

CANEX www.canex.ca

Do Not Pay
until
MARCH
Plus
**NO MONEY
DOWN**
NOT EVEN THE TAXES!

O.A.C.

Shilo Stag

SHILO
ALONIA PARATI

Your source for Army News in Manitoba

CANEX
A division of CFMWS
Une division des SBMFC

**PRICE
MATCH**
GUARANTEE

WE WILL MATCH...
ADVERTISED PRICES ON ELECTRONICS, CAMERAS,
COMPUTERS & MAJOR APPLIANCES. DETAILS ARE
AVAILABLE IN-STORE OR ONLINE AT WWW.CANEX.CA

INSIDE This Issue



Pancakes served for United Way breakfast. Page 2



Soldiers return home from Afghanistan. Page 7



United Way ball hockey teams enjoy cold. Page 12



Townhall questions

The 3CDSG Commander Col Derek Macaulay visited CFB Shilo and held a town hall meeting at the MPTF to discuss military plans going forward in tough economic times. Questions were posed, with the colonel providing answers, or having Shilo BComd LCol Stephen Joudrey offering information. One of the questions about building new PMQs in the future was posed by Base comptroller Capt Erin Barker (inset). The CIB trophy was also showcased prior to the talk for Col Macaulay — who applauded the Base for its triumph over CFB Petawawa — by Shilo mayor Maj Reg Sharpe.

Photos by Jules Xavier



Have Your Picture Taken With Santa In Kia Court

For a complete list of hours visit shoppersmallbrandon.com

go browse **Shoppers Mall**



shoppersmallbrandon.com

Pancakes for breakfast

To all residents of
Shilo, Sprucewoods and area:
*Merry Christmas and
Happy New Year!*
Thank-you for your support.
-Ingrid Wasserberg - IKW Enterprises



Base COS Maj Scott Lloyd served plates laden with bacon, pancakes, sausage, eggs and hash browns to Capt Erin Barker and Capt Jennie Judge.



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.

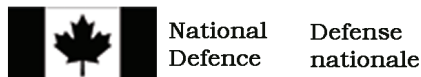
STRAY AMMUNITION AND EXPLOSIVE OBJECTS

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



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



Maj Lloyd teamed up with Stag sales consult Holly Ralph Ormsby and Maj Sharpe (inset) to serve breakfast.

BCE United Way draw was made by Maj Reg Sharpe and MWO Robert Brassington. Here are the winners: 1st Janna Mushie from Supply — 16 hours CE labour (but she supplies the material for the project); 2nd Vera Tobin from BCE — gazebo; and 3rd WO Troy Anderson from IPSC — two flower planters.

Photos by Jules Xavier

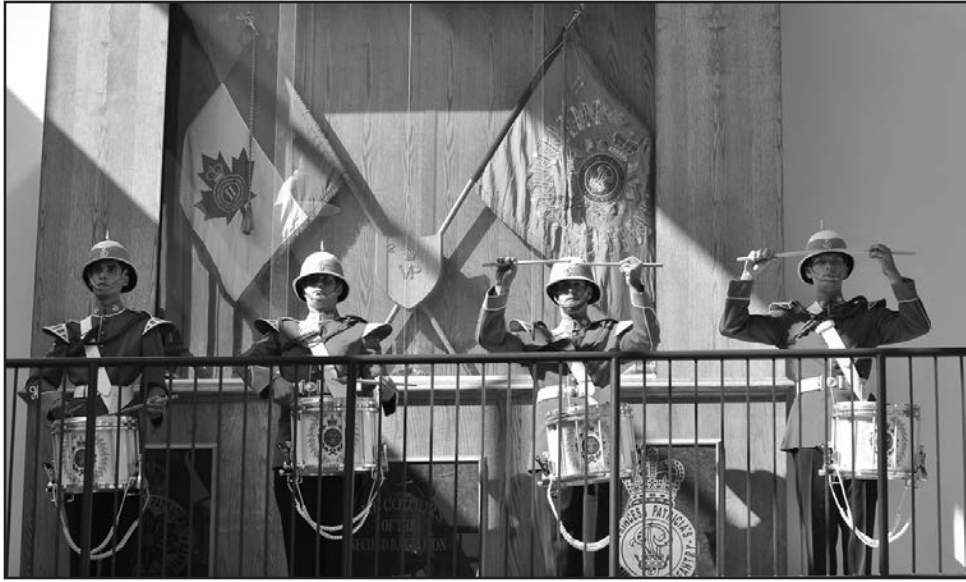


OPERATION RED NOSE is a way to get home safely with your car this holiday season. Volunteers will be on stand-by to provide safe transportation within Shilo, Brandon, Douglas, Cottonwoods and Sprucewoods. The service is entirely confidential.

November 29 and 30
December 6, 7, 10, 11, 12, 13, 14 and 31
8 p.m. – 3 a.m. all dates and
service starting at 2 p.m. Dec 10, 11, and 12.

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





2PPCLI unveiled its drum line during the Medak Pocket ceremony.

2PPCLI prepares for centennial celebrations



LCol Bob Ritchie
2PPCLI

As we pause to enjoy the holidays, it is a time for reflection.

This past summer, more than 220 soldiers from 2PPCLI deployed to Afghanistan for the final chapter in a storied campaign. Unit soldiers performed splendidly abroad, training the Afghan National Security Forces and cultivating enduring relationships with our strategic allies.

Ninety-four unit soldiers returned home in October; 100 are due back in the coming days, and the remaining 29 will arrive home between January and March. Our thoughts are with deployed soldiers and their families during this festive season and we anxiously await their safe return.

The 2PPCLI Home Team completed challenging, progressive and authentic live fire training in Shilo during October and November. Soldiers had the chance to complete field firing with grenades, many for the first time, culminating with complex platoon day and night ranges. Miraculously, the weather held.

The CDS visit to 2PPCLI in Shilo was a highlight of the fall campaign, providing a chance to showcase the Army of the West.

Fall '13 was a time for remembrance. 2PPCLI marked the year of the Korean veteran, participating in several events to honour the accomplishments and sacrifices of this historic campaign.

The unit also paid tribute to the 2PPCLI Battle Group at Medak, hosting veterans of the action, including the Battle Group Commander, Col (Retired) Jim Calvin.

