

SHILO STAG

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Volume 48 Issue 6

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April 2, 2009

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FLYING HIGH OVER SHILO 'LEGACY' JUMP



photo by Sara Cumming

Karen Cudmore rides her horse Platinum over the CFB Shilo 'Legacy' jump during a competition at the Royal Manitoba Winter Fair on March 30. Cudmore and Platinum won second place. The jump, which was designed and built by Mr. Brett Sinclair, a carpenter with CFB Shilo's Construction Engineering Services, was unveiled during the opening ceremonies of the Winter Fair. For a story and more pictures, turn to page 5.

Happy Easter!
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Provincial Reconstruction Team on exercise



photo submitted by Maj Cormier

Cpl Cameron Skrypnik fires his C7 in support of his section during a live fire mechanized section attack during exercise Savage Bison.

Pte D.J. Johnston
2 Pl, FP Coy
TF 3-09 PRT

The Provincial Reconstruction Team, (PRT) came to Shilo on 2 February 2, 2009 in order to conduct work up training for TF 3-09. A Coy, 2 PPCLI had received the task of providing the Force Protection for the PRT. Basically this meant as the Force Protection Coy we would be tasked with escorting and providing security to CIMIC teams, providing a Quick Reaction Force that reacts to emergencies in our area of operations as well as providing security for Camp Nathan Smith in Kandahar City which will be our home on tour. With all these tasks for the company it was clear

that it would come with a large training bill to include our first exercise.

Exercise SAVAGE BISON (Ex SB) was to begin that fateful morning of March 8, 2009, the day of the time change...the one that I forgot about. Things were getting off to a great start! Next came the explosion of tent groups, range boxes, and other stores being loaded onto the LAVs, HLS, MLs, and snow machines. We were to quickly learn in the next 10 days just what kit was actually essential and how well it all works when used properly.

We settled in for our first night in the ten man tents. It was cold, although our stoves and lanterns made the tents quite comfortable. We

were given a demonstration by our section commander on lighting stoves and lanterns. I was to be on the first breakfast stove watch shift that morning...it was a valuable learning experience for all, since breakfast ended up being a little cold.

There was some down time in the tents during the first week while it was around -40 on average during the day with the wind-chill. During these cold days the section finally had time to bond. We learned many things about each other. For instance, we learned who shaves their back, who is into classic literature, and the type of music on everyone's iPod. We were all treated to the vocal talents of a few fellow soldiers as they

covered a Backstreet Boys tune. They also revealed a wistful dream of one day starting up a boy band of their own. However, it is not because of their singing voices that they could not fulfill this dream. It was because their selflessness and sense of duty towards their country was just too overpowering. One can only hope that it was the cold that was starting to get to them.

Two days into Ex SAVAGE BISON, the ranges began! We started with PWT 4, where we practiced our Gunfighter shooting techniques, quick magazine changes, and shooting while moving with frozen fingers. Then we headed back into our warm LAVs and awaited until we were called on to shoot again. The live fire pairs ranges were next. Pepper potting through the deep snow was a fantastic workout for the quads. I especially relished the challenge of falling on my face and still keeping my muzzle clear of snow. This range was one of the first in which we actually had a chance to practice working and communicating with our fire team partners.

Next came our first ever mechanized attacks, they came in the form of mech section attacks. For some it was the first time we had ever heard the 25 mm cannon fired on the LAV. We did the attacks twice, followed each time with feedback and advice from our

OC and range staff. The fine tuning continued that evening as we went over the attacks once more, discussing what needed improving and what went well. Our final range was the platoon mechanized attack range. This went well, as privates, NCOs, and the platoon commander alike had their skill sets put to the test. We attacked a small village with three large buildings to clear and casualties were thrown in during the attacks. On this Regimental Day (March 17), many 1, 2, and 3 Platoon soldiers were part of their first platoon mechanized attacks and they loved it! After this long day of training, even the OC was weary, and due to this we all headed back to the Bivouac site, ate supper and racked out without a Regimental Day Speech. However, Maj Lunney delivered the following day with a bang-on

speech which would re-lift the spirits of any Patricia.

It could be said that these ranges could have been done during the day with us returning home each night, but where would the fun be in that? How else could a platoon learn how to not burn down a tent, or how to survive a frigid Shilo Manitoba winter, or better yet, how to survive with each other in the field? We not only learned a lot from conducting the ranges, we learned a lot from one another and about who everyone in our platoon is. We got a chance to know each other and our leaders much better. We got practical experience with working together in our teams, sections, and platoons. Lastly, it was the perfect chance to iron out the kinks in our kit as we prepare for the next big Ex in Suffield, Ex DESERT RAM.

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2PPCLI celebrates Lady Patricia's birthday

Capt C.A. Braybrook
2 PPCLI

March 17th is the most important Regimental celebration of the PPCLI. It is the day our Colonel-in-Chief, Lady Patricia Ramsay, was born. The regiment was named for Lady Patricia and we still carry the name proudly. During WW I, Lady Patricia always wrote letters to her soldiers, and whenever the war permitted, she would visit with all ranks of the PPCLI. Lady Patricia always placed the men of PPCLI first; no other appointment came before or above them. Although she was of royalty, she was one of them, and they were a part of her.

