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Shilo Stag

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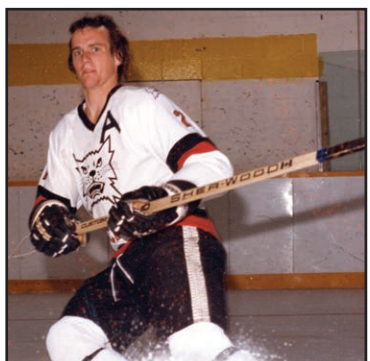


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Sports wall of fame welcomes Shilo coach. Page 8



Doll maker shares collection with Stag. Page 10



Members of 1RCHA and Lord Strathcona's Horse (Royal Canadians) advance on an objective with a Leopard 2A4 tank (below) during live-fire Platoon level group attack on Exercise KAPYONG MACE. Members of 2PPCLI (above) advance on an objective with the support of a Light Armoured Vehicle (LAV) 6 and 408 Tactical Helicopter Squadron during a Platoon level group attack with live firing.

Photos by MCpl Louis Brunet, Canadian Army Public Affairs




SHILO COUNTRY CLUB

Westman's Best 18

WWW.SHILOCOUNTRYCLUB.COM



CAF chaplains: Called to serve an increasingly diverse military

Lt (N) Padre Matthew Ihuoma
Stag Special

A glance through Canada's military annals reveals a long history of Canadians of different stripes and backgrounds serving, bleeding, and dying together.

This is evidenced in the presence of the English and French-speaking Canadians, as well as Aboriginal Canadians in defence of Canada during our nation's earliest wars. It is also seen in the integration of blacks, women, Chinese, Japanese, Sikhs, Muslims, etc., at different periods throughout the Canadian Armed Forces (CAF) history.

This phenomenon of diversity within the CAF has even accelerated given the fact that the Canadian population has become more diverse. It is this diverse population within the CAF that every CAF chaplain is called and commissioned to serve.

Prior to 1995, the now Royal Canadian Chaplain Service (RCCS) consisted of two distinct chaplain branches, namely the Roman Catholic chaplain branch, and the Protestant Chaplain branch. They had two distinct chaplain generals, two chaplaincy headquarters that operated two parallel chaplain Chains of Command (COC). Following the amalgamation of both chaplaincies, the RCCS now has a single chaplain general, a unified chaplain COC, and a consolidated chaplaincy HQ.

Currently, the RCCS is not only an ecumenical (multi-denominational) entity, but also a pluralistic and multi-faith chaplaincy. This rare quality has distinguished the RCCS as a model entity among all military chaplaincies around the world.

This is because other military chaplaincies around the world are mostly divided either along service lines (ie Army, Navy, and Air Force) or along their respective religions, faith groups and/or denominations. Thus, the RCCS stands out as the only chaplaincy with a single chaplain general for all the three branches of the military and the Special Operations Command, as well as for all chaplains irrespective of religious affiliation or denomination.

In practical terms, what this means is that just 20 years ago, CFB Shilo had two (senior) Base chaplains (Protestant and Roman Catholic). But 20 years later, our Base has only one Base chaplain, who supervises all other members of the chaplain team irrespective of

religious affiliation or denomination.

Thus, consistent with the quintessential Canadian values of diversity and inclusiveness, this ecumenical and multi-faith chaplaincy model has emerged as one of the primary examples and successes of Canada's policy of multiculturalism and pluralism.

However, one may still question the implications of this multi-faith and pluralistic chaplaincy model vis-à-vis the provision of spiritual and pastoral care to CAF members, DND employees, and families.

First, it is important to note the responsibility of providing spiritual and pastoral care to a CAF Unit, its members and families belongs to the Commanding Officer (CO).

However, the chaplain provides these services on behalf of the CO, and is completely at the service of the CO. Therefore, the Unit chaplain, irrespective of faith identification or denominational affiliation has the responsibility, albeit on behalf of the CO, of providing or arranging for the provision of pastoral care to all CAF members and families.

Consequently, if a chaplain is unable to provide a specific religious service to a member, probably because the member shares a different faith, the chaplain is still obliged to arrange for the provision of the required care or service.

This is consistent with a basic slogan of the RCCS which states that: CAF chaplains "minister to their own; facilitate the worship of others; and care for all." In other words, while we minister to members of our specific denominations or faith groups, we also have a moral and charitable obligation of ensuring that the religious services and spiritual needs of members of the defence team who profess other faiths are also met.

While the first two aspects of the RCCS slogan are important, it is widely believed that the last aspect of this tripartite slogan is the most important: We Care for All!

This four worded phrase encapsulates the mission and calling of every chaplain.

Thus, it is not surprising that the motto of the RCCS is "Called to Serve" (Vocatio ad Servitium). We are Called by God, and commissioned by our country to serve our CAF brothers and sisters, by caring for every member of the defence team and families irrespective of faith or lack thereof.



Pause that refreshes

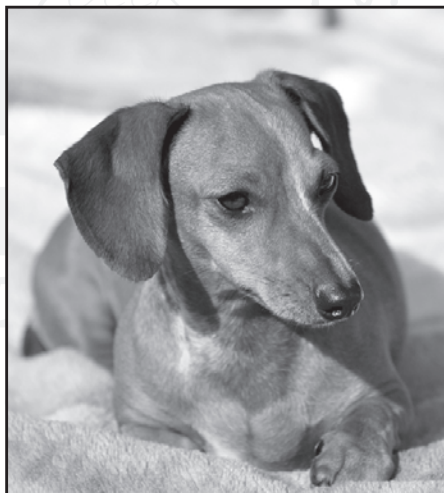
Gunner Arena has free Wi-Fi compliments of Westman Communications Group. So parents can now check their social media platforms or e-mail during breaks in hockey action.

Photo by Jules Xavier

Pet of the Week

Lily is a "teacup" dachshund. More than a year old, this rambunctious canine is affectionate to a fault. She loves to chase bugs, birds and the ball when it's thrown. In the evening she prefers to cuddle up on the couch while her master is catching up on PVR shows. 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

LILY




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United Way campaign underway

Shilo Stag

Want to be part of the 2015 CFB Shilo United Way campaign?

