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**INSIDE  
This Issue**



Take your bulk garbage to Base landfill site. Page 2



Remembrance Day ceremony held indoors. Page 3



Sergeant meets war veteran in Rapid City. Page 6

Employed as a section Second-In-Command, Pte Travis Waterman's performance during EX Kapyong Warrior with A Coy well exceeded what is expected of an infantry Master Corporal, to the degree that he led an effective live-fire section attack against two complex objectives. According to his citation, Pte Waterman never accepted the minimum standard — he continued to excel in his support of platoon goals, keeping his section prepared for the fight regardless of the weather, terrain or conditions. His mission focus and personal drive was a shining example for all to emulate. For his exceptional performance during the annual 2PPCLI exercise in the CFB Shilo training fields, Pte Waterman received a CDS coin from visiting Gen Tom Lawson prior to a town hall meeting. Here, Gen Lawson listens intently as Pte Waterman shyly talked about his infantry experience while his peers looked on. CDS coins were also presented to 30-year veteran Cpl Brent DeMerchant, and 2PPCLI CO LCol Bob Ritchie's secretary, Joyce Smid.

Photo by Jules Xavier



**CDS visits CFB Shilo**

Visiting 1RCHA first, CDS Gen Tom Lawson was given a tour of the facilities and equipment used by the Gunners. Afterwards, he held a town hall before leaving for the training field to observe a 2PPCLI urban ops exercise. For more CDS visit visuals, see page 12.

Photo by Bdr Marcus Dentrey



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# Next bulk garbage pick-up slated for May 20, 2014

**Jillian Driessen**  
Shilo Stag

Monthly bulk pick-up may be done, however, the garbage is still piling up on the residential curbs.

With the cancellation of monthly pick-up at the beginning of November, there was a large bulk pick-up held. Unfortunately, a few RHUs are seemingly unaware of the change.

"Yard waste and bulk items are a problem in Ward 2," said Cpl Kyle Roux of his ward. "There are several sites where it is piling up."

Other councillors have been met with the same issue in their respective wards. With the abrupt change

to the bulk pick-up schedule, a period of adjustment is to be expected, according to Shilo mayor Maj Reg Sharpe.

He took the opportunity to re-brief council on the levels of infraction.

"The base duty sergeant will work in conjunction with CFHA. Offenders will be politely asked with a letter to remove their bulk items or collected yard waste," he explained. "If they do not have it removed, the next letter will go directly to their chain of command and, if that doesn't encourage the offender to resolve the issue, it will go to the Base Commander."

With fewer pick-ups compared to the previous monthly pick-ups, offenders are more obvious and the rules and regulations — which have always been in place — are now easier to enforce.

It should be noted that offenders are few. The vast majority of the community took advantage of the last monthly bulk pick-up. According to Sharpe and the CE staff, there was a significant number of items left for pick-up Nov. 4. The same is expected with the May 20, 2014 pick-up.

For those who have bulk items in the interim, the Shilo landfill site is open Monday through Friday 8 a.m. to 4 p.m. There is also a community compost drop site on Quebec Crescent and a hazardous waste drop bin at CFHA.

Those with questions regarding disposal are welcome to contact their ward reps for information.

Other business presented included:

- The last weekly regular garbage pick-up was rescheduled. Although this is not a common occurrence, it does happen on occasion. When it is a holiday Monday, the garbage is still removed. In the case of the week of Nov. 11, it was rescheduled for Thursday.

When this happens, there is a Base-wide e-mail sent through the DWAN e-mail. Members are encouraged to check their e-mail for changes in the schedule.

- Health Canada will be conducting radon testing in all government-owned buildings. This includes RHUs. Those dwelling in RHUs can expect to receive a letter and information package in the near future outlining the times and requirements for staff to install the testing monitor.

- The CE department had completed all asphalt projects for the remainder of 2013. Paving will resume in 2014.

- Tickets are still available for the Nov. 29 The Trews show slated for the GSH. Tickets are \$15 for the defence team and available at CANEX and all Shilo messes. For those not part of the defence team, tickets are \$25.

- The GSH pool will be closed Dec. 10 for three weeks. This closure is for annual maintenance. It will reopen in the new year.

- The MFRC's annual Christmas Jing-A-Ling will take place Dec. 10 from 10 a.m. to 1 p.m. No registration necessary.

- The deadline to nominate or register for a Christmas hamper is Dec. 2. Anyone interested in volunteering or nominating a family should contact Renee or Elaine at the MFRC.

- Shilo's Military Police are now enforcing the winter parking ban. If vehicles are parked on the street overnight, they can and will be towed at the owner's cost. Although the MPs have been issuing warnings, that is not a requirement. They reserve the right to tow without warning after 10 p.m. Parking is prohibited as it impedes snow and ice removal.

- The Halloween haunted house moved to L25 this year, and pumpkin carving contest held at CANEX were extremely successful. Many thanks to participants and volunteers.

- Operation Red Nose is still seeking volunteers and donations. Those interested in volunteering should contact Sgt Bill Webb at 4531 or Capt Dane Nicholson at 3339. Applications are also available from the Stag's office.

- Nov. 30 is Shilo's Little Big One craft sale and trade show. Admission is free, with this year's event featuring a full array of vendors.

