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Shilo Stag

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INSIDE This Issue



Birthday wishes for 26 Field Regt backer. See page 3.



Preview of new museum gallery. Story on page 6.



You could have quit and won, too. See page 9.



Lt Ellery Burton shares a smile while donating blood at the clinic held in Shilo at the MPTF on April 9. Lt Burton was one of 66 donors. There were 51 successful donations in total, and each donation has the potential to save three different lives. Base Maintenance is planning another blood drive in the summer of 2010.

Photo by Sara Cumming

Spring car care clinic helps United Way

Support the United Way and get your wheels primed for summer driving at the spring CFB/ASU Shilo Tire and Oil Change Clinic.

The date is this Friday and Saturday, April 16 and 17 at Base Maintenance (Bldg G-400). Hours are noon to 4 p.m. on Friday and 9 a.m. to noon on Saturday.

While there you can change your tread from winter to all seasonal, including

rotation and wheel balance, for just \$5 per tire. For added performance you can inject nitrogen into your tires at \$5 per vehicle.

Another \$5 will get you an oil and filter change. Remember that you must provide your own oil and oil filter.

At the same time, get the shine back inside and out with a Car Wash at Base Pol Point (Bldg N-132). For \$5 you can

have your vehicle's exterior washed while the interior can be vacuumed for another \$5.

If all this cleaning and maintenance leaves you famished, get your fill at the barbecue Friday from 11:30 a.m. to 1:30 p.m. at G-400.

For appointments, please call ext. 3255 or 3286. All proceeds go to the Brandon and Area United Way.



**Need new wheels...
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Shilo Army Run



Friday, June 4
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8 a.m. Half Marathon starts
8:30 a.m. 10km starts

Cost:

Military/Military family member: \$5
GSH member/Athletics Manitoba member: \$10
Others: \$15

Register at the Recreation Office or call 765-3000 ext 3588/3317

Registration deadline: May 21

All proceeds go to



Excitement heats up for Lobsterfest

By Bruce Peever
Shilo Stag

Whether it was initially a tribute to east coast natives serving here, or just an excuse for a big party, this summer's Lobsterfest expects to pack 'em in.

The 7th annual Base Commander's Downhomer Lobsterfest is set for Saturday, June 19 at the Community Centre Annex (L-25). Sponsored by the Shilo Service Club, the evening features a whole fresh lobster, along with an eight ounce striploin, all for \$30 per person. Afterwards Vagrant City featuring Mike Sacharko will

entertain, along with DJ services by Look Music.

"Drop anchor for an East Coast Feast" scream the posters which will soon be seen across the base. So in other words, the tradition is alive and well.

"We believe it was started by the base commander at the time," informs Executive Assistant Elaine Bullee who has been to every one. "We used to have an Oktberfest in the fall and not much in the summer. At the time there were a lot of people from the east coast, and there still are, so the fall celebration was dropped for the big east coast feast in the

summer."

Some 800 people are expected, with approximately 900 live lobsters expected to see the pot. Knightline transportation will be provided free that evening. Buses are to leave Shoppers Mall at 5 and 7 p.m., along with the Town Centre at 5:45 and 7:45 p.m., to return at 10 p.m. and 1 a.m. Tax Taxi will be offering reduced fares.

Tickets go on sale Saturday, May 1 at the 18th Street Sobey's, the 340 Trading Post and at CANEX. You can also get your tix by calling ext. 3073. Group bookings are welcome.

The Shilo Stag, your source for Army News in Manitoba

Shilo soldier first to enrol in unique law program

Capt. Trevor Pellerine of CFB Shilo is the first successful applicant to a special program which facilitates law school admission for Canadian Forces personnel released for medical reasons. The program is run through the Faculty of Law at the University of Western Ontario in London.

"Western's support has turned my situation into a very exciting opportunity," said Capt Pellerine. "This is a great offer, for which I am truly grateful."

Capt Pellerine is a married father of three from Middleton, N.S. During his career, he received a Canadian

Forces' Decoration and a Mention in Dispatches. Capt Pellerine is currently a member of the Royal Canadian Horse Artillery, and will begin his studies at Western Law this fall.

"This is just one of many opportunities available to our members when they leave the Canadian Forces," said Major-General Walter Semianiw, Chief of Military Personnel, in Ottawa. "This show of support from Western Law will allow former CF personnel to transfer their skills to a rewarding new career."

The program provides CF personnel who are being released for

medical reasons with an opportunity to transition from the military to a civilian legal education, in recognition of their service. Western Law will provide both a simplified application process and special consideration for admission. Prospective candidates for the special program will have at least two years of university or the equivalent and be required to successfully complete the Law School Admission Test (LSAT) and an admission essay.

"We are delighted to have Captain Pellerine join our program," said Ian Holloway, Dean of Western Law. "With his life experience and the

leadership skills acquired during his years of service, I am sure he will make a great contribution to both Western Law and the legal profession. We encourage all qualified CF candidates to apply under this program."

The Western Law initiative adds to a growing list of educational and vocational-rehabilitation programs across the country lending additional support to military personnel and their families.

Submitted by the University of Western Ontario located in London, Ontario.

Green Team

Looking for a Fulfilling Summer Job? **2010**

If you are between the ages of 16 and 24, consider these opportunities:

Hometown and Urban Green Team

Employment with these programs include positions with rural municipal governments as well as rural and Winnipeg not-for-profit organizations. Projects can range from youth recreation activities, housing rehabilitation, neighbourhood safety, park and riverbank clean-ups and public education.

