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Volume 56 Issue 20



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October 19, 2017

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This Issue



New SISIP Financial advisor enjoys sports. Page 2



Boston Bruins alumni play at Gunner Arena. Page 7



CAF looking to bolster SAR Tech ranks. Page 12



Soldiers with 2PPCLI gave members of the Brandon Wheat Kings a crash course on weapons they use during their annual team-building visit to CFB Shilo. They also used the confidence course, rappel tower and experienced shooting at the simulation gun range at the MPTF. For more on the team's visit see page 6.

Photos Jules Xavier

Wheat Kings



soldiers

New SISIP Financial adviser serves those who serve

Sarah Francis
Shilo Stag

It's family first for Terrence Popadynetz, SISIP Financial's new financial advisor.

Popadynetz has been in finances for decades, but this is the first time he's worked for a military-heavy clientele.

He had a brief stint in the Navy reserves before joining the finance world.

"That was in the 80's, a long time ago," he recalled. "Right when I got out of high school."

He has spent time working as a stock broker for a few companies, and when it comes to your finances, he has seen it all.

"In New York, the buildings topped [9/11] and a week later I was down \$30-million in client's money. Again, we recovered and we went back through those situations. Those situations are what people are looking for now," he explained.

"They want people who have experienced the good, the bad, the ugly. I can tell them, 'Yes I've made lots of money for my clients.' But we've also been through situations where — not where we've lost money, but we've had situations where market conditions are such that we can't control them."

He added, "It's good to have an advisor who has gone through those situations to guide people, tell them what's going to be happening."

Popadynetz has nearly 20 years of working in finances under his belt.

"I started off with Richardson Greenshields, then the Royal Bank bought us out. I worked for Royal Bank for eight years. Then they closed their office for what I was doing in the high-end investments in Brandon. Then I moved to ScotiaMcLeod, where I worked for eight years as well."

At SISIP, staff like Popadynetz focuses on more than just your investments. He told the Shilo Stag SISIP Financial covers a lot more, and often focus on educating clients who use the services.

"Here, we're basically doing the insurance side of things for people. The major focus is insurance, financial counselling, making sure we're looking after the



New SISIP Financial advisor Terrence Popadynetz enjoys officiating football, here doing a game on the Base a few seasons back when the Neelin Spartans played home games at CFB Shilo. A family man with three kids, when he's not advising his military clients, he is at the arena watching two sons play hockey and a daughter figure skate.

Photo Jules Xavier

investment side of things," he said. "We have our CAF [Canadian Armed Forces] savings program, we have our investment accounts, but then I'm also working really hard to broaden those things.

"Anything financial is what I want people to come here for. If you need help with regard to wills and estates. If you need help with banking and mortgages and things like that ... I helped a gentleman get a mortgage the other day at two-and-a-quarter per cent for five years."

SISIP Financial also helps if you're in financial distress by offering loans and grant programs, as well as assistance with RRSPs and tax free savings accounts.

He said if a soldier is deployed, his job is to make sure you have no worries about what's going on at a home when it comes to finances or insurance.

Popadynetz said the process is catered to each individual and reflects their needs. He acknowledged it's all about what's best for the client and their family.

At SISIP Financial there are no commissions, so this means clients can rest assured there are no ulterior motives.

"In the outside world, I got paid based on commis-

sion and things like that," recalled Popadynetz. "Sometimes there can be that [ulterior] motive that the advisor is doing something that's not just good for you, but also good for them because they get paid accordingly. It's just like selling a car. You've got car A and car B. Car A is the model that pays the most for me, so that's what I really want you to buy. Here there is nothing like that. It's what's best for you."

A family man himself, Popadynetz makes a point of being involved in the community, particularly with refereeing sports such as hockey and football. He's officiated junior, university and high school football in Manitoba, including doing games for the three high schools in Brandon. He's even officiated a tilt on the Base football field when the Neelin Spartans had to find a home field while their gridiron was been refurbished for one fall season.

"I like to give back to the community. Kids are special in my heart I think more than anything. I've got three kids myself so it makes it easy to always want to make sure that the kids are looked after."

He also helps with MPIs driver education program.

His family is busy between his two boys playing minor hockey and his daughter's figure skating.

"She travels to Edmonton, Ontario, Quebec. My wife more so goes to all that stuff, not so much me. We each have our roles, that's her role. I deal with more of the hockey more than anything."

Popadynetz's 14-year-old daughter skates with the provincial and national team. The two boys are the youngest and oldest, at 12 and 16.

"I've got a very supportive wife and family," he said, adding, "First and foremost I'm a family guy, so the kids always come first."

Popadynetz has enjoyed the work he's been doing on Base so far, especially getting to know individuals in a military environment, versus the civilian side he was used to in previous finance-related jobs.

"What's the saying? I agree with [the motto] 'Serving those who Serve.' That's perfect for what we do here."

Pet of the Week

GARFUNKEL

This is Garfunkel. He was born and raised in Enfield, Nova Scotia until the age of three. At that time in his life, he was referred to as Hank, but as he was starting a fresh chapter of his life with a new owner, a new name seemed in order. In 2014, Marissa Rodway moved to Manitoba and Garfunkel tagged along for the long drive across Canada, experiencing four provinces and six states. Upon his arrival in Winnipeg, his excess weight and long fur were able to keep him warm during the cold winter months. This 13-pounder celebrates a birthday July 20 and enjoys long naps, being your personal alarm clock, playing in his litter box, chattering back at you when you say no to him, greeting any human being that comes in sight of him — especially when we have people over — and playing with his various assortment of toys. He has quiet the personality. Do you have a photo of your pet — cat, dog, bird, snake, hamster — you'd like to share with our Stag readers? If so, e-mail it to us via stag@mymts.net



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United Way's events include car care clinic

Jules Xavier
Shilo Stag

Want to contribute recipes to a PSP cookbook? Have tires that need to be rotated? Do you need firewood?