Although the day was recognized during WW I, the first recorded celebration was not until March 17th, 1920 in London, Ontario, at Tecumseh barracks. This occasion has been celebrated with battalion parades, mess dinners, and regimental balls, but the all-time favourite celebration has been the game of Broom-I-Loo. In Broom-I-Loo, soldiers of lower rank are able to engage those of senior rank in a full contact form of rugby and ball hockey played with broomball sticks.

The rules are simple:

- the equipment needed is a regulation soccer ball or good substitute and each player carries

a corn broom or good substitute;

- the game may be played anywhere;
- the playing surface can be anything; ice, slush, mud, water;
- originally the goal was to measure 8' wide x 6' high, but more commonly now hockey goals are used;
- teams create their own uniforms;
- the game is played in a tournament and each company enters a team; and
- each team consists of 4 forwards, 3 defencemen, and a goal

keeper.

This Regimental Day at 2 PPCLI was celebrated beginning with promotions and battle group commendations from the TF 1-08 tour to Afghanistan. Battalion parade was followed by games of Broom-I-Loo beginning at 0930 hrs, with the Privates and Corporals defeating the Master Corporals, followed by the Sergeants and Warrant Officers claiming victory over the officers. The weather was perfect, the men were eager to compete, and they played with the aggression needed for this sport. There was plenty of good humour and friendly banter and, as always, arguments over ev-



photos submitted by Capt C.A. Braybrook

Ball drop 10:24. Back left Sgt Gustafson. Front left QMSI Waugh. Center Ref MCpl Good and Right Maj Hacault

ery goal. The day ended with good food, a few drinks and time for fellowship. The morale of the men and women of the Regiment was lifted, and the bond between them from

training and being in combat together was evident. They were each other's heroes on TF 1-08 and many members of the Regiment have become closer than family.

BGen Jorgensen spends time in Shilo



photo by Karen Griffin

Left to right: BGen M.P. Jorgensen presents the "Top Candidate" award to Bdr Paul at the Land Force Western Area Training Centre Shilo graduation parade on March 31.



Top Center: BGen M.P. Jorgensen takes a break during his busy visit to laugh and play with the Shilo Pre-Schoolers at the Shilo MFRC Day Care. Left to right: Tanika, BGen M.P. Jorgensen, Olivia, Mackenzie.

Bottom Center: BGen M.P. Jorgensen visits the Shilo Military Family Resource Centre (MFRC) and the Deployment Support Group (DSG).



photos by Quinn Roberts

BGen M.P. Jorgensen promotes Sgt Jenn Greer during his visit to the Deployment Support Group (DSG).

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Environmental Youth Corps Needs You

Get the Green light

The Environmental Youth Corps (EYC) funding program encourages Manitoba youth to voluntarily participate in projects that will help improve and protect our environment. Previous EYC projects have included community clean ups, creating green space, and habitat conservation. Project sponsors may apply for grant funding of up to \$5,000 to carry out environment-related EYC projects within their community.

To get the green light for your project, complete an EYC application. Application intake dates for the EYC for 2009 are:

- Friday, May 1, 2009
- Friday, June 5, 2009
- Friday, July 3, 2009
- Friday, September 18, 2009

All decisions will be made in writing approximately four (4) weeks from the above dates.

To learn more about the Environmental Youth Corps contact the Manitoba Conservation regional office nearest you, or the program co-ordinator in Winnipeg:

Manitoba Conservation
Pollution Prevention Branch
123 Main Street, Suite 160
Winnipeg MB R3C 1A5
Telephone: 204-945-8980
Toll free: 1-800-282-8069, ext. 8980
Fax: 204-945-1211
Email: sdif@gov.mb.ca
Website: www.susdev.gov.mb.ca

Protecting & Managing our Future

Comptroller joins G1

April is Dental Health Month



photo by Sara Cumming

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Capt R. Brydges, Base Comptroller, receives pens from Maj Lessard, G1. Brydges' role will now fall under the G1's administration.



MCpl Amber Medcalf II Wing Dental Services

April is dental health month, so what better time to put an article in the Shilo Stag concerning children's oral health.

As soon as children get their first tooth they are susceptible to tooth decay. It is important to remember that as soon as their first tooth erupts, proper oral hygiene should begin. Early Childhood Tooth Decay (ECTD) occurs when a child's teeth are frequently exposed to sugary liquids or foods causing acid attacks which break down tooth enamel. It may seem silly to brush one tooth in an infant's mouth, but formula, breast milk, and cow's milk all contain sugar; therefore, presenting a host for plaque to grow and the potential for cavities. It is also recommended to use a clean wet washcloth to clean a baby's gums daily. Limiting sugary foods/drinks and put-

ting a baby to bed with a bottle of water instead of milk will help prevent ECTD.

Primary (baby) teeth are important because:

*they last for one-sixth of a person's life

*chewing on well-formed teeth helps the jaw bones to grow and develop properly

*baby teeth provide proper space for the eruption of permanent teeth

*they are necessary for proper chewing of food and normal digestive processes

*they are also necessary for the development of sounds and proper speech development

*healthy baby teeth are important for a child's self esteem and well being

*children do not lose all of their baby teeth at once. Some baby molars are expected to be in the child's mouth until 12-13 years of age.