Positions are available from May 1 to August 31 and from June 14 to August 31, 2010.

To apply for positions, register on-line at studentjobs.gov.mb.ca. Or call 945-3556 or 1-800-282-8069, ext. 3556 after April 15 to find out which organizations are participating.

Conservation Green Team

If working in one of Manitoba's provincial parks appeals to you, a number of positions are available from general maintenance duties to assisting with wildlife and forestry. Interpretive assistant positions are also available to help deliver amphitheatre programs or provide information at interpretive centres or museums.

Positions are available from May 25 to August 20 and from July 2 to August 20, 2010.

Apply at your local Manitoba Conservation district office. For the office nearest you, visit: manitoba.ca/conservation/wildlife/about/who.html. Or call 945-7182 or 1-800-282-8069, ext. 7182 for more information.



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Clothing Online - a great system is being improved

Clothing Online provides a proven and efficient delivery system for CF distinctive environmental uniforms (DEU) to all active Canadian Forces personnel using e-business and timely 'home' delivery.

Since its inception in 2001, more than 90,000 registered users have been accessing the easy-to-use site. An on-line survey has reported that overall customer satisfaction remains constant at 89 per cent after five years of analysis.

The Clothing Online system automatically collects data on usage figures as well as the points each customer accumulates. Points are allocated annually, based on the dress of the day-Tier I (DEU) or Tier II (CF Operational clothing).

Historical usage analysis has highlighted areas where efficiencies can be made, benefitting the user and saving the

department money. It is a win-win situation, especially in the current constrained economic climate.

As of April 1, 2010, the accrual of points has been adjusted, and users will see that some clothing items have been removed, some added, and others reduced in annual entitlement quantities.

The total allowable accumulation of points will be reduced from 1200 to 300 points. Tier 1 (DEU) members will see their annual allocation of points reduced from 600 to 500 points annually. There will be no change to the annual allocation of points for

Tier 2 (Op Clothing) members.

With the introduction of new clothing, some items will be discontinued or restricted to certain users. For example, distinct environmental T-shirts for Sea, Land, and Air personnel will be introduced, and the grey

T-shirt and shorts will be restricted to recruits only. Similarly, Navy personnel who had access to two scarves – one white and one black – may now acquire only the black scarf.

Personnel should note that, based on usage data, the maximum quantity of some items for purchase in one year has been reduced. That said, individuals may still purchase additional clothing items on-line at the published prices.

An individual may petition for increased points allowance through the chain of command, if special work related circumstances warrant additional points.

For further information, please consult the FAQs on the Clothing Online site www.logistikunicorp.com/ or contact DSSPM 2-C7, Mr. Richard Lepage (Richard.lepage@forces.gc.ca) Clothing Online administrator.

Happy 85th Birthday Honorary Colonel Betty Coleman



Members of 26th Field Regiment, along with friends and family, helped celebrate the 85th birthday of Honorary Colonel Betty Jean Coleman on April 10. Honorary Colonel Coleman was born and raised in Brandon. She trained at the Winnipeg General Hospital as a Registered Nurse. She then worked as a surgical nurse in the operating rooms at the Brandon General Hospital. Honorary Colonel Coleman was appointed to her present position of Honorary Colonel of 26th Field Artillery Regiment in 2007.

Photo by Jennifer Roehl

ARE YOU A VETERAN OF THE SECOND WORLD WAR AND WOULD LIKE TO SHARE YOUR STORY OF SERVICE?

THE MEMORY PROJECT: STORIES OF THE SECOND WORLD WAR is providing every living Second World War veteran with the opportunity to share their memories through interviews and digitized memorabilia. These stories will be shared with Canadians through an extensive online digital archive at:

WWW.THEMEMORYPROJECT.COM

Join the Legacy!

If you're interested, or know a veteran who would be interested in this project, please contact us toll free at:

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Letters & Opinions



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The Shilo Stag is produced every second Thursday. Deadline for submissions is the Thursday prior to the week of publication.

Submissions can be sent to the Stag via email at stag@mts.net, dropped off at the Stag office located in the Shilo Community Centre 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.



Photo by Quinn Roberts

Michelle Jones, Consul and Principal Officer at the U.S. Consulate in Winnipeg, met briefly with staff of the Faith Centre during a recent familiarization tour across western Manitoba.

Letter to the Editor

Spring book sale a huge Rotary success

Dear Editor:

Kids still love to read!

Children from Westman elementary schools converged on the Town Centre in Brandon recently to trade coupons for books.

The Rotary Club of Brandon would like to thank our volunteers, sponsors and of course the Westman community for their support during our spring book sale held in late March at the Town Centre. Once again, this event was a huge success.

Money raised go to support Rotary's local, district and international programs. More importantly, this

event enables books to be recycled and multiple people to get enjoyment from these gently used books.

Mark September 23 to 25, 2010 on your calendar. Those are the dates for the Rotary Club of Brandon's autumn book sale. Come on down to the Town Centre at that time and stock up on something to read during those cold winter months.