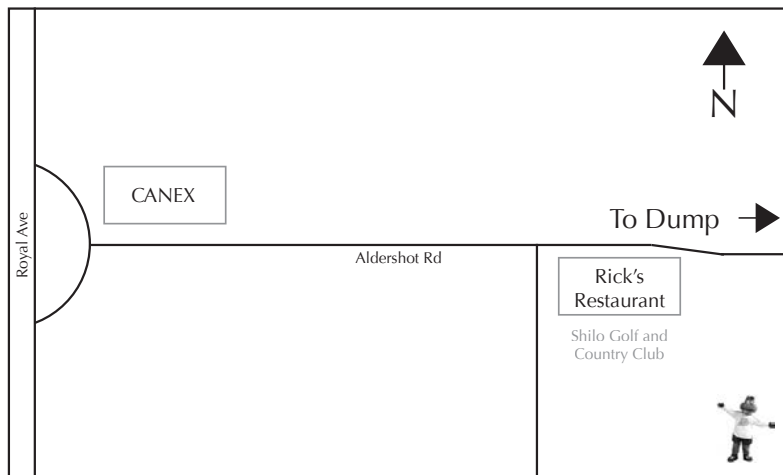
The next gathering of the council will take place Dec. 2 at 10:30 a.m. in the Base headquarters conference room.



Take your electronics to be recycled to the Base landfill site.  
Photo by Jules Xavier

## Got Bulk Garbage?

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



**Items may be placed for curbside pick-up the following dates ONLY:**

**May 20, 2014**

**October 14, 2014**

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



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.

**November 29 and 30**

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# FOCUS ON REMEMBRANCE DAY



PHOTOS BY  
JULES XAVIER



Frigid winter-like conditions might have cancelled the outdoor Remembrance Day ceremony, but the weather did not deter people — young and old — from filling L25 for the Nov. 11 Base ceremony.



Hometown Manitoba

## Providing funds for local community projects

**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 2014 at [manitoba.ca/agriculture](http://manitoba.ca/agriculture) or contact your local Manitoba Agriculture, Food and Rural Development GO Office.

**Your deadline to apply is December 15, 2013.**





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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>

The 2013 United Way campaign is underway (below), while the 2012 hit the 100 per cent target (above).



## T'is the season for giving

The pumpkins are gone to the landfill. Remembrance Day has passed. The lights along Royal Avenue are now lit.

This can only mean that the festive season will soon be upon us. Before we become fully engaged with and overrun by the holidays, I believe this is also the time to think of others within our local communities.

I would like to take this opportunity to highlight some of the community efforts focussed on benevolence and collecting goods for those in need. By the time this Stag goes to print, we will be in the final days of a couple of campaigns and well into a few others.

In CANEX, a pet food and supply drop box in support of the Brandon Humane Society will be "packing up" at the end of Nov. 22. This worthwhile organization is always looking for support — food, toys and supplies — and Shilo has never let it down.

There is still time in the next couple of days to drop something off in the box on your way to pick up your mail in CANEX.

With the end of November, the formal United Way campaign will draw to a close. I would ask each of us to take one last look at what we can do to support this community effort; remembering that funds can be directed to local charities and organizations if desired.

While there are still a few group activities remaining, as is always the case, it is the individual payroll deductions that achieve the greatest impact for Shilo's campaign.

As we approach the holiday break, the Chaplains' Christmas Hamper Drive program has kicked off. This is a combined effort with the MFRC staff and volunteers, as well as the Brandon Christmas Cheer Board.

Many, many "drop off boxes" have been located all across the Base and throughout some of the major community buildings in Shilo.

The overarching campaign will accept donations of food, toys and/or money.

Further information can be sought from the Chaplain's administrative office/Faith Centre (building T119) or the Base Chaplain, Maj Greg Costen.

The staff and volunteers at the MFRC are conducting their annual Christmas Tree Toy Drive.

Please drop in and grab a tag off the tree and donate a toy for a local child who would otherwise be going without a gift this Christmas. This effort will close Dec. 6.

These are simply some examples of the efforts that are ongoing and aimed at helping out our neighbours — even the furry ones.

It is often selflessness like this that makes the holiday season happy for other families within our local communities.

I would ask that each of us take a second to consider what it is that we may be able to do to help out.

These are some ways that we can provide this help and demonstrate goodwill in our own communities, and this is the best time to do it. After all: T'is the season for giving!



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 GSH

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**Minnedosa**

Minnedosa Legion  
**Sprucewoods**  
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## We're No. 1 — CIB champions

The CE's Max Bratzke, who attended the Communities in Bloom ceremony in Ottawa, presented the CIB trophy for CAF participants to BComd LCol Stephen Joudrey and BRSM CWO James Doppler at CFB Shilo headquarters. Afterwards, the quarterback for CFB Shilo's CIB program prior to the judges arriving in late summer, Maj Reg Sharpe, did his best impersonation of celebrating the hoisting of the Stanley and Grey Cups, using the CIB trophy. The same trophy was again presented during a Nov. 20 town hall meeting with visiting Col Derek Macaulay, CO 3rd Canadian Division Support Group.