If so, here's what is on the agenda for the next month 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.

- Car Care Clinic: Oct. 23 8 a.m. to 4 p.m. and Oct. 24 8 a.m. to noon at Base Maintenance, building G400 on Engineer Road. Call to make an appointment at 204-765-3000 ext 3255. Spots fill up fast.

- Annual Boot Blitz: The annual boot blitz Oct. 30 will be invading CFB Shilo. Members will be posted at various spots throughout the Base in hopes you will be able to help them fill their boots with change for the United Way.

- Seventh Annual Community Fun Lunch: Brandon United Way will be hosting its Seventh Annual Community Fun Lunch at the Victoria Inn Nov. 5 from 11:45 a.m. to 1 p.m. This year organizers will be serving a big plate of spaghetti for \$15! Don't miss out on an opportunity to win a flight from

WestJet anywhere the airline flies. Tickets can be booked by calling the Brandon United Way Office at 204-571-8929.

- IPSC Lunch and Silent Auction: Join the IPSC team Nov. 16 for lunch and a silent auction, with your chance to win Grey Cup tickets. Just \$5 for lunch at building L106 from noon to 1 p.m.

- Brandon Wheat Kings Jersey Auction: The WHL's Wheat Kings will host its second annual jersey auction Nov. 11 in support of Brandon's United Way. The game is at 4 p.m., with the Wheat Kings playing host to the Red Deer Rebels.

- 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.

- 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.

Westoba closing Shilo branch

Shilo Stag

Four Westoba Credit Union branches, including the venue in CANEX on this Base, will close in December.

"The volume of business in these four communities does not justify their continued operation, and we don't see that changing," said Larry Wark, board of directors chair for Westoba, in a press release.

"Our board unanimously made the difficult but necessary decision to close these branches. The current low interest rate environment means there is less room to earn profit, so we must reduce our costs in order to remain competitive."

CFB Shilo's Westoba Credit Union will close its doors Dec. 4. The closure will also mean the removal of the ATM machine at CANEX. It will be rendered inoperable and removed on, or around, Nov. 15.

"This was a business decision made by Westoba Credit Union based on the lack of volume in our branch," acknowledged BComd LCol John Cochrane.

"The lack of business in our branch has been of concern for some time and was recognized as a challenge given our geographic location."

LCol Cochrane noted in order to offset this challenge, CFB Shilo provided Westoba Credit Union a rental agreement with the CANEX Mall that was extremely affordable.

Additionally it was agreed the branch would operate on a part-time basis in order to minimize overhead, while maintaining this service for the Base.

"At the end of the day, these incentives were simply not sufficient for Westoba to continue operating a branch on CFB Shilo," he said.

Immediately on notification of this impending closure, the Base, PSP and CANEX staff engaged Canadian Forces Morale and Welfare Services (CFMWS) in Ottawa to determine what options are available to identify another financial institution to replace Westoba.

The options being investigated include another full service branch and ATM, a full-service ATM and, as a last resort, a cash only ATM.

"The loss of this financial institution will create an inconvenience for all of CFB Shilo and the surrounding community," said LCol Cochrane.

"I can, however, assure all of you we are working to find a sustainable solution as soon as possible. I will provide updates on our progress as they become available."

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This Week's Deals!

Happy Halloween!

<p>Tim Hortons® Coffee • NEW at CANEX! • 930 gr • Reg. 17.99</p> <p style="font-size: 2em; text-align: center;">16⁹⁹</p>	<p>Tim Hortons® Coffee • K-Cups 12 Count or Tassimo 14 count • 123-126 gr • Reg. 9.99</p> <p style="font-size: 2em; text-align: center;">8⁹⁹</p>
<p>Ready Bake® Pumpkin Pie • No bake, just thaw and serve • 600 gr • Reg. 4.59</p> <p style="font-size: 2em; text-align: center;">2/7⁰⁰</p>	<p>Dairyland® Whipped Cream • In the dairy cooler • 225 gr • Reg. 4.29</p> <p style="font-size: 2em; text-align: center;">2/7⁰⁰</p>
<p>ED Smith® Pumpkin Pie Filling or Cherry Pie Filling • Pumpkin or Cherry • 540 ml • Reg. 6.29</p> <p style="font-size: 2em; text-align: center;">3⁹⁹</p>	<p>Delissio® Pizza • Assorted varieties • Frozen • 530-888 gr • Reg. 9.99</p> <p style="font-size: 2em; text-align: center;">2/10⁰⁰</p>
<p>Mott's® Clamato Juice • Original, Extra Spicy or Garden Cocktail • 1.89 L • Reg. 5.49</p> <p style="font-size: 2em; text-align: center;">2/6⁰⁰</p>	<p>General Mills® Cereal • Original Cheerios, Honey Nut Cheerios • 525-685 gr • Reg. 7.59</p> <p style="font-size: 2em; text-align: center;">5⁶⁹</p>
<p>Kool-Aid® Jammers Fruit Drinks • 5 flavours to choose • 10x180 ml • Reg. 5.19</p> <p style="font-size: 2em; text-align: center;">2⁹⁹</p>	<p>Purex® Bathroom Tissue • 15 rolls • Double roll • Limited quantities • Reg. 24.99</p> <p style="font-size: 2em; text-align: center;">6⁹⁹</p>

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The Shilo Stag is produced every second Thursday.

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

Submitting articles and photos for print:

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

• • •

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Soldiers can combat flu by getting shot

Shilo Stag

Soldiers can combat the flu by getting their shot.

Influenza is commonly referred to as the flu. It is a highly contagious respiratory disease which is caused by a virus.

Symptoms of influenza include: fever, head/body aches and pains, weakness, tiredness, sneezing, sore throat, cough and sniffles. Individuals with the flu are often laid up for a week or more.

How is it spread?

The influenza virus is spread through the air by coughing and sneezing, or by touching something which an infected person has contaminated.

How can you protect yourself during flu season?

The most effective way to protect yourself against the flu is to get an annual flu shot.

Who should receive an influenza vaccine?

The Canadian Armed Forces (CAF) Surgeon General strongly recommends anyone who wants to protect him/herself from the flu should get an influenza shot.