It is the parents' responsibility to ensure their children

are brushing their teeth two times a day for approximately two minutes each time (morning and before bedtime). Always use a soft bristled toothbrush. No paste is required until the child understands he/she should not swallow the toothpaste; at which point, it can be introduced in a very tiny amount.

Parents should encourage children to brush their own teeth, but should assist with and supervise brushing, until a child is 7 or 8 years of age to ensure all plaque is removed. I recommend the child brush/floss first, so they can practice. Then a parent should brush again for the child to ensure all areas were cleaned properly.

Oral health is an important component of overall health. Proper dental care will provide a child with a healthy smile and ensure a solid foundation for life health.

REMEMBER. HONOUR. CONNECT.

Are you a veteran of World War II, Korean War, Peacekeeping operations or a current member of the Canadian Forces?

Share your experiences with young people in schools and your community.

Contact the **Memory Project** to register and receive a free training kit.

1.866.701.1867, memory@dominion.ca

The Memory Project is a national bilingual program of The Dominion Institute that trains veterans on the best techniques to share their stories with youth. The veteran volunteers visit schools and organizations in their local communities to talk with youth about their wartime experiences. The Memory Project Digital Archive, an online database that houses the oral histories and artifacts of over 1000 Canadian veterans, complements the Speakers' Bureau.



THE MEMORY PROJECT Canada



Wetland Restoration Incentive Program

Providing funding and assistance to help restore wetlands on your property

The Manitoba government, in partnership with Ducks Unlimited Canada and Manitoba Habitat Heritage Corporation, is offering financial incentives and technical assistance to landowners who are interested in restoring wetlands on their property.

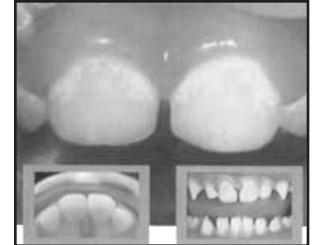
Wetlands are an essential part of a productive agricultural landscape and play a vital role in maintaining the health of our watersheds and the quality of our water supply.

If you are interested in permanently restoring wetlands on your property, find out more about the Wetland Restoration Incentive Program at manitoba.ca/waterstewardship or contact any of the following:

Manitoba Water Stewardship
Box 11, 200 Saulteaux Crescent
Winnipeg, MB R3J 3W3
204-945-1007

Ducks Unlimited Canada - Brandon Office
Unit 2, 545 Conservation Drive
Brandon, MB R7A 7L8
1-866-251-DUCK (3825)

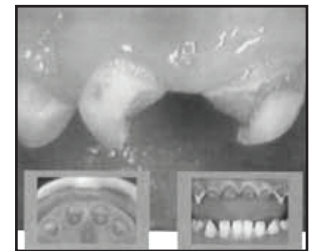
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204-784-4350



A view of what early tooth decay looks like.



A view of what tooth decay looks like.



A view of what severe tooth decay looks like.



photos submitted by MCpl Amber Medcalf

Example of how to lift a child's lip to brush their teeth.

Opening Ceremony 'Legacy' horse jump



Base Commander LCol JJ Schneiderbanger, right, stands with, from left, CWO Gordon Morrison, Area Sgt Maj, Stanley Cochrane, president of the Royal Manitoba Winter Fair, and LFWA Comd BGen M. Jorgensen at the opening ceremonies of the Royal Manitoba Winter Fair.

Lori Truscott
Shilo PAO

The Base Commander chose to contribute a "legacy gift" to the Provincial Exhibition on behalf of Canadian Forces Base Shilo and all those who live and work there. The military has been a significant part of life in western Manitoba for nearly 100 years. This gift is another example of the long-standing supportive relationship between CFB Shilo and the communities of Westman.

The horse jump was designed and built by Mr. Brett Sinclair, a carpenter with CFB Shilo's Engineering Services. Technical advice was provided by Mr. Chris Arthur, a supervisor of the horse jump crew and CFB



Base Commander, LCol J.J. Schneiderbanger, stands with Brett Sinclair, the builder of the CFB Shilo horse jump.

Shilo firefighter. Additional painting detail, lettering and crests were done by employees of the paint shop in Engineering Services.

Large yellow ribbons symbolize support for soldiers deployed away from home on operations. Two scale

cannons represent Shilo as the "Home Station of the Royal Canadian Artillery" and the gunners who live and work here. The crossed rifles represent the Infantry and are acknowledgement of Shilo also being home to the 2nd Battalion PPCLI.

The
Public
Utilities
Board

Reminder Notice of Public Hearing

Applicant: Manitoba Public Insurance Corporation

HEARING:

The Public Utilities Board (Board) will hold a public hearing of an application from Manitoba Public Insurance Corporation (MPI) at the Board's Hearing Room, 4th Floor, 330 Portage Avenue, Winnipeg, MB, commencing at 9:00 a.m. on April 6, 2009.