Sincerely,
 Chuck Larocque
 Public Relations Rep
 Rotary Book Sale Committee

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

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General Store

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Minnedosa Legion

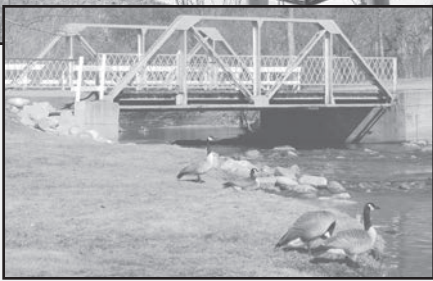
Sprucewoods

The Shilo Inn (Crang's)
 340 Esso Station

Wawanesa

Lucky Dollar

In our April 29 issue of the *Stag* ...



Need a reason to get away from it all, to explore and maybe even relax on a vacation in your own backyard? We'll give you many reasons to make the short jaunt to Souris where you'll find Canada's longest historic suspension bridge, the Hillcrest Museum, peacocks and geese, and so much more. It will be the first in the *Shilo Stag's* vacation at home series.

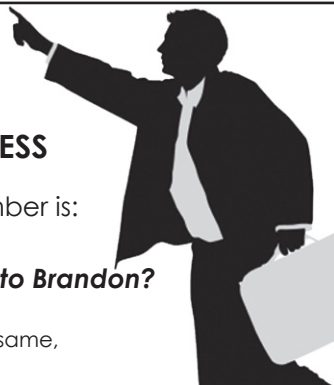
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Take time to mark Day of Mourning, April 28

On Wednesday, April 28 the National Day of Mourning is observed. This date is recognized as the day when we mourn victims of workplace accidents or illness and remember their sacrifice. It is also a time for the renewal of our pledge to rededicate ourselves to the goal of making our workplace safer.

In the 1980s, the Canadian Labour Congress first declared a National Day of Mourning on April 28. The date was chosen because on that day in 1914, the first Workers Compensation Act in Canada was established. In 1991, the Canadian government acknowledged the day with the passing of the Workers Mourning Day Act.

While the day's roots may be firmly planted in Canada, other countries quickly followed suit.

In 2000 the International Labour Organization recognized April 28, and from that day forward, April 28 became the International Day of Mourning. Today it is celebrated in more than 100 countries, marked by various workplace and community events.

To mark the 26th anniversary of the observance, a coffee break sponsored jointly by the CFB Shilo Base Commander and the Union of National Defence Employees (UNDE) will be held at 10:15 a.m. at the Flatlands Dining Hall concluding with a moment of silence to be observed at 11 a.m. All personnel are welcome and encouraged to attend.

Through coordinated efforts of a management and labour team we can achieve our common goal of a safe and healthy workplace. The defence

team has taken great strides in developing a proactive safety program and maintaining safe workplaces for all, and will continue to strive

for health and safety excellence.

Submitted by Noreen Goss, Base General Safety Officer.



Photo courtesy of Steve Morrison, Brandon Salutes

Brandon Mayor Dave Burgess, at left, made a special presentation at Brandon City Council recently to mark the centennial of the Canadian Navy. Above he presents a certificate to an officer from HMCS Brandon, a maritime coastal defence vessel harboured at Esquimalt, BC.



"Good to Go" Spring Fever Social, April 17, 2010 8:00pm-1:00am, Brandon Legion #3 560 13th St E

We'll be selling raffle tickets for prizes that night. Entry tickets are \$10.00 each.

For tickets contact: Brandon/Shilo Adam @ 204-765-5381 or Shelley @ 204- 720-7531 In Winnipeg, Colleen @ 204-898-3728

Operation "Good to Go" is a Peer Support Pilot Project where injured soldiers, through a retreat, will learn about preventative mental health care and associated issues.

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Manitoba's military history takes shape in new exhibit

By Bruce Peever
Shilo Stag

In just four weeks the wraps come off some 12,000 years of Manitoba military history.

Glorious and Free, a new 1,850 square foot addition opens Thursday, May 13 at the RCA Museum. At a total cost of \$300,000, it will be "the only place that tells the story of Manitoba's military history in one complete gallery," according to museum Curator Marc George.

Using 14, seven by eight foot panels and a dozen authentically-dressed mannequins, the new gallery will take patrons on a visual journey from the earliest native hunters through to modern day soldiers serving in Afghanistan. At one end will be a glass facade featuring an aboriginal woodland scene. At the far end will be an immigration scene/rail station. In between will be an illustrated military story not many of us are aware of, the curator informs.

"The panels will depict



Photos by Bruce Peever

Above, the crew from Keystone Glass in Brandon install one of three glass panels which will make up the entrance to the new Glorious and Free Gallery at the RCA Museum. Directly below, Clive Prothero-Brooks, Collections Manager, maneuvers several aspen saplings that will be used in a new multi-dimensional display. Below him is the new arch under construction linking the new gallery with the current museum.



different scenes from our history including Metis hunters, Fort Garry, Fort Brandon and Deer Lodge Hospital. We will have the 1697 York Factory battle, strikes in Winnipeg, and the treatment of injured soldiers who had a lifetime of care at Deer Lodge," George states.

"People like to discover something new and at this museum we try to

provide that. We want them to go around a corner, and see that there is more. If you come back six months from now, you will see entirely new ... It's a bit like time travel. By reading and seeing, this exhibit connects you to the soldiers of that era," he adds.

Like all other exhibits featured in the RCA Museum, the gallery display is not permanent. Panels are secured to ceiling joists and can be moved or replaced as the next exhibit dictates.