If so, you might want to check out what's happening on the Base related to the United Way campaign currently underway, and let by chairman Capt Troy Dennis.

"We have all sorts of activities happening throughout the Base in support of United Way," offered Capt Dennis. "Some of these happen in unit lines without a lot of Base-wide fanfare, but they help raise visibility for the campaign and carry the momentum. For instance, several units have planned bake sales, pizza days, and raffles, with proceeds going towards United Way."

Other events on the Base are more public. Like the annual fall car care clinic.

"This is always well-supported," said Capt Dennis of the Nov. 2 to 4 event.

The annual chili cook-off happened Oct. 18 at Base headquarters, with participants showing off their culinary skills when it comes to sharing their sweet to sizzling spicy recipes, with the winning entry judged by those who consumed the chili. While you left the conference room with a full belly, the winning cook garnered bragging rights for another year.

Range Control is offering firewood for sale, while mess administrative assistant Shandar Elmhirst is working on a PSP cookbook which will be for sale once she's received enough recipes. Deadline for recipes is Oct. 20. Cost of the finished product will be \$10. Send your family or favourite recipes to her at shandar.elmhirst@forces.gc.ca

For any United Way events coming up, Capt Dennis noted there are posters around the Base or check in on the Stag's Facebook page www.facebook.com/ShiloSTAG/

"Preliminary count from the MFRC/MP boot blitz which happened Oct. 12 is that \$1,063.28 was raised," he said, adding "People should watch the tote board near CANEX for the current campaign total."

Meanwhile, in terms of the 2017 campaign, the focus has shifted from preparing for events to canvassing in unit lines.

"By far, the most important part of the campaign is the opportunity to give through payroll deduction," noted Capt Dennis. "Five or 10 dollars each pay adds up quickly when many people contribute. People should remember that, in Manitoba, United Way does not take administrative fees because of a provincial operating grant."

"So, every dollar given to United Way goes directly to support programs which feed the hungry, help people learn to read, or support important needs in the community. Favourite charities can also be supported through the payroll deduction form."

He added, "I am getting excited to see the forms return. We'll update the tote board every chance we get. We know

the people of Shilo are generous and I know we'll see great results over the next weeks of the campaign."

Here's what's happening on the United Way campaign, which runs to Nov. 17:

Sept. 29 to Nov. 17 — Skate Sharpening. From now until the end of the campaign, have your skates sharpened for \$2 or \$20 for a punch card that gets your skates sharpened 10 times. Contact Karen Gero at ext 3622.

Sept. 29 to Nov. 17 — Wine Raffle. Grand prize 20 bottles of wine, second prize 10 bottles of wine. Tickets are \$5 for one ticket or \$20 for five tickets. Tickets available at IPSC (L106) beside Base HQ, or see Brandi Sheppard at the GSH or Bonnie Hildebrand at the MFRC. Draw happens Nov. 17.

Sept. 29 to Nov. 17 — Christmas dinner basket raffle. \$10/ticket available through PSP. Draw takes place Nov. 17.

Oct. 10 to Nov. 17 — Grand prize raffle, with the United Way grand prize package valued at \$1,000. Tickets are one for \$5 or three for \$10, available for purchase from Capt Dennis, Lt Kang at 1RCHA, or Maj Mitton at 2PPCLI, plus Base HQ, MPSS, Faith Centre and MFRC main reception desk. Draw at 12:30 p.m. during United Way "Finish Line" luncheon Nov. 17 at L25. Note that winners must be present to claim the prize.

Oct. 30 — Forbidden Flavours United Way day. Fifteen per cent of proceeds from all sales at CFB Shilo's Forbidden Flavours will support United Way.

Oct. 31 — Halloween costume contest and bake sale. Spend \$5 to wear your costume for the day and enter costume contest. More details to follow.

Nov. 2 to 4 — Car Care Clinic. Here's what's being offered: \$15 oil change — you must bring own oil and filter; \$15 tire rotation, with tires already on rims; \$30 tire rotation and oil change; \$25 tire balance and rotation, with tires already on rims; \$40 tire balance and rotation, plus oil change; \$40 tire mounting and balance, plus rotation; \$55 tire mounting and balance plus rotation and oil change. To make an appointment call 204-765-3000 ext 3255. Work will be done from 8 a.m. to 4 p.m. Nov. 2 and 3, while Nov. 4 the hours are from 8 a.m. to noon. While waiting for your vehicle to be done, hamburgers and hotdogs will be served, washed down by water or soda pop. Or sip on a hot cup of coffee.

Nov. 17 — "Finish Line" luncheon at L25 starts at noon. This is the wrap-up to the United Way 2017 campaign. Door prizes plus the grand prize draw at 12:30 p.m.

Nov. 23 — United Way of Brandon 4 District's ninth annual community fun lunch at the Grand Salon in the Victoria Inn from 11:45 a.m. to 1 p.m. Cost is \$15.

Nov. 24 — Annual Brandon Christmas tree auction at the Grand Salon in the Victoria Inn. Doors open at 4:40 p.m., decorating begins 5:30 p.m. Auction starts 6:15 p.m., with the 50/50 draw 45 minutes later. Cost \$15. Light lunch included. Call 204-571-8929 for tickets.



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

Submitting articles and photos for print:

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

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Follow the Shilo Stag on
Facebook by visiting:<http://www.facebook.com/ShiloSTAG>

Capt Dennis wants you!

With the 2017 United Way campaign underway, Capt Troy Dennis has the campaign tote board set up across from CANEX to keep you informed on what monies have been raised from various events being held across the Base, or hosted by lodger units. Watch for posted weekly tallies.