Outreach events were also hosted at Kapyong Barracks this fall, including visits by several Royal Canadian Army Cadet Corps, the Brandon Wheat Kings and our Korean War veterans.

2PPCLI actively supported our affiliated towns and communities, maintaining strong bonds with the Canadian public whom we serve.

Looking ahead for 2PPCLI — 2014 plans to be exciting year for the warriors of the Second Battalion. The unit

will re-generate following the Task Force 2-13 deployment to Afghanistan, flushing out the rank and file of all five companies.

Dynamic training is planned for the winter, gradually progressing to a combined arms deployment with 1RCHA and 1CER on Exercise STRIKING RAM from March 10 to 14.

A number of 2PPCLI soldiers will also be privileged with the chance to deploy on Exercise PRAIRIE STORM from May 12 to June 1, soldiering alongside our British allies at CFB Suffield.

Finally, select soldiers from a composite Regimental platoon will participate in an international training competition in Columbia during the summer.

Several Regimental events are planned during next summer, including a building naming ceremony May 9, a Winnipeg Freedom of the City parade June 27, and the coveted NIJMEGEN march in the Netherlands from July 15 to 19.

In this our centennial year, 2PPCLI will conduct a Memorial Baton Relay from Edmonton to Ottawa to celebrate with a nation during the period Aug. 10 to Sept. 18. Soldiers will carry a baton containing a roll of honour that lists the names of more than 1,800 heroes who have died on active service with the Regiment during the last hundred years.

PPCLI centennial commemorations will be hosted in Edmonton (Aug. 7 to 10) and Ottawa (Sept. 18 to 21) by 1PPCLI and 3PPCLI, respectively.

Our anniversary plans will culminate with a Frezenberg Commemoration in 2015 from May 7 to 11 to formally mark the death of the Originals in the Ypres salient 100 years to the day of the action.

On behalf of all ranks 2PPCLI, I would like to thank the Command Teams and staff at Base Shilo and 1RCHA for your friendship, co-operation and unwavering support throughout 2013.

As 2PPCLI embarks on another calendar year, we stand ready to meet domestic and international defence objectives while deepening existing bonds with the public and our communities.

Warm wishes for a safe and relaxing holiday season!

CANEX

CFB Shilo
204-765-2343

This Week's Deals!

Christmas Dinner & Festive Supplies!

Egg Nog, Frozen Turkey, Boneless Ham, Mandarin Oranges, Fresh Produce, Dressing, Cranberries, Nuts, Crackers, Cheese, Pickles, and an Assortment of Chocolates!

Jeannies®
Ice Cream log Cake
-950g
-Reg. 17.49

12⁹⁹

Tenderflake®
Tart, Mini Tart, and Pie Shells
-255g - 350g
-Reg. 4.29 - 4.99

2/7⁰⁰

Wing Wong®
Assorted Appetizers
-400g - 850g
-Reg. 5.69 - 12.99

4⁹⁹ - 9⁹⁹

Schneiders®
Sausage Rolls, Classic Homestyle Chicken, or Beef Pies
-400g - 450g
-Reg. 4.69 - 6.49

3⁹⁹ - 4⁹⁹

Delissio®
Rising Crust Pizza
-Reg. 9.99

6⁹⁹

Janes®
Assorted Chicken Wings
-680g
-Reg. 16.99

11⁹⁹

Basili Best®
Meat Lasagna, Spaghetti and Meat Sauce
-454g
-Reg. 3.79

2/6⁰⁰

McCain®
Garlic Toast Fingers
-472g
-Reg. 4.99

2/7⁰⁰

Check our weekly in-store specials!
Too many to list!

December 6 - December 31



Volume 52 • Issue 24

Regular Circulation: 3,000

Printed bi-weekly by
Struth Publishing, Killarney MB

General manager	Mike McEwan ext 3073
Managing editor	Jules Xavier ext 3093
Base Photographer	ext 6008
Production assistant	Jillian Driessen ext 3013
Advertising rep	Holly Ralph Ormsby
Editorial advisor	Lori Truscott ext 3813
Proof reader	Elaine Bullee ext 3736

Fax: 204-765-3814 Email: stag@mymts.net

Mailing Address:
Box 5000, Stn Main
CFB Shilo, Manitoba, R0K 2A0

This newspaper is issued by authority of CFB Shilo BComd LCol Stephen Joudrey. The views expressed herein are not necessarily those of the Department of National Defence or of the editorial staff. The editorial staff reserves the right to edit, to abridge, to reject copy or advertising to adhere to the policy, as outlined in CFAO 57-5, and for clarity and/or content.

The Shilo Stag is produced every second Thursday.

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

Submitting articles and photos for print:

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

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

CFB Shilo's Canada Day celebrations garnered kudos from other Base Command teams (above) in Ottawa. LCol Stephen Joudrey rehearsed for an outdoor ceremony (right), but inclement weather forced the ceremony indoors.

Photos by Jules Xavier



BComd reflects on the past, looks to future

As 2013 draws to close I would like to pause and reflect upon some of the events, activities and efforts which have marked Base Shilo.

While this has been a year filled with challenges, pressures and stress, I believe there are also achievements which deserve one final bit of recognition before we enter the New Year.

Shilo once again mounted and supported a significant portion of the Army's contribution to the ongoing mission in Afghanistan. Soldiers and leaders from many of the units who make this Base home, left in the summer on what will be the last operational Task Force to deploy to that country.

The work required preparing them for this deployment and the support necessary to help "get them out the door" is considerable.

I would like to acknowledge the efforts of the some of the Shilo team: the sections in the G4 Branch who worked all hours to prepare equipment and cargo; the staff at 11 H Svcs C, 1 Dent Unit, the G1 Branch and the home unit Orderly Rooms who ensured that each member's personal administration was in order; and the MFRC staff and the family support representatives who worked around the clock assisting on "the home front."

The collective efforts of this Base in support of this mission was (and is) commendable.

The best qualities of the Shilo community were on display in the summer of '13. As always, the annual Lobsterfest was a resounding success.

I believe a measure of this came after the formal Base Commander's Change of Command parade July 9, when I was asked during a media interview: "Will you still be holding the Lobsterfest next summer and when do the tickets go on sale?"

Thanks to the Shilo Service Club and the sponsors for another grand community event.