*Photos by Jules Xavier*



## Civilian of the Quarter Tina Fisher

Tina Fisher's outstanding knowledge and positive attitude were instrumental in the smooth running of the G1 and G4 branches during the summer quarter of this year. During personnel transitions, she added several G4s in their duties and ensured that all branch administration and returns to the chain of command were completed correctly and in a timely fashion. She passed on all required information to the acting Branch heads, thereby contributing significantly to the seamless operation of both the G1 and G4 branches. With the arrival of the new G1 and G4, Fisher's knowledge and experience was instrumental in guiding the branch heads through the transition period.



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November 21 - December 4





War veteran Trooper Harold 'Timer' Hyndman stands in front of a display featuring himself, and his three brothers, who all saw action during the Second World War. Photo by Sgt Jody Hudec

**'As I stood there I heard banging on a side of a truck. Amid all the noise I heard a voice calling Timer, Timer. There he was, my other brother Nyall, grinning ear-to-ear, banging on his transport truck to stop, yelling 'it's my brother! We stood there on that corner hugging and crying. Tears wetting our shirts and checking over each other as to ensure we were both in one piece and in good health. We managed to spend just shy of five hours together. The best day I had overseas.'**

**— Trooper Harold 'Timer' Hyndman**

## Remembrance Day with a war veteran

# Sergeant thanks soldier for 'leading the way'

**Sgt Jody Hudec**  
Special

**Rapid City** — I stood there browsing the faces under glass with my own uniformed reflection peering back at me, trying to imagine what these young men went through during their years overseas.

My mind couldn't register even a single thought of where to begin on that subject. My years of service have been easy compared to these men.

To my right along the hallway were photos of dashing young men in their uniforms; bright-eyed and full of zip while posing next to their airplane or battle tank. Comrades, their arms wrapped around each other smiling into the camera as if no cares in the world existed.

On one side were those who survived and still living in the area, the other side, those of the fallen. My thoughts quickly took note as to how many were on each wall, wondering how so many could come from such a small Manitoba town as Rapid City.

I entered further into the building. I smelled the years on the old floor boards and could see that the crowd was a good mix of young and old. The Legion was coming to life to celebrate heroic deeds and voices rising to tell tales of adventure.

I turned back to look at the photos again, a frame held four individual photos. The plates all showed the same last name. I heard a cheery voice behind me, "Those are the Hyndman brothers."

Pointing to the bottom picture he remarked, "That's my uncle." The pride in his voice could not be ignored.

I replied, "That handsome young man" as I pointed in confirmation. His reply hit me with surprise, "Yes he is, and in fact he is sitting just over there. I'll go get him for you."

I quickly wondered if I should go to him instead of me waiting for his arrival, worried he may not be able to move as fast I could. But in an instant, a nimble 88-year-old was bouncing beside me.

Shortened in height by age was the only sign I could see that impacted him. With a ready smile he introduced himself as "Timer" — the young handsome man in the photo.

My grin being a bit embarrassed, I managed to introduce myself and I could feel the bond of two soldiers despite the years in difference as we shook hands.

I asked him on the spot how in the world you get a nickname like "Timer." My imagination was going astray on the possibilities.

He laughed and said, "I was the youngest of five children, one sister and three brothers, the brothers you see here in this photo. While working with my uncle on the farm one day, he called me 'old timer' even though I was the youngest, and everyone found it funny and the word 'Timer' stuck."

He went on to tell me about his uncle, losing one leg in the First World War, and the impact of his stories leading up to his own enlistment in the Second World War.

"All the boys went," he remarked, "My brother Bob, Nyall and Orié."

He pointed to the top right photo of Orié Frank Hyndman. "He is the only one who never made it back, his plane [was] blown to smithereens while on sub patrol."

Timer's animation was astonishing as his arms rose to mock the explosion. I could almost see the moment and it caught me off guard, as quick as he made the comment, I could see in his eyes the sadness of Orié's death and the impact it had on this close-knit community. At that moment the ceremony was about to begin. I told Timer I wanted to hear more of his adventures and agreed to meet up after the meal break.

With thoughts of Orié Hyndman's plane crashing into the sea, the bright screen in front of the hall flashed with names of the fallen; the Padre calling out their names.

A poem was read called A Soldier Died Today. A poem of how life goes on and our war vets, who at one time had gone through unimaginable atrocities, die normally not celebrated and unannounced to the Canadian population. Other than close family and friends in attendance, a war vet's death is a quiet death.

As the day progressed, I took every opportunity to sit and speak with Timer. I should say listen to him. His adventures kept me wanting to hear more.

I asked what the most memorable day he could re-

member was. His eyes lit up and as he held my arm he replied, "I can see it like it happened yesterday."

To my surprise, the story was not about blowing up tanks or digging trenches for hours. It was about a chance meeting and family. It was about a precious few hours of peace and normalcy.

"There I was, standing at a random corner in Arnhem," he recalled.

"A small Dutch city we stopped in before going on to Germany. I was hoping to meet up with my brother Bob, as I knew his company was supposed to pass through there, but it turns out I missed him by a day or two.

"As I stood there I heard banging on a side of a truck. Amid all the noise I heard a voice calling Timer, Timer. There he was, my other brother Nyall, grinning ear-to-ear, banging on his transport truck to stop, yelling 'it's my brother!'"

"We stood there on that corner hugging and crying. Tears wetting our shirts and checking over each other as to ensure we were both in one piece and in good health. We managed to spend just shy of five hours together. The best day I had overseas."