APPLICANT:

Pursuant to *The Crown Corporations Public Review and Accountability Act* and *The Public Utilities Board Act*, MPI has applied to the Board for approval of drivers' licence premiums and vehicle discount levels to take effect on policies issued between November 1, 2009 and February 28, 2011. Approval of these new rates is required because of the introduction of the new Driver Safety Rating program.

APPLICATION PARTICULARS:

The Government of Manitoba has passed the Driver Safety Rating Regulation, a regulation under the MPIC Act, which discontinues the vehicle and driver merit discount program and driver licence surcharge programs and replaces these programs with a new integrated system of insurance discounts and surcharges, known as the Driver Safety Rating system.

Along with establishing the program principles and policies, the new Regulation also establishes transition rules for moving drivers and vehicle owners from the old discount and surcharge systems to the new Driver Safety Rating system.

The Corporation is applying to the Board for approval of the driver and vehicle premium discount and driver premium surcharge rates to be charged at each "step" on the new driver safety rating scale.

GENERAL INFORMATION:

Parties wanting to either submit a written brief or express oral comments to the Board are denoted as Presenters. Such parties should submit their written briefs or advise the Board Secretary of their intention to make a presentation as soon as possible, but no later than April 1, 2009.

Persons wishing to address this Hearing in French are required to notify the Board's Secretary prior to March 24, 2009.

MPI rates shall be reviewed by the Board, and neither a change in rates for services shall be made nor new rates for services shall be introduced without the approval of the Board. Rates for services means in the case of MPI, rate bases and premiums charged for compulsory driver and vehicle insurance. Upon any application to it, the Board may make an Order granting the whole or part of the application, or may grant other relief in addition to or in substitution for that applied for.

The Board's Rules of Practice and Procedure (Rules) will apply to the conduct of the Hearing. The Rules may be viewed on the Board's website <http://www.pub.gov.mb.ca/> or be obtained on request to the Board, by either emailing (publicutilities@gov.mb.ca), writing or calling the Board Secretary (945-2638 or 1-866-854-3698, toll free).

For full particulars, interested parties may examine MPI's application and supporting materials, either at the Corporation's or the Board's office. Interested parties may contact either the Board Secretary, or:

Manitoba Public Insurance
Attention: Gail Granger
8th Floor, 234 Donald Street
Winnipeg, Manitoba R3C 4A4
Telephone: 985-7335 (collect calls accepted)

DATED this 4th day of March, 2009.

G. Gaudreau, CMA
Secretary
The Public Utilities Board



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Manitoba 

IPSC 'one-stop shop' opening soon

Sara Cumming
Shilo Stag

Shilo's Integrated Personnel Support Centre (IPSC) is on its way and hoping to be up and running by April 15.

The IPSC, which will serve as a 'one-stop shop' for current and former injured CF personnel and their families, is one of eight centres across the country that operate under the Joint Personnel Support Unit (JPSU). Shilo's office will be located in building L-106.

The goal of the JPSU, headquartered in Ottawa, is to ensure that the high standard of care provided to an ill or injured soldier is consistent across the country.

The IPSC will offer a variety of services, including

Service Income Security Insurance Plan (SISIP) financial services, Veterans Affairs Canada (VAC) client and transition services, and a Shilo Military Family Resource Centre (MFRC) liaison. The Return To Work Program, coordinated by Denise Andries, will help integrate soldiers back into the workplace after they go through their recovery and rehabilitation. Casualty Support Administration (casualty tracking and outreach), headed up by Cory Rossin, will see Rossin giving presentations and briefings to all the units in his area of responsibility, which presently includes Shilo and all of Saskatchewan.

Andries and Rossin are preparing for the Centre's official opening, having re-

cently spent a week training in Quebec City with their IPSC peers from across Canada.

"We all have one common goal in that we like helping people," Rossin says of the IPSC employees.

"Every one of the people [at the training] has great respect for the military, for what they do for [Canada]," Andries said. "It's that passion that will help us do our jobs."

For Rossin and Andries, their past experience will also help them do their jobs effectively. Rossin comes to the IPSC from SISIP. He was a financial counsellor, and has a background in business, sociology and criminal justice. He believes his background in finance will lend to the JPSU's ideology of having subject matter

experts (SMEs) in different areas, such as finance, social issues, or other matters related to injury and illness.

Andries believes her role as a military wife will be beneficial to clients. Her experience with deployment, as well as moving around the country through the military, gives her a knowledge of military life that will aid in relating to the people she needs to help.

"My experience will be extremely helpful in dealing with the military culture itself," she said.

Andries also has nine years experience with Royal LePage and the Integrated



Denise Andries and Cory Rossin pose in their office. The two are new at the Integrated Personnel Support Centre.

Relocation Program (IRP). "[Royal LePage was] contracted, and [this is] public service, but it's the same

mindset," Andries said. Stay tuned for further updates on the IPSC in the next edition of *The Stag*.

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A St. Patrick's Day celebration



photo by Doris Finn

Shona McHarg, entertained the crowd with some Irish jigs and a Warrior dance.

**Doris Finn
Sprucewoods**

Aye laddies and lassies, a grand ole time was had by all at the Sprucewoods Community Hall St. Patrick's Day Celebration. There was some good old fashioned Irish stew, Corn Beef and Cabbage with potato biscuits and for dessert grasshopper squares. During dinner, Unique Sound provided us with toe tapping Irish music and later on in the evening music for dancing.