For the second year in a row, Shilo hosted an outstanding Canada Day celebration. While attending conferences in Ottawa earlier this fall, the Base RSM and I were informed by other Base/Wing Command Teams they had heard about the Shilo event and complimented us on its success.

I neglected to mention that it occurred nine days before my handover – thank-you, LCol Goodyear!

While not a positive event initially, the windstorm(s) that struck CFB Shilo in the summer served to highlight the strength of this community. All of the units on Base responded in support of CFHA and helped clean up the yards and community spaces, as well as the golf course and recreational areas.

This was a key element in reinforcing the Shilo Community Council's bid for the Communities in Bloom competition. A competition which CFB Shilo won!

The fall saw the conduct of two significant field training exercises by 1RCHA and 2PPCLI. It is important to acknowledge that these do not happen without the co-operation and co-ordination of efforts of multiple units from across this Base.

There are very few sections, detachments, branches or organizations which are not involved in the planning, supporting and execution of this level of training.

The Base RSM and I have received countless comments and letters thanking the Base personnel and sections for all of their hard work. As a specific example, I would cite the outstanding support provided by the Base Ammunition Section as indicative of the level of service provided by often under-strength organizations across the Base.

The Base RSM and I are well aware of the efforts of all in making this past year a successful one.

While the workforce of Base Shilo — both civilian and military — has been reduced this year, the workload has not. This makes what each of you have done that much more impressive.

This is not lost on your leaders, supervisors and the units we all support. So, as we look to 2014, I would ask that each of us take whatever time we can away from work, to relax, take stock of the excellent work accomplished this past year, and enjoy the company of family and friends.

We will worry about January when it arrives. Let's enjoy a safe and happy holiday season.



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

Brandon

Safeway
Brandon Armoury
Women's Resource Centre - Town Centre Mall
Royal Cdn Legion Branch No. 3
Sobey's

Forbidden Flavours
ANAF
CFB Shilo
CANEX Mall
Forbidden Flavours
Shilo Community Centre
GSH

Country Club (Rick's)
All Messes
Carberry
East Side Service
Carberry Legion
Douglas
General Store

Minnedosa

Minnedosa Legion
Sprucewoods
The Shilo Inn
340 Esso
Wawanese
Lucky Dollar

Final mission in Afghanistan Soldiers demonstrate excellence

Col Lee Hammond
Special

As 2013 draws to a close in Kabul, I would like to wish everyone back home a happy and safe holiday season.

I would also like to take this opportunity to update everyone on Op ATTENTION and express my deepest gratitude to all members of Roto 3 for their contribution to the Op as well as congratulate them on the accomplishments that we have shared during the past six months.

CWO Eddie Smith and I have taken great pride in the commitment, hard work, and excellence we have seen demonstrated by our members day in and day out.

CCTM-A Roto 3 has had an exceptionally productive and remarkable deployment to date. Some examples include our health care professionals and training development experts at the Armed Forces Academy of Medical Science, who have been rebuilding the Afghan National Army medical training system.

A fledgling Afghan Air Force is flying where none existed before at Kabul International Airport North, and our mentors and advisors at Camp Eggers, Phoenix, and ISAF HQ have been working closely with senior Afghan leadership as they take complete control of their duties.

Other successes have included the basic training of more than 110,000 Afghan soldiers at the Kabul Military Training Centre, and the assembly and fielding of 161 Kandaks (Battalions) consisting of 83,936 individual soldiers at the Consolidated Fielding Centre, since the start of Op ATTENTION.

These are truly staggering numbers and inspirational examples of what has been accomplished so far.

Along with these positive indicators, there have also been reminders that these advances come at a cost.

In poignant ceremonies held at Camp Eggers, Phoenix, and Blackhorse we marked the final Remembrance Day observed by CAF troops in Afghanistan.



Afghan soldiers listen intently as their Canadian instructors teach in an outdoor classroom setting.
Photo supplied

It was particularly fitting that 3 Cdn Div soldiers partook in these ceremonies, as we have the proud distinction of supplying Canada's first soldiers in Afghanistan in 2002 and now have the honour of providing the last soldiers to leave in 2014.

For many of us, Afghanistan has been a place where we have said good-bye to close friends and the ceremonies offered an opportunity to reflect upon their sacrifices as well as those of our coalition partners.

Lastly, with our work and commitments coming to an end in Afghanistan, I would like to point out that CCTM-A has transitioned into our draw-down phase.

This means that moving forward we will be re-deploying personnel and materiel to Canada while continuously and concurrently fulfilling our operational obligations.

As we draw closer to completing our mission, I am confident that CCTM-A will continue to provide effective training and mentoring to our Afghan National Security Force partners while simultaneously conducting our mission closure activities.

Merry Christmas, happy holidays, and best wishes for 2014.

Col Lee Hammond is the former 1RCHA CO, and current CCTM-A - DComd

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



VETERANS SUPPORTING
VETERANS
SINCE 1917
"Shoulder to Shoulder"
Open to Everyone, Members & Guests
CF Members, DND, Police & EMS
ANAVETS UNIT # 10 BRANDON
31 14TH STREET 727-4747

CFB Shilo

Find us on Facebook

FOOTWEAR SALE!

- Women's Realflex • Women's Duramo
- Men's Liquid Ride • Men's Duramo
- Men's Realflex

40%

off

our regular price while quantities lasts

5-15 December 2013
AUTHORIZED PATRONS ONLY

ADVERTISED MERCHANDISE POLICY

Our firm intention is to have every advertised item available for purchase during the period of the promotion. If, for any reason, an item is not in stock, we will issue a raincheck (unless "no raincheck available" is specified on an item) on request for the merchandise to be purchased at the sale price as soon as it becomes available, or will offer a similar item at a comparable reduction in price. Due to space limitations, some smaller outlets may not carry all of the items advertised, but they will be pleased to obtain the item through special order.

We reserve the right to limit quantities. While we strive for accuracy in our advertising, errors can occur. In such cases, we reserve the right of correction. Prices & monthly payments shown do not include environmental fees & levies or any other applicable fees, levies, & taxes. Eligible authorized patrons may purchase general merchandise of at least \$49.99 on the CANEX No Interest Credit Plan, O.A.C. on approved credit. Visit your CANEX store or visit us online at www.canex.ca for all the details.