Timer went on to tell other stories to me. His brother Nyall made it back to Rapid City a full year before him. Which was good news to my ears, and like Nyall, my transport also was leaving for home to CFB Shilo.

I took my poppy off my tunic and pinned it to his below his bright red flower. He knew what it meant.

The Remembrance Day ceremonies were wrapped up and I must part from the "old timer." I stood up and hugged him, thanking him for a great time and a great day.

He broke from my embrace and looked me in the eyes. He had one more thing to say and tell me. He took my hands in his and said the words only two soldiers with a common bond could ever know and could be near and dear to ones heart — "Don't forget me."

End note: In celebration of Bob and Nyall Hyndman, in memory of Orié Hyndman and especially for Trooper Harold 'Timer' Hyndman, thank-you for leading the way.

Sgt Jody Hudec is Chief Clerk with 3 CDSG Sig Sqn





## Make use of Operation Red Nose on Base during festive season

It is Operation Red Nose season again.

What is Operation Red Nose? It is a no-cost volunteer-organized service that provides rides to drivers during the holiday season to get them, with their car, home safe. Shilo is one of 11 communities participating in Manitoba for 2013. This is Shilo's second year participating in Operation Red Nose.

If you want to take advantage of the program, with these areas served — CFB Shilo, Wawanesa, Douglas, Sprucewoods, Cottonwoods and service into Brandon — mark the following dates down on your calendar: Nov 29, 30; Dec 6, 7, 10, 11, 12, 13, 14 and 31.

Service times for using the program is 8 p.m. to 3 a.m. Start times for Dec, 10, 11 and 12, coinciding with soldier's appreciation dinners, is 2 p.m.

Meanwhile, Brandon has a separate Operation Red Nose for service in our neighbouring community.

Call 204-728-6673. Brandon is operating Nov 29, 30; Dec. 6, 7, 13, 14, 20, 21 and 31.

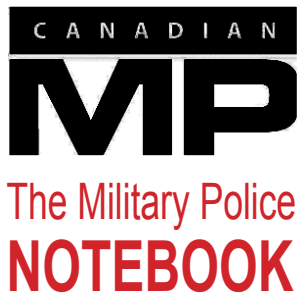
There is no cost to use Operation Red Nose on the Base. Donations are accepted, and all collected donations are distributed to local youth groups.

Need a ride? Call 204-765-4444 during service hours.

Follow us on Twitter @OpRedNose\_Shilo

Meanwhile, applications for volunteers are still being accepted.

Visit [www.facebook.com/ShiloCom](http://www.facebook.com/ShiloCom)



communityPolice for the application forms and instructions.

Operation Red Nose is entirely funded by donations and contributions from businesses and individuals. In partnership with the provincial host, Safety Services Manitoba, the following organizations are important

to keep Red Nose running: Manitoba Public Insurance, Manitoba Telecom System and Manitoba Liquor Control Commission.

Local sponsors have been very generous this year. They include: Bee Clean, Shilo & Region Service Club, 340 Esso, Rick's Restaurant, Westoba Credit Union, Baking by Crystal, Meagan Noonan, Shilo Automotive, Lengths by Jenn, Shilo Barbershop, Forbidden Flavours Shilo location, as well as your *Shilo Stag*. The generosity of these organizations and businesses is critical to the success of Operation Red Nose. We hope to see you using Operation Red Nose this holiday season.

• • •  
Capt Dane Nicholson is Platoon Commander of 1 Military Police Regiment at CFB Shilo



Capt Dane Nicholson demonstrates how to Twitter content from the Operation Red Nose launch held at the El Prado Club Nov. 18 to Capt Jennie Judge (left) and Capt Erin Barker.

BComd LCol Stephen Joudrey was one of three guest speakers during the Nov. 18 launch of CFB Shilo's Operation Red Nose held at the El Prado Club. Adrian Swain of the Manitoba Liquor Control Commission, and Jess Sass of Manitoba Public Insurance also spoke. The program was emceed by Sgt Bill Webb, Shilo's deputy mayor. Judy Murphy, president and CEO of Safety Services Manitoba was unable to attend.

Photos by Jules Xavier



# THE TREWS

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Leaving Brandon for Vancouver Island, Betty Coleman's connection to CFB Shilo was recognized at the RCA Museum Nov. 18 at her final board meeting. BComd LCol Stephen Joudrey and 1RCHA's Maj Michael Draho presented her with going away gifts.

Photos by Jules Xavier



CFB Shilo soldiers could be enjoying new combat rations in the near future following field testing this fall. While the boxed lunch (right) offers fresh food items, the new MREs (Meals Ready to Eat) or Individual Meal Packs (IMPs) will focus on ensuring everything in the ration pack is eaten by a soldier so they are receiving optimal nutrition. As part of the testing, soldiers were introduced to an improved coffee and a hamburger.

Photo by Jules Xavier



## Rations testing, a tasty improvement

### Shilo Stag Special

This fall, soldiers on exercises at various field units will be eating their lunch with the team from the PMO National Combat Rations program who will be hearing comments and opinions on the food and its packaging in an operational environment.

Edith Jutras, manager of the program, said ration packs used to have feedback forms inside, but the rate of return was extremely low.

She believes being in the field with the troops will build an understanding of what soldiers like and don't like about their rations, and will help steer improvements in years to come.