Some individuals really need the protection because a bout of influenza could be life-threatening. This includes people with chronic health conditions.

Individuals who provide care to those who are "high-risk" for complications from the flu should receive the shot so they do not pass the virus to someone who could die from it.

If you are pregnant or breastfeeding, the influenza vaccine is safe for mothers.

Who should not receive a flu shot?

People with moderate or severe acute illness. And people who have a known anaphylactic (shock-like) reaction to eggs or to any component of the flu vaccine.

Does an influenza vaccine have any side effects?

The flu shot is safe. It is rare to have serious side effects. Most side effects involve some redness or soreness at the injection site.

A few people may experience mild fever, tiredness, and body aches for one to two days after getting their flu shot. Rarely someone will react to the vaccine and require medical attention.

With this and any drug there is an extremely rare

possibility of having a serious allergic reaction (anaphylaxis).

Occasionally, oculo-respiratory syndrome (ORS) has been associated with the flu shot. ORS involves red, sore eyes, cough, sore throat and shortness of breath.

These symptoms are usually mild and are gone in 48 hours.

For information visit www.forces.gc.ca/health

FLU MYTHS & FACTS

Myth: Influenza (flu) is not a serious illness.

Fact: Most young, healthy people will completely recover from influenza after about a week of bedridden misery. However, each year in Canada about 500 to 1,500 individuals die from influenza or its complications.

Myth: I never get the flu so I don't need to be immunized.

Fact: you've been lucky! No one is immune from these viruses, which are spread easily just by breathing, coughing, sneezing and touching something contaminated with mucous from an infected person's nose.

Myth: Influenza vaccine can give you the flu.

Fact: The vaccine will not give you the flu. The vaccine is made from inactivated or killed bits of flu virus which cannot cause an infection.

Myth: Receiving an influenza shot every year weakens your immune system.

Fact: The vaccine actually prepares and boosts your immune system to help you fight the virus.

Myth: The vaccine does not work because you caught the flu despite being immunized.

Fact: Influenza vaccine is designed to protect against three of the most prevalent strains (types) of flu in any given year and not against the common cold and other illnesses frequently confused with the flu.

Influenza strains can change each year, therefore a new vaccine is developed to match the circulating strains. If there is a good match, the vaccine can be expected to prevent flu in seven out of 10 healthy adults. Even if the vaccine does not totally protect you from influenza it will make the illness you experience less severe.

Internet speed increases with network upgrades

Shilo Stag

Westman Communications Group has just completed a network upgrade for this Base.

The network upgrade provides additional capacity to accommodate increasing Internet traffic and the expansion of high definition video offerings.

CFB Shilo is one of 12 communities in western Manitoba having its network upgraded as part of an 18-month plan to enable customers to continue enjoying a superior experience for Internet, video and home phone services.

"Westman spent \$4-million over the last 18 months proactively upgrading our network," said Dave Baxter, president and Chief Executive Officer of Westman

Communications Group.

"We are staying ahead of the curve with our upgrade program to enable us to offer higher speeds to our members as their needs continue to evolve, especially for streaming high definition video".

Upon the completion of this upgrade, Westman increased the residential Internet speeds Sept. 30 on this Base.

The primary focus was an increase in upload speeds to better facilitate content creation, online gaming and video streaming.

The resulting increases for CFB Shilo now enable Westman Internet subscribers to enjoy speeds which are up to 70 per cent faster than similarly priced services from other Internet providers in the community.

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Jocelyn Kehler restocks the Health Promotion pamphlet rack after starting her interim job as the Base's Health Promotion manager.

Photo by Sarah Francis

Interim manager looks forward to work challenges

Sarah Francis
Shilo Stag

The Health Promotion manager's chair is no longer collecting dust.

Winnipeg-born Jocelyn Kehler, a former nurse, is filling in for Shelly Moore while she's away working in Kuwait during OP IMPACT. Kehler is looking forward to the challenges associated with this interim opportunity.

"Health promotion I think is a very broad term. Have I always been interested in it? I think I have been from the age of 12, [it] was when I decided I wanted to go into nursing," she told the *Stag*. "I did that for a stretch of time, then took time off to raise my family."

Later on, she decided to get back into the business of helping, but this time by taking a slightly different approach.

"Rather than nursing, more in terms of counselling and helping people mental health wise," she said.

To facilitate this career change she went back to university from 2006 to 2012.

"I had worked in nursing for many years," recalled Kehler. "While I was off raising my children the healthcare system changed and I changed. We changed in different directions. It's not that I lost interest in helping people ... it's how I wanted to help people."

This new job will be a bit of a learning curve for her and she said she sees one aspect as a challenge.

"The biggest challenge is that I've never worked in the military, [or] a military environment. So it's learning a new culture and language."

Although she's new to the position, she's now immersing herself in learning the job. She will be taking part in a course, then hosting a workshop on addictions. "Workshops are a wonderful way of learning new information," she said. "The workshops are also important because it's not just one-on-one where you're getting that information [by] one person speaking, one person listening. You're receiving it in a group setting with peers," she explained.

"With people you work with, I think that helps with learning. You're not in this alone, especially with the upcoming addictions awareness [workshop]. It's important to know there are other people out there also dealing with the same kind of issues."



Parade recognition

Three soldiers received their Canadian Forces Decoration (CD) from BComd LCol John Cochrane and BRSM CWO Don Askeland — Sgt Benjamin Berkowski, MCpl Caleb Lalonde and Cpl Mackenzie Chornawka. The CD is awarded to officers, and to the men and women of the Canadian Armed Forces who have completed 12 years of service. The medal is awarded to all ranks, who must have a good record of conduct during the final eight years of claimed service.

Photo by Jules Xavier

NEXT HOME GAME:
 Nov. 6 @ 7:30 p.m.
 Nov. 11 @ 7:30 p.m.
 Nov. 14 @ 7:30 p.m.
 Nov. 15 @ 4 p.m.

BRANDON WHEAT Kings
 vs Victoria Cougars
 vs Red Deer Rebels
 vs Edmonton Oil Kings
 vs Lethbridge Hurricanes

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The annual seasonal flu vaccine is available to all Manitobans at no charge. It will offer protection against four seasonal flu strains.