We had a special guest, Shona McHarg, who entertained the crowd with some Irish jigs and a Warrior dance. Shona began

highland dancing at age seven in Scotland where she was born. She has been dancing ever since as well as having competed all over Canada, in the States and in Scotland. She has obtained three 5th placings in ScotDance Canada Championship Series. Shona is currently helping coordinate the 1st Annual Brandon Competition on April 25th at Vincent Massey School, so if you like highland dancing go check it out. Shona is in the process of being an official highland dance teacher and will be starting teaching highland dance in the very near future.

Thank you to the Entertainment Commit-

tee, Dan, Joyce, Barb, Rhonda, Peggy and Doris for a wonderful time! A special thank you to Shona for coming out, Evan Smith for preparing our meal and Lois Burke for making the dessert.

April 18 there will be a Hawaiian/Karaoke night starting at 7:30 p.m. There will be music, food and special entertainment once again. For tickets call Joyce at 763-8811 or Dan at 763-8756. Aloha!



Read a paper with you in mind

Your source for army news in Manitoba

Olympic Flame is Coming

January 8, 2010 will see Shilo become part of the Olympic experience. The Olympic Torch Relay will come through Shilo that Friday in January next year and you can have a chance to take part. If you are interested in carrying the Olympic torch as it passes through the area please apply at one of the Torch Relay sponsor websites.

icoke.ca

rbc.com/carrythetorch

OR at the official Vancouver Olympic website:

Vancouver2010.com/torchrelay

Vancouver2010.com/relaisdelafamme

You must apply online and indicate which dates and areas you would like to carry the torch. Later this year successful applicants will be notified where they'll become part of Olympic history. Good Luck!

The Stag will keep you notified of plans for the Olympic event next year. Sometime around Christmas of this year the route and timings will be announced.

Manitoba Budget 2009

Steady. Balanced. Building Manitoba's Future

Budget 2009 is a balanced plan that invests in your priorities – infrastructure, health care, skills-training and education – while maintaining tax relief for Manitoba families and businesses.

Building Manitoba's Future

- More than \$160 million in social and affordable housing.
- Investments to upgrade and build roads and highways increase to a total of \$535 million.
- Funds for health capital construction projects including the Westman Regional Laboratory in Brandon and the cardiac science facility at St. Boniface Hospital.
- \$46 million in municipal and wastewater projects.



Moving Forward with Education and Training

- A 6% increase in base operating grants and strategic program investments for universities and colleges.
- A new bursary fund for prospective apprentices has been established and more training seats will be made available for apprentices.

- Public schools receive a 5.25% increase, or \$53 million - the largest investment in public school funding in Manitoba history.

A Continued Commitment to Families and Communities

- Entrance fees at provincial parks will be eliminated for the next two years.
- Funds for additional child care spaces and increased wages.
- Grants for rural economic development initiatives will increase by 8.7%.
- Manitoba municipalities will receive \$84 million - \$4 million more than last year - for roads, transit, public safety and other municipal infrastructure and service priorities.



Keeping Health Care a Priority

- Increased funding to attract and retain more physicians and specialists, especially in rural and northern Manitoba.
- The Artiste - a first in Canada - will provide high-precision, non-invasive surgery to patients.
- Funding has been increased to hire more emergency room staff and add new ambulances to the provincial fleet.



A Steady Commitment to Tax Relief

- The basic Education Property Tax Credit will increase to \$650 - saving homeowners and renters an additional \$16 million.
- The basic personal amount, spousal amount and eligible dependent amount will increase by \$100.
- The small business income tax rate will be reduced to zero effective December 1, 2010.
- The general Corporation Income Tax rate will be reduced to 12% on July 1, 2009.

Find out more about what Budget 2009 means to you at:

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How much is too much?



Jo-Anne Douglas
Health Promotion

Alcohol is one of the most commonly used drugs in our culture and in our CF community. While the majority of individuals who drink do so in moderation, and many people like to have a couple of beer with their buddies after work, alcohol use has also been linked to many health and employment problems.

It's when people stop enjoying their usual activities and drinking becomes THE activity that alcohol consumption begins to be problematic, according to our base addictions counsellor, Shelley Wray.

"Basically, if alcohol use is getting in the way of your life and causing problems in your life, then your alcohol use is a problem and you need to stop and take a look at what is happening," says

Shelley.

"If you are making mistakes at work because of your alcohol use, if you are hungover at work, if your spouse or someone else complains that you're drinking too much or too often, if you are in legal trouble because of alcohol or if you are spending more than you want to on alcohol or drinking related activities – if your alcohol use is causing problems in your life - then drinking has progressed from being fun, to being harmful."

CF members can self-refer to Shelley or any mental health professional on the base to seek help. It is always better for a member to seek help and support before the problem gets out of hand and ends up being a workplace issue with career consequences.

Some of the signs of substance abuse that show up in the workplace are:

- repeated absences after payday, holidays
- repeated Monday and Friday absences
- physical illness
- sporadic work pace



photo by Suzanne Levasseur

Self-refer to the base addictions counsellor if you think your drinking is causing problems in your life.