"The troops will have a chance to meet and talk directly with us," she explained. "In the past few years we have focussed our efforts on improving food taste and variety.

"Now we will evaluate the packaging in order to make it more in line with soldiers' needs. We've already cut down the number of loose items in the ration pack in response to soldier comments, and we're looking at switching to reusable packaging if possible."

The PMO National Combat Rations program is part of the Directorate of Food Services in the DCOS division and is responsible for the shelf-stable packaged meals that are provided to soldiers in the field.

The small three-person team designs the rations and validates requirements, works with industry to develop recipes and new products, contracts for all the components, supervises production and assembly, conducts testing and quality validation, and provides expertise on stock management.

Combat rations must adhere to NATO standards for nutrition and interoperability so allied soldiers can easily eat rations during joint operations.

The team works years ahead due to a long pro-

duction and procurement process; currently they are developing menus for 2015.

Around one million Individual Meal Packs, or IMPs, are produced every year and close to 100,000 Light Meal Combat packs, or LMCs, every two years.

Approximately 20,000 survival rations are also produced every five years.

Each component is manufactured separately, then shipped to an assembler in Montreal who packages all the food and non-food items together to form the various ration packs.

Other rations such as the Vegetarian/Halal/Kosher and survival rations for life rafts are purchased ready-made on a yearly basis.

The IMP main course is packaged in a retort pouch made from layers of flexible laminate. All food items need to have a shelf life of three years and be consumable straight from the pouch without adding water or heating.

The challenge said Ann Delaney, a technical assistant with the program, is to ensure that everything in the ration pack be eaten so that soldiers are getting optimal nutrition.

She explained that packaged peaches are an example of a food that looks and tastes fine in a test situation, but doesn't work out so well in practice.

"The peaches are slippery and impractical to eat under field conditions. So we are currently looking for alternatives to this fruit," said Delaney.

Beef jerky, on the other hand, is ideally suited to the field. Included in a ration pack it can be slipped in a pocket and consumed whenever and wherever. Delaney said the jerky is one of many additions and improvements that have been made to the IMP in recent years.

A good protein bar and hot sauce have also been crowd pleasers. Chocolate bars are now included with both lunch and dinner IMPs, and a new sliced bread product has been a welcomed addition.

"One of the refinements we're looking at is trail mix with nuts. Nuts are very good nutritionally, but our challenge has been shelf life. We're looking at coated nuts as an option or a mix that is packaged with nitrogen instead of air," she said.

In 2014, soldiers can look forward to an IMP hamburger and a vastly improved coffee which is espresso-based and much richer in flavour, said fellow technical assistant Julie Brooks.

"Food is very important for morale. Soldiers want food that is familiar," she noted. "We introduced poutine in the IMP that, although made with cooked, rather than fried potatoes, has chicken and cheese curds and a rich gravy. During the trials, soldiers loved it and are now even blogging about it."

All three team members have degrees in food science, but agree that food is about more than science.

"Of course we need to ensure that our soldiers are getting the nutrition they need," said Jutras. "But it is also vitally important to us that the food is tasty, easy to eat and we include items soldiers want in their rations."

She added, "We're really looking forward to sitting down with soldiers in the field and finding out what they think."

29 NOV./NOV. - 1 DEC./DÉC. 2013

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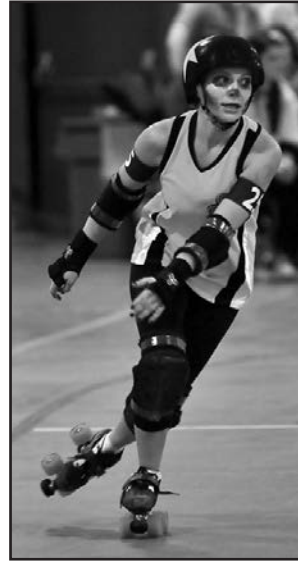


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UN ÉVÉNEMENT  
À NE PAS MANQUER!  
LES PRIX SONT SI BONS  
QU'ON NE PEUT  
PAS LES ANNONCER!







Competing at L25 for its home games, Brandon's roller derby team Gang Green finished the season with a 282-89 triumph over Winnipeg's Bombshell Brawlers. In the roller derby rankings, Gang Green has shown improvement and is now ranked 89th out of 189 teams.

Photos by Jules Xavier

## Gang Green improve in roller derby arena

**Dawn Dolloff**  
Special

The Wheat City Roller Derby League has had quite a year when it comes to the Gang Green team.

The team began their season in March ranked 181st out of 189 teams in Canada. With the exception of a single loss, by a single point, versus the Ringleader Roller Girls from Saskatchewan, Gang Green has steadily climbed the rankings.

Gang Green finished the season Oct. 26 with a win against Winnipeg's Bombshell Brawlers, prevailing 282-89.

Gang Green, according to statistics, currently sit 98th in Canada — <http://flattrackstats.com/teams/18995/rankings>

This accomplishment is still sinking in for the players of Gang Green as well as for coach Jonathan Muckel, who joined the team this past year.

"I consider myself very fortunate to be able to work with such a strong and intelligent group of skaters," he said.

"During this season, we played against teams ranked much higher who we expected to have little chance of defeating. Gang Green pulled off 'big' wins against those teams which shows how talented this team is."