Find us on Facebook

FAMILY SUPPORT CELL CONTACT INFORMATION

2PPCLI Family Support Cell

Cpl Jonathon Gosse
jonathon.gosse@forces.gc.ca
204-765-3000 ext. 3635

Cpl Joshua Preston
joshua.preston@forces.gc.ca
204-765-3000 ext. 3638

Reception:
1-204-765-3000 ext 3638

Taskforce 2-13
Family Support Cell
duty cell number:
1-204-573-5857

Family Support Cell
Bldg T114
P.O. Box 5000 Strn Main
Shilo, MB
R0K 2A0

1RCHA Family Support Cell

Bdr Kevin Brophy
kevin.brophy@forces.gc.ca
204-765-3000 ext. 3633

Gnr Mann Forbes
mann.forbes@forces.gc.ca
204-765-3000 ext. 3638

facebook.com/pages/Shilo-Task-Force-2-13-Family-Support-Cell

Officer In Command
Capt Rob Parker
charles.parker@forces.gc.ca
204-765-3000 ext. 3632

Second in Command
WO Eric Grulke
eric.grulke@forces.gc.ca
204-765-3000 ext. 3629

Ops Sergeant
Sgt Murray Bard
murray.bard@forces.gc.ca
204-765-3000 ext. 3639

Regiment fully engaged in 2013

LCol Stuart Taylor
1RCHA

As we prepare to close the chapter on what has been an exceptionally busy year for 1RCHA it is important to take stock of our achievements.

While the unit's achievements are many, there are a few which stand out.

The Regiment has been fully engaged in a number of key commitments in support of high-readiness operations, including the deployment of TF 2-13 in support of Canada's contribution to the NATO training mission in Afghanistan, and the conduct of high readiness training as part of TF 1-13 for overseas contingency operations.

Layered on this has been a host of tasks in support of national courses as well as Brigade directed training events.

Irrespective of the mission or task, the Regiment has continued to provide the Gunner guarantee in delivering on our commitments.

Since assuming command of 1RCHA just over six months ago, I have been fortunate to observe the Regiment in action on all fronts and have been continually impressed by the steadfast professionalism and dedication demonstrated by members of the Regiment.

I am fiercely proud of what this unit has accomplished and I feel truly privileged to have been given the opportunity to soldier with an outstanding group of motivated and competent professionals.

I would also like to recognize the great relationships the unit has continued to build upon with CFB Shilo and 2PPCLI through various Base events and partnered training opportunities.

This recognition also extends to the relationships the Regiment has continued to cultivate throughout the communities of Brandon and the greater Westman area.

I look forward to strengthening these relationships through future collaborations.

Finally, and most importantly, I would like to

acknowledge the unwavering support of our families and friends of the Regiment and extend to you my heartfelt thanks and sincere gratitude.

It is your outstanding support on the home front which has lightened the burden that our soldiers have carried throughout this year's campaign. Turning the page forward into the New Year sees the Regiment occupied with continuation training for its high-readiness commitments with TF 1-13 while supporting the redeployment and reintegration of the remaining 1RCHA members serving with TF 2-13 in Afghanistan.

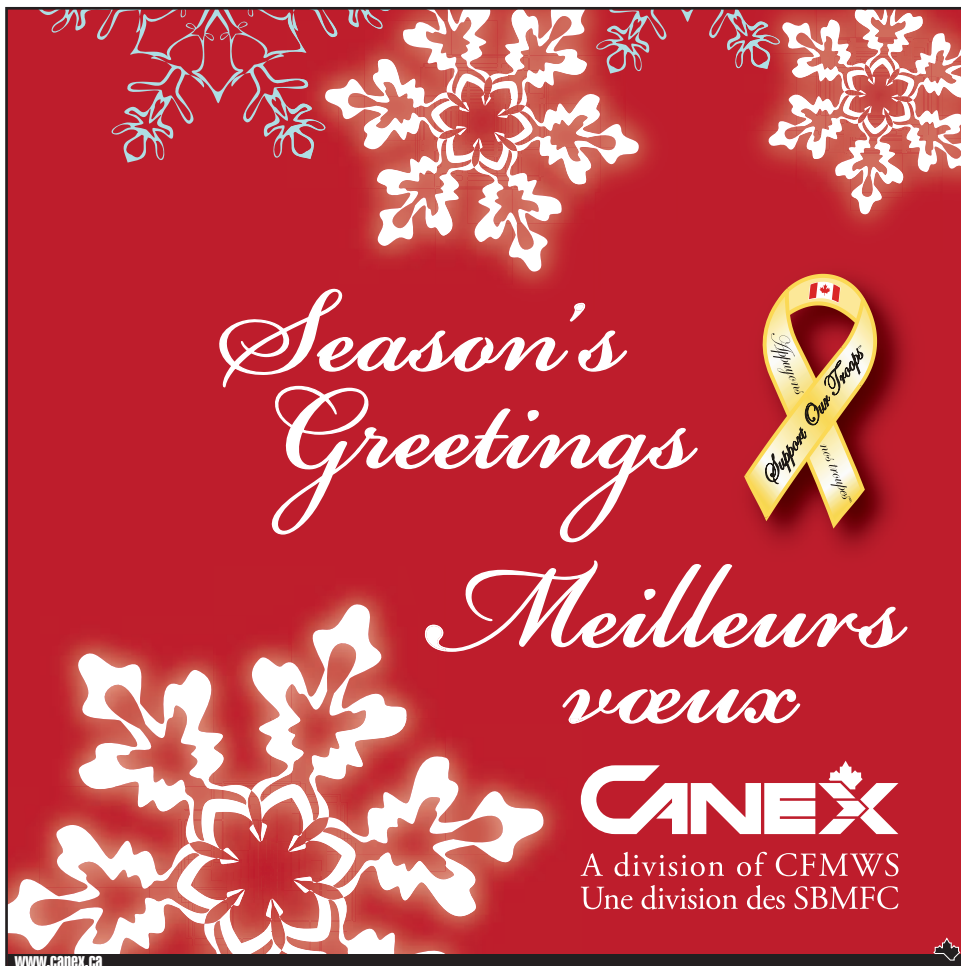
As these commitments culminate this summer, the unit will be looking forward to powering down from a high tempo period and entering into reconstitution with our training focused on maintaining foundational soldier skills and core artillery competencies.