- increase in mistakes at work
- neglect of details, poor judgment
- missing important meetings or deadlines

How much is too much?

Shelley emphasizes that as soon as your alcohol use begins to cause problems in your life – at home or at work – then it's too much.

The Low Risk Drinking Guidelines advise drinking no more than 2 drinks a day if you're female and no more than 3 if you're male. In a week a female should consume a maximum of 9

drinks and a male, no more than 14 standard drinks. And remember – zero drinks represent the least risk of problems.

So drink responsibly and have fun but if you think alcohol may be a problem for you or a family member talk to the Base Addictions Counsellor, local 4146.

Health Promotion will be offering the Alcohol Other Drugs and Gambling training for supervisors on May 20 and May 27. Call ext 3867 if you are interested in this one-day training which was recently made compulsory for CF members in supervisory positions.



LOSE AND WIN!

Want to lose a few pounds before summer but need some motivation? Enter Shilo's Biggest Loser challenge.

Here's all you have to do: Register at Health Promotion during week of April 20 – 24. Weigh in (confidential) and pick up "goodie bag" of info on healthy eating.

You have 10 weeks to lose weight. We encourage sensible weight loss through regular physical activity and by eating according to Canada's Food Guide.

Call in your lost pounds to the Health Promotion office. They will be added to the total lost pounds on a poster outside the office (no

names will be posted) Return to Health Promotion week of June 22 – 26 for final weight-in.

Shilo's Biggest Loser will be declared June 29

\$50 prize for top military loser
\$50 prize for top civilian loser.

Also one \$25 prize draw from among all participants.

Note: We encourage healthy weight loss through regular physical activity and healthy food choices based on Canada's Food Guide. See your doctor before starting a weight loss or exercise program if you have health concerns.

LES SEPT MERVEILLES DU MANITOBA

Natalie Mariette Carole

Michel Roy

ANIMATEUR
Vincent Dureault

Martin Bruyère

Yan Dallaire

en tournée
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HEALTH PROMOTION CALENDAR

Top Fuel for Top Performance

You work out and train to achieve total fitness but are you fueling your body with the right food? Find out.
April 16- 17 Two afternoons (at MPTF)

Managing Angry Moments

Feeling frustrated or misunderstood? Losing your cool too often? Snapping at people? Learn strategies to help you be a better and more cool-headed communicator and leader.
Starts Thursday, April 30 1330 – 1600 (at Faith Centre)
We need 12 participants in order to run this program.

Alcohol, Other Drugs and Gambling Supervisory Training

How do you recognize and deal with substance abuse or gambling problems among your ranks? Review the CF policies and learn how to take an active role in detection and providing guidance and information to CF members.
One-day training 0830 – 1600
Next sessions: May 20 and May 27 (at MPTF)

For information or to register for the above courses call ext 3867 or 3868



Shilo Military Family Resource Centre



Last Winter day, here comes spring

Colleen Talbot
Deployment & Special Events Coordinator
*Softly raining,
 Chilling cold,
 Spring on hold,
 Tomorrow brings
 Sun again,
 Spring arrives.*
 Heather Z. Hanna (3.17.7 The Gift)

Spring has arrived and the MFRC hosted **Breakfast on Us** at the Faith Centre on Sunday, March 22, 2009. This event brought out over 130 community members who braced the blowing wind and rain to join us. A breakfast of pancakes and sausages as well as fruit was served. Throughout the event, it

was nice to see families enjoying each others company. What a great opportunity to see old friends and meet new ones. The Thrift Shop opened its door and community members had a chance to shop for bargains. For some, it was the first time they had the opportunity to stop by the Thrift Shop since it opened in the Faith Centre. Nice to see you, serve you and please come again.

We would like to thank our sponsors: Occupational Stress Clinic, Veterans Affairs Canada, and OSISS for coming out and providing information about their organizations as well as



Top Left: the MFRC hosted Breakfast On Us at the Faith Centre on Sunday, March 22, with delicious pancakes sausages and fruit for approximately 130 guests. Top Right: Curt Greig and his son Liam Greig enjoy time together at the breakfast.



photos submitted by Linda Beauchemin

distributing goodie bags to all that attended. Next special event will

be the 4th Annual Kite Festival on Wednesday, May 20. We are also look-

ing forward to cooking hot dogs at the Shilo MFRC's Dinner's On Us BBQs

starting up in June. Come out, take part and mingle. Hope to see you there!

Enjoying the wonderful world of sushi

Roddy Batson
Program Participant
 Having attended the sushi course offered at the MFRC on March 2, I am writing this to comment on how much I enjoyed the course.

Since my introduction to sushi about two years ago, my family and I have always wished that we knew how to make sushi ourselves. With this course offered, it gave my daughter and I the perfect

chance to learn how to prepare one of my family's favourite foods. My daughter thoroughly enjoyed the course saying, "We should start making sushi at home now."

Mark, our sushi chef/instructor, was very knowledgeable and his instruction was very practical and easy to follow. He taught us some of the basic steps to prepare sushi, taking us through the step-by-step process of making our own sushi

dish. A bonus part of the course was that we were given some basic tools to make the sushi as well as some ingredients to take home with us.