Veteran skater Dawn Dolloff attributes the teams success this year to the exponential growth of the blockers.

"Skilled jammers are important, but even the most skilled jammer can't accomplish as much without the help of great blocking," she said.

"[Being a] blocker is such a difficult position to play because you need to be able to switch back and forth between offence and defence seamlessly."

She added, "This year we focused on developing more proficient blocking and it obviously paid off. Our coaching staff played a vital role in what we were able to accomplish."

"Bench manager Ange Diamond ran calm, organized lines, jammer coach Leon Hamilton ensured our jammers awareness at all times. Most of all the ferocity and passion that coach Muckel has for this team and sport was the driving force behind us all year."

Team captain Brianne Hamilton is proud of her teammates.

"I am so privileged to play with such an amazing group of women. I trust them with my life every time we roll onto the track," she said. "It is an earned trust that has come from countless hours of training and playing together."

Despite the incredible gains this league has made

on the track, Hamilton said there is still a long way to go off the track when it comes to public perception.

"There are a lot of misconceptions about this sport," she explained. "I think many people tend to see it as scantily clothed girls throwing elbows rather than what it really is ... a game of strategy, skill, agility and speed. I get to be a positive, strong, fit, role model for my daughters and that is really important to me."

As the fan base in the Brandon/Shilo area continues to grow so does awareness that roller derby is a legitimate sport, not the sensationalistic televised roller derby from the past.

During the team's short off-season the league will remain very busy. The league is hosting the inaugural Team Manitoba Roller Derby tryouts in early 2014 in addition to Gang Green tryouts.

The league is also hosting highly experienced skater Carmen Getsome from Rat City Rollergirls out of Seattle, Washington for an entire weekend of training.

More recently, Gang Green launched its inaugural junior league which is open to children ages six to 17.

The 2014 season, with games played locally out of CFB Shilo's L25, promises to be an exciting one. The first home game is scheduled for April.

For more information contact the league via e-mail [wheatcityrollerderby@hotmail.com](mailto:wheatcityrollerderby@hotmail.com) or visit Wheat City Roller Derby League on social media Facebook.

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E-mail: ccullenmla@mts.net  
Website: www.cliffcullen.com

**WHEAT Kings** **NEXT HOME GAMES** **WHL**

Nov. 30 vs Prince Albert  
7:30 p.m.

Dec. 4 vs Regina  
7 p.m.

Dec. 6 vs Swift Current  
7:30 p.m.

Dec. 10 vs Kamloops  
7 p.m.



For Tickets Call 726-3555 or Visit [Wheatkings.com](http://Wheatkings.com)

*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 are the names of war veteran Trooper Harold Hyndman's brothers? \_\_\_\_\_

Cut out your entry form and fax it to 204-765-3814, scan it and e-mail it to [stag@mymts.net](mailto: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 Stag's Jillian Driessen spent the day focusing on 1RCHA's B Bty during EX Limber Gunner.

**M777 does not disappoint, says reporter**

**Jillian Driessen**  
Shilo Stag

Every career has its advantages, while every job has its perks.

I've had more than a handful of jobs in my time. Through high school and university I was employed in retail, restaurants, and I have done more than my fair share of babysitting.

Every job I've had has come with perks. Free video rentals, cell phone discounts, and all the wonton soup a girl could dream of have been my favourite perks. Naturally, these jobs were short-term in the grand scheme of my life and, looking back, I can assure you without an inkling of doubt, I am not well-suited to the retail world.

Today, employed in the Stag's newsroom, the perks are many. I get to do a lot of things the general public wouldn't even think of doing. I get to be inside and up-close for most military exercises and events on Base. Some days it's more exciting than others, but Shilo is certainly not a boring place to be employed.

Despite my dislike of the cold, dirt, grime, and bouncy rides, I actually rather enjoy going to the field. I imagine the real reason I like going is simply that I am a civilian and it's merely an option for me. Granted, it's an option I don't turn down. It's one of those perks that's not available to every journalist and I take full advantage of the opportunity.

Recently, I had the chance to take in EX LIMBER GUNNER with 1RCHA. It was a vast improvement from 2012 simply because it wasn't negative double digits and snowing.

I've been out with the Regiment a few times. After a while, you would think it starts to feel like business as usual, but I've been lucky enough to spend each field outing doing something just a little different.

This time around, I spent the day with a B Bty. The gun line is a whole new ball game for me. I've spent exercises wandering around locations trying to take it all in. It's nearly impossible. This time I decided to commit to one troop. It happened to be B troop. I spent the day with 25C.

Spending the day on a gun line is a new thing for me. I've spent time around the gun line here and there, but I've never had a chance to spend extended periods of time with one.

The gun line is what most people think of when they think artillery. To finally see it up close and personal was insightful.

It's a small team of soldiers working side-by-side on one massive gun. Every person has a job and when a fire mission is called, they spring into action.

When there's no work to be done — which didn't



Boom — B Bty fires off a M777 during EX Limber Gunner.

seem to happen often — it's clear the relationships these soldiers have are close. They live, work, and sleep together for weeks or months on end. Without question, they are comfortable together.

Being with a smaller group meant more in-depth conversations and getting to know these people better than I would just passing them in CANEX. All in all, it was a great day.