As I reflect on the Regiment's achievements I am cognizant of how busy the unit has been this past year.

To this end, I encourage members of 1RCHA to take some well deserved time off to be with your families and friends during the upcoming weeks.

Regardless of where the holiday season finds you and how you celebrate during this special period please do so safely. I wish you and your loved ones a relaxing and enjoyable holiday and I look forward to your continued good health, good shooting and success in the New Year.

Joyeux Noel/Merry Christmas!



1RCHA CO LCol Stuart Taylor is "fiercely proud" of what his soldiers have accomplished since he arrived earlier this summer. He concedes the Regiment has been busy in 2013, with EX Limber Gunner completed earlier this fall.

Photo by Jillian Driessen

Insurance Investments Savings Advice

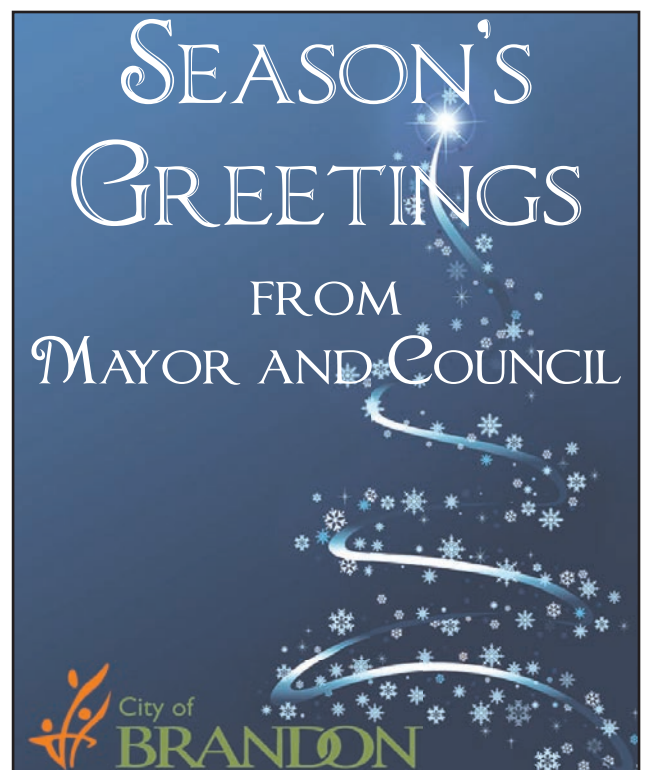
Happy holidays to our military community!



Joyeuses fêtes à notre communauté militaire!

www.sisip.com

Assurance Investissements Épargne Conseils



RETURNING HOME

Soldiers conclude mission to Afghanistan

Denise Berube
Special

After spending the past six months in Kabul, Afghanistan in support of Operation ATTENTION, soldiers from the Third Canadian Division are coming home just in time for the holiday season.

Those returning are a part of the Canadian Contribution to the Training Mission in Afghanistan (CCTM-A) and have diligently contributed to building a more secure and safe environment for the people of Afghanistan.

Excited to be home in Edmonton soon, MCpl Emilie Mitchell says she's looking forward to seeing her husband and daughters, ages two and four.

"I just missed both of my girls' birthdays," she explains. "But, with Internet here, we can do some web chat."

Her husband's "famous risotto" is also something she missed a lot — "I can't wait to go back and have that!"

But she noted there is an Afghan restaurant at the camp that competes with her husband's culinary talents: "How they combine the flavours, the spices, how they use everything to cook a meal. It is quite something."

For MCpl Mitchell, resource management support

clerk with the First Service Battalion at the Canadian Forces Base Edmonton, this was her first deployment to Afghanistan. She worked as a contract clerk in Kabul, co-ordinating with local companies the ordering of heavy machinery such as forklifts.

Like many deployed Canadian soldiers working in a new work environment, MCpl Mitchell had to face certain challenges, including the language barrier. In her dealings with local Afghan companies, she had to be very thorough to ensure important information was not "lost in translation."

Another Canadian Army soldier who is looking forward to returning to CFB Shilo for the holiday season is MCpl Matthew Hall. He says his parents in Moncton, New Brunswick cannot wait for him to return.

"I'll be getting home around Christmas time so I'm sure they'll have a lot of holiday festivities planned."

He is looking forward to seeing his two brothers who will be there to greet him as well.

MCpl Hall, a signals operator with 2PPCLI, agrees that being deployed to Afghanistan requires an adjustment.

"The first time coming to the country is hard because it's a completely different culture ... it's a bit of a learning curve to get to know all the systems I hadn't seen before."

He was able to adapt quickly, ensuring the operations and communications systems worked properly

to support the needs of all CCTM-A members.

In spite of keeping a very busy schedule working six days a week, MCpls Mitchell and Hall found ways to unwind through physical activities.

MCpl Hall picked up ball hockey, while MCpl Mitchell played indoor volleyball with her colleagues.

"I'm playing volleyball here. I play with Americans, Turks, and Bulgarians; we don't all speak the same language, but we communicate through the language of sport," she says.

MCpls Mitchell and Hall are a part of the final rotation of Canadian troops to Afghanistan.

By Christmas, approximately 275 personnel will remain in Afghanistan. All Canadian Armed Forces (CAF) members will be home by the end of March 2014.

Nothing compares to this unique experience for MCpls Mitchell and Hall.

They are very proud of what the Canadian troops of the CCTM-A have accomplished in Afghanistan, making a positive difference in the lives of the Afghan people and helping build and strengthen the ANSF.

Thanks to the high level of training that they received at home and their expertise in their respective fields, they both feel that they were able to make contribution to the larger effort.

Denise Berube is Army Public Affairs based out of Ottawa

'I'm playing volleyball here. I play with Americans, Turks, and Bulgarians; we don't all speak the same language, but we communicate through the language of sport.'

— MCpl Emilie Mitchell



MCpl Matthew Hall, a signals operator with the National Command and Support Element, inspects a cable router at Camp Phoenix, Kabul in early November.



MCpl Emilie Mitchell, a resource management clerk with the National Command and Support Element, is looking forward to returning home to Edmonton to be with her family.

 **The Shilo Stag is online!** 

 @ShiloStag

 www.facebook.com/ShiloSTAG

Follow us!

Guild
INSURANCE BROKERS Inc.



