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**INSIDE This Issue**



Fun and games and more. Story on page 3.



Honouring volunteers. Coverage on pages 6 & 7.



Braving the cold for PLQ training. See page 12.

## 2PPCLI celebrates Kapyong with big weekend

**By Staff**  
Shilo Stag

Pomp and pageantry will be on full display this weekend as 2PPCLI celebrates the 60th anniversary of Kapyong.

According to CO Lt Col Shane Schreiber, the Kapyong 60th anniversary weekend features activities designed to both commemorate and celebrate the historical significance of this important battle fought between April 23-25, 1951.

"This year marks a significant milestone and it is crucial that veterans of this conflict, current serving soldiers and the Canadian public have an opportunity to come together and recognize the sacrifices made in the defence of democracy and world peace," the CO notes.

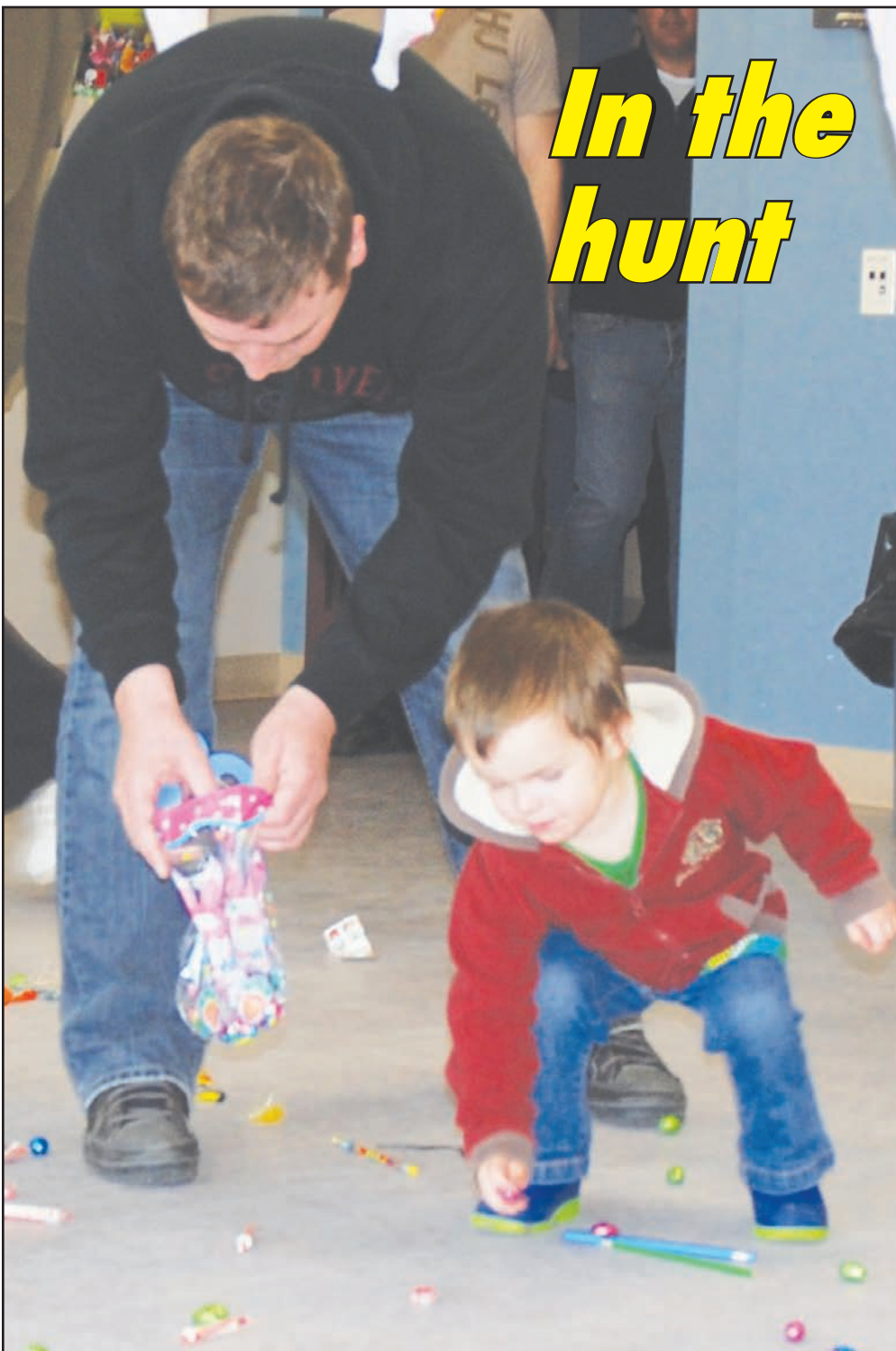
Celebrations kick off Friday, April 29 at 1 p.m., as the reception centre opens at the Company Conference Room and the 'Better 'Ole' opens LAV Barn Building C-106.

Then on Saturday, April 30 it's the Kap'Yong 60th Anniversary Parade starting at 10 a.m. at the MPTF Building C-106. This is followed at noon by a reception/family day at the 'Better 'Ole' in Building C-106.


At 7 p.m., show off your best dance moves during an evening dance at the 'Better 'Ole' in Building C-106.

The weekend wraps up on Sunday, April 30 with a breakfast at the 'Better 'Ole' from 9 to 11 a.m. in Building C-106.

Everyone is urged to attend.



*Staff photo*  
Dad was helping son gather up the motherlode of chocolates during the Easter Egg Hunt held April 24 at the Community Centre. Dozens of kids from newborn to age 10 took part in the annual event sponsored by Base Fund and FS&R.