Photo Jules Xavier



Are you ready for flu season?

Capt Suzie Beaudoin Stag Special

It's that time of year again — flu season.

I can see soldiers rolling their eyes just reading the lead sentence for this article. Believe me, when it comes to flu (influenza) season, I do the same thing since the number of medical visits during sick parade hours (walk-in clinic) increases a lot during flu season, which runs from October to May.

According to Public Health Canada, about one per cent of all medical consultations are related to the flu and increases exponentially during flu season.

Here are some fun flu facts:

- Eight million Canadians will get the flu this year;
- Achoo! One sneeze travels at top speeds of 160 km/h;
- The influenza virus was as effective as a soldier's bullet during the Great War. The 1918 influenza pandemic eventually killed more than 50,000 Canadians and up to 50 million people worldwide;
- It takes two weeks until the vaccine becomes effective and its effect lasts up to six months.

What is influenza? It's a very contagious respiratory disease which is caused by a virus. Easily spread through the air by coughing, sneezing or by touching something that an infected person has contaminated.

The Canadian Armed Forces (CAF) Surgeon General recommends to everyone to get the flu vaccine, especially those soldiers who have young children, those going on deployments, people with chronic health problems, those who provide care for those who are "high-risk."

It's also safe for pregnant women and breast-feeding mothers.

Does the flu vaccine have any side effects?

It is very safe and rare to have severe reaction to it. Most side effects involve redness or soreness at the site of injection. A few people may experience mild fever, tiredness and body aches for one to two days after their flu shot. Of course, there is a rare risk of having a serious allergic reaction (anaphylaxis).

Here are some facts related to influenza and having a flu shot:

- Most healthy people will completely recover from influenza after about one week of bedridden misery. However, each year in Canada about 500 to 1,500 people die from influenza or its complication;

- The vaccine will NOT give you the flu. The vaccine is made from inactivated or killed bits of flu virus that can NOT cause an infection;

- The vaccine prepares and boosts your immune system to help you fight the virus — its does not weaken it;

- Influenza vaccine is made of the three most prevalent strains (types) of flu in any given year and not against the common cold or other illnesses frequently confused with the flu. Those strains may change each year which is why we need a new vaccine yearly. If there is a good match, it should protect seven out of 10 people;

- It will most likely make your illness milder if you do get sick;

- Getting vaccinated yourself also protects people around you, including those who are more vulnerable to serious flu illness such as children, elderly, and individuals with certain chronic health problems;

- In addition to receiving the flu vaccine, you can also protect yourself and those around you by washing your hands frequently, coughing and sneezing into the bend of your arm — not your hands, avoiding touching your nose, mouth or eyes with your hands, cleaning and disinfecting objects and surfaces that a lot of people touch — yes, that even includes the remote control, have plenty of sleep and eat healthy foods and do physical activity to keep your immune system strong.

So to fight the flu bug, get your flu shot. Contact your medical clinic here on the Base to book an appointment. For civilians, see your family doctor or check out the flu shot clinics being offered in Brandon by Prairie Mountain Health.

The free clinics are running Oct. 21 from 10 a.m. to 5 p.m., Oct. 23, 24 and 25 from 11 a.m. to 7 p.m. out of the nurses residence gym at the Brandon Regional Health Centre, 150 McTavish Ave. E. Free parking in the front lot. No appointment required, but bring your Manitoba Health Card.

Cliff CULLEN
 MLA for Spruce Woods



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Base has new Pharmacy Officer

Leave pharmacy with medication knowledge

Capt Nick Malzahn
Stag Special

I woke up with a bit of a headache this morning, so I'll stop by the pharmacy before I head off to work.

On the shelf we have Advil, Motrin, and store brand ibuprofen. There's about 35 different Advil over-the-counter products — which one should I take?

Oh wait, looks like Motrin makes a 12-hour pain relief product, but it's sitting next to the Naproxen. I thought Motrin was the same thing as ibuprofen?

Does it matter that I have an allergy to Aspirin or that I'm taking a medication for high blood pressure? Why is this so confusing? I'll just grab one of these Advil products, check with the pharmacist, and hit the road.

Our friendly neighbourhood pharmacist to the rescue: "Since you have an allergy to Aspirin and are taking a medication for high blood pressure, this might not be the safest option for you to treat your headache," says the pharmacist. "I suggest you try some regular Tylenol."

Wow, that was a close call. Good thing I checked with the pharmacist. Thanks, you're my hero!

This writer is the new Pharmacy Officer with the 11 CF H Svcs C pharmacy team at CFB Shilo.

The opening scenario is not as uncommon as you might think and goes to show that taking your medication safely can sometimes seem confusing and overwhelming.

With that in mind here are my top-three medication safety tips:

- Make of a list of every medication you take.

And I mean every medication you take, which includes prescription, over-the counter, vitamin, herbal product, supplement, etc.

Even the home remedy that my grandma swears can cure high cholesterol, insomnia, and everything in between you ask? Yes, medications interactions can come in many forms, so we want to know about it!

Having a complete list of the medications you take makes it easier for all your health care providers to ensure you are taking them in the safest and most effective way possible. There are many smartphone apps or wallet cards online that can help everyone keep track of their medications.

- Before taking a new medication, check with your pharmacist.

There's always a chance a new medication can interact with one of the medications which you are currently taking and may not be the safest options for you.

You should always leave the pharmacy knowing everything you need to know about your medication, including why you're taking it, what to expect, possible side effects, possible medication interactions etc.

If you have any questions, even if you might think they seem ridiculous, don't be afraid to ask. As a pharmacist, we want you to be both as comfortable and safe as possible when taking your medications.

- Take charge of your medication.

Taking medication safely is a team effort between all of your health care providers and you, and you are the most important member of your health care team.