DND Military Insurance Program

PEACE HILLS INSURANCE

See our website for details
www.guildinsurance.ca

 **Cliff Cullen, MLA**
Spruce Woods Constituency

Constituency Office:
Box 129, Glenboro, MB. ROK OXO
Phone (204) 827-3956
Toll Free: 1-866-702-1241
Fax: (204) 827-3957
E-mail: ccullenmla@mts.net
Website: www.cliffcullen.com

Biologist examines ecosystem

Martin Zeilig
Voxair

CFB Shilo is a vital military training base in Canada — and an important ecosystem, according to the Base biologist.

"The unique nature of this area has been recognized for almost a century, and with proper care and management, it will sustain military training for many decades to come," said Sherry Punak-Murphy.

Despite what people may think, she said the presence of CFB Shilo has a positive impact on the surrounding ecosystem.

"Military training at CFB Shilo, as well as with other military land holdings throughout Canada, has resulted in an island oasis for species at risk of becoming endangered or threatened. Military training lands are secured from continuous human impacts such as urbanization, agriculture and transportation, and have disturbances that are more similar to natural processes."

For example, she pointed out that military live fire artillery training sometimes results in fires which help suppress the growth of aspen encroachment onto the prairie.

"This is just one of many examples of military training disturbance mimicking natural factors, and that is what makes these training areas so vital to ecosystems," said Punak-Murphy.

Biologist and conservationist John Morgan main-



The Base ecosystem features a number of wildlife and plant species, including these small green snakes. Photo by Jules Xavier

tains the natural mixed-grass prairie environment at CFB Shilo is like "stepping back" to the time of naturalist/author/artist Earnest Thompson Seton, Manitoba's first provincial naturalist, who lived in that region for several years in the late 19th century.

Studies conducted 52 years ago, described the vegetation community as being "almost primeval in condition."


"It's a very special place at Shilo," he added during a telephone interview from his home near Argyle, where he operates Prairie Habitats Inc. — a company dedicated to helping people

restore native prairies and encouraging the use of local native seeds. Most of the area surrounding CFB Shilo was settled after 1900, when the native prairie was broken for crop production.

"Today, the number of remnant patches of native prairie in the Shilo area continues to decline as they are broken and ploughed for crop production, most notably for irrigated production of potatoes," said Punak-Murphy, a graduate of Brandon University, who prefers to call herself a bio-geographer.

"The presence of the military since the early years of the past century, however, effectively conserved the native prairie at CFB Shilo by preventing the large-scale breaking of the land that occurred in much of the rest of southern Manitoba," she said.

"Research and management of listed and potentially threatened wildlife species [including plants] at Shilo is therefore an ongoing program for the environmental office at the Base."



50
Years
1963 Westoba Credit Union Ltd 2013
First in Our Community

Season's Greetings

May you enjoy a wonderful holiday season and a very Happy New Year!

— from the staff of Westoba Credit Union

1.877.WESTOBA westoba.com



Hotdogs sold for Wounded Warriors Canada

Manning his hotdog cart named for his daughter, Emma Joyce, Cpl Donald Cuthbertson of EMJ's Roller Dogs raised \$1,000 for Wounded Warriors Canada. "I know it's not a lot of money, but every little bit helps," said Cuthbertson of his donation. He sold franks from his cart at Home Depot this past summer and was able to donate his proceeds from several weekends. Cuthbertson wants to grow his business in the coming year with several large scale events. Having received support from the Royal Canadian Legion branch No. 3 in the form of a commissary, and moral support from his family and WO Maher, Cuthbertson has many supporters to be thankful for as he prepares to sell his hotdogs to hungry Home Depot customers in the summer of '14.

Photo submitted

Brandon Wildlife Association

GUN AND COLLECTIBLE SHOW

Saturday, Dec. 14: 10 a.m. - 5 p.m.
Sunday, Dec. 15: 10 a.m. - 4 p.m.

Manitoba Room, Keystone Centre

Admission \$6 per day
Children under 12 FREE with adult admission



For information call 204-725-4363

Holiday leave Register before you leave

It is that time of the year for holiday leave as many of us take an opportunity to relax and celebrate with family and friends.

Many from CFB Shilo will be leaving the area for the holidays, and in this column there are a few helpful tips for your safety and the safety of your home.

Residential Housing Unit (RHU) residents residing at CFB Shilo are required to both assign a house sitter and notify the Canadian Forces Housing Agency (CFHA) of any absence of more than two days by the primary occupants.

This form is available at the CFHA office located at 78 Kingston Ave. or information can be called in at 204-765-3000 local 4111.

Ensure your house sitter is dependable, as they will need to ensure heat stays on in your home and that the premise continues to be secure.

Walkways at homes must continue to be kept snow and ice-free during the holiday season, even if you are away. This allows easy access of emergency services to your home should the need arise.

For those travelling abroad this holiday season remember about registering with the appropriate authorities.

Military members must register with the Canadian Forces National Counter Intelligence Unit (CFNCIU) prior to non-duty (vacation) travel to any destination except the United States.

It is best to register as soon as you book travel, but it is never too late. CFNCIU will provide you safety information for your trip, important for your unique role as a military member.

To find the CFNCIU registration, go to the CFB Shilo homepage on the DWAN. It is listed under links.

For those traveling aboard, whether in the military or not, you should also consider registering with the Government of Canada.

At www.travel.gc.ca there is a registration page for those traveling out of Canada.

From the Government of Canada webpage: "Registration of Canadians Abroad is a free service offered by Foreign Affairs, Trade and Development Canada that keeps you connected to Canada in case of an emergency abroad, such as an earth-

CANADIAN MP The Military Police NOTEBOOK

quake or civil unrest, or an emergency at home."

This fantastic service is invaluable in the case of any emergency and has surely saved lives and re-connected families after many situations.

From us at the Military Police we wish you a happy, safe, and joyous holiday season.

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



Backpack for winners

Capt Dane Nicholson, MCpl David Callahan, and Capt Erin Barker each won an Addictions Awareness kit as a result of having participated in the 2013 Strengthening the Forces Addictions Awareness campaign. Participants who answered skill-testing questions online were entered into a draw to win a backpack filled with lots of great information. This year's Addictions Awareness campaign ran from Nov. 22 to 26.