An annual flu vaccine is especially important for those at increased risk of serious illness from the flu, their caregivers and close contacts.

If you are 65 or older or have a chronic illness, you should also get a pneumo vaccine. One pneumo vaccine may give you a lifetime of protection.

To get your free flu vaccine, contact your public health nurse, doctor, pharmacist or call Health Links – Info Santé at **204-788-8200** or toll-free **1-888-315-9257**.

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New RHUs going in where infrastructure already existed

Sarah Francis
Shilo Stag

In only a few months, CFB Shilo will have new residences for families to call home.

Construction on 10 new Residential Housing Units (RHU) has begun. The five duplexes are being built on Frontenac Crescent, with basements poured and walls starting to go up.

CFB Shilo's Canadian Forces Housing Agency (CFHA) manager Jodi Laba said the new RHUs are being built where infrastructure already exists for a home.

"It's infill where houses had been demolished previously. The lots were already sitting there and the infrastructure under the road was ready. It made sense to do those there where they can be tied into the water and sewer quickly."

The estimated completion time is the end of March 2016. Crews will be back in the spring to finish up what they can't do in colder months, such as land-

scaping.

Among existing Base homes, four are going to be completely gutted and receive a complete overhaul. These buildings will receive new plumbing, electrical and heating, new bathroom and kitchen renovations. The homes will also receive an overall change in the layout, including creating an open-concept space.

"One of our priorities is how we can open up houses, as long as it still gives occupants functional space," explained Laba. "Because we don't have finished basements the main living area is always on the main floor. We need to make sure people can have their TV set up, and somewhere they can have their couch and loveseat fit."

These retrofits are expected to be completed in mid-April 2016.

The funds from the spring housing announcement will pay for the new homes and renovations at an approximate cost of \$6-million for 2015-16. The remaining \$9.2-million of the \$15.2-million total will go toward future projects.

However, there are more plans to come with this

funding.

An apartment building is in the early planning stages, something which has been on the minds of CFHA staff for a while.

"They're doing the design right now. The plan would be to tender that in early spring to be constructed next fiscal year. Because this is the first one that CFHA [will be] building there is a lot of design work that has to be done," explained Laba. "It definitely has been on the discussion table for a long time. It's just that it's a significant investment. We needed somebody to fund it."

She added, "In 2007, when the policy changed and households of one were actually deemed eligible for housing, where before they were only eligible if the site had surplus. So it wasn't the departments direction to build houses for that. Now that it's part of the policy, we all have an obligation to look at how we're going to do that. So Shilo and a few other locations are getting apartments as well where there is a high household of one demand."

See **PLENTY** page 7



The walls are going up on the new RHUs currently under construction on Frontenac Crescent, with work crews busy nailing in flooring and doing interior work on the four-bedroom duplexes.

Photos by Jules Xavier/RHU rendering supplied by CFHA

Vacant RHUs in Shilo		
As at 09 Oct 2015		
Reason	Number	Explanation
Available	11	Currently available or work is scheduled to be completed
Pending	8	Work will be scheduled depending on contractor availability
Allocated	24	RHU offer has been accepted by CAF mbr
Major Work	12	Requires major work; may be done through a project
Project Work	14	Work being done on a current or future project
Designated Residence	1	Base Commander's residence
Total	70	



Plenty of work is done preparing the site before a basement is poured, then carpenters go to work framing.

Plenty of work scheduled for existing RHUs

From page 6

A possible location for this building would be on Stonehenge Road.

She foresees the apartment units as being two-bedroom, but she can't say for sure what the details are until the planning process is complete.

She added it also hasn't been determined what sort of rent price the new homes or apartments will cost renters.

Aside from the federally funded projects, the CFHA on this Base has a number of other investments with its properties.

As for the RHUs slated for smaller renovations, 18 will have steps, sidewalks and metal railings replaced;

122 will have siding and doors on storage sheds replaced; 194 fences are being painted; 12 buildings will have the foundation walls and landscape repaired; 13 will receive roof replacements and 15 will see asphalt driveways expanded and replaced.

A number of the units on Base were built between the 1940s and 1960s. According to Laba, this can cause some issues when people are moving in and out during posting season.

"A lot of the staircases, when you go into a house, they wind around, which is not ideal for moving furniture in an out. Where we can, with our major renovations we actually move the front doors and the staircases so you go in and go straight up. It may not be possible for every renovation, but where ever pos-

sible, we do."

The renovations are part of the CFHA's goal to keep homes in good modern condition.

One aspect of the work — it never ends. There are many improvements which will need to be done every few years.

"There's a life expectancy of a roof. So even if we do 50 roofs a year, every year, eventually it's going to come to the time where we have to start that over again," she said. "We're always looking forward into how many we can do and keep that cycle going. It's not like we can just [say] 'Okay we're done that. So we never have to look at that again.' We'll never be done that, that's not unique [to Shilo], that's just the reality of property management."



Different crews can be found on a construction site as the land is prepared for building new RHU four-bedroom duplexes.

Photos by Jules Xavier/MCpl Janie Jacobsen

Vacant Breakdown by Number of Bedrooms				
	2-BR	3-BR (Row House)	3-BR	4-BR
Available	0	0	4	7
Pending	0	3	5	0
Allocated	5	3	13	3
Major Work	1	1	6	4
Project Work	0	1	10	3
Designated Residence	0	0	0	1
Total	6	8	38	18

Shilo Theatre
(Located in the General Strange Hall)

Oct. 23 Minions @ 1:30 p.m. Rated G
Oct. 23 Fantastic Four Rated PG

Children aged 10 and younger require adult supervision at all times.
All movies start at 6:30 p.m. Doors open at 6:15 p.m.

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**


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Where's Willie?

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



Entry Form

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

Answer to skill-testing question:
What is Diane Willey's favourite style of doll making?

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.

Sports co-ordinator Danny Hamilton Athletic, coaching prowess earns induction into sports wall of fame

Jules Xavier
Shilo Stag

CFB Shilo's sports co-ordinator Danny Hamilton has been inducted into the Quinte West Sports Wall of Fame.