There are many user friendly websites which have numerous tools and tips to help you increase your medication safety awareness as well as showing you how to take charge of your medications.

I know you're already on the edge of your seat, so be sure to check out these websites for more information: Institute for Safe Medication Practices Canada (www.ismp.ca), Canadian Patient Safety Institute (www.patientsafetyinstitute.ca) and Manitoba Institute for Patient Safety (www.mips.ca).

Remember to always stay safe with your medications. Do not delay taking charge of your medication today.

Meanwhile, there have changes to our office hours when it comes to the Base's pharmacy. As of Oct. 10, the new hours are as follows: Monday to Wednesday, and Friday - 7:30 a.m. to noon, 1 to 2:30 p.m.; Thursday 7:30 a.m. to noon.

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

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GET VACCINATED. DON'T SPREAD THE FLU.



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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WHEAT KINGS PLAY ARMY



While the coaches looked on, the 2017-18 edition of the Brandon Wheat Kings stickhandled their way on the confidence course and rappel tower. Before lunch, they had a chance to learn about weapons used by 2PPCLI, and take shots at the “enemy” in the simulation shooting range at the MPTF. Must have helped as they came back from a road trip to Alberta where they defeated Calgary, Red Deer and Edmonton.



Bruins alumni, Stags faceoff at Gunner Arena

Jules Xavier
Shilo Stag

Sgt Ian Taylor will play alongside some of his boyhood heroes when the Boston Bruins alumni team face-off against the CFB Shilo Stags at Gunner Arena.

A long-time Boston Bruins fan, the Nov. 30 tilt will see Sgt Taylor of 1RCHA's B Bty augment a Bruins line-up that features sniper Rick Middleton, Ray Bourque, agitator Ken Linseman, Tom Fergus, tough-guy Terry O'Reilly, scoring ace Charlie Simmer, Al Iafrate, Don Sweeney and goaltender Reggie Lemelin.

"We bring our star power for these games, usually 10 of us, and we fill out the rest of our roster with players from where we are playing," said Middleton during a telephone interview with the Stag from Boston. "We have the old guys like myself, Terry O'Reilly and Charlie Simmer, so the fans have a blend of older Bruins and younger [alumni] players."

Sgt Taylor is looking forward to wearing his beloved Bruins jersey and skate alongside players he cheered for when they were playing in the NHL.

"Can't wait," he enthused.

The Shilo Minor Hockey Association president expects a good turnout for the 6 p.m. game which he's been working on since last season despite the Montreal Canadiens alumni playing in Brandon the same night.

According to Middleton, it will be the first time the Boston Bruins alumni team will visit Manitoba for a fundraising tilt, with the team playing mainly out of eastern Canada and the United States.

"It will be a nice change of scenery for our team," said 63-year-old Middleton on coming to the prairies. "Because we were coming to western Canada we called Charlie Simmer [out of Calgary] and asked if he wanted to join us for the game, and he said yes."

Simmer is best known for his scoring prowess when he played on the Triple Crown line for the Los Angeles Kings — besides Simmer, the line featured Marcel Dionne and Dave Taylor. During the 1980-81 NHL season, this trio combined for 328 points. This was the first time in NHL history each player scored 100 points or more in the same season.

President of the Bruins alumni for the past decade, Middleton knows his time playing in alumni games won't be forever because the body is telling him he's not the all-star right winger he once was during his NHL career that saw him play 1,005 games with Boston and the New York Rangers. He finished his career after the 1987-88 season with 448 goals and 988 points.

Drafted 14th overall by the Rangers in 1973, he played two seasons in New York before John Ferguson traded him for Ken Hodge on May 26, 1976.

"Years later when I was talking to (the late) John (Ferguson) he told me he did the trade for my own good," recalled Middleton on the trade. "Phil Esposito had been traded to New York from Boston, and he had asked for one of his old wingers [Hodge or Wayne Cashman]. Looking back on it, we had a losing season in my second year with New York, and being a young guy in the big city, I was having too much fun in New York."

The 1973 NHL draft produced 10 all-stars from the 16 players chosen in the first round. Besides Middleton in the 14th spot, Denis Potvin was chosen first overall by the New York Islanders, while fellow Hall of Famers Lanny McDonald went to Toronto with the



Right winger Rick Middleton and fellow Bruin defenceman Ray Bourque (above) are part of the Boston alumni team that will play CFB Shilo Stags Nov. 30 at Gunner Arena. An old hockey card of Middleton (below left) and Middleton in action with the Bruins when most NHL players did not wear a helmet (below right).

Photo supplied

fourth pick and Bob Gainey was selected eighth by Montreal.

The trade to Boston saw Middleton's career as an offensive stalwart on the mighty Bruins blossom. A sniper in the Ontario Hockey League (OHL), he only managed 46 goals in 124 games for the Blue Shirts.

Under coach Don Cherry, Middleton became not only a goal scorer, but also a solid two-way player defensively facing the other team's top line.

"In my first game as a Bruin I scored a hat-trick," he recalled. "While I got to play with some of my Original Six heroes like Rod Gilbert in New York, I also got to play with guys like Jean Ratelle and John Bucyk in Boston."

That hat-trick turned into nearly 900 points in a Bruins uniform during the next 12 years. Usually paired with centre Barry Pederson, Middleton had five consecutive seasons of at least 40 goals and 90 points and led the Bruins offensively. His leadership was apparent in being named co-captain — with Bourque — to succeed O'Reilly in 1985, a position he held until he retired, wearing the

"C" during home games.

Regarded as one of the best one-on-one players of all time, he's currently ranks second all-time in career shooting percentage (19.7) among players with 400-plus goals.

"You won't get the Rick Middleton in my youth out on the ice," offered Middleton when asked if he can still do the things he did in his NHL prime. "My legs are gone, and my knees and back give me trouble, but I can still handle and shoot the puck."