While I made my way to 25C I had a quick stop to pull the lanyard at 25A.

I've waited a long time to pull the lanyard. It was well worth the wait. The M777 doesn't disappoint. There's something inherently satisfying about pulling the lanyard and knowing somewhere in the distance you've made massive destruction. It's a great feeling to know you made that window-rattling "BOOM" happen.

I officially understand the appeal being part of the artillery. Pulling the lanyard for the first time is a rush. I am sure after a while, it loses its lustre, but that first rip leaves you with an ear-to-ear grin.

Firing a gun that's more than 30 feet long and more than 7,000 pounds isn't an opportunity many will have if they aren't in the field artillery. I appreciate I am one of few civilians who received the honour of ripping the lanyard during EX LIMBER GUNNER.

As I said, every career has its advantages and every job its perks.

One of many perks of working on a Base is getting to do things most people will never have an opportunity to try.





[www.rcamuseum.com](http://www.rcamuseum.com)  
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**Shilo Theatre**  
 (Located in the General Strange Hall)  
 Nov 22 Planes, Rated G

Nov 29 NO MOVIE - The Trews performing at GSH

Children aged 10 and younger require adult supervision at all times. All movies 6:30 p.m.

Doors open 15 minutes prior to movie start time  
 For more info, contact the community recreation office at 204-765-3000 ext 3317/3588

**GSH Bowling Alley**

Open bowling for all ages  
 Wednesday 6 to 8 p.m.  
 Saturday 2 to 4 p.m.

Adult: **\$2.50** per game  
 Youth: **\$2.25** per game  
 Child: **\$2** per game  
 Shoe rental: **75 cents**

Prices subject to tax  
 Ask about Glow bowling birthday parties!

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

# Financial tips help young CAF members

**Pierre Goulet**  
 Special

Ahead of financial literacy month, much is being done in order to expand financial knowledge overall.

Unfortunately, personal finance is not a required subject in high school or college, so you might be slightly in the dark when it comes to managing your money upon stepping out into the real world for the first time. Therefore, in order to help you get started, we will take a look at three essential truths about money if you want to live comfortably and enjoy a prosperous future:

- Learn self-control — The sooner you learn the fine art of delaying gratification, the easier it will be for you to keep your finances in order.

While it is simple to purchase an item on credit the minute you want it, it may be smarter to wait until you have actually saved up the money.

- Take control of your own financial future — Learning how to manage your own money now, will prevent other people from finding ways to mismanage it for you down the road.

Some of these people may be well-meaning, but not know what they are doing.

- Start an emergency fund — One of personal finances oft-repeated mantras is “pay yourself first.”

No matter what your personal situation is today, it's wise to find some amount every month — no matter how small — in your budget to put away in an emergency fund.

When you get into the habit of

saving money and treating it as a non-negotiable monthly “expense,” pretty soon you will have more than just emergency money saved up: you may accumulate enough cash for unexpected expenses, a vacation or even money toward the down payment for a home.

Remember, by using these three simple tips, you will be one step closer to achieving your financial goals.

You can also seek the advice of a financial advisor (CFP, PFP, etc.); they will analyze each situation individually and provide personalized advice and recommendations, tailored to the specific needs of each client taking into account your particular situation and the realities of military life.

*Pierre Goulet is a Financial Planning and Insurance Services, SISIP FS, practice manager*

## Bell visit



CFB Shilo COS Maj Scott Lloyd (above left) provided Brandon Sea Cadets with HCSCC Swiftsure 60 an opportunity to peruse the bell from HMCS Brandon — currently in dry dock on Vancouver Island — during their Nov. 18 training session. The bell will soon be heading west after its stopover here, with the Sea Cadets having touched the bell that carries their city's name on it. *Photos by Jules Xavier*


# CLASSIFIED ADS

Email: [stag@mymts.net](mailto: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:**  
**November 27 at noon**

*Free ads (non-commercial only) restricted to members of the CF, employees of CFB Shilo and the citizens of the surrounding area.*

**Services**



**St. Barbara's Protestant Chapel**  
 Sunday @ 10:30 a.m. with Sunday school & nursery  
 Padre Lee - ext 3088  
 Padre Neil - ext 3090  
 Padre Olive - ext 6836  
 Padre Costen - ext 3381  
**Our Lady of Shilo Roman Catholic Chapel**  
 Sunday 10:30 a.m.  
 Wednesday 12:05 p.m.  
 Confession by appointment  
 Padre Inienwe - ext 3089

**Services**

**Greg Steele, Canadian Firearms Safety Course Instructor/Examiner** • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses offered at least monthly and more often by demand. Examinations by appointment • 204-725-1608 • E-mail: [ggs57@wgcgwave.ca](mailto:ggs57@wgcgwave.ca).

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

**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.

**For Sale**

**Air Conditioner** Looking to keep your PMQ cool for the summer of '14. If so, two-year-old powerful AC must go. Asking \$175. Call 204-721-4259.

**Employment**

**Clerk/Cashier** at CANEX. Full-time gym attendant GSH. Visit [www.cfmws.com](http://www.cfmws.com) or contact [npfhrshilo@cfmws.com](mailto:npfhrshilo@cfmws.com) for salary, job details.