I hope that another course is offered with a few more dishes to make, maybe with some fish next time.

Having been part of this course has really increased my enthusiasm and interest in the making of sushi.



Community members learning how to roll sushi at Enjoying the wonderful world of Sushi.



A sushi-making course offered at the MFRC on March 2 gave participants a chance to learn how to prepare sushi.

March On: a look back at our March Events



Landscaping and Gardening instructor Nora covered tips like: Peat moss has no nutritional value for your plants except to absorb



Moms like Nicole learn Infant Massage techniques to apply in every day infant health such as relaxation and digestion.



First you click on this icon, that'll open this, then you go here and you can delete this in order to do your Computer Cleanup and Maintenance.



Myrna gets a one on one session from Kevin during Simple Steps to Computer Security.



Gabriella demonstrates some of the options on her camera during one of the two Digital Camera Training.



Deirdre gets sprinkled with magic leprechaun dust that turned her into a leprechaun during the pre-school Discover the Gold party.



Cameron and Jaxson put the finishing touches on their planets Earth during Space Day.



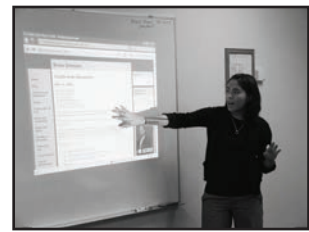
Octopi were swimming around Kendall and Jaxson at the Under the Sea Inservice Day.



Hundreds of pancakes were flipped at the MFRC Breakfast On Us.



Enjoying the wonderful world of sushi.



Easy and Effective Newsletters covered the ABCs of producing the perfect newsletter.

Keep your eyes open for more MFRC Events!

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*

Relay For Life 2009
Canadian Cancer Society's Relay For Life is looking for an **Honourary Chairperson** for the event, which takes place on May 29, 2009. The Honourary Chairperson is the liaison between the Relay For Life and the community.

This person would conduct interviews and share their story with Relayers at kick-off and relay night. Nominations for this important position can be called in or emailed. For more information, please contact: Kyla Henderson, Event Chairperson 728-4361 or 573-6435 kylahenderson@hotmail.com; or Rob Lussier, Communications and Marketing Chairperson 571-5911 rlussier@wcgwave.ca

Partners 4 Pints
Canadian Services Blood Donor Clinic
Wednesdays 10 am - 8 pm
Thursdays 2 pm - 8 pm
Town Centre 1-888-236-6283

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

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

Art Gallery of Southwestern Manitoba
New!! Now offering free guided tours every Thursday, every 1/2 hour from 6 pm - 8 pm. 710 Rosser Ave., 727-1036 or www.agsm.ca

Travel Health Services
have moved to Public Health Services, A5-800 Rosser Ave, Town Centre, effective February 18, 2009. Call 571-8469 to book a time (leave a message and you will be contacted asap.) NEW Clinic Days & Times: Monday & Tuesday 12:30-6:00 pm Wednesday, Thursday & Friday 10 am - 4 pm. Saturday clinics will be offered.

Acquired Brain Injuries
Caused by stroke, illness, accident, fall or assault
Help us assess what supports you need!
What are your issues in dealing with or supporting someone with a brain injury?
Those affected must be 16-64 years of age and live in the Assiniboine or Brandon RHA regions to participate.
For more info call 578-4500 or go to www.brandonrha.mb.ca

The Counselling Centre
335-9th St. 726-8706
The Abandoned Grandparent group meets the 4th Thursday of every month at St. George's Anglican Church at 7 pm
The Touchstones Grief Support Group, dealing with the loss of a loved one, meets every two weeks on Wed at the counselling centre

Widow/Widowers Support Committee
Meet on Weds, times vary contact Lorna-729-5367 or Janice-726-0972 for more information

Volunteers Needed
The Canadian Cancer Society has volunteer positions available for every interest and time constraint, including data entry, phoning, poster delivery and organizing events. Call 571-2804.

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.

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

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.

BINGO

Sprucewoods Community Hall every Thursday evening
• Share The Wealth at 6:30pm
• Early Birds at 7:00pm
\$Win Cash\$
\$1000 in 52 numbers Canteen open!

CLASSIFIED ADS

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

**\$10 for first 20 words,
10¢ for each additional word***
**Deadline for next issue:
April 9, 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.*

For Sale



1020 sqft Bungalow in great neighbourhood, 2 blocks from K-8 school and 6 blocks from High School. Stucco and cedar ext, single attached garage, large 62x120ft fenced and landscaped lot with back 16x24ft parking pad currently a skating rink. Playstructure, sandbox, sandpoint well and shed included. 3 bedrooms up, 1 down, two full baths (new in 2005 & 2007) and an amazing open family room with gas fireplace, laminate over Dricore underlayment, updated lighting and lots of smart storage. The formal living room and dining room are open and the updated kitchen is bright and fresh. The icing on the cake is the 14x16-3 season sunroom out the back door finished in cedar out and pine in. Lots of pics available. Contact Dave Town @ 729-3552 or davetown@remax.net.