Born in Toronto, the dual citizen still calls Boston home following his retirement. He was a teenager

when the Leafs last won the Stanley Cup in 1967, with his favourite players as a kid being the Big M out of Schumacher, Ont., No. 27 Frank Mahovlich, and Rouyn-Noranda, Que. centremen and Leaf captain, No. 14 Dave Keon.

Known for his hockey skills, Middleton did have six NHL fights. He recalls his first bout was with Dave "The Hammer" Schultz of the Philadelphia Flyers. "It was my rookie year," he recalled. "Years later, when we met up and were talking, I asked him if he remembered our fight. He said 'I fought you? I had so many fights I can't remember them all.'"

Like the NHL teams having training camp before the season starts, Middleton and his fellow alumni attend an annual camp, too.

"It's a lot of fun playing alongside the younger alumni," he said. "We use the camp to prepare for our alumni season."

What can the fans, opposition expect at Gunner Arena? "Our games are always entertaining," he promised. "We play up to the talent of the other team. It's still competition when you play a hockey game, and as players, we are still competitive. We might not be as fast as we were once playing in the NHL, but we still want to win. One thing we don't do is run up the score on our opponents. We give them a chance, but we don't go out to lose a game either."

Besides the team on the ice, the Bruins also bring along their own announcer, who will entertain the fans from the timekeeper's box.

"This is unique to alumni hockey games what we do having an announcer," said Middleton. "He does play-by-play, but also offers up stats on the players and tells funny stories during the game."

He added, "The Bruins put on a good show with our alumni team. It's not just a hockey game you are coming out to see, but entertainment. But once the game starts, the object is still to win. But we do it by entertaining our audience."

Middleton's best season was the 1981-82 NHL campaign. He scored a career-high 51 goals, won the Lady Byng Trophy for excellence and sportsmanship. The following season he led the Bruins to the league's best regular season record, and set still unbroken records

that year for the most points scored in the playoffs by a player not advancing to the finals (33) and for a single playoff series (19, in the quarterfinals against Buffalo). His 105 points in the 1983-84 season tied Hodge's team record for most points scored in a season by a right winger, and remains unbroken.

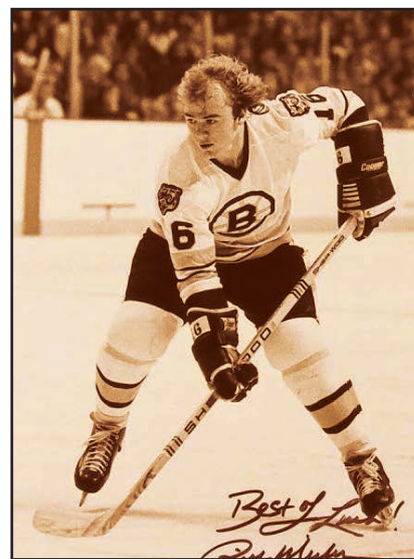
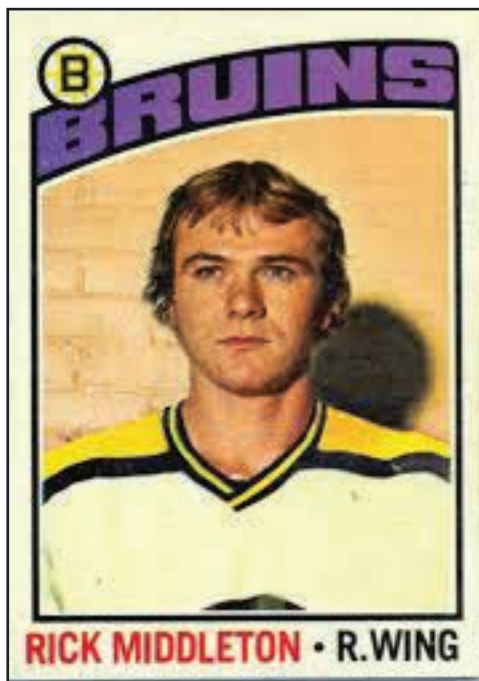
During the 1986 season, Middleton was struck by a puck on the temple in practice, and missed the remainder of the season and playoffs with a concussion. Although he wore a helmet

afterwards, and recovered enough to score 31 goals the following year, he retired following the 1988 season.

"A lot of people like to say I retired after that season because of the injury, but that was not the case," he said. "It came down to [general manager] Harry Sinden did not want to pay me, so I left the game."

When he's not playing alumni hockey games, Middleton is a partner in Orlanda Energy Systems.

Tickets for the game are available from Shilo minor hockey, unit reps and Sgt Taylor. He can be reached by texting him at 204-721-0823. Following the game there will be a VIP reception at the officers' mess for 100 individuals. Names will be drawn at random after the first period for those who are invited to meet the Bruins players when the game ends.



Shilo Theatre
(Located in the General Strange Hall)

Oct. 20 Emoji Movie Rated G
Oct. 27 Transformers: The Last Knight Rated PG
Children aged 10 and younger require adult supervision at all times.
All movies start at 6:30 p.m. Doors open at 6:15 p.m.
FREE GSH popcorn — h2o from CANEX