Looking ahead to the official opening May 13, the museum is to be dedicated by the Lt. Gov. of Manitoba, Philip S. Lee, along with Flor Marcelino, Manitoba's Minister of Culture, Heritage and Tourism who is to read the Manitoba Day Proclamation. Other dignitaries have yet to be confirmed.

George points out it was not by accident the gallery opening is concurrent with the Memorial Cup in Brandon. An exhibit outlining Canada's involvement in the Korean War will be at the Keystone Centre while the junior hockey tournament is in play.

Between now and then, enter your name into a draw for your chance to win a Memorial Cup package for two tickets for every game worth \$800. Just drop by the museum and enter the draw after paying door admission. The museum offers free admission on Thursday, April 29.



COMING SOON!

Second Career Assistance Network (SCAN) and Medical Seminar (Day 3)

12 - 14 May, 2010

Are you approaching your long-awaited retirement or thinking about a second career outside the CF? The CF recognizes that this transition is a major life-event. We address this issue by providing information and guidance to CF members and their spouses about how to effectively manage career changes or retirement.

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Enabling your Canadian Forces colleagues

We've all heard the saying that it takes a village to raise a child. In many cases, the same could be said about those addicted to alcohol and/or other drugs. I am referring to the "community" of enablers that almost inevitably surrounds each addict.

'Enabling' is making alcohol or other drug use possible or easier for the user. The user's parents or spouse might deny that a problem exists; friends might rationalize the user's behaviour (e.g., he/she is under a lot of stress right now); co-workers could cover up for the user by fixing mistakes they made as a result of their drug or alcohol use. It could be many things. But what does this mean for the



Your Health
Anne Todd

CF? What forms does enabling take in a military context?

Covering up is the most prominent form of enabling in the CF. Often, CF members will cover up for their colleagues in a well-intentioned but ill-advised attempt to protect them from discharge or to protect a friendship with the individual.

Health Promotion in the Canadian Forces
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For example, a person may go out at lunch and have two or three beers, but upon their return to work, none of their colleagues or supervisors says anything about it, despite an obvious decline in the member's job performance (studies show that alcohol/drug use can reduce the user's productivity by 25 percent). Although the co-worker and supervisor may think they're protecting their colleague, they are actually putting them, as well as anybody

who works with them (including themselves) in danger. Accidents happen, but they happen much more frequently when drugs or alcohol are involved. In fact, studies show that up to 47 percent of all people who die in a workplace accident had alcohol in their bloodstreams at the time of the accident.

If we wish to send a caring message to our members about alcohol and/or other drug use problems, we have to start by changing our at-

titudes and practices in this regard. Covering up for a colleague's alcohol and/or other drug use, despite good intentions, does not really support the user and can in fact create an unsafe workplace. CF policies regarding alcohol and/or other drug use exist and it is important for us to know what they are and how we can better support a person who has a problem. The best thing you can do for a colleague who may have an alcohol and/or other drug-related problem is to address the issue with a caring attitude and take necessary steps as outlined in the appropriate policies. If you are in a supervisory role, you need to know the policies and the servic-

es available. If you are concerned about a colleague, you need to educate yourself on alcohol and/or other drug use. Supervisory training and alcohol and other drugs training is available — check for the course time on your base. The important thing is to act now before it is too late. *Let's be a village that nurtures not 'enables.'*

Courtesy of

Deanne Chafe, MSW.

For more information, please contact the Health Promotion office in the CANEX Mall (local 3868 or 3867) or visit http://www.forces.gc.ca/health/services/engraph/health_promotion_home_e.asp.

Anne Todd is Health Promotions Director at CFB Shilo.

Who's got your back? Illegal drug use in the CF

As you all know, the Canadian Forces (CF) is committed to an impairment-free workforce. There are many good reasons not to use drugs, and this article will examine some of these reasons with respect to three specific illicit drugs: marijuana, opiates and cocaine.

Marijuana is both a depressant and a hallucinogen, resulting in a decrease in cognitive processing (thinking, decision making), sensory processing and reaction time. Other negative results from marijuana use include impaired memory, learning, and motor coordination, as well as the potential for significantly altered perception. Imagine you are on a mission and one of your fellow CF members has recently used marijuana. This person will be slower, both physically and mentally, and may even suffer from paranoia and/or

hallucinations, meaning they may think that you are the enemy. Would you feel safe with this person?

Opiates include heroin, morphine, codeine and opium. Each of these are derived from the poppy, which is cultivated in abundance in Afghanistan. Like marijuana, opiates are depressants. However, rather than being hallucinogens, they are analgesics (pain-killers). Thus, opiates can allow a person to continue performing even when they are in substantial pain. Sounds good, right? Not necessarily. Pain is the body's way of telling you something's wrong. By reducing or eliminating the pain, treatable injuries may end up as

severe injuries that could result in the inability of a member to perform their duties. This can also put your colleagues in danger if they end up one man short on a mission.

Opiates are also sedatives, resulting in a decrease in wakefulness, cognitive abilities, problem-solving abilities, reaction time and perceptual acuity — all dangerous in combat situations. And if you happen to be foolish enough to mix opiates with other depressants like alcohol, the sedative effect is greatly increased, further slowing heart rate and breathing, which could be fatal. On the other hand, if you mix opiates with stimulants ("uppers" like cocaine or amphetamines) or with Ec-

stasy, these drugs might mask the sedative effects of the opiate, making it much easier to take a potentially lethal overdose.

Even if you don't mix opiates with anything else, and even if you're

not suppressing any pain, opiates are still extremely dangerous. You can develop a psychological dependence on opiates (especially heroin) after just a single use. This dependence becomes so

all-consuming that focus or concentration on anything other than where you are going to get your next fix becomes next to impossible. Opiates also

See **DRUGS** page 9



Heading in the right direction?

Now is the time to look into Canadian Forces in-service career opportunities supported through Canada's colleges, institutes, polytechnics, cégeps, and university colleges.

Through the Non-Commission Member Subsidized Education Plan (NCM-SEP), you can study full-time at a Canadian college to prepare for a Canadian Forces occupation. You can also complete fully-subsidized college programs and courses on a part-time basis.

Reach your potential now and enhance your career prospects by completing a Canadian Forces-accredited program at a college near you. For a list of NCM-SEP programs and career opportunities suitable for support through Education Reimbursement, contact the local Base/Wing Education Office.

 Association of Canadian Community Colleges

Shilo Theatre

(Located in the General Strange Hall)

Enjoy a DVD movie and popcorn for FREE!

April 16: Tinkerbell - Rated G

April 25: White Chicks (matinee) - Rated PG

Doors open at 6:15 p.m. Movie starts at 6:30 p.m.

For more info, please call the Community Recreation Office at 765-3000 ext 3317/3588



GSH Bowling Alley

Hours starting April 15

Thursdays 6 - 8:30 p.m.

Sundays 1 - 4 p.m.

Adult \$2.25 per game

Youth \$2.00 per game

Child \$1.75 per game

Shoe rental \$0.75

No bowling May 22. Prices subject to tax.

For more info call the Community Recreation Office at 765-3000 ext 3317 or 3588

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IN MEMORIAM



Private Tyler William Todd

OTTAWA — One Canadian soldier was killed by an improvised explosive device that detonated during a dismounted security patrol in Dand district at approximately 7:30 a.m. Kandahar time on April 11, 2010. The incident occurred in the vicinity of Belanday, Dand district, approximately eight-kilometres southwest of Kandahar City.

Killed in action was Private Tyler William Todd from the 1st Battalion Princess Patricia's Canadian Light Infantry, based in Edmonton, Alberta. He was serving as a member with Task Force 3-09 Battle Group.

At this sad time, our thoughts and prayers are with the family and friends of our fallen Canadian comrade. The commitment and sacrifice of our soldiers and their loved ones are helping to make a difference in the lives of the people of Kandahar Province.

Members of Joint Task Force Afghanistan work with soldiers and police of the Afghan National Security Forces to improve security and build a better future for Afghans. Canada remains committed to bringing peace, stability and good governance to Afghanistan.

March 1st I Quit! winners



The Eighth Annual March 1st I Quit! challenge wrapped up with a prize presentation on April 9 at the CANEX Mall. The I Quit! challenge is an initiative of Force Health Protection as part of its tobacco reduction strategy. Winners received a CANEX gift card through the generous support of CANEX and SISIP Financial Services. Acting Base Surgeon Capt Isabelle Paquin, left, presented the \$200 first prize to Pte Heather Wilson, middle. Christine Fleet, second from left, won the \$100 second prize, and MCpl Andrew Lindsay, second from right, won the \$75 third prize. Health Promotion Director Anne Todd is on the extreme right.

Photo by Quinn Roberts

Health Promotion tips of the month

Active Living and Injury Prevention: Become an exercise thief! Many people incorrectly believe that they are not exercising unless they are working out in the gym. Your body doesn't know the difference between walking on a treadmill and walking to your boss's office. Using the stairs, taking the bike to the post office, walking to work, shovelling the driveway and mow-

ing the lawn are just a few examples of the opportunities you have to steal some exercise in your day.

Nutritional Wellness: Healthy eating is more than a flash in the pan – it's a lifetime commitment. We can't stop the clock, but we can age well even though our nutrition needs change as we age. Fad diets come and go, but staying the course using 'Healthy

Eating with Canada's Food Guide' as your cornerstone for healthy eating will help meet your needs for life.

Social Wellness: Keep things in perspective. Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective.

Addictions Awareness and Prevention: When someone is having a

problem with alcohol or other drugs, they usually don't want to talk about it. Although it's hard to bring the topic up, it's important that you try. You may need to talk about it more than once, and you may need to get other family or friends to support you when you talk to the person. If you don't feel safe or comfortable about talking to the person, get help from CF resource people.

Drugs

From page 8

rapidly produce a physiological tolerance for the drug, meaning that more of the drug is needed to produce the same effect. This means that with every high, the person comes closer and closer to a lethal dose (over-

dose).

Cocaine is a stimulant that produces symptoms of euphoria (extreme happiness). However, cocaine use can also result in paranoia and hallucinations, which can result in some serious problems, as previously discussed. It can

also cause twitching – a very dangerous thing if you're handling a firearm or driving. It also increases your body temperature and, at the same time, constricts your blood vessels, not allowing heat to escape your body. This can lead to hyperthermia, which could be a particularly life-threatening problem in a place as hot as Afghanistan!

Now that you know these facts, think about how you would feel if

you knew that one of your fellow members – someone in whose hands you place your life when in combat – were using these drugs. Would you feel safe? *Probably not.* Would you be safe? *Definitely not.* Now think about how it would affect your fellow members if you used these drugs. Will you do that to your friends and comrades? Always think, *Who's Got Your Back?*

Submitted by Deanne Chafe, MSW

Tire and Oil Change Clinic

April 16: Noon - 4 p.m.

April 17: 9 a.m. - noon

at Base Maintenance building G-400. For appointment call 3255/3286

Change tires or rotate and

wheel balance: \$5/tire

Oil and filter change: \$5

Nitrogen tire fill: \$5 per car

Customer must provide their own oil and filter

Waste POL disposal on site

BBQ at Base Maint Friday

11:30 a.m. - 1:30 p.m.

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Your source for relevant community news

Write to us!

To submit, email us at

stag@mts.net and include your name and phone number. We reserve the right to edit submissions for length, libel, spelling, and good taste.

What's on Your Agenda?



Volunteers Needed
for a Lions Club Car Wash on May 15 from 1-3 p.m. at the Shilo Fire Hall. For more information please call Monique at 483-0557. Reference letters available upon request.

Baby Basics
Brandon Regional Health Authority is offering a "come and go" evening with displays on current information about caring for your baby. Includes information on: cord care, car seat safety, home safety, crib safety, hygiene, diapering, SIDS, child daycare, Child Health Clinics, and Public Health Services. "Baby Basics" will be held at Public Health Services in The Town Centre, A5-800 Rosser Avenue from 6:30 - 7:30 p.m. on April 20 and April 22, 2010

Shilo Al-Anon
Family Groups (for family and friends of alcoholics) Every Thursday 7 p.m. Our Lady of Shilo Church For more information call 724-9222 CONFIDENTIAL

The RCA Museum
To celebrate the connection between the Canadian military and the Memorial Cup, all visitors in April will be entered into a free draw for two complete Memorial Cup ticket packages, a retail value of over \$800. Visit the Museum and learn why Canadians enjoy the freedom to play our national game.
Apr. 29 - Free admission in honour of the Canadian Military Engineers birthday Due to popular demand, the temporary exhibition "Light Armour", featuring a Stuart Light Tank, has been extended until June 30, 2010.

The Wii Fitness Room
at the GSH is now open to the public! All equipment needed is available at the front desk to sign out. Children 11 & under must be accompanied by an adult. For more info, call 765-3000 ext 3899.

Expecting a baby?
Brandon RHA Public Health Services is offering **FREE prenatal classes** at the MFRC. The session will include information on labour and birth, postpartum care, infant feeding and a tour of the Brandon Regional Health Centre's Maternity Ward. The next session will begin May 5, 2010 and runs every Wednesday for four weeks from 6:30 - 8:30 p.m. To register please contact Carly Druwe at 571-8475.

Daly House Museum,
122-18th St. presents:
Brandon's Hockey History: Celebrating over 100 years of hockey heritage. Come learn about Brandon's hockey legacy from the late 1800's to today. The exhibition will run from Apr. 20 until June 30. Hours: Tuesday - Saturday 10 a.m. - noon & 1 - 5 p.m. One of the oldest and most prestigious trophies in all of organized sport is the Memorial Cup. Originally donated and still honouring Canada's war dead, the championship trophy came to recognize the nation's Major Junior Champion through a tournament format for the first time in 1971. Sponsored by the Brandon Area Community Foundation.

Virden Craft and Trade Show Application
Applications are now available for the 23rd Annual Crafters' Fun Fair, 13th Annual Home Trade Show, and 3rd Annual New Car Show. The show takes place on Saturday, Sept. 18, 2010 from 10 a.m. to 4 p.m. in the Virden Legion Hall and on the Legion parking lot. To get an application mailed to you, phone 204-748-3321 or email cageysmith007@yahoo.com. You may also pick one up in person from Cadet Quarters at the Virden Legion in the basement on Tuesday evenings. That's Saturday, Sept. 18 for a good well run craft and home trade show... Sept. 18. Not Sept. 25! This is the major fundraiser for the local cadet corps and they will do a good job for you... so come to Virden.

The Brandon & Area Suicide Bereavement Support Group
is for people who have lost a loved one to suicide. All are welcome. 4th Wednesday of every month 7-8:30 p.m. The group meets at the Manitoba Farm & Rural Stress Line office Unit 1, 217 10th St. Brandon (across from Westoba Credit Union) 571-4183

Still needing the H1N1 flu shot?
The H1N1 flu shot will now be available to the public by appointment ONLY through Public Health. Call Public Health at 571-8498 to book an appointment. They are located in the Town Centre, Retail Level, A5-800 Rosser Ave.

Shilo Community Library
Monday: 6-8:30 p.m.
Tuesday & Thursday 9:30 a.m. - 12:30 p.m.
1-4 p.m. 6-8:30 p.m.
Story Time - Thurs @ 1:30 p.m.

Brandon Garden Club
Seniors for Seniors - 311 Park Ave. E, please use the North Door. Membership fees are \$20 annually/\$30 annually for couples. Visitors welcome, come to any monthly meeting for only \$2. For info please call John: 726-5351

Hope Al-Anon
Family Groups (for family and friends of alcoholics) Every Tuesday 8 p.m. Knox United Church (back door) 451-18th St. 571-3684.

April 2010 Fitness Sessions
Please register for one or all sessions by calling Janelle Boyd, Physical Exercise Specialist, 765-3000 ext 3866. There are no costs for sessions.

EDUCATION SESSIONS (Military members only)
Tuesdays: 7:30 - 8:30 a.m.
Led by Anne Todd, HP Director
April 27 - **Top Fuel for Top Performance**

FITNESS WORKSHOPS
Combat Fitness
Wednesday, April 21, noon - 1 p.m., Fitness Combat Room
Register by Monday, April 19

PRACTICE FITNESS TESTS (Military Members Only)
CF EXPRES Test
Monday, April 26, 1 p.m., Gym C
Registration Deadline: Friday, April 23 at 4 p.m.

BINGO
Sprucewoods Community Hall every Thursday evening
• Share The Wealth at 6:30 p.m.
• Early Birds at 7 p.m.
\$Win Cash\$
\$1,000 in 52 numbers Canteen open!

CLASSIFIED ADS

**\$10 for first 20 words, 10¢ for each additional word*
Deadline for next issue:
April 22, 12:00 PM**

**Non-commercial ads only. Free ads restricted to members of the CF, employees of CFB Shilo and the citizens of the surrounding area (Sprucewoods, Douglas and Wawanesa, as well as local rural areas). Free ads will run for a period of two months, but can be extended upon request.*

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

For Sale

Beautifully treed half acre lot for sale in Sprucewoods, asking price is \$20,000. Feel free to call or email me for pictures at 763-8969 or cell 721-1738 or email kira_ledarney@hotmail.com.

Antler Hills

Phase two - has two five acre lots available. Phase three - opening soon - has 10 to 20 acre lots. Good for horses. Ph 834-3752 (C) 724-6580.

Acreage For Sale

WAWANESA - Enjoy country living in this ready to move into 1120 sq. ft. 2 + 1 bungalow with attached garage (20 x 28). Very private 11.6 acres, partially fenced for horse lovers. Only minutes from beautiful Pelican Lake. For more info or to view, call Bob Daymond Sutton-Harrison Realty (571-5918).

Advertise with us!
Email us at stag@mts.net or call 765-3000 ext 3013.

Business Opportunities

Excellent Hardware business with full line of hardware - housewares - farm supplies & several profitables sidelines, three extra lots for future expansion. Family operated for the past 17 years. Turnkey with a promising future located in Wawanesa. Glenboro - Automotive Repair shop, CC block building 40 x 80 includes full line of shop equipment, automotive stock & storage building. Call for details on these business opportunities. Dave Mooney 824-2094 Countryland Realty

Out of Town Homes

Beautiful Log Home over 2,500 sq. ft. on two levels on two large lakefront lots on Noble Lake - seven miles south of Wawanesa. Private wooded location. Call Dave Mooney 824-2094 Countryland Realty.

Wanted

Daily ride needed to and from the Corral Centre in Brandon for last two weeks of April. 702-0150

Services

Housecleaning svcs. avail. Call Trish @ 763-4507 to make an appt. Criminal record check avail.

Greg Steele, Canadian Firearms Safety Course Instructor/Examiner • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses Held Regularly • Examinations by Appointment • 204-725-1608 • Email: ggs57@wgcwave.ca
Next dates: MHSC May 28 & 29 Brandon. CFSC May 29 Brandon. CRFSC May 30. Then June 11, 12, 13. Call or email for training calendar.

Love to cook and looking for something fantastic? Everything from spices to cookware. **All natural ingredients.** 85+ salt-free products. All but 14 products are **gluten free!** Book your free tasting party or get a catalogue today! Please call or email Brice Verhoog to learn about Epicure Selections. (204) 765-2868 or nathanandbrice@hotmail.com.

Services



St. Barbara's Protestant Chapel
Sundays @ 1030 with Sunday School & Nursery
Rev Wilson - ext 3088
Padre King - ext 3381
Padre Olive - ext 6836
Our Lady of Shilo Roman Catholic Chapel
Sundays 1030 hrs
Confession 1000 hrs
Weekday Mass - Tuesday to Thursday, 1205 hrs
Padre Boyden - ext 3089

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Shilo Military Family Resource Centre



Give back to your community - Join the MFRC Board of Directors

By Maj Neil Gregory

It is my pleasure to contribute to this column in my capacity as an Ex-Officio member of the Shilo MFRC Board of Directors. It is a highly enjoyable position and one that I take very seriously in that I provide the conduit from your Base Commander, Lieutenant-Colonel Luc Généreux, to the board and Executive Director to ensure the MFRC is meeting as many of our community needs as possible.

For those who aren't familiar with the governance of the MFRC, our Executive Director, Willie van Lankvelt who most of you will know, is responsible to your Board of Directors to ensure that your MFRC is providing first-rate services and programs in accordance with the needs of our community and the mandate of the Directorate of Military Family Services (DMFS). Your Board of Directors, a dedicated group of volunteers from our community and chaired by Shannon Barnes-Girouard, is consequently responsible to YOU.

An Ex-Officio member is a member of a body (such as a board, committee, council, etc) who is part of it by virtue of holding another office.

The term originates from the Roman Republic and is Latin, meaning literally "from the office", and the sense intended is "by right of office". So, as your Chief of Staff, I am privileged to provide the Base Commander's priorities and vision to the board, however I have no voting rights when it comes to decision making. I am also joined in this capacity by representatives from 1 RCHA and 2 PPCLI who constitute the majority of families that the MFRC serves.

All of the employees and volunteers who actually make the MFRC function and provide all of the services are an extremely dedicated and diverse group that have a singular collective goal in mind: that is to ensure that our soldiers and their families are provided the necessary support that is required due to being part of the military community. To that end, I would like to remind you of the mission statement of the Shilo MFRC: "Embracing the uniqueness of the military lifestyle, we will provide individuals, families and community with a strong foundation while fostering growth, belonging and resilience."

But, the Shilo MFRC needs and wants your involvement and feedback

in order to ensure that the quality and quantity of services and programs are meeting your needs. There are a number of ways that you can contribute. First, there is always a need for enthusiastic volunteers on board sub-committees that tackle certain projects or issues. The small group of dedicated board members can't do it all and they would enjoy hearing fresh ideas

and proposals to ensure the MFRC remains 'on target.' Second, DMFS administers an annual Participant Survey that collates anonymous feedback from our families and produces a report for the Base Commander. Traditionally, only about 50 people fill these out and submit them. In order for the results to be as valid as possible, we would enjoy seeing many more people fill these

surveys out. As well, every year we hold the Annual General Meeting to which everyone is welcome to attend. In this forum, everyone has the right to vote on and discuss the many issues that the board administers on your behalf.

These are just some of the ways that you can influence how the MFRC provides you with services. Your involvement is essential and very wel-

come. The Base Commander and I want to ensure that CFB Shilo is a wonderful and vibrant place in which to live and work, and the MFRC is one of several important organizations that contribute to that aim.

I wish everyone a wonderful spring and a warm welcome home to TF 3-09.

Maj Neil Gregory is the CFB Shilo Chief of Staff.

Upcoming events at the MFRC

Date	Program	Time	Cost	Registration deadline
Adult				
April 20	Get Your BBQ Ready	2-3pm or 7-8pm	FREE	Noon on Friday, April 16
Deployment				
You set the date in April	Spouses of Spouses away	You pick the time	FREE	Noon on Thursday, April 1
April 24	Children's Deployment Break	1-4pm	FREE	Noon on Wednesday, April 21
April 24	Children's Deployment Afternoon	1-4pm	FREE	Noon on Wednesday, April 21
April 28	Deployment Coffee Break	7pm	FREE	Noon on Tuesday, April 27
April 29	Deployment coffee Break	7pm	FREE	Noon on Tuesday, April 27
Youth				
Looking for a parent free zone? Drop in to the Teen Centre for Video games, TV, foosball, high speed internet, musical instruments and much more! Special activities planned throughout the month Hours of Operation are: Monday, Tuesday and Thursdays: Tweens (12-14yrs) 6-8pm and Teens (14-17yrs) 8-10pm Fridays: Tween and Teens 6-11pm				
School Age				
April 30	Card Making Workshop	6-9pm	\$ 20.00	Noon on Friday, April 23
April 21 & 28	Keen Kids	5-6pm	\$ 1.00 drop in fee	No registration
April 21 & 28	Kool Kids	6-7pm	\$ 1.00 drop in fee	No registration
April 21 & 28	Kooler Kids	7:30-9pm	\$ 1.00 drop in fee	No registration
Preschool				
April 20 & 27	Tumbleweeds	9 : 3 0 - 11:30am	FREE	No registration
April 16 & 23	Baby & Me	Every Friday Morning 9:30-11:30am	FREE	No registration
Brandon Occasional Childcare				
April 17	Childcare for 2-12 yrs	12-4pm	\$ 3.00 per hour	Call 765-3000 ext 3352 to book
April 20	Childcare for 2-12 yrs	5-9pm	\$ 3.00 per hour	Call 765-3000 ext 3352 to book
April 21	Childcare for 2-12 yrs	9 a m - 12pm	\$ 3.00 per hour	Call 765-3000 ext 3352 to book
April 28	Childcare for 2-12 yrs	9am - 12pm	\$ 3.00 per hour	Call 765-3000 ext 3352 to book

It's time to register for 2010 - 2011 Pre-Kindergarten

All sessions have limited space so sign up today!

Pre-registration information

Sessions run mornings (9 - 11:30 a.m.) or afternoons (1 - 3:30 p.m.)

- 3 Sessions per week/per month \$105
- 2 Sessions per week/per month \$70
- 1 Sessions per week/per month \$35

Your child must be 3 years of age by December 31, 2010 and completely toilet trained (no pull-ups)

To register contact the MFRC reception at 765-3000 ext 3352 or Val White, Pre-K Director at 765-3000 ext 4554.



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ON APPROVED CREDIT
Includes \$1,395 Freight & PDI



Accord LX Sedan Automatic
model CP2F3AE

2010 ACCORD LX Sedan

PRICE LOWERED BY \$500[¥]
NOW MSRP \$27,540 For Accord LX Sedan Automatic
Includes Freight & PDI

LEASE FOR /APR **\$298[#] @ 2.9%[£]**

PER MONTH FOR 48 MONTHS WITH \$3,964 DOWN
ON APPROVED CREDIT
Includes \$1,550 Freight & PDI



CR-V LX 4WD
model RE4H3AEY

2010 CR-V LX 4WD

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NOW MSRP \$29,880 For CR-V LX 4WD
Includes Freight & PDI

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ON APPROVED CREDIT
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