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# G.G. Citation presented to 2PPCLI for TF 3-06 efforts

By Cpl Martin Smith

Earlier this year, members of 2PPCLI received the Governor General's citation for actions during Task Force 3-06 while deployed to Afghanistan.

On Feb. 24, a ceremony and a parade was held in CFB Petawawa to honour the 1RCR task force to which A Coy, 2PPCLI was attached. The 1RCR Battle Group received this honour for valour in combat, particularly for OP Medusa which took place in August to September 2006. This was the first time Canadian soldiers engaged large scale offensive operations in a fashion not seen since Korea.

Thirteen members of 2PPCLI left from Shilo early morning on Feb. 23 and travelled to CFB Petawawa for the ceremony which took place in the 1RCR drill hall at 3 p.m. the next day. Even though not everyone from A Coy, 2PPCLI could realistically attend, it was still good to see a number of familiar faces, such as LCol Wright, who was A Coy's Coy Commander in 2006.

The ceremony began with a parade in full dress uniform, and included speeches from MGen Holmes and Col Lavoie, Commander Officer of the 1RCR Battlegroup from August 2006 to February 2007. The speeches highlighted key points of the deployment such as the battle of Panjawai, and the many successes and difficulties experienced throughout the deployment.

A reception in the Warrants and Sergeants Mess followed, which allowed for a chance to recall fun and difficult times with some members whom some haven't heard from or



Submitted photo

Thirteen members of 2PPCLI travelled to CFB Petawawa in mid February to receive the Governor General's Citation for their efforts as part of Task Force 3-06.

seen in years.

Early on Feb. 25 we were back on a plane heading home.

This recognition in my opinion truly honoured the sacrifice of those who did not make it back from TF 3-06. As well, it was a

good acknowledgement that Canadian soldiers can continue to take the fight to the enemy when needed as they have in the past.

Cpl Martin Smith is with 2PPCLI.



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## Fighting the 2011 Flood

### Spring Flooding Hazards

#### Safety Tips for You and Your Family

##### Stay off ice and water

At this time of year, the ice covering Manitoba's lakes, rivers, ditches, culverts and large drains is melting or has melted. Stay off all waterways and never attempt to enter the water. Currents at this time of year are extremely strong and can easily pull you in and carry you away. If you live near water you should be especially careful to prevent children and pets from wandering onto the ice.

##### Stay away from heavy equipment

Earth-moving equipment is at work building or reinforcing dikes and Amphibex and ice-cutting machines are busy breaking up ice. Please keep your distance if you see these machines at work in your area. The operators are concentrating on their work and may not see you.

##### Check road conditions

Overland or flash flooding can happen very quickly and create unpredictable conditions along roads, especially those near ditches and creeks. Always stay off closed roads. If you do come across flooded roads and fast-moving water, do not attempt to drive or walk through the current. Stay in your car and call for help.

If you are travelling in parts of Manitoba that have experienced overland or flash flooding in the past, be sure to check road conditions on [manitoba.ca](http://manitoba.ca) (also available by mobile) or follow us on Twitter @MBGov.

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# C Coy back from Ex DESERT RAM training in Suffield

By Pte B.R. Poole

On March 14 C Coy, along with the LAV Squadron of 2PPCLI, departed to CFB Suffield for Ex DESERT RAM 2011.

We were tasked with proving the level 3-5 ranges in order to prepare respective range safety staff for follow on execution of the Mission Transition Task Force



humanitarian aid. The exercise was not all work however, as on March 17 all the Patricias celebrated Regimental Day consisting of Broomiloo and a barbecue supper. C Coy represented 2PPCLI well, going unbeaten and pretty much unchallenged in Inter-Coy play. The afternoon saw the privates and corporals defeating the master corporals and officers defeating the NCOs.

Overall, Ex DESERT RAM 2011 was a great success for C Coy as we accomplished all tasks despite the muddy terrain and unfavourable weather conditions.

*Pte B.R. Poole is with C Coy, 8 Pl, 2PPCLI.*



(MTTF) and TF 2-11 live fire.

For many troops it was their first time conducting mechanized warfare providing plenty of opportunities to learn and apply mechanized

techniques. In addition, 8 Platoon was also tasked with proving a convoy escort range in which many different situations had to be dealt with such as IEDs, mass casualty care and

## Not all work!

The rumble of LAVs, coupled with broomiloo action, were all part of Ex DESERT RAM training at CFB Suffield in Alberta.  
*Submitted photos*

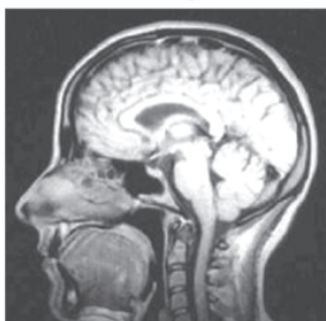
## Base to host blood donor clinic May 27

Give the gift of life at a special Blood Donor Clinic on Friday, May 27.

Sponsored by Forbidden Flavours, the clinic needs 100 donors and will operate from 11:30 a.m. to 3:30 p.m. inside MPTF (C-106) on Portsmouth Road.

Contact Cpl Brad LeBel at Base Maintenance, ext. 3273 or email [bradley.lebel@forces.gc.ca](mailto:bradley.lebel@forces.gc.ca) to make an appointment. You can also reach Canadian Blood Services directly at its toll-free number, 1-888-2 DONATE.

## MILITARY PERSONNEL Volunteers Needed for Research Study