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

CANADIAN ARMED FORCES

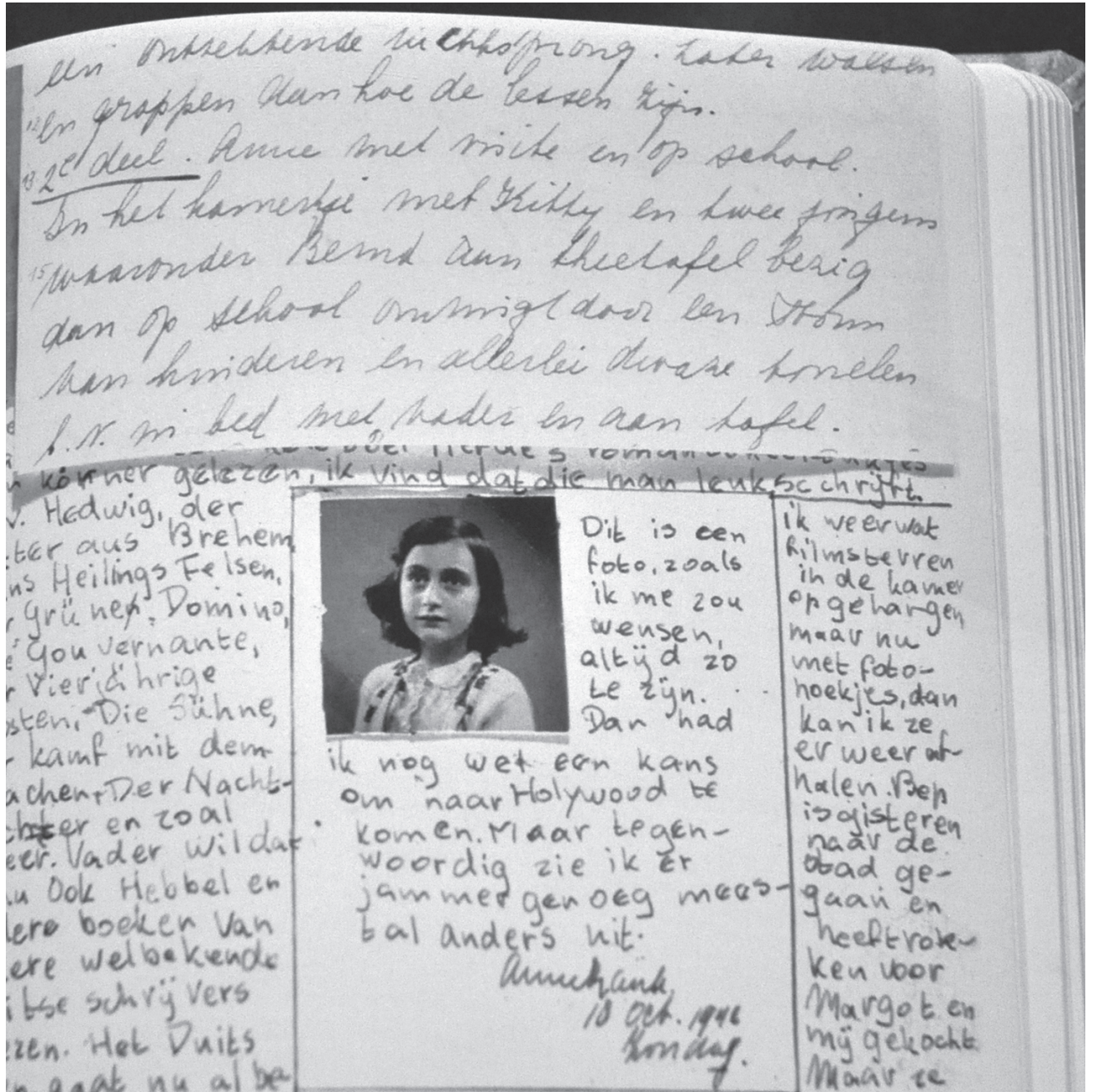
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RCA Museum has a new temporary exhibit that will run until Jan. 12. *Anne Frank – A History For Today* is a travelling exhibition that focuses on the life of Anne Frank and the history of the Second World War in Europe. The exhibition uses images from the Frank family and quotations from the *Diary of Anne Frank*. It portrays the most important developments of that time: The rise of National Socialism, the Second World War and the persecution of the Jews. The Anne Frank's diary was first published in 1947. It has been translated into 60 languages and has become one of the best known documents about the Holocaust.

WESTMAN COMMUNICATIONS GROUP

Call for Nominations

Westman Media Cooperative Ltd. (WMCL) officially announces the **Call for Nomination** of candidates for election to the Board of Directors. Nominations are now open. WMCL members 18 years of age or older are eligible, as outlined in the WMCL Charter Bylaws. Each nominee must be supported by at least two other WMCL members.

Completed nomination applications **MUST BE RECEIVED** at: Westman Communications Group, 1906 Park Ave, Brandon MB, R7B 0R9 by 5 p.m., Friday, October 20, 2017.

For a nomination application or more information, call 204.717.2010 or 1.800.665.3337, ext. 2010, Email: bakers@westmancom.com or write to the above address.

Westman Communications Group is the operating name for Westman Media Cooperative Ltd.

Westman is a customer-focused cooperative providing leadership in communication and entertainment services in Internet, cable TV, phone, and data transport.

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Remember those who fell, sacrificing their lives so you could be free after two world wars, as well as battles in Korea and Afghanistan

For our Nov. 2 Remembrance Day edition, your Base community newspaper would like to share stories, photos, and letters from the First and Second World Wars involving the men and women of CFB Shilo and area who went overseas. This could be your grandfather or great-uncle who fought in the trenches of France or Belgium in what became known as the Great War. Or your dad or grandfather who fought the Japanese in the Pacific campaign or the Germans in the liberation of Holland. What about an uncle or son — did they see action in Korea with 2PPCLI? What about the more recent Afghanistan war? We're also looking for submissions related to the centenary of the Battle of Vimy Ridge. Dust off the family photo album and drop off your war treasures at the *Stag*. Deadline is Oct. 25.

Canadian Army fosters an inclusive work environment

Soldiers with braids – a matter of identity, tradition and pride

Since the mid-1990s, the Canadian Armed Forces (CAF) has supported the right of Indigenous soldiers to wear their hair in a traditional braid while in uniform. Below is a personal reflection on the spiritual and cultural significance of this practice

Sgt Moogly Tetrault-Hamel
Stag Special

Each morning, as my wife braids my hair, she seals her love and asks for protection from her ancestors.