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)

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

For Sale

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

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

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

Child care

Childcare Available
Childcare available in my home. I am able to provide flexible hours if needed and am located on the base. If interested please contact Jaime at 765-5144.

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

Wanted

St. Barbara's Chapel is looking for Nursery School Attendants to work on Sunday mornings 10:15-11:45 am. Rate of pay is \$7.50 per session. Baby sitting course is preferred but not mandatory. For more information or to apply please contact Padre Bos at ext. 3088. Looking for 2-3 attendants to share the responsibility on contract.

Help Wanted

The Home Fire Cafe is hiring part-time general help, 30 hours/week. Apply within with resume. Start date, April 8th.

Les Amis de La Source Inc. recherche: un/une EJE niveau II ou III, avec une bonne maîtrise de la langue française. Salaire très compétitif.

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Services

Want some photos of you and your soldier? Family, Child and Wedding photos! Great deal. Soldier and Family special - \$20.00. Including photo CD. Call 765-5049

Services

Canadian Firearms Safety Course Instructor/Examiner, Restricted & Non-restricted, Manitoba Hunter Safety Course Training Calendar Spring 2009
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CFSC APR 25
CRFSC APR 26
CFSC Women only MAY 23
CFSC MAY 30
CRFSC 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
Sundays @ 1030 with Sunday School & Nursery
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 Friday, 1205 hrs
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

Four Canadian soldiers were killed and eight were injured in two separate IED incidents in Kandahar province.

At approximately 6:45 a.m., Kandahar time, 20 March 2009, two Canadian soldiers were killed and five others were injured when an improvised explosive device detonated in the vicinity of a dismounted patrol in Zhari District, west of Kandahar City.

At approximately 8:45 a.m., Kandahar time, 20 March 2009, two more Canadian soldiers were killed and three others were injured when their vehicle struck an improvised explosive device in Shah Wali Khot district, north-east of Kandahar city.

In the first IED incident, killed in action was Master Corporal Scott Francis Vernelli, from November Company, 3rd Battalion, The Royal Canadian Regiment Battle Group. Master Corporal Vernelli is a member of the 3rd Battalion, The Royal Canadian Regiment based at Canadian Forces Base Petawawa.

Also in the first IED incident, killed in action was Corporal Tyler Crooks, from November Company, 3rd Battalion, The Royal Canadian Regiment Battle Group. Corporal Tyler Crooks is a member of the 1st Battalion, The Royal Canadian Regiment based at Canadian Forces Base Petawawa.

In the second IED attack, killed in action was Trooper Jack Bouthillier, from the Reconnaissance Squadron, 3rd Battalion, The Royal Canadian Regiment Battle Group. Trooper Bouthillier is a member of The Royal

Canadian Dragoons based at Canadian Forces Base Petawawa.

Also in the second IED attack, killed in action was Trooper Corey Joseph Hayes from the Reconnaissance Squadron, 3rd Battalion, The Royal Canadian Regiment Battle Group. Trooper Hayes is a member of The Royal Canadian Dragoons based at Canadian Forces Base Petawawa.

The injured soldiers were evacuated by helicopter to the Role 3 Multi-National Medical Facility at Kandahar Airfield. They are all reported to be in good condition, and their names will not be released.

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.

DNews

One Canadian Forces soldier was killed and four were injured when an improvised explosive device detonated near an armoured vehicle during a patrol in the Shah Wali Kot District. The incident occurred north-east from Kandahar City at around 1:15 p.m., Kandahar time, on 8 March, 2009.

The soldiers were conducting security operations in the area when the explosion occurred.

Killed in action was Trooper Marc Diab from The Royal Canadian Dragoons. Trooper Diab was serving as a member of the 3rd Battalion, The Royal Canadian Regiment Battle Group.

The injured CF personnel were evacuated by heli-



Trooper Jack Bouthillier



Trooper Corey Joseph Hayes



Master Corporal Scott Francis Vernelli



Corporal Tyler Crooks



Trooper Marc Diab

copter to the Role 3 Multi-National Medical Facility at the Kandahar Airfield. All injured CF personnel are in stable condition and three of them will be evacuated to Landstuhl Medical Facility shortly.

The names of the injured soldiers will not be released.

Our thoughts and prayers are with the family and friends of our fallen comrade

during this very difficult time.

Members of Task Force Kandahar are committed to improving security and increasing development in Kandahar Province. Despite these cowardly attacks we are determined to continue working with our Afghan and international partners towards a better future for the people of Afghanistan.

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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.



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You could win a CANEX Gift Card or Easter Candy!

TO ENTER: Colour the picture and complete the entry form and present the completed entry to a store associate. Prizes will be awarded in three categories: ages 4-6 years, 7-9 years and 10-12 years. Limit of one entry per person. Completed entries must be submitted no later than 12:00 noon on April 9 2009. The winner will be contacted by the store manager by 12:00 noon, April 10 2009.

No purchase necessary. One CANEX Gift Card will be awarded for first place in each age category, retail value \$20.00 each. One Easter treat will be awarded for second place in each age category, retail value approximately \$10.00 each.

Name _____

Phone _____

Age _____