When you peruse Trenton-raised Hamilton's athlete/coach resume it's not hard to discern he's had success, especially when it comes to fastball and hockey.

This is apparent since he started collecting trophies as an athlete in 1982 in his youth playing out of the Bay of Quinte area. This continued after he joined the Canadian Armed Forces (CAF), with success not only regionally, but also nationally. And even internationally in the late 80s when it came to his playing prowess — before the popularity of slo-pitch killed the sport — on the fastball diamond.

This success continued long after he hung up his skates and stored the ball glove away. He then turned his attention to coaching the sports he loved playing in the late 90s representing the Bases where he was stationed, whether in Canada or overseas when the CAF posted him to Germany.

"It's an honour of course to be recognized for one's involvement in sports, both as an athlete and coach," said a modest Hamilton, who was unable to attend the ceremony in Ontario. His mother stood in for her son. "I played hard, and I had good athletes when I was coaching, so success came as a team effort."

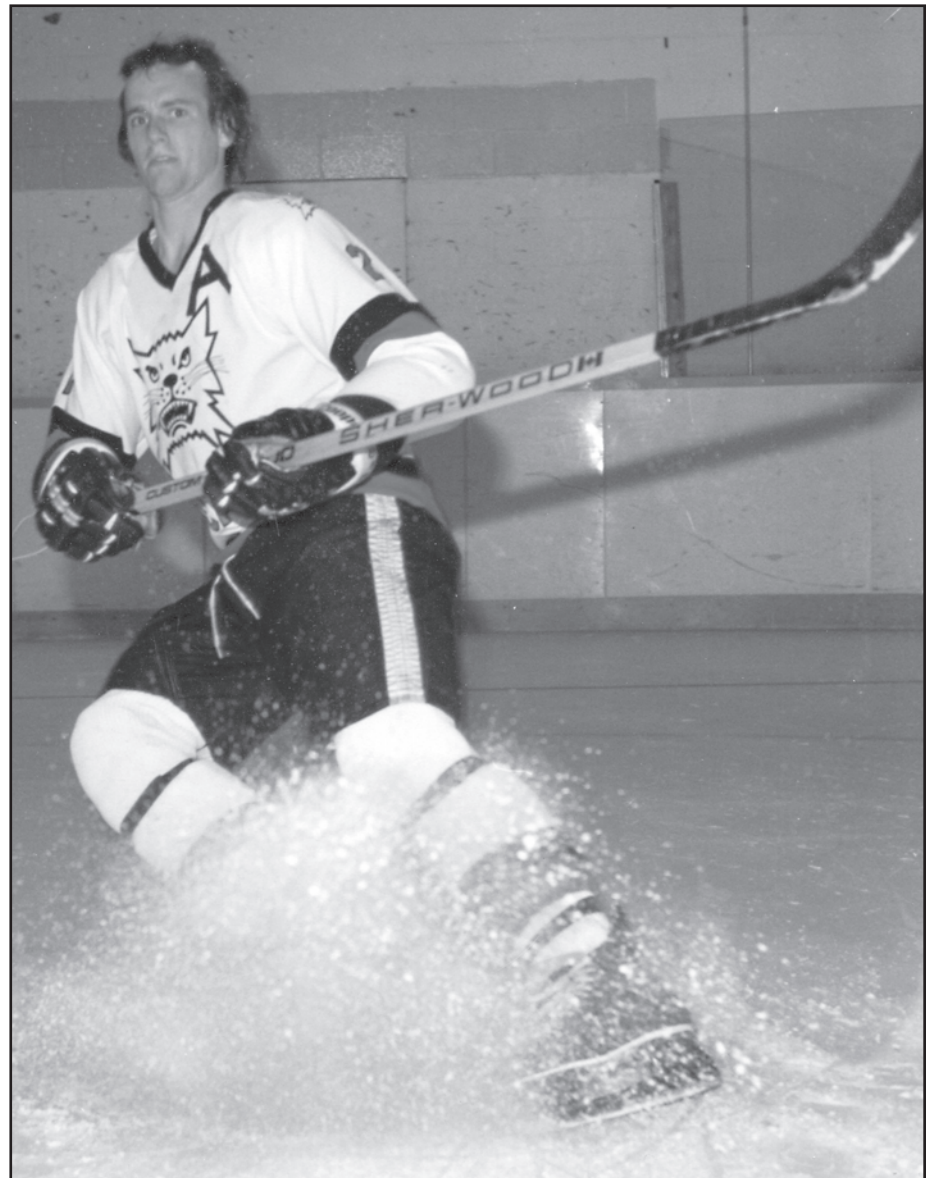
Impressive best describes Hamilton's list of championship titles on the teams he played on or coached: 45 first-place finishes, as well as being runner-up on 18 occasions, when his regional or national hockey or fastball teams were defeated on the diamond or ice surface in championship tilts. This success was not only in Trenton as part of the Ontario region, but also when he was posted to CFB Gagetown, New Brunswick, in the Atlantic region, and later, the Europe region while stationed at Lahr.

When it comes to success on the CAF national stage, Hamilton has 16 golds — 15 as a player, and one as a coach.

He continued his winning ways after returning to Canada and being posted to CFB Shilo in the Prairie region — four firsts, and two seconds for hockey and fastball.

His individual awards playing senior military sports is equally impressive and includes a number of top defenceman awards playing hockey, or being named MVP three times playing fastball. His hockey accolades include seven all-star nods, and a Male Athlete of the Year award while stationed in Europe.

As a coach, Hamilton's teams from this Base have excelled provincially and nationally on the CAF stage. He has 12 first-place finishes to his credit as the bench boss, and another seven times provincially or nationally his teams were runner-up.



Playing for the Belleville Bobcats, rugged blueliner Danny Hamilton helped his team win an Ontario championship. The Bobcats prevailed 4-0 over Windsor. The Bobcats existed prior to the arrival of the now defunct Belleville Bulls of the OHL.
Photo submitted

As a coach, he not only coached women's hockey, but added men's slo-pitch and men's ball hockey to his resume. Not bad for a small military base in the middle of Canada having to face much larger military installations which can draw on more athletes when it comes to fielding teams.