**Recreation Leader** (part time/permanent), wage \$11.12 - \$13.05/hr. Visit [www.cfmws.com](http://www.cfmws.com) or contact [npfhrshilo@cfmws.com](mailto:npfhrshilo@cfmws.com) for further details. Competition closes Nov. 22.

## Food boxes prepared monthly

**MFRC**

The Good Food Box is a community-based program designed to encourage healthier eating through promotion of fresh fruits and vegetables.

It is a bulk-buying program which aims to lower your grocery bill by buying bulk fresh fruits and vegetables from local distributors.

Stock depends on which are in season or available at the best value. The boxes are prepared monthly.

Orders can be placed at the MFRC front desk or print off an order form from our website.

What is the cost? A small box for an individual is \$10, while a medium box for one to three people is \$15. The large box, which can accommodate three to five people is \$20.

It is the individual's responsibility to pick up their box from the public

lounge in the MFRC building on the specified date between 3:30 and 4:30 p.m., otherwise the food will be donated to a food bank.

Bring reusable bags or shopping bags to take your produce home in.

For future dates coming up visit the MFRC website [www.familyforce.ca](http://www.familyforce.ca)

Meanwhile, the MFRC's pre-kindergarten program will be selling its annual cookie-grams.

Order forms will be available by the end of January at the MFRC and through parents of the students in the pre-kindergarten program.

A cookie-gram includes a decorated sugar cookie with a message of your choice and is accompanied by a personal note. They will be hand-delivered Feb. 14.

Watch for more details on the Shilo MFRC website or its Facebook page.






Photos by Jules Xavier



## Base visit with CDS

BComd LCol Stephen Joudrey (above) converses with Gen Tom Lawson en route to the airport following his visit to CFB Shilo. Gen Lawson listens intently as 2PPCLI CO LCol Bob Ritchie (above right) explains what his troops are doing during an urban ops (below right) exercise. Afterwards, Gen Lawson held the second of his two town halls with 2PPCLI (right).






# CFB SHILO

# COURTESY BUS

# SERVICE



EFFECTIVE 1 DECEMBER 2013

CFB Shilo is proud to provide base residents with a free bus service to and from various locations within Brandon. Bus service is provided by Knight-Line Express Charters.

The weekday shopping bus runs once a day Monday — Friday and delivers passengers to the Brandon Shoppers Mall or the Corral Centre.

The bus also runs twice a night on Friday and Saturday which deliver those who want a little taste of the “night life” to either Houston’s or the Roadhouse.

For the weekend shoppers, the bus runs once on Saturday and once on Sunday. Both days deliver passengers to the Brandon Shoppers Mall or the Corral Centre.

Let the free courtesy bus do the driving for you!

For more information regarding the free courtesy bus or other transportation services such as taxi and charter bus rates, please contact Knight-Line Express Charters at 204-717-6570.

WEEKDAY SHOPPING SCHEDULE		
<b>Monday — Friday Shopping Run</b>		
Depart Shilo CANEX <sup>1</sup>	6:00 pm	9:40 pm
Arrive Shoppers Mall	6:30 pm	9:50 pm
Arrive Corral Center	6:40 pm	10:30 pm
<b>Saturday Shopping Run</b>		
Depart Shilo CANEX <sup>1</sup>	2:00 pm	7:30/9:40 pm
Arrive Shoppers Mall	2:30 pm	7:40/9:50 pm
Arrive Corral Center	2:40 pm	8:20/10:30 pm
<b>Sunday Shopping Run</b>		
Depart Shilo CANEX <sup>1</sup>	11:30 am	5:00 pm
Arrive Shoppers Mall	12:00 pm	5:10 pm
Arrive Corral Center	12:10 pm	5:50 pm

WEEKEND BAR SCHEDULE		
<b>Friday Bar Run One</b>		
Depart Shilo CANEX <sup>1</sup>	8:30 pm	1:50 am
Arrive Houston's	9:00 pm	2:05 am
Arrive Roadhouse	9:10 pm	2:30 am
<b>Friday Bar Run Two</b>		
Depart Shilo CANEX <sup>1</sup>	10:40 pm	1:50 am
Arrive Houston's	11:10 pm	2:05 am
Arrive Roadhouse	11:20 pm	2:30 am
<b>Saturday Bar Run One</b>		
Depart Shilo CANEX <sup>1</sup>	8:30 pm	1:50 am
Arrive Houston's	9:00 pm	2:05 am
Arrive Roadhouse	9:10 pm	2:30 am
<b>Saturday Bar Run Two</b>		
Depart Shilo CANEX <sup>1</sup>	10:40 pm	1:50 am
Arrive Houston's	11:10 pm	2:05 am
Arrive Roadhouse	11:20 pm	2:30 am



Map of the Shilo bus route on the reverse side!

<sup>1</sup> Bus picks up/drops off from the bus stops along Kingston Avenue, starting from the north end, 20 minutes before the CANEX pick ups/drop offs.  
<sup>2</sup> Departure point is the CFB Shilo bus stop on Richmond Avenue adjacent to McDonalds restaurant.  
<sup>3</sup> Departure point is near the southwest corner of the Wal-Mart Seasonal Center.  
 Schedule subject to change. Check your local Shilo Stag or At A Glance for schedule changes. Contact Knight-Line Express Charters at 204-717-6570 for possible schedule changes on statutory holidays.  
 1 Dec 2013