LOOK MUSIC SERVICES

- RECORDED DANCE MUSIC
- KARAOKE
- LIGHTING & SOUND RENTALS & SALES
- BAND AGENTS
- SOUND REINFORCEMENT

DOUG KOOL,
OWNER
204-726-0794
BRANDON, MB
FAX: 204-728-0055
Lookmusic@wcgwave.ca

Solde de Noël du Fabricant

PADERNO

Christmas Factory Sale!

ÉCONOMISEZ JUSQU'À 74%! DU 3 AU 8 DÉCEMBRE

SAVE UP TO 74%! DECEMBER 3RD TO 8TH!

ÉCONOMISEZ 71%!
Notre **batterie Canadiana de 12 pièces** est fabriquée en acier inoxydable 18/10. Les casseroles et les poêles Canadiana comprennent une base collée par contact qui est sécuritaire pour toutes les surfaces de cuisson, y compris les cuisinières à induction. **La batterie comprend** : 3 casseroles (1,5 litre; 2 litres; et 3 litres), une cuisinière de 6,5 litres, une étuveuse de 2,5 litres, une sauteuse de 3 litres, une poêle à frire antiadhésive enduite de céramique de 24 cm/9,5 po et 5 couvercles. **Prix courant : 949\$.**

269,99 \$

71% OFF!
Our **12pc Canadiana Cookware set** is made from 18/10 stainless steel and features an impact bonded base that's safe for all stovetops of modern kitchens, including induction. Durable riveted handles, no-drip lips, oven and dishwasher safe, the Canadiana is built to last and we stand behind it with our exceptional 25 year warranty **Set includes:** 1.5L, 2L, 3L saucepans, 6.5L Dutch oven, 2.5L steamer, 3L sauté pan, 24cm/9.5" ceramic non-stick frying pan, and 5 covers. **List: \$949.00.**

\$269⁹⁹

NOUVEAU

NEW

25 YEAR warranty

GARANTIE RAISONNABLE DE 25 ANS

ÉCONOMISEZ 72%!
Rôtissoire polyvalente en acier inoxydable de 42 cm avec grille, attache à volaille et poire à jus. **Prix courant : 359,99\$.**

99,99 \$

72% OFF!
42cm stainless steel multi-roaster with rack and bonus poultry lacer and baster.

List: \$359.99. \$99⁹⁹

ÉCONOMISEZ 65%!
Coutellerie Souris de 20 pièces. **Prix courant : 99,99\$.**

34,99 \$

65% OFF!
20pc Souris flatware set. **List: \$99.99. \$34⁹⁹**

ÉCONOMISEZ 51%!
Jeu de couteaux à éplucher et Santoku. Rouge ou jaune. **26,99\$.**

12,99 \$

51% OFF!
Non-stick paring & Santoku knife set in red or yellow. **List: \$26.99. \$12⁹⁹**

ÉCONOMISEZ 66%! Wok antiadhésif en acier inoxydable de 32 cm/couvercle en acier inox/vitre. **Prix courant : 209,99\$.**

69,99 \$

66% OFF! 32cm non-stick, stainless steel wok with glass/stainless lid. **List: \$209.99. \$69⁹⁹**

ÉCONOMISEZ 70%! Théière Roseberry de 1 litre. **134,99\$.**

39,99 \$

70% OFF! 1L Roseberry teapot. **List \$134.99. \$39⁹⁹**

ÉCONOMISEZ JUSQU'À 70%!
Les poêles à frire Avonlea sont dotées de l'un des revêtements antiadhésifs à trois couches parmi les plus durables du monde. Et elles sont complètement exemptes de PFOA.

20 cm/8 po. ~~\$29,99~~ **\$39,99 \$!**
24 cm/9,5 po. ~~\$49,99~~ **\$44,99 \$!**
28 cm/11 po. ~~\$69,99~~ **\$59,99 \$!**

UP TO 70% OFF!
Avonlea fry pans feature one of the world's toughest triple-layer non-stick coatings and are completely PFOA Free.

20cm/8" ~~\$429.99~~ **Now \$39.99**
24cm/9.5" ~~\$149.99~~ **Now \$44.99**
28cm/11" ~~\$169.99~~ **Now \$59.99**

SHILO CANEX Supermart
Bldg L-125

PADERNO

Twitter, Facebook icons



Rob Lussier CD1
Sutton-Harrison Realty
445 - 10th Street
Brandon, MB, R7A 4G3
Phone: (204) 571-5911
Fax: (204) 571-5905
Toll Free: 1-877-463-5900
www.roblussier.com



25 year Canadian Forces Veteran, I speak your language!



Road to mental readiness has had a post-deployment component helping CAF members and their families to deal with psychological problems related to foreign deployments and adjusting to life when they come home. *Photo supplied*

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 did MCpl Matthew Hall do while deployed to Afghanistan?

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.

Soldiers decompress before return

Shilo Stag

A multidisciplinary team left 8 Wing Trenton in June to contribute to the third location decompression (TLD), for more than 800 Canadian Armed Forces (CAF) members — including a large contingent from CFB Shilo — who had completed more than eight months on Operation ATTENTION in Kabul, Afghanistan.

The TLD helps CAF members make a smoother transition from the theatre of operations to day-to-day life at home in Canada.

What are the program objectives? Canadian Forces Health Services is a leader in providing its personnel with high-quality mental resilience training.

Since 2010, the Road to Mental Readiness (R2MR) mental health education program has had a post-deployment component for military personnel and their families. The sessions, lasting four hours in total, are designed to better equip CAF members and their families to manage the psychological challenges of deployment and adjusting to life at home afterwards.

In doing so, the program is able to achieve its primary objective of improving short-term performance and long-term mental health outcomes.

The TLD mental health team included four military clinicians; three social workers and a clinical chaplain, as well as four uniformed operators.

The operators are experienced CAF NCOs who have taken the R2MR training and are able to co-facilitate the sessions.

The team was led by Maj Audrey Hudon, mental health program chief from 5 Field Ambulance out of

CFB Valcartier.

Their role, in addition to welcoming CAF members upon arrival at the TLD location, was to provide clinical intervention services as required, and to co-facilitate the mental health training sessions.

"The sessions were helpful to the men and women who participated in Op ATTENTION," said Maj Hudon, a senior social worker. "They help to ease the transition from theatre to home for personnel who deployed on an operation, but it also shows family members how to best deal with the situation."