Hamilton's coaching successes also did not go unnoticed with his CAF peers. Besides an IBM coaching award from the Shilo Minor Hockey Association in 1998, in that same year he was inducted into the Canadian Armed Forces (CAF) Military Honour Roll.

Six years later, he was the recipient of the CAF national sport award of dedication to the sport of hockey. A year later, the CAF bestowed the 3M Coaching award on him.

"The players I've coached and had success with over the years are responsible for me being recognized by the CAF as a coach," said Hamilton. "I just go out and coach. It's the players who bring the success back to this Base, whether at regionals or nationals."

In 2007, Hamilton was the winner of the CAF national sport award of dedication to the sport of fastball and slo-pitch. He received the same accolade for hockey in 2004.

Overall, Hamilton's exemplary record as a CAF athlete and coach was befitting his induction into the Quinte West Sports Wall of Fame, and the panel which looked at his body of work, as an athlete, and later as a coach, thought so when he was selected.



Shilo soldiers participated during the inaugural No Stone Left Alone program last fall at the Brandon Cemetery. Photos by Jules Xavier



Students honour more than 900 military headstones

Shilo Stag

Approximately 350 students from Ecole Harrison, 185 from St. Augustine's, and 155 more from Valleyview schools in Brandon will pay their respects to veterans by placing poppies at more than 900 military headstones in the Brandon Cemetery.

Joining them Nov. 5 at 10 a.m. in reaching their goal of ensuring that every soldier's headstone receives a poppy will be soldiers from CFB Shilo, and the Royal Canadian Legion. This event is part of the No Stone Left Alone Memorial Foundation, which is a non-profit organization to help raise funds, awareness, and support for the veterans of Canada and their families. The goal is to ensure that every soldier's head-

stone in fields of honour throughout the Brandon area receives a poppy.

In 2011, Maureen Bianchini-Purvis launched the initiative in recognition of the sacrifices of Canadian service members who have lost their lives in the service of peace, at home and abroad. By incorporating the services of Ecole Harrison last year, and adding St. Augustine's and Valleyview schools this year, along with soldiers from CFB Shilo, and the Royal Canadian Legion, they work to ensure that the sacrifices made by these soldiers will be recognized by upcoming generations.

This year will be the second annual No Stone

Left Alone service which also includes soldiers from CFB Shilo participating alongside the students.

In 2014, the staff and students from Ecole Harrison in Brandon were approached by parent Ryan Lawson after he heard of the foundation and the education it provided to the students. After the success of the first event, this year organizers are hoping to include anyone from the general public to the service to remember and to ensure that "No Stone is Left Alone" for the Nov. 11 Remembrance Day.

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WARNING SHILO RANGES

Day and night firing will be carried out at the Shilo Ranges until further notice.

The range consists of DND controlled property lying approximately 32 kms SE from Brandon and N of the Assiniboine River in Townships 7, 8 and 9; Range 14 WPM, Townships 8, 9 and 10; Ranges 15 and 16 WPM and Townships 9 and 10; Range 17 WPM in the Province of Manitoba. If required, a detailed description of the Shilo property may be obtained from the Base Construction Engineering Office at Canadian Forces Base Shilo.

All boundaries, entry ways, roads and tracks into the Range are clearly marked and posted with signs indicating that there is to be NO TRESPASSING. Hunting is no longer permitted on the Shilo Ranges.

STRAY AMMUNITION AND EXPLOSIVE OBJECTS
Bombs, grenades, shells, similar explosive objects, and their casings are a hazard to life and limb. Do not pick up or retain such objects as souvenirs. If you have found or have in your possession any object which you believe to be an explosive, notify your local police and arrangements will be made to dispose of it.

No unauthorized person may enter this area and trespassing on the area is strictly prohibited.

BY ORDER
Deputy Minister
Department of National Defense

OTTAWA, CANADA
17630-77

Canada

National Defence / Défense nationale

AVERTISSEMENT POLYGOUES DE TIR DE SHILO

Des tirs de jour et de nuit seront effectués aux polygones de tir de Shilo jusqu'à nouvel ordre.

Les polygones de tir sont des terrains sous le contrôle du MDN situés à environ 32 km au sud-est de Brandon et au nord de la rivière Assiniboine dans les cantons 7, 8 et 9; polygone 14 OMP, cantons 8, 9 et 10; polygones 15 et 16 OMP et cantons 9 et 10; polygone 17 OMP, dans la Province du Manitoba. Au besoin, une description détaillée de la propriété de Shilo peut être obtenue du Bureau du génie construction de la Base des Forces canadiennes Shilo.

Toutes les limites, voies d'accès, routes et sentiers menant aux polygones sont clairement marqués et ornés d'écriteaux d'ACCÈS INTERDIT. La chasse est dorénavant interdite aux polygones de tir de Shilo.

MUNITIONS ET EXPLOSIFS PERDUS
Les bombes, grenades, obus et autres engins explosifs similaires et leurs enveloppes peuvent causer des blessures ou entraîner la mort. Ne ramassez pas ces objets et ne les gardez pas comme souvenirs. Si vous avez trouvé ou si vous avez en votre possession un objet que vous croyez être un explosif, signalez-le à la police locale, qui prendra les mesures nécessaires pour l'éliminer.

Aucune personne non autorisée ne peut entrer dans ce secteur où tout accès est strictement interdit.

Par ordre du
Sous-ministre
Ministère de la Défense nationale

Ottawa, Canada
17630-77



Explore the world of dolls

Sarah Francis
Shilo Stag

You may be mesmerized by the Barbies or Disney characters at the Carousels and Doll Museum, but the real treasures are the handcrafted dolls done by its owner.

The collection has hundreds of Barbies, all 101 Dalmatians figurines once sold at McDonalds, plus a vintage Mickey Mouse worth thousands of dollars. But around the corner is a room full of dolls made by grand master doll maker Diane Willey.

“I wouldn’t make a doll, I would make 20 dolls heads. Once it was perfect that’s what I would enter.”

— Diane Willey

The food is all homemade. Willey herself was sitting in the dining room table peeling and cutting potatoes while she described her doll-making career and the museum.