Growing my braid is a serious commitment. The traditional process is bound by many protocols, ceremonies and responsibilities.

I have had to cut my hair a few times for traditional reasons. It always was a hard process and felt like my spiritual connections were being severed.

When encountering other traditional Indigenous people, I feel a mutual sentiment of recognition, pride

and respect based on the length of our braids. It sometimes feels like a badge of honour.

When visiting communities outside of one's family circle, for example, a braid is a marker of pride and respect, often designating the wearer as a role model. But this respect is not free.

To deserve this honour, one must always sincerely try to carry oneself properly and follow the guidance of the knowledge keepers and sacred teachings. When one's hair reaches a certain length, the wearer then plays an even greater role in ceremonial practices, and is encouraged to share knowledge and to assist those in need.

These are obligations not to be denied.

Together, my wife and I have four children: three daughters and one son. Our son has short hair because he understands the deep meanings and duties of growing traditional hair.

It will be my son's choice to grow his braid when he is ready, but it has to come from his heart. All I can do is try my best to show him the way.

As a father, it is most important for me to lead by example and show my children that no matter how much adversity I have faced, I still stand tall and honour my ancestors and our way of life.

Traditional justice — for thousands of years, in many Indigenous cultures, when an individual would behave in ways that countered the values of the community, the family elders could demand that his or her hair be cut or shaved off as a public sign of shame and dishonour of oneself and one's family, both living and dead.

In some cases, the accused would be asked to publicly apologize to the entire community, on his or her own behalf and that of his or her family or clan.

In more extreme situations, banishment from the community could occur.

When the individual was ready to walk on the right path again, he or she would be allowed to return with full support from his or her relatives.

As the person's hair grew back, so too would the trust of the community; with honour and balance restored. Often, an individual would even take the initiative to cut off his or her hair deliberately as a sign

The ritual steps are limited to oral tradition and can often only be shared with the initiated few.

of repentance.

Ceremonial haircuts — the family knowledge-keepers advise on matters concerning the hair for both the day-to-day and ceremonial situations.

Ceremonial hairstyles and haircuts are integral parts of some union ceremonies, funerals phases, personal quests, rites of passage, healing processes, seasonal ceremonies and so on.

The ritual steps are limited to oral tradition and can often only be shared with the initiated few. Any explanation to someone who did not take part in those ceremonies would be limited to the personal perspective of the individual permitted to share it.

Official definitions or explanations can only come from the knowledge keeper or visionary of a particular ceremony.

The honour and privacy of our Indigenous soldiers deserves our collective respect. CAF members who wear braids do not wear their hair that way simply because they can.

Braids are part of their cultural identity and spiritual practice and are worn with great pride.

The CAF Indigenous Hair Policy is not an accommodation, but a right. For more information, reference the A-DH-265-000/AG-001 CAF Dress Instructions and DAOD 5516-3 Religious or Spiritual Accommodation.

I would like to salute the resiliency of our traditional Indigenous soldiers. Continue to lead the way and remember where you come from.

Sgt Moogly Tetrault-Hamel is the CAF Indigenous advisor to the Chaplain General



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CALLING ALL VETERANS!

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Victoria Inn
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We want to hear from serving and retired members of the CAF, the RCMP and their families. Join us for a town hall discussion to share your release and transition experiences. **Help us make a difference** in the lives of veterans and their families.

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100 person reception to follow game at the officers mess (names will be drawn at random after 1st period) at no extra cost!
Tickets available through Shilo Minor Hockey (for minor hockey players and families) and unit reps.
Contact Ian Taylor at shilohockey@hotmail.com or text 204-721-0823 for more info

Where's Willie?

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



Entry Form

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

Answer skill-testing question:
What NHL team drafted right winger Rick Middleton?

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.

Canadian Army improves promotion criteria for members with new directive

Devon Atherton
Stag Special

Maintaining a high standard of physical fitness and health is important for members of the Canadian Armed Forces (CAF), with Canadian Army (CA) leadership focusing on a new directive, now in place, that removes barriers to promotion which were based on a member's medical status.

The directive also encourages personnel to seek medical help as soon as they need it.

Maj Jeff Manley and Maj Peter Bishop, both CA Personnel Policy writers and analysts, are part of the team responsible for making sure the implementation process for the directive runs smoothly.

Maj Manley explained that the directive ensures members no longer need to have perfect physical fitness immediately in order to move up a rank.

Now, instead of having to complete physical fitness testing and career courses prior to promotion, CAF members have a flexible timeline to meet promotion criteria while being promoted to an acting rank.

This change is intended to help ease anxiety about seeking medical treatment earlier, and allows members sufficient recovery time without negatively affecting their careers.

"We feel members should have confidence that the CAF is modernizing," explained Maj Manley.

Maj Bishop added, "Changes to promotion requirements will improve the Forces' health overall and ensure that members are promoted based on their merit."

Maj Bishop pointed out that physical fitness is extremely important within the CA specifically. "If you think about it comparatively to the Navy and Air Force, the Navy fights with ships and the Airforce fights with aircraft. But from the Army perspective, we fight with our soldiers. They are the weapons."

Maj Manley acknowledged the Army places such an emphasis on physically demanding work that applying the directive will require much consultation and co-ordination between career managers and unit command teams. However, he added that, "making this policy work, regardless of the challenges, is perfectly within the Army's scope."

The CA's most senior medical officer, CA Surgeon Col Annie Bouchard, said the earlier a patient seeks

treatment, the more effective it will be.

"Health Services Group has high hopes that this will decrease the stigma around consulting the medical clinic in a timely manner," she said. "Particularly in the case of mental health disorders, consulting early improves those outcomes."