During the sessions, prior to returning home, participants have an opportunity to answer questions such as:

- What skills might facilitate my reintegration with my loved ones?
- How can I overcome some of the challenges of transition and reintegration?
- What resources are available for me and my family?

During group discussions, participants have an opportunity to learn from previous experiences and from each other.

The program was developed specifically to encourage interaction and rich discussion among clinicians, operators and participants, and make the content more relevant to participants.

Although the R2MR TLD content has only been in place for three years, military members who have participated for a second time have said this training was very helpful for them in both their personal and work lives.

Program facilitators feel the sessions have been successful due to the positive feedback received from 97 per cent of participants who responded in a survey.

Join Us!

Brandon Br.#3 Royal Canadian Legion has meat draws every Friday & Saturday, bingo in hall on Thursdays, special events, dinners, and more!

ALL Military members and spouses are welcome. Children are welcome with parents.

Come see what the Legion is all about at 560 - 13th St East.



Premier Greg Selinger cordially invites you and your family to the annual

Legislative Building Open House

Saturday, December 7, 2013

1:00 to 3:00 p.m.

Join Members of the Legislative Assembly in a celebration of Manitoba's festive traditions.

Please bring a non-perishable food item or an unwrapped toy for the Christmas Cheer Board.



TM owned by JTH Tax, Inc., used under license

The Best Return for Your Money

256-10th Street, Brandon
204-727-4225

We look forward to seeing you this tax season!

FAST.ACCURATE.FRIENDLY



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

Shilo Theatre

(Located in the General Strange Hall)

Dec 6 The World's End, Rated 14A
Dec 13 The Smurfs II, Rated G
Dec 20 The Lone Ranger, 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.

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



Judging displays

It was not easy task, but Maj Reg Sharpe had the tough job of judging five food bank displays at the offices of BCE. Admin garnered top marks with a winter-scape display, while the above fireplace decorations finished runner-up.

Photos by Jules Xavier



Audience rocks

There was a full house at the Junior Ranks Club when The Trews performed. The soldout concert attracted an audience who wanted to "rock" and the East Coast band did not disappoint from the opening song, to their encore.

Photos by Jules Xavier

NEXT HOME GAMES

Dec 6 vs Swift Current 7:30 pm
Dec 10 vs Kamloops 7 pm
Dec 13 vs Kelowna 7:30 pm
Dec 14 vs Moose Jaw 7:30 pm
Dec 27 vs Regina 7:30 pm

For Tickets Call 726-3555 or Visit Wheatkings.com

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:

January 9 at noon

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

Services



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

Services

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

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

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

For Sale

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

Employment

Clerk/Cashier at CANEX. Full-time gym attendant GSH. Visit www.cfmws.com or contact npfhrshilo@cfmws.com for salary, job details.

Advertise with us!

To place an ad, e-mail hollysralph@gmail.com or call 765-3000 ext 3013

Teach kids about sharing

Courtney Brister
MFRC

The holidays are a great time to teach kids about sharing and helping those in need.

You don't need to look very far. There are plenty of opportunities to help out here in your own backyard.

Your family can find several different ways to give back during the holiday season. Teaching kids that Christmas is a time to give and, not only receive, is a great life lesson. The benefits of teaching children about charity involvement and donating to those in need have several benefits to the child.

It helps children feel helpful, it gives them an appreciation of what they have, and develops stronger social skills.

Every year during the Christmas season, the Christmas hamper program is run by Shilo MFRC and the Chaplain's Emergency Fund.

A Christmas tree with tags indicating the gender and age of a child is located in the lobby of the MFRC.

While the deadline to donate has passed for this year, several toys from the Christmas hamper will be distributed to families in need in the local community.

If you didn't get a chance to partici-

pate this year — next year the tree will be back.

Kids can pick a tag from the tree, go and pick out a new toy for that child, and deliver it to the drop box.

Some might even want to use their own money from weekly allowance, birthday money, or just a few coins they find to help buy the toy.

This is a great opportunity to teach them at an early age how they can help others. It would be a nice holiday activity for the whole family to participate in as well.

Another option to help out around the festive time of year is to drop off non-perishable food items at different Christmas hamper drop off boxes around the Base.

Next time you are grocery shopping try to explain that some kids don't have the same Christmas dinner as you, but that you can help.

The kids can pick something from the store which they like to have during the holidays or that they would like to donate to the hamper program.

Donations have all been accepted at CFB Shilo, but look for opportunities in Brandon. It's never too early to start to learn how to help others in need.

Courtney Brister is the Shilo Military Family Resource Centre school-age program leader

Base Engineers prevail

Cold and slippery can best describe the conditions for the annual United Way ball hockey tournament. When the ice had settled it was the Base Engineers squad triumphing 6-1 over 2PPCLI A Coy in the final. The champions went undefeated and dominated, plus wore the coolest headgear for staying warm.

Photos by Jules Xavier



Undiscovered Riches Await you at Sand Hills Casino!!!

Sand Hills Casino, located near Brandon Manitoba in Carberry is planned to open in the spring of 2014. The ranch style theme emerging from the rolling hills will open with 350 slot machines, 6 table games, and restaurant service for 225 with adjoining sports lounge to serve guests near and far.

We are looking for people who are passionate about service in building this exciting, friendly and fun environment as a team and have a variety of opportunities from entry level to management in all departments; that include:

- Table Games
- Slots
- Finance
- Administration
- IT
- Marketing
- Security & Surveillance
- Maintenance
- Support Services
- Food & Beverage
- Customer Service
- Housekeeping

Interested candidates should submit their resume & cover letter via our website at www.sandhillscasino.com.

All advancing candidates are subject to approval from Manitoba Gaming Control Commission (www.mgcc.mb.ca).

Join us...and Build Excitement

TWO CARDS... **BECOME ONE!**
GET YOURS TODAY!*



DEUX CARTES... **EN UNE!**
OBTENEZ VOTRE CARTE AUJOURD'HUI!*

*Eligibility conditions apply.

*Des conditions d'admissibilité s'appliquent.

WWW.CF1FC.CA • 1-855-245-0330



IT'S HERE!
FIRST 100,000 CARDS ARE FREE!
DEMANDEZ-LA!
LES 100 000 PREMIÈRES CARTES SONT GRATUITES!