Her inspiration to become a doll maker did not come from a childhood love of toys, but rather a determination to take on a challenge in the 70s. She achieved her first level of doll making in 1984 and became a grand master in 1992.

Willey was educated in Vancouver, New York and California. After that she became a teacher, where she researched French and German dolls and then started entering into competitions. Doll-making took her all over the world — to competitions in England, Germany and a number of places in the United States.

Judging of the hand-made dolls is quite strict.

“You start the competition at 100 and they work you down,” explained Willey. “If you lose a point for one little thing — it’s not even a point it’s half a point and that’s a lot to be losing. In order to become a master you have to get a blue ribbon. I received my blue ribbon, then I went for my grand masters. I was in England competing with my dolls.”

Preparing for those competitions was no small feat.

She said everything has to be exact and perfection is vital when your creation is being judged. This led her to make multiple versions of a doll until she was sure it was perfect.

“I wouldn’t make a doll, I would make 20 dolls heads. Once it was perfect that’s what I would enter.”

A section of the wall in the museum is of dolls she has started, but said weren’t quite perfect.

One competition she is particularly proud of was when her doll was up against all the first-place entries from all categories.

“My doll took it all. My doll took all of England, Europe, all over,” she said beaming.

That triumph awarded her a double grand master title.

She admits that one doll she created gave her a big learning experience. She was making a doll and wanted it to have a hoop skirt. She later found out she lost points in competition because the era of doll she had made didn’t correlate with the era the hoop skirt was worn.

When creating dolls from a certain time period, competitors can only use materials that were used to make them at the time. Also, they can only dress dolls in clothing of the same era.

“You have to really research. It doesn’t matter how badly you want to do it, the clothing, the type of material — nothing with polyester. They didn’t have polyester. Nothing with fibre-fill. It was sawdust, leather from animals. That’s what they made their bodies out of. Their shoes, you had to make leather shoes. You have to make everything yourself.”

Her favourite style is the French dolls, with intricate dresses and large hats. Which she has to make herself. Every part of the doll is produced by the maker, including hair and bodies.

“When you were in competition we actually had to shave the angora goat, card the wool, colour it,” explained Willey. “I’m a hairdresser by trade so am fortunate [for] making my own wigs. You had to make everything from top to bottom.”

The only exception is glass eyes, which need to come from the dolls style country of origin.

If a doll was made with real human hair back in the day, or if it was made with paper, or porcelain, that is how the doll is made today. Down to the last eyelash, which inspired

her to take on the challenge.

“If I looked at a doll in a picture and it had 18 eyelashes on the left, but the right side only have 12, that’s what we do today. We do not make 18 and 12. We match exact replicas of the antiques,” she offered. “Modern dolls of today, are awesome. I can take a picture of you, look at it and think ‘Oh my gosh, she



Diane Willey (above) opens up an original Skipper doll, which was created in the 60s as Barbie’s younger sister. A panorama (top) of the room for all the dolls she has handcrafted over the years. A close-up of a handmade French doll (below) she made with an intricate feather hat.

Photos by Sarah Francis



looks like a Heather Doll, except your cheeks aren’t quite as high.’ Then I reform that with the clay and I make a doll to represent [you].”

People approach her requesting a specific doll frequently. Such as a likeness of a newborn in the clothes it came home in, or a bride on her wedding day with a replica of her dress.

However, these handcrafted relative look-a-likes will cost you a pretty penny.

The body alone costs about \$150. Then you add the hair, clothes and shoes.

On average it takes Willey about 20 hours alone to make the dolls body.

She also has what is referred to as The Hospital, where she spends hours repairing dolls of all kinds and age. The repairs are definitely keeping her busy because the hospital is as she put it, “full.”

The demand for her dolls is high and she added that at the last look dolls were the number two collectible item in the world.

For more information about Willey and her dolls, or to book a visit to the Carousels and Dolls Doll Museum, call 204-728-1245. Visits are by appointment only.

The museum, which has the largest collection of modern and reproduction dolls in the prairie region as well as a large collection of 20th century dolls is 3.75 kilometres east of Brandon, off Hwy. 1, and north on Humesville Road (200 metres north).

MFRC adds new position to help releasing members

Shilo Stag

Part of the veterans family program, the Shilo MFRC's veterans family co-ordinator position has been filled by Pamela Hall.

In this position, Hall's role is to assist medically releasing members of the Canadian Armed Forces (CAF) and their families in their transition from military to civilian life.

Arriving at CFB Shilo from Kingston, Ont. in July, Hall is new to the Shilo MFRC staff. She said she's looking forward to interacting with soldiers and their families.

"My passion and excitement joining the MFRC comes from being raised in a military family," she said. "My father had 37 years of service, and growing up, the MFRC played a huge role in my life."

"I spent lots of time at my local MFRC, whether I was attending daycare, summer camps, gymnastics, or other various events. I believe being raised in a military family provides me with knowledge and insight that will allow me to understand, and assist as best as possible."

Hall is "passionate" about living a healthy lifestyle.

"Holistic nutrition and cooking are one of my biggest interests and, in my spare time, you can always find me in the kitchen trying out new dishes," she offered. "Spending time outdoors and moving is also very important to me, so I spend as much time as I can going for hikes, doing yoga, skiing — anything to get outdoors."

As a child from a military family, and now a military spouse, Hall said she's ecstatic to be able to provide support for transitioning military families.

"I have experienced and seen many of the different circumstances that military families face throughout service, and upon transitioning."

Hall plans to use her passion and personal experience to enable her to support families in this community as much as possible in her new role as veterans family co-ordinator.



Ready for Halloween

The Macs are ready for Halloween, having created their own family portrait using pumpkins and fall leaves.

CLASSIFIED ADS

Email: stag@mymts.net • Phone 204-765-3000, ext 3013 • Fax 204-765-3814

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

October 29 at noon

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

Services



St. Barbara's Protestant Chapel

Sunday @ 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 Firearms Safety Course Instructor/Examiner • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses offered at least monthly and more often by demand. Firearm/hunter safety courses planned for the fall. Examinations by appointment • 204-725-1608 • e-mail: ggs57@wcgwave.ca. huntershooterguy.com

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.

