 to Dec. 4. Voting takes place at the MFRC or through the MFRC Facebook page.

Nominate a family to receive a Christmas hamper: Nomination forms are available and can be delivered to the Faith Centre, MFRC, or online by visiting www.familyforce.ca

Deadline is Dec. 4.

For information contact PSI co-ordinator Bonnie Hildebrand at local 4106 or Chaplain Services admin assistant Sophie Egloff at local 3091.



We want you on our team

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

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On foot patrol

Maj Joe O'Donnell of 1RCHA A Bty heads for the bridge crossing during a training exercise held in Wawanesa. Soldiers had an opportunity to use training dealing with civilians and a number of scenarios in an urban environment.

Photo by Sarah Francis

CLASSIFIED ADS

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**\$10 for first 20 words,
10¢ for each additional word**
Deadline for next issue:

November 26 at noon

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

Services



St. Barbara's Protestant Chapel

Sunday @ 10:30 a.m. with
Sunday school & nursery
Padre Lee - ext 3090
Padre Neil - ext 6836
Padre Olive - ext 3088
Padre Dennis - ext 3698
Padre Costen - ext 3381
Padre Ihuoma - ext 3089

**Our Lady of Shilo
Roman Catholic Chapel**
Sunday 10:30 a.m.
Wednesday 12:05 p.m.
Confession by appointment

Services

Greg Steele Canadian Fire-arms Safety Course Instructor/Examiner • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses offered at least monthly and more often with demand. Firearm/hunter safety courses planned for the fall/winter. Examinations by appointment • 204-725-1608 • e-mail ggs57@wgcwave.ca

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

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

Advertise with us!
To place an ad, e-mail
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Now Open: Naturally Amourified in the CANEX Mall. Full-service hair salon and registered massage therapist. 204-721-0604

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Wawanesa
Family Foods



1RCHA's Capt Matt Haynes (far right grimacing in the scrum) watches as an opponent breaks free during rugby action last month in England.

Photo by Royal Navy Rugby Union/John Walton

Manager impressed with Shilo talent on rugby team

Sarah Francis
Shilo Stag

It was a tough and rewarding experience in October for the CFB Shilo players competing at the International Defence Rugby Competition (IDRC).

Pte Eric Young of 2PPCLI and 1RCHA's Capt Matt Haynes represented this Base on the Canadian team.

Team Canada manager Jim MacKenzie boasted Capt Haynes and Pte Young were two of the better players. However, Canada was winless in four matches against the British Navy, British Army, France and Australia, with scores of 128-6, 116-0, 76-10 and 145-6 respectively. MacKenzie said Canada's opposition are two or three skill levels higher than his players are accustomed to playing.

"Most of our guys played club ball back here. They may have been on some provincial teams, Under 17s and Under 19s — stuff like that. But the highest level, not even close to it. When you look at the scores at the end of the day it pretty well shows."

Although they didn't record a win, MacKenzie said the team walked away with valuable information from facing rugby powerhouses.

"Once we were finished, we talked to the British Rugby Union. Their military brought out some of their experts to assist our people — different ways of delivering the same information our coaches were," he explained. "We talked to the Australian coaches. They came out and assisted with a couple of our practices. It gave us an opportunity to meet with some of the other countries. They provided their expertise to our players and coaches which enhanced their knowledge bases big time."

The other countries were willing to help Canada when they asked. Moreover, because the Canadians and Australians were staying in the same location the teams were able to develop friendships.

Being a basketball player in his youth, the Fitness, Sports and Recreation manager said he didn't know much about rugby. However, he was impressed by

what he saw on the pitch while observing the team in practice, or during games.

"My experience from being 10 feet away, standing next to these guys playing rugby and seeing the contact and everything else — it's amazing how hard they hit with no protection."

The Canadians came out with no serious injuries, mostly bumps, bruises and the occasional split lip. However, he said you can't hold back and hope no injuries happen.

"My philosophy — and I have always believed this from day one — you play sports the way you train," he offered. "When you start worrying about, 'Should I allow my soldiers to play a sport, if they're deployed or whatever.' Then you start babysitting and saying, 'Okay, we're going to cut back on this to make sure you're prepared to deploy.' That's when injuries happen."

Getting the team together needed to be a quick process as they only had a month to prepare after another country dropped out of the tournament. With the bulk of the team coming from Garrison Petawawa, they held a camp in Ontario and invited all the hopefuls from Bases across the country.

Team Canada only had three days and eight practices together before they would head for

England. After arriving they had another six to seven practices before being thrown into their first game.

Even the two recruits from CFB Shilo didn't have a chance to play together beforehand. They both got involved in the competition by e-mail. One of which wasn't even in Shilo at the time.

"Cpt Matt Haynes I knew played with the Barbarians in Brandon the last couple years," said MacKenzie. "Pte Eric Young, who is with the Battalion, [I] didn't know anything about him. All of a sudden I got an e-mail from him, about three days before the camp saying, 'I'm a rugby player.' One of our civilian coaches who knew him from a provincial team recommended him. Those two guys were some of our better players."

Looking toward the future, MacKenzie said it would

be good to see rugby grow on this Base. Sports are a good way for soldiers to take time for themselves and work on a positive activity.

"It's not only developing their team cohesion, their esprit de corps, and their leadership, it also provides the athletes and avenue of stress release," he observed. "If they have any stress, I'd rather they take it out on the sports field than on their buddy next door."

The team was in England for nearly a month, with only four games to play there was ample time to check out the country. They had five vehicles to transport 35 people around from their accommodations in Bulford to the playing venue. He recalled that driving conditions in England took some getting used to.

"Getting used to driving on the opposite side of the road, with the steering wheel on the opposite side of the vehicle that we're used to — so it took about a week and a half or so of getting used to it," he said.

"Then once you get off major roads over there the roads are very, very narrow. There's no curbs — you're going down the road then there is hedges right there. If you're going off the road, you're going through hedges."

Visits to Stonehenge, London and even some local professional games were on the travel docket for the team. "In a city called Exeter, the team went down to watch [a game]. The Exeter Chiefs were playing the London Irish. The London team, they had a Canadian from Fredericton — Jebb Sinclair. It was a great opportunity to meet him after. He came out and talked to the guys for about 15 minutes after the game."

They also had an opportunity to go watch Canada play Romania in Leicester during the Rugby World Cup the night before their first game.

MacKenzie didn't go to that game, but was taking part in an event for championship at the Tower of London, which he said was a cool experience.

The team took advantage of their 28 days in England to tour the country. "A bunch of them went to the City of Bath, which is a city that is probably 800 or 900 years old. There are hot springs and everything there. Some got into Salisbury, which was about 20 minutes away. There they've got a cathedral that's over 800 years old. We went to London and did some site seeing around that area."

The rugby tournament is held every four years. He said there is a possibility it could be hosted by Japan, New Zealand or Australia in 2019.

"That wouldn't necessarily be a bad trip," he said beaming. "I'd stick around for four years if they wanted me to continue doing the team manager thing."



Team Canada manager Jim MacKenzie watches his team on the rugby pitch during his trip to England.

Photo supplied