Maj Bishop was part of a working group held in November 2016 and tasked with finding solutions to medically-based promotion barriers. He said there were some concerns early on, but the directive does not lower existing promotion standards, which remain merit-based.

"The discussion around delinking medicals from promotion started with a shared concern among the working group members that the change would lower promotion standards," he said. "But universality of service still applies, because in order to be substantively promoted, a member still has to meet the requirements of the promotion."

Under the directive, those members with a medical condition who are given an acting promotion will be evaluated regularly to determine whether they are healthy enough to complete the remaining requirements for permanent promotion.

"In this way," said Maj Bishop, "members are given a reasonable amount of time to recover and receive treatment without lowering overall fitness standards in the long run."

Additionally, when it comes to deployment, CA leadership isn't taking any chances, Maj Bishop explained. "If, for example, a member with a broken leg is due to be deployed on operations, they would replace him or her. They wouldn't send a member off on operations if he or she couldn't physically do it."

However, the directive still outlines very important changes for promotion standards, even if it does not apply to deployment.

"Normally, you're not promoted into a position for deployment except in very rare circumstances," said Maj Manley. "This means that most promotions are usually for domestic postings. Members are not often given a promotion with the intention of deploying them right away, so the directive still applies in most cases. For this reason, the majority of members facing promotion will have less reason for anxiety when revealing their medical needs."

He asked for members to be patient and understanding as the changes begin to roll out.

"This represents a great opportunity for our organization. But, as with any change, there's going to be a transition period where we, the Army, are going to have to adjust to a new system. That's a very natural and healthy part of policy modernization, and we need to keep the bigger picture in mind."

Blessing of the Animals
Ecumenical Service
22 October at 1 p.m.
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(North of the MFRC)
Donations received at the service will be donated to an animal-related United Way charity.
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9/11 memorial

BRSM CWO Don Askeland (above) shared army stories with a US soldier during the 16th annual 9/11 memorial held at the International Peace Garden in front of steel girders which were part of the Twin Towers. Canadians actually transported the steel from the collapsed buildings, with installation done on the Dunes, North Dakota side of the International Peace Garden. BComd LCol Dave MacIntyre (left) and CWO Askeland chat with a US war veteran prior to the ceremony which featured a prayer from new Base Padre Lizzy Shanahan.

Photo Jules Xavier

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 Deadline for next issue:**

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 CAF, employees of CFB Shilo and the
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<p>CANEX POST OFFICE HOURS CHANGE There will no longer be service at the post office Saturday from 9 a.m. to 2 p.m. Instead, Monday to Friday the hours have been extended one hour, from 8 a.m. to 6 p.m. as of Oct. 16</p>			



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A SAR Tech participates in Ex SAREX 15 held on Vancouver Island in Comox, BC.

Photo Sgt Halina Folfas



A SAR Tech from 413 Transport and Rescue Squadron free fall jumps from a CC-130 Hercules aircraft during a jump camp held in Greenwood, Nova Scotia.

Photo Cpl Neil Clarkson

Want to be a SAR Tech? Deadline for CAF transfer is Nov. 10

Stag Special

For men and women in the Canadian Armed Forces (CAF) who are ready for an exciting career change, consider the current opportunity to become a Search and Rescue Technician (SAR Tech) with the Royal Canadian Air Force (RCAF).

This proud and prestigious occupation accepts Regular and Reserve Force members who want to undergo an occupational transfer from within the CAF.

This year's deadline for transfer applications is Nov. 10.

"If you are looking for a job that is as rewarding as it is challenging, then becoming a SAR Tech should be at the top of your list," said CWO Greg Smit, SAR Tech Chief and senior occupational advisor.

"If you are fit, motivated, and want to make a real difference — the difference between life and death — then you are at the top of our list as a SAR Tech candidate. We need men and women to join our dedicated SAR team, helping to uphold our motto: 'That others may live.'"

SAR Tech training takes place at the Canadian Forces School of Search and Rescue (CFSSAR) located at 19 Wing Comox, BC, as well as some satellite training locations including Jarvis Lake, Alberta, Eloy, Arizona and Alberta's Jasper National Park and Esquimalt,

BC.

The course duration is approximately 12 months, after which graduates receive their SAR Tech 'wings' and orange beret. SAR Techs are experts in an incredibly wide range of skills, including parachuting, scuba-diving, mountain-climbing, wilderness survival and emergency medical treatment at the paramedic level.

They will operate from both fixed-wing aircraft and helicopters, the latter including hoists into and out of austere locations or vessels on the high seas.

As part of a highly trained and well respected crew, SAR Techs assist in saving the lives of hundreds of Canadians every year, from coast to coast.

If this sounds exciting to you, and you're up for the challenge, you should contact your Base or Wing Personnel Selection Officer (PSO).

The deadline for submission to National Defence Headquarters is Nov. 10. In addition, MWO Morgan Biderman and Sgt Nicolas Ruel will be conducting information briefings at many Wings and Bases across Canada in the coming weeks.

For additional information, a SAR Tech recruiting PowerPoint presentation and information is available at the following website (intranet only): <http://rcaf.mil.ca/en/2-cad/air-force-training/air-ops-training-pages/sar-tech.page>

Oct. 20 7:30 p.m.
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Oct. 21 7:30 p.m.
Victoria
Nov. 3 7:30 p.m.
Kootenay
Nov. 4 7:30 p.m.
Kootenay
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Join us at **CANEX** for refreshments
Kids' Craft Table from **Shilo MFRC**

CANEX.CA One free pumpkin per family. Please bring your pumpkin carving tools. All entries must be submitted by 1600 on the 28th October, winners will be announced on October 30th 2017. All children must be accompanied by an adult