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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 elainebullee@gmail.com

Services

Now Open: Naturally Amourified in the CANEX Mall. Full-service hair salon and registered massage therapist. 204-721-0604

Employment

CANEX WANTS YOU: Clerk/cashier part-time position with 13 to 32 hr /week required. Must be available days/evenings, and weekends. Under the direction of the department supervisor, the clerk/cashier scans customer purchases, processes the transactions, and accepts payment. He/she prices, stocks shelves, counters and display areas with merchandise and keep stock in order. He/she performs cleaning duties as required. Starting salary is \$11.69 per hour after two-month probation. Apply in person at CANEX administration office, or NPF Human Resources office at base HQ.

WANTED: Full and part-time SERVERS. Apply at 119 Shilo Road or e-mail resume to shiloinn@gmail.com



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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.

Pick up your FREE copy at any of the following locations:

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Carberry
East Side Service
Carberry Legion
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Legion & Fas Gas Hwy. 16
Sprucewoods
The Shilo Inn & 340 ESSO
Wawanesa
Family Foods

Yearly FORCE evaluation to assess overall health

Rachel Lallouz
Stag Special

The FORCE evaluation will soon test more than a military member's ability to physically carry out his or her job.

The Personnel Support Programs (PSP) Directorate of Human Performance research team has added two components to the annual military fitness test to better assess each person's overall health.

Starting April 1, 2016, the FORCE evaluation will be broadened to cover health-related fitness by incorporating a weight circumference measurement and a cardio-respiratory fitness calculation.

"The former Chief of the Defence Staff made it clear that although we have a legal responsibility to ensure

that our personnel are fit to do their jobs, we have a moral responsibility that goes well beyond that," said research team spokesperson Michael Spivock.

"We want to ensure our members are healthy and fit well beyond the end of their careers."

He explained the FORCE evaluation is currently a physical employment standard rather than a test of a person's health-related fitness.

"Just because a person can pass the FORCE evaluation, it doesn't mean they have a high health-related fitness level."

FORCE evaluation was designed to reflect the tasks CAF members could be called to do during operations for the Army, Air Force and Navy.

To pass the evaluation, a member must complete a sandbag lift, intermittent loaded shuttles, a sandbag drag, and 20 metre rushes.

These tasks are representative of more complex tasks members might encounter in the field, such as dragging a casualty, fortifying an area with sandbags, or extricating someone from a vehicle.

"A person could be overweight, but pass the FORCE evaluation," said Spivock.

"They could be walking off that gym floor genuinely believing they are fit. They are fit to do any elements of their job, but general health-related fitness has more components than that."

Spivock explained the waist circumference measurement that is being added to the evaluation is a good predictor of a variety of illnesses that can develop later on in life.

"Whether we are talking about cardiovascular disease or cancer, it's a measurement that is going to be a strong predictor of the long term well-being of Forces members," he offered.

Once a waist circumference measurement has been taken and the military member completes their standard FORCE evaluation tasks, the PSP staff member holding the evaluation will input the timed results of the evaluation into a computer program on a tablet.

That program then calculates a number indicating the level of a member's cardio-respiratory fitness.

"At that point, if the fitness instructor has the member's waist circumference and cardio-respiratory fitness calculation, we have a solid context for determining that member's health-related fitness," said Spivock.

The program also plots the member's FORCE evaluation results into a graph that shows the fitness levels of other military members in their demographic, so they can see how they stack up against their peers.

During the Electronic Fitness Trials this past summer, PSP instructors learned how to use the on-site tablets, collect the fitness data, and present it to members being tested.

"Members can see exactly where they personally fall in terms of health-related fitness," said Spivock.

"Right on the spot, that Forces member will have a debrief session with the PSP staff member completing their testing, meaning they will be told to either keep up the good work or they will be immediately connected to fitness or health promotion programs and tools."

But military members who find themselves with low health-related fitness don't need to worry that the changes will result in them failing the FORCE Evaluation. As long as a soldier passes the traditional four elements of the FORCE evaluation, there will be no career implications.

"The criteria for keeping your job remains the same," said Spivock. "All we are doing now is adding a little bit of information to that FORCE evaluation, so that our fitness staff can counsel people to have a better idea of what might better their well-being."

Waist circumference measurements and cardio-respiratory calculation results will be attributed to bronze, silver, gold or platinum levels according to age and gender categories, allowing members to aim for recognized goals with yearly testing.

"The addition of health-related fitness testing to the FORCE Evaluation will give people a quick, clear objective glimpse into their overall wellness while giving them targets for improvement, or to recognize exemplary fitness," said Spivock.

"It is an information tool giving our members a better picture of their general fitness."

CANEX
A division of CFMWS
Une division des SBMFC



LE MAGASIN MILITAIRE DU CANADA
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**Shilo Community Council
and CANEX are hosting**

**A FAMILY PUMPKIN
CARVING EVENT**

**31 October 2015
from 1300-1500**

Join us at CANEX for refreshments

plus a FREE pumpkin to carve on site!

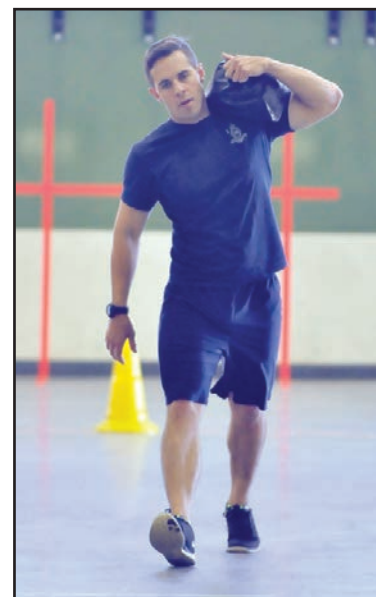
**Top 3 entries will win
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One free pumpkin per family.

Please bring your pumpkin carving tools.

All entries must be submitted by 1600 on 31 October, winners will be announced on 2 November 2015.

Kids 12 and under must be accompanied by an adult.



Soldiers from 1RCHA A Bty, including CO LCol Stewart Taylor, recently took part in their FORCE evaluation at the MPTF.

Photo by Jules Xavier