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Volume 48 Issue 7

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photo by Quinn Roberts

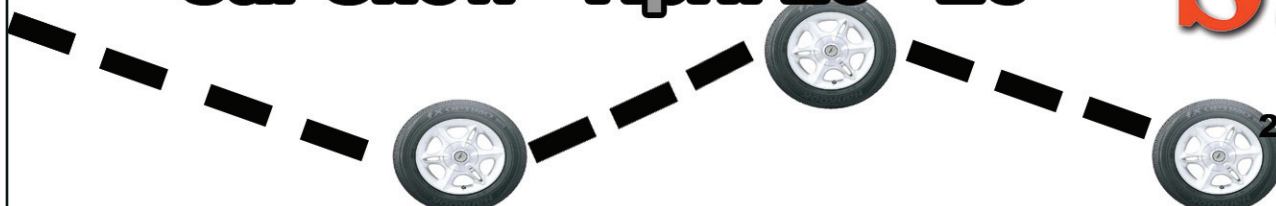
Abby Willson of the CANEX receives a commendation from LCol BComd JJ Schneiderbanger for her commitment to spouses of deployed Shilo soldiers. Willson's effort in offering support to community members during deployment was honoured during a ceremony recognizing 1 Area Support Group (IASG). Details on page 3.

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731 hands over to new Commander

MCpl T.C. Thistle
731

On 27 Feb CO, Maj Ian Krepps handed over command to the DCO, Capt Jim Barscello, until the incoming assumes the reins this summer. After almost two years at the squadron, Maj Krepps is leaving to deploy to Afghanistan on TF5-09 where he will be employed with ISAF HQ in Kabul as Chief JCCC IS.

Major Krepps, CD joined the Canadian Forces in June 1990 and attended both Royal Roads and the Royal Military College (RMC) of Canada.

Since graduating he has served with 1 CMBG HQ&SIGS, NDHQ Assistant Deputy Minister as a Satellite Systems Engineer, 2 CMBG HQ&SIGS as a Tp Comd, 1 RCR as the Regimental Signal Officer, Directorate of Land Requirements Ottawa as the

desk officer responsible for Command and Control applications, interoperability projects and Blue Position Awareness and lastly as the CO of 731 Signal Squadron. He has deployed with 1 RCR Battle Group to Kosovo as part of Operation KINETIC Roto 1. Upon completion of his tour, Maj Krepps will be posted to DGLEPM in Hull, QC as the LCSS STSC TECH.

In addition, 1 ASG celebrated its 10 year anniversary on February 5, 2009, with a parade and formation patch ceremony at CFB Edmonton. The patch is graphically represented by the prairie ram symbolizing the formation under LFWA and a picture of a fort symbolizing its support to the Army. At the squadron's Change of Appointment ceremony, each military and civilian member was presented with a patch or a pin to distin-

guish their affiliation with 1 ASG.

731 Signal Squadron was formed in 1958 and has been located in Shilo ever since. The squadron provides non-tactical signal support, telecommunications and information technology services to members including 1 ASG, 1 CMBG and 38 Bde. The squadron's service area stretches from Thunder Bay to the Saskatchewan-Alberta border and the unit is comprised of just over fifty military positions, harmonized with its 15 public servants.

Capt J.A.G. Barscello, CD joined the Canadian Forces in March 1987. He became a journeyman Fire Control System technician and served with 1 Service Battalion Calgary, 1 Service Battalion Detachment Shilo and 1st Royal Canadian Horse Artillery Shilo. In 2001, he graduated with a Bachelor



Maj Ian Krepps (front center) at the change of command ceremony on March 27 at the MPTF.

of Science Degree in Computer Science and Geology, at Brandon University under the University Training Program NCM. Upon completion of his phase training at CFSCE, he was posted to

731 Signal Squadron as Tp Comd and then as Ops O.

In July 2006 he was posted to 2 PPCLI as the Battle Group Signal Officer and upon completion of TF1-08 he returned to the 731 as the

Deputy Commanding Officer. In addition to TF1-08, he was deployed on United Nations missions; Op UNTAG - Namibia, and to Kuwait - post 'Gulf War' for Op UNIKOM.

What is the weapon of the artillery?

Cpl Bill Gomm
38 CBG PA

The gun detachment (det) Second in Command (2IC) is the glue that holds the det together," said Master Warrant Officer (MWO) Dan Sembalerus, the Battery Sergeant Major (BSM). "Depending how they perform, he or she can make or break a good gun det."

Soldiers of 38 Canadian Brigade Group (38 CBG) Artillery Tactical Group (ATG) took part in Exercise PROWLING GUNNER VI 21-22 March.

The role of a gun det 2IC is quite similar to an infantry section with some noticeable exceptions. Unlike an infantry section 2IC, a gun det 2IC is primarily on the

gun and his or her primary responsibility lies with the ammunition, the count and making sure the ammunition is being handled properly.

"The C32 fuse is what we're working with mostly today," said Master Bombardier Michael Hague, 2IC of number 3 gun. "Putting them on the right projectile, ensuring the fuse gets set

properly and gets locked into place."

"We use the Multi Ordinance Fuse Artillery (MOFA) fuse setter," said MBdr Hague. "It's an electronic fuse setter, which is a lot different from the previous ones we've had in the past which were all manual."

Besides the handling of the ammunition, the det 2IC is the one indi-

vidual that probably has the most contact with the rest of the det. He or she will fill in when the det commander is absent.

"It's fun taking over for the number one," said MBdr Hague. "You are the man in the moment; you're in the trails and you're in control."

MBdr Hague is starting his sixth year in the artillery and considers it

to be a great job and is looking to going overseas in the near future.

When asked about what it is like to be in the artillery, he said: "The best part about being in the artillery is the knowledge that everyone you're working with knows their job to perfection."

"So that rounds will be 'on target, on time.'"



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22 years of loyal service



photo by Quinn Roberts

WO Evens (left) was presented the first clasp to the Canadian Forces Decoration (CD) which denotes 22 years of loyal service by LCol J.J. Schneiderbanger BComd on April 8. The CD is presented at 12 years of service with a clasp added every ten years.

1ASG recognized at parade

Sara Cumming
Shilo Stag

Members of 1 Area Support Group (1ASG) at CFB/ASU Shilo were recognized for their service at a ceremony held April 9 by LCol BComd JJ Schneiderbanger.

1ASG consists of military and civilian personnel from across Western Canada who provide the support necessary to ensure successful training and operations within the Canadian Forces.

"1ASG manages army support services in half of Canada in Land Force Western Area (LFWA),

from Thunder Bay to the Pacific Ocean," said Capt Reg Coppicus, Shilo's Base Adjutant.

The ceremony was held to recognize the ten years of the existence of 1ASG, as well as ten years of Shilo's membership in that organization. Military members received a patch, and civilians received a pin.

"The creation and wearing of [the patches and pins] strengthens the concept that we are all one DND team," said Capt Coppicus.

A reception was held for all the attendees after the event.

Base Commander's Commendations
Carolynn Derksen, PSP (Fitness and Sports)
Abby Willson, CANEX
Clinton Langan, CE
Michael Markmann, CE

Promotions
From Pte(T) to Cpl, Pte Huntley, SP, B Maint
Civilian of the Quarter

Janelle Boyd, PSP (Fitness and Sports)

Public Servant Long Service Awards

Sarah Lamb, G1, 15 years

Norm Tait, G4 Maint, 25 years

M. Nadine Williston, G1, 25 years

Richard Hanna, G4 Supply, 35 years

Tom Ball, BCE, 35 years

Clive Prothro-Brooks, RCA Museum, 35 years

Kevin Rose, BCE, 35 years

Non Public Funds Employees Long Service Awards

Patricia Marion, PSP Messes, 25 years

Karen Gero, PSP Country Club, 25 years

Mayor of CFB Shilo Presentation

WO LB Crowder - Mayor 07/08

Green Team

Looking for a Fulfilling Summer Job?

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

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 19 to August 21 and from July 2 to August 21, 2009.

Apply at your local Manitoba Conservation district office. For the office nearest you, visit: manitoba.ca/conservation/wildlife/about/who.html. Or call 204-945-7182 or 1-800-282-8069, ext. 7182 for more information.

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 4 to August 21 and from June 15 to August 21, 2009

Apply at your local municipal/community office. For youth living in rural Manitoba, register on-line at manitoba.ca/students/jobs. Or call 204-945-2343 or 1-800-282-8069, ext. 2343 after April 15 to find out which organizations are participating.



photos by Quinn Roberts

Members of 1 Area Support Group (1ASG) at CFB/ASU Shilo were recognized for their service at a ceremony held April 9 by LCol BComd JJ Schneiderbanger. 1ASG consists of military and civilian personnel from across Western Canada who provide the support necessary to ensure successful training and operations within the Canadian Forces.



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Before You Fill Out Your Tax Return

Pierre Goulet
SISIP

Now that the RRSP season is behind us, Canadians turn their attention to income tax time. The deadline for filing your 2008 tax return is April 30th 2009. Depending on your situation, non-refundable tax credits can help reduce your tax base. Here are a few simple tips you should keep in mind.

Charitable donations

Those of you who make donations to your favourite charity will get a tax credit when these are claimed on your tax return. Keep in mind that the federal credit is 15% on the first \$200 and 29% on amounts above \$200. In addition, there are corresponding provincial credits based on your province's tax rates.

Charitable donation receipts can be transferred to your spouse. The higher income earner should claim all donations if the province of residence has a provincial surtax and the higher income earner is subject to it. This way you will get the maximum credit against the income in the highest tax bracket. If surtaxes do not apply, either spouse can claim the donations.

Medical Expenses

Medical expenses are also transferable between spouses. Medical expenses can include amounts paid outside of Canada and they must be more than 3% of your net income or \$1,962, whichever is less. Therefore, the spouse with the lowest income should claim all expenses.

You can claim the expenses of all immediate family members (child, spouse, parent, grandparent, brother, uncle, niece...) who depended upon you for support during the tax year. The total of these expenses must be more than the lesser of \$1,962 or 3% of the dependent's net income for the year up to a maximum of \$10,000.

You can claim medical expenses paid in any 12-month period ending in 2008 that were not claimed in the previous year.

Tuition and Education Amounts

You can claim fees paid for post-secondary courses. Each claim must be \$100 or more for each educational institution and the institution should provide you with an official tax receipt or a form T2202A. A portion of the education amounts can

also be transferred from spouses and children. To find out what amount is eligible, complete the calculation on the back of your T2202A or schedule 11 in your income tax forms.

Spouse or Common-Law Partner Amount

If your spouse or common-law partner earned less than \$9,600 last year, follow the calculation on line 303 of your return to see what amount you can claim.

If you were single, divorced, separated, or widowed you can claim a maximum amount of \$9,600 minus the income for any dependent. This amount is called the "Amount for an eligible dependent" and is found on schedule 5 of your return.

Age and Pension Credits

These amounts are based on your age and whether you are receiving a pension and can also be transferred to your spouse.

All of the above mentioned credits and further explanations are in your General Income Tax and Benefit Guide 2008. Take the time to read the portions of the guide that apply to your claims. It may save you money or prevent you from making a costly mistake.

Avant de remplir votre déclaration de revenus

Pierre Goulet
RARM

Maintenant que la saison des REER est terminée, les Canadiens dirigent leur attention vers l'impôt sur le revenu. La date limite pour produire votre déclaration de revenus 2008 est le 30 avril 2009. Selon votre situation, les crédits d'impôt non remboursables peuvent vous permettre de réduire votre assiette fiscale. Voici quelques conseils simples à retenir.

Dons de bienfaisance

Ceux et celles parmi vous qui faites des dons à votre œuvre de charité favorite recevront un crédit d'impôt si vous les indiquez dans votre déclaration de revenus. Rappelez-vous que vous recevez un crédit fédéral de 15 % sur les premiers 200 \$, et de 29 % sur tous les montants supérieurs à \$200. En outre, il existe des crédits provinciaux équivalents suivant les taux d'imposition de votre province.

Les reçus de dons de bienfaisance peuvent être transférés à votre conjoint. La personne touchant le

revenu le plus élevé devrait déduire tous les dons si sa province de résidence impose une surtaxe et si elle est assujettie à cette surtaxe. Vous obtiendrez ainsi le crédit maximal pour le revenu dans la tranche d'imposition la plus élevée. En l'absence de surtaxe, l'un ou l'autre des conjoints peut déduire les dons.

Frais médicaux

Les frais médicaux payés peuvent également être transférés d'un conjoint à l'autre. Les frais médicaux peuvent englober les frais payés à l'extérieur du pays et doivent être supérieurs à 3 % de votre revenu net ou 1 962 \$, selon le moindre des deux montants. Donc, le conjoint ayant le revenu le moins élevé devrait déduire tous les frais médicaux.

Vous pouvez réclamer les dépenses de tous les membres de votre famille immédiate (enfant, conjoint, parent, grand-parent, frère, oncle, nièce...) qui étaient à votre charge pendant l'année d'imposition. Le montant total de ces dépenses doit être supérieur à 1 962 \$ ou à 3 % du revenu net de la personne à charge pendant l'année, soit le moindre des deux montants, jusqu'à concurrence de 10 000 \$.

Vous pouvez déduire les frais payés pendant toute période de 12 mois se terminant dans l'année d'imposition 2008 et qui n'ont pas été déduits l'année précédente.

Frais de scolarité et montants relatifs aux études

Vous pouvez déduire les frais versés pour des

cours postsecondaires, pourvu que les frais pour chaque établissement d'enseignement soient d'au moins 100 \$ et que l'établissement vous remette un reçu officiel ou le formulaire T2202A. Vous pouvez réclamer une partie des frais que votre conjoint ou vos enfants ont encourus pour fins d'études. Pour connaître le montant admissible, faites le calcul au verso du formulaire T2202A ou à l'annexe 11 de votre déclaration de revenus.

Montant pour époux ou conjoints de fait

Si votre époux ou conjoint de fait a touché moins de 9 600 \$ l'an dernier, faites le calcul à la ligne 303 de votre déclaration de revenus afin d'obtenir le montant que vous pouvez déduire. Si vous étiez célibataire, divorcé, séparé ou veuf, vous pouvez réclamer le montant de 9 600 \$ moins le revenu de toute personne à charge. Il s'agit du « Montant pour une personne à charge admissible » qui figure à l'annexe 5 de votre déclaration.

Âge et crédits de pension

Ces montants sont fondés sur votre âge et sur vos revenus de pension, le cas échéant, et ils peuvent aussi être transférés à votre conjoint.

Vous trouverez l'ensemble des crédits susmentionnés ainsi que d'autres explications dans le Guide général d'impôts et de prestations 2008. Lisez les parties du guide qui traitent de vos crédits; vous pourriez économiser de l'argent ou éviter de commettre une erreur qui pourrait vous coûter cher.



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Tanning salon reopens under new owners

Sara Cumming
Shilo Stag

Shilo's only tanning salon has reopened, this time with new owners, a new name, and a whole new look.

Leita and Raymond Piche, owners of Forbidden Flavours, have embarked upon their latest business venture, a tanning salon called BronZe BodyZ. The salon, located in the Canex Mall just steps away from their coffee shop, opened April 6.

"I thought it would be a wonderful thing out here in Shilo," Leita said of their decision to buy the salon from its previous owner. "My husband and I [said], 'wouldn't it be kind of neat to own something else out here, and then we can run both and give something back to the community in [the form of] another service.'"

Leita, who has previous experience working for tanning salons in Brandon, said the salon offers new features for tanners. Aside from new oak laminate flooring, freshly painted walls and a paradise theme, customers will benefit from a brand new stand up tanning system, which is on its way from Boston. They've also replaced the bulbs in the existing beds that they bought from the previous owner.

The Piches also recognize that busy customers don't always have time to tan within typical business hours, and their new hours reflect that. Above and beyond the regular business hours, BronZe BodyZ offers a key service until eight p.m. Monday through Saturday, and all day Sunday. Customers wishing to tan during these hours can make an appointment, and then pick up a key from the

staff at Forbidden Flavours.

"A lot of people have children, a lot of people are very busy with shift work," Leita said. "They need to get in for a tan and Monday to Friday just doesn't work, or nine-to-five doesn't work."

BronZe BodyZ offers unlimited monthly tanning, which wasn't offered previously, and the Piches made sure that their prices are affordable.

"We've checked all the salons in Brandon to make sure that [our] prices are lower than [theirs] so that people stay and shop in Shilo," Leita explained.

She said opening the salon hasn't been especially stressful for the couple.

"We're quite organized and everything is set up the way that we wanted it," she said. The only source of stress has been explaining to previous customers that they're only honouring tan-

ning minutes from the old salon until the end of April. However, customers have been understanding, Leita said.

"We have easygoing people out here [in Shilo]," she said. "We really have good people."

For Leita, owning the salon isn't just about the love of running a business in Shilo. It's also about the love of tanning.

"The thing I love with tanning is it makes you feel so much better," she said. "In a province that, unfortunately, has bad winters, you want to feel better with warmth and sun and vitamin D."

Rick Kehler, manager of the Canex Mall, said he is excited that the Piches have chosen to operate the tanning salon.

"Leita and Ray are true Canadian military supporters. They really can't do enough for the Shilo



photo by Quinn Roberts

Leita Piche stands next to the selection of lotion at her new tanning salon. Piche and her husband, Ray, recently opened BronZe BodyZ at the Canex Mall.

community," Kehler said. "We're very pleased that [they] have further dug into the community by taking on another venture in the Can-

ex Mall."

BronZe BodyZ is open Monday to Friday from 8:30 a.m. until 5:00 p.m., with key service from 5:00-8:00 p.m.; Saturday from 10:00 a.m. until 4:00 p.m., with key service from 4:00-8:00 p.m.; and on Sundays, with key service from 9:00 a.m. until 7:00 p.m.



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All applications **must** include a personal resume, proof of Aboriginal Ancestry (for the Aboriginal Pre-Placement Training Programs only), and a complete transcript of marks (high school and any post secondary). Incomplete applications may not be considered.

Power Supply Worker – Electrical Trainee

Power Supply Worker – Electrical/Operator Program is a six-year training program. The program includes completion of a four-year apprenticeship program as a Power Electrician with a further two years training in station operations. This will result in you receiving dual certification as a Power Electrician Journeyman and Station Operator. This program includes on-the-job training, trade schools and formal classes at Manitoba Technical Colleges.

You must have **one** of the qualifications listed below to be considered for the program:

- Two year diploma in Electrical, Electronic or Instrumentation Engineering Technology, **OR**
- High school diploma with Mathematics 40S (Applied or Pre-Calculus), Physics 40S and English 40, **OR**
- Journeyman license as a Construction Electrician and a high school diploma and willing to upgrade to the qualifications listed above.

Power Supply Worker – Mechanical Trainee (Industrial Mechanic)

Power Supply Worker – Mechanical/Operator Program is a six-year training program. The program includes completion of a four-year Industrial Mechanic Apprenticeship with a further two years training in station operations. This will result in you receiving dual certification as a Mechanical Technician Journeyman and Station Operator. This program includes on-the-job training, trade schools and formal classes at Manitoba Technical Colleges.

You must have **one** of the qualifications listed below to be considered for this program:

- Two year diploma in Mechanical Engineering Technology, **OR**
- High school diploma with Mathematics 40S (Applied or Pre-Calculus), Physics 40S and English 40, **OR**
- Journeyman license as an Industrial Mechanic and a high school diploma and willing to upgrade to the qualifications listed above.

Power Electrician Trainee

The Power Electrician Trainee Program is a four-year apprenticeship program. This program includes on-the-job training, trade schools and formal classes at Manitoba Technical Colleges.

You must have one of the qualifications listed below to be considered:

- Two year diploma in Electrical, Electronic or Instrumentation Engineering Technology, **OR**
- High school diploma with Mathematics 40S (Applied or Pre-Calculus), Physics 40S and English 40.

Aboriginal Pre-Placement Training Program

Are you an Aboriginal person interested in the above programs but are not qualified? Consider our Northern or Southern Aboriginal Pre-Placement Training Programs. During the 10 month Program you will have the opportunity to take high school courses and gain on-the-job training experience in preparation for the Power Supply Worker – Mechanical, Power Supply Worker – Electrical, and Power Electrician Training Programs.

To be considered, you will have a high school diploma with at least **one** of the following courses:

Mathematics 40S (Applied or Pre Calculus) or Physics 40S, or English 40.

The Aboriginal Pre-Placement Training Programs are employment equity initiatives and proof of Aboriginal Ancestry must be provided.

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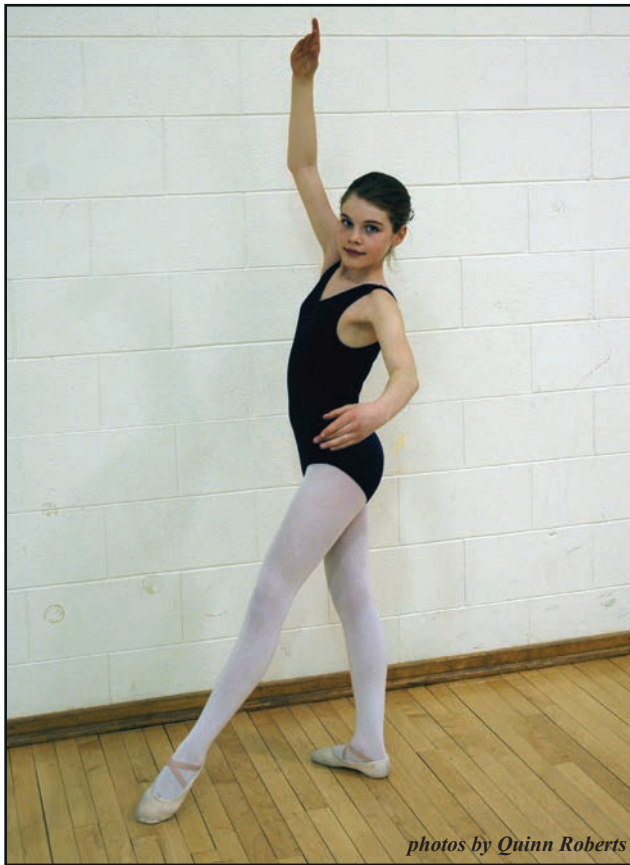
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We always welcome your submissions and letters to the editor. To submit, email us at stag@mts.net and include your name and phone number. We reserve the right to edit submissions for length, libel, spelling, and good taste.

The deadline for applications is April 24, 2009. We thank you for your interest and will contact you if you are selected for an interview.

Shilo student off to prestigious ballet program



photos by Quinn Roberts

Tavia Werner-Fisher shows off her moves in the gym at École La Source in Shilo. The grade six student is headed to a four week summer session at the Royal Winnipeg Ballet.

Sara Cumming
Shilo Stag

Tavia Werner-Fisher's dream is to be a professional ballerina, and now she's one step closer to achieving that goal. Tavia, an 11-year-old grade six student at Shilo's École La Source, has been accepted to the four week summer session at the Royal Winnipeg Ballet (RWB).

She auditioned in November, along with six other hopefuls from the Brandon area, but only Tavia and another dancer were accepted to the program.

Tavia has been studying ballet for seven years, and currently studies at Dance Images in Brandon.

"I have two ballet classes that I go to," Tavia said. She travels from her family's home in Wawanese to attend classes, one of which is five hours long

and takes up her entire Saturday afternoon. Anne-Marie Werner believes her daughter's current ballet studies will prepare her for the challenges the summer program will present.

"She seems to be pretty serious about it," she said.

"It gives them a taste [of being a professional ballerina] because it's really intense, from what I hear," said Werner. "Right off the bat, it gives [the students] an idea of, 'is this something I would pursue?'"

Werner said some kids might have an "idea or a fantasy" of what it would be like to be a professional dancer, but "after the four weeks they might be singing a different tune."

The program is quite structured, Werner said. Students attend classes Monday through Saturday, and when they're not in class, they're either relax-

ing or participating in recreational activities and special events, such as outings to the Winnipeg Art Gallery and Grand Beach.

"It's quite serious," Werner said. "It's nothing like a day camp. [Tavia] just got her pointe shoes, because they'll be introducing [dancing on pointe] while they're there."

The four week session also acts as a rigorous audition period for the RWB School's full time academic ballet program, which sees students living in Winnipeg from September through June in order to attend classes and study ballet full time.

Tavia hopes she will make the cut and be ac-



Tavia Werner-Fisher demonstrates the fifth position in the gym at her school.

cepted to the school's full time program, but she is unsure if her family can afford the almost \$20,000 annual fee.

"There are scholarships and grants that you can apply for, but we're still trying to learn that part of the process," Werner said.

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PAY YOUR MEMBERSHIP BY MONTHLY ALLOTMENT FOR AS LOW AS \$47.73 PER MONTH Various other payment plans available
Contact Karen at 765-3622 for further membership details

Charity watch benefits

Sara Cumming
Shilo Stag

Robin Devine loves her job, and the opportunity it affords her to show the Canadian Forces how much Canada cares about them.

Devine is the creator of Time Is Ticking Inc., a company that specializes in designing and making watches for charity causes. One of the company's endeavours this year is the Limited Edition Afghan Mission Watch, which benefits the Toronto Military Family Resource Centre (TMFRC).

Devine designed the Victory in Europe 60th Anniversary commemorative watch. 550 veterans received donated watches, and two of the watches were sent to Queen Elizabeth and Princess Anne.

Although the proceeds from the Afghan Mission watch directly benefit the Toronto MFRC, Devine said that the project has been warmly received by all the MFRCs across Canada, and with their help to raise awareness, nearly \$10,000 has been raised. Devine believes the purchase of the watches is "sound ground-

ing in what the Canadian military means to the world," she said.

"Canadians are grateful for what [the military is] doing in Afghanistan. I know how much support the Canadian Forces has because I receive these phone calls and orders."

Devine says she also receives phone calls from soldiers in Afghanistan via Skype, the popular free internet calling service. The soldiers call to order watches, or to just tell her how much they appreciate what she's doing.

"I have this very unique opportunity to tell [soldiers] how much Canadians care," she says. "It's important to be able to relay that information. They are always so grateful when you tell them how much [the country] cares."

The Afghan Mission Watch is available until December 31, 2009, but its availability could be extended if there is demand. The watch has Seiko movements, a 24-karat gold raised plating on the face, and a Speidel alligator-style leather strap that is available in black, brown, blue, green or red. The cost is \$65, although the actual value of the watch is \$200.

For more information, visit www.timeisticking.ca or call 416-925-5520.

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Congratulations to the winners



Carolynn Derksen - PSP (Fitness and Sports) Base Commander's Commendations.



Abby Wilson - CANEX Base Commander's Commendations



Clinton Langan- CE Base Commander's Commendations.



Michael Markmann - CE Base Commander's Commendations.



Janelle Boyd - PSP (Fitness and Sports) Civilian of the Quarter.



Sarah Lamb - G1 15 years of service.



M. Nadine Williston - G1 25 years of service.



Norm Tait - G4 Maint 25 years of service.



Richard Hanna - G4 Supply 35 years of service.



Clive Prothro-Brooks - RCA Museum 35 years of service.



Patricia Marion - PSP Messes 25 years of service.



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Mayor of CFB Shilo presentation, WO LB Crowder - Mayor 07/08

Could you be Shilo's Biggest Loser?



Jo-Anne Douglas
Health Promotion

In this case, being a loser is a good thing because we're talking about losing a few pounds.

If you need to lose a bit of weight before summer,

whether it's for health, fitness, or esthetic reasons, participate in Shilo's Biggest Loser challenge. It might be the motivation you need to get back into regular exercise and start making healthier food choices. And in this case, the biggest losers will also be big winners!

Here's all you have to do:

Come to the Health Promotion office during the week of April 20 to weigh-in and pick up a

participant kit. All information will be confidential.

Over the subsequent 10 weeks let us know how you're doing so we can track the group's weight loss. We'll keep you motivated with e-mail messages and information.

Come back the week of June 22 for final weighing.

There will be a \$50 prize for top military loser and \$50 for top civilian loser. All participants will

be part of an overall draw for \$25.

We encourage safe weight loss through regular physical activity and by eating according to Canada's Food Guide. Anyone who has health problems should check with their doctor before participating in this challenge.

Call Health Promotion for more information, local 3868, or come see us the week of April 20 to get started!



Coaches are required now

Danny Hamilton
Sports Co-ordinator

For the spring/summer program CFB Shilo requires coaches for the following

- Base team Sports:
- Slo-Pitch (M) (W);
- Soccer; (M) (W) and
- Ball Hockey.

Each of the 5 teams could represent CFB Shilo at the Prairie Regional championship.

The dates and locations

listed will be determined at Prairie regional Sports Meeting 6-8 May 09.

If interested, please contact undersign before 1 May 09. As then the teams can start their preparations/try-outs etc for up coming season.




'I quit' ends with a big winner

Left to right: Andrea Crowder and Jo-Anne Douglas from Health Promotion congratulate the I Quit! challenge winner, Sandra O'Neill. Sandra stayed smoke-free for the month of March (and beyond) and picked up a CANEX gift certificate worth \$200. Shilo's other winners were Pte John Simonds and Cpl Steven Hartwig, both from 2PP-CLI. CANEX and SISIP are the sponsors of this Canada-wide challenge that attracted almost 1 000 participants this year.



photo by Quinn Roberts

Thinking of Buying or Selling a Home?



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Military soccer officials

Danny Hamilton
Sports Co-ordinator


The CF sports program is looking for all those military members that are interested in becoming soccer officials or those that are currently soccer officials but not taking part in the military sports programs. For those that participate in the CF programs it is

possible to find financial assistance with regards to registration fees and course fees. You could also have the opportunity to travel within your region to participate at the Regional Championship, outside your Region for the National Championship or possibly once qualified outside the country for International

Events. If you are interested or know someone who is please contact your Base or Wing sports coordinator. They will put you in touch with RCO (regional chief official for your area) and then we can move on from there. This program can be very rewarding if you are willing to participate, so please


take that first step and contact your sports coordinator today. If your local contact is away please feel free to E Mail me with any inquiries that you may have, my E Mail address is Graham.White2@forces.gc.ca. I am currently the NCO (National Chief Official) for soccer. Hope to see you on the pitch.

Posted to Alberta?



Moving to:
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* Gibbons?

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Your input for spring sports is requested

Sports representatives from all units and branches are invited to attend meetings to discuss intersection sports.

On Wednesday, April 16, the meeting for spring slo-pitch will take place at the Shilo Country Club, 9:30.

For golf enthusiasts, a meeting on the golf season will take place at the Shilo Country Club on Thursday, April 17 at 9:30 am.

Before the meeting, please contact anyone in your unit who might be interested in serving on League Executive Committees.

All Intersection leagues must have a complete executive committee before game time.

For more information, contact Danny Hamilton, Sports Coordinator at 765-3000 ext. 3894.



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Your source for army news in Manitoba

Email us your story ideas today!
stag@mts.net



Shilo Military Family Resource Centre



A very 'buzzy' Spring Break at the MFRC

Suzanne Linegar
School-Age Program Leader

Spring Break from March 30 to April 2 has come and gone. The MFRC kept kids busy throughout the week with games, crafts, field trips and much more.

Monday was "Tye-Dye Day". The kids had so much fun tye-dyeing t-shirts, socks, towels and other items. They were so delighted when they had a chance, at snack time, to tye-dye bananas, but in

jello of course!!

Tuesday we were off to the Royal Manitoba Winter Fair. While there, the kids took in the sights, sounds and smells of the fair. The petting farm was a huge hit with everyone. They were so thrilled to pet, hold and cuddle the goats and bunnies. Having their pictures taken with a couple of super dogs or going to the demonstration area and pretend to milk a cow was exciting. The smells of cotton candy, fudge and of course the famous mini do-

nuts had mouths watering throughout the day. The kids also enjoyed the vendors and they purchased souvenirs to remind them of their special day.

Wednesday the kids were "Chefs For a Day". They began the morning by designing an apron and creating a chefs hat. Throughout the day so many wonderful and tasty items were created. There were blueberry pancakes, sloppy dogs, ginger slice and so much more. Everyone left with a plate

of goodies and a full tummy!!!

Thursday was "Nature and Bug" day. The day was filled with games, crafts and lots of fun. Nature candy jars were created as well as birdfeeders and they even made a dirt cake with worms that they enjoyed as a snack.

As each day came to an end the kids went home with a happy face. The next morning they greeted me with a smile in anticipation of what the day would bring.



photos by Linda Beauchemin

Cameron and Kyle put the finishing touches on their nature candy jars during the MFRC Spring Break.



MFRC presents...Kyle a 'Chef in the making'!



Heigh-Ho Heigh-Ho it's off to the fair we go! The kids take a field trip to the Winter Fair in Brandon.



The group showing off their masterpieces created during "Tye Dye" day.

Elmo and friends together for military families



June and Ernie - Best friends forever!



"Please mom, can we bring them home?"

Dana Thompson
Children's Services Coordinator

Our furry friend, Elmo left the sunny days of Sesame Street and stopped by Shilo for one exciting night on Wednesday, April 1. The event was a Prairie Public Television pre screening of "Coming Home: Military Families Coping with Change". The videos were presented, along with popcorn, door prizes and some goody bags to complete the evening.

The first movie showed us how Elmo really missed his dad when he went away on deployment. He had his friends and family to help him feel better, they talked, played and were always there for him. It showed us that being part of a military

family can be really difficult for everyone, making the whole family heroic in their own way.

The second movie introduced us to soldiers that have experienced injuries, showing us the challenges and changes families have to adapt to. A topic that is often hard to discuss, although more and more families are faced with it each day. In doing this so, we hope that we can create open dialogue around your kitchen table about the changes we might see in people we know in our community.

Musical guest, John Mayer, closed the evening with a special song titled "Say what you need to say" which reminds us to always communicate, ask questions and let friends and family know how you feel.

We would like to thank Darlene, PBS representative for her help with this event.

If you are interested in watching them at home with your family, the following movies are available to view at

www.sesameworkshop.org./tlc or can be signed out at the MFRC.

Talk. Listen, Connect Elmo's Dad goes away

Coming Home: Military Families Coping with Change.

Week of the Volunteer

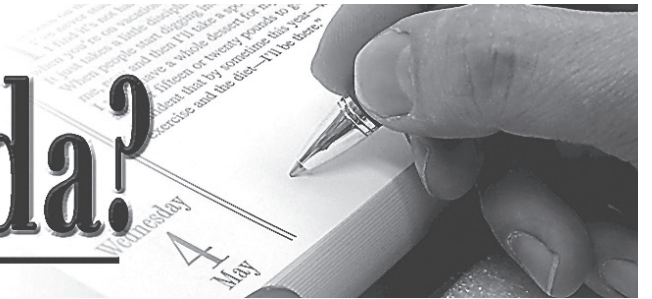
Wanda Janssens
Volunteer Coordinator

Shilo is a small community made up of military members and their families where there are unique individuals who care about what happens in this community. They are the parents, the trade's people, the children and teens that put together the very heart of programs in Shilo. Each

and every day there are endless hours put into our community, from people just like you, and because of this we have programs for both young and old.

On behalf of the Shilo MFRC, I would like to send out the Biggest Thank-You to all the volunteers who have help make the MFRC what it is today.

What's on Your Agenda?



Need temporary use of a Wheel Chair Ramp or a Medi-Chair? If so the Shilo Service Club can help!

The Club is pleased to offer free temporary use of a Ramp and Medi-Chair. It is offered to all members of the greater Shilo and Sprucewoods communities and surrounding area for up to 90 days at a time or until more permanent arrangements can be made. For more information contact Mike McEwan at 763-4990.

*The Shilo & Region Service Club
Serving the Community
Since 1968*

Parent & Tot Mini Soccer

In this new and exciting six-week program, kids will be introduced to the game of soccer thru fun and play while spending quality time with Mom or Dad. Registration deadline is April 17

Ages: 3 yrs (must be 3 as of March 31)
Day: Thursday
Date: May 7-June 25
Time: 6:30-7:00 p.m.
Place: Soccer fields
Cost: \$20
Contact info: Community Recreation at 765-3000 ext 3317. Register: Community Centre, Recreation Office or call 765-3000 ext 3588 with MasterCard or Visa. No refund will be issued without original receipt. When registering, please bring your Manitoba Health card.

Shilo Minor Soccer

It's that time of year again! Dust off those runners and get ready for another outdoor season. Teams will play/practice twice a week. (Mon, Thu or Sat a.m.)

Registration deadline is April 17
Age: 4+
Date: May 4-June 27 (no program May 18)
Time: 6:30-7:30 p.m.
Cost: \$40
Place: Soccer fields
Contact info: Community Recreation at 765-3000 ext 3317. Register: Community Centre, Recreation Office or call 765-3000 ext 3588 with MasterCard or Visa. When registering, please bring your Manitoba Health card.

Every one welcome! T.O.P.S.

(Take Off Pounds Sensibly)
Held at Sprucewoods Community Hall, Tuesdays at 6:00 pm
Contact: Barb Forbes at 763-4768 or Marg Woods at 763-4447

Community Yard Sale

We'll do all the advertising; all you need to do is be ready to sell those household treasures in your very own driveway.
Date: Saturday, May 9
Time: 9:00 a.m.-2:00 p.m.
Place: Your very own yard!
Contact: Community Recreation at 765-3000 ext 3588
Rainout date: May 23

Shilo Community Library

Monday: 6-8:30
Tuesday & Thursday 9:30-12:30, 1-4, 6-8:30
Story Time - Thurs @ 1:30

Brandon Garden Club Meeting

Date: April 15, 2009 Wed
Time: 7 p.m.
Place: This time ONLY: The Green Spot in the Perennial House
Membership fees: \$20 annually/ \$30 annually for couples
Visitors welcome: Come to any monthly meeting for only \$2
For information call John at 726-5351

Pet Vaccination Clinic

All dogs & cats must have rabies vaccination!
Saturday, April 25
9:00-11:30 a.m.
Community Centre
Rabies for Dogs & Cats \$25
Additional Vaccinations:
Dog Distemper \$25
Feline Distemper \$25
Feline Leukemia \$20
Canine Kennel Cough \$20
Free pet registration for RM of Cornwallis
Proof of recent rabies vaccination is required
For more information contact the Community Recreation Office at 765-3000 ext 3317/3588.

Hawaiian Karaoke Night

Sprucewoods Community Hall
April 18, 2009
Cocktails 6:30-7:30 p.m.
Dinner 7:30-9:00 p.m.
Music from the 50s and 60s
Sing along with karaoke music
Hawaiian style food
Free leis at the door
Advance tickets only \$12.50
Call Dan at 763-8756 or 573-0882 or Joyce at 763-8811

Ceramic Club

Ladies and Gents need a stress release? Come join us for a couple hours of fun and creativity at 20-22 Esquimalt on Tuesdays from 7-10pm or on Sundays from 1-5pm. Lots of projects to choose from and no experience required. All paint and tools are available and qualified teacher on hand. Contact Grace Flynn at 763-4372 or just show up and see what we have to offer.

Widow/Widowers Support Committee

Meet on Weds, times vary contact Lorna-729-5367 or Janice-726-0972 for more information

Did you know?

The Base Personnel Selection Office (BPSO), located in Room 204 in Headquarters, has a laptop with Internet access for your use. If you would like to use the laptop to access the Internet, please call (local 4078) in advance to let us know when you would like to come by.

Power of Sales
Posted to Borden? Free weekly list of repossessed properties. Barrie, Angus, Essa
www.PowerOfSaleBarrie.ca
Wilkinson Realty, Brokerage

CLASSIFIED ADS

**\$10 for first 20 words,
10¢ for each additional word***
**Deadline for next issue:
April 23, 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



WAWANESA

Small town living at its best. Excellent family home. 1152 sqft 3 bedroom bungalow with double attached garage. Partially finished basement. Huge pie shaped park-like yard. Call Kathy McLean 824-2651 Century 21 Westman.com

Rural House - BLD Lots For Sale

15 min from Shilo 1368 sq ft. with attached double garage. Also 3-5 acre building lots. Ph 834-3752 or 724-6580 (C)

For Sale

Couch and chair - In good shape \$175.00 OBO. Wooden TV stand - also has a place for CD's DVD player etc \$75.00 OBO. 3 tier wooden shelf \$30.00 OBO. Call 765-4556

For Sale

For Sale

White 30" Kenmore self-cleaning oven. Oven is in mint condition and is less than 3 years old. \$300.00 O.B.O. Light coloured wood dining table with 4 matching chairs, seats 4. \$40.00 O.B.O. Gas push lawnmower with bag attachment & gas can \$100.00 O.B.O, in good condition - less than 3 years old. Must sell as moving end of April. Please call 765-2391 for more information (messages can be left also)

Beautiful River Front Property

7.25 Acres only 10 minutes from Shilo Asking \$75,000 Call 204-724-6719

Wawanesa 3BR bungalow - finished basement - new garage - asking \$145,000 - willing to deal with agent - call 720-8768 or sendareply2@gmail.com

NEW Unopened Size 3 Huggies Diapers 392 count \$50 for all Call 765-4501
Baby outgrew the size!

For Sale

House For Sale

5yr old bungalow with detached garage on 5 acres of land, located in Sprucewoods, 2 minutes from base. Home comes with cent. air, cent. vac, air exchanger, alarm system, in ground sprinkler system, fridges, stove, washer and dryer, built in dishwasher. To view call 763-4049. Location 5 Conrad Rd.

Out Of Town Property

Wawanesa area 6.89 acres with modern 3+1BR bungalow 2 baths - finished basement, biotec barn, steel quonset-treed yard approx 20 miles south of Maple Leaf. Priced @ 219,000. Wawanesa area - Noble Lake; Lakefront home approx 1200 sq ft 2BR 1 1/2 bath, good shop + boat dock. A beautiful home + wooded property comes with all appliances + yard equipment a real deal @ 140,000. Call today. Dave Mooney 824-2094 Countryland Realty

For Rent

2BR apartment for rent in Wawanesa. \$500 + utilities. 824-2248 or 729-7608

Child care

I can provide safe and fun care for your kids. I have a Care aide Certificate, First Aid, Food Safe and WHMIS.
I am flexible on hours needed.
Call Noelle @ 765-2554

Child care available in Shilo. Monday-Friday days. Healthy meals and snacks provided, with plenty of outdoor activities (weather permitting). Please call for more info. Crystal @ 765-2484

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Services

Canadian Firearms Safety Course Instructor/Examiner, Restricted & Non-restricted, Manitoba Hunter Safety Course Training Calendar Spring 2009
Hunter Safety APR 18
CFSC APR 25
CRFSC APR 26
CFSC Women only MAY 23
CFSC MAY 30
CFSC MAY 31
All dates subject to cancellation minimum class size required. Hunter safety will be offered with sufficient interest as an addition to any CFSC/CRFSC training. Register early. Tell your friends
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Services



St. Barbara's

Protestant Chapel

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Padre Donnelly - ext 3090
Padre Bos - ext 3088

Our Lady of Shilo

Roman Catholic Chapel
Sundays 1030 hrs
Confession 1000 hrs
Weekday Mass - Tuesday to
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Padre McLeod - ext 3089

Arbonne International is proud to be part of the Shilo community. ALL natural, no animal testing, vegan approved skin care products for babies to adults. SAMPLES available. Please call Audrey Brazeau at 765-5180 for more information

IN MEMORIAM

DNews

One Canadian soldier was killed and four others were injured when their armoured vehicle struck an improvised explosive device north of Kandahar City in the Shah Wali Kowt District. The incident occurred at approximately 5:00 p.m., Kandahar time, on April 13, 2009.

The fallen soldier is Trooper Karine Blais, from 12e Régiment Blindé du Canada based at Canadian Forces Base Valcartier. Trooper Blais was serving with the 2nd Battalion, Royal 22e Régiment Battle Group.

The injured soldiers were evacuated by helicopter to the Multinational Medical Unit at Kandahar Airfield. Their names will not be released.

Our thoughts are with the friends and family of our fallen comrade during this difficult time.

All members of Task Force Kandahar are thinking of the family and friends of our fallen comrades during this sad time. We will not forget their sacrifice as we continue to bring security and hope to the people of Kandahar Province.



Trooper Karine Blais

Spotlight on Shilo presents

**Dessert Theatre
Friday, April 24**

Doors open at 6:30 pm
El Prado Club
Tickets \$12.00

(Buy one get one 1/2 price coupons may be used.)
Tickets are available at Forbidden Flavours or from cast members.

Join us for an evening of four short plays while enjoying the wonderful world of desserts.

Contact Linda 763-4720 for more information.

Take a break with a Sudoku puzzle

Easy

5	2	7			3			1
	4	8	6			3	7	
3				5		4		
				4	2	6	1	
			5		6			
	6	2	1	8				
		4		6				8
	9	1			8	5	4	
6			2			9	3	7

www.sudoku-puzzles.net

How to play Sudoku:

Sudoku requires no calculation or arithmetic skills. It is essentially a game of placing numbers in squares, using very simple rules of logic and deduction. It can be played by children and adults and the rules are simple to learn.

Sudoku Objective:

The objective of the game is to fill all the blank squares in a game with the correct numbers. There are three very simple constraints to follow. In a 9 by 9 square Sudoku game:

Every row of 9 numbers must include all digits 1 through 9 in any order

Every column of 9 numbers must include all digits 1 through 9 in any order

Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9

Every Sudoku game

begins with a number of squares already filled in, and the difficulty of each game is largely a function of how many squares are filled in. The more squares that are known, the easier it is to figure out which numbers go in the open squares. As you fill in squares correctly, options for the remaining squares are narrowed and it becomes easier to fill them in.

Turn to the next issue of the Stag for all your answers.

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.

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• 1645B 18th Street
• 3409 Victoria Ave
Forbidden Flavours
• 1060 18th Street
• 3300 Victoria Ave
ANAF - 31 14th St.</p> | <p>Carberry
East Side Service
Carberry Legion
Douglas
General Store
Minnedosa
Minnedosa Legion</p> | <p>Shilo
CANEX Mall
Forbidden Flavours
Shilo Community Centre
GSH
Country Club (Rick's)
All Messes</p> | <p>Sprucewoods
The Shilo Inn (Crang's)
340 Esso Station
Dock's Restaurant

Wawanesa
Lucky Dollar</p> |
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Volume 48 • Issue 7

Regular Circulation: 3,000

Delivered by The Shilo Scouts & Girl Guides
Printed bi-weekly by the
Brandon Sun, Brandon, MB



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CFB Shilo, Manitoba, R0K 2A0

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We welcome your suggestions!

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.



*Base Commander's
Downhomer Lobsterfest
June 20, 2009*

*Transportation by Knightline Express
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Group bookings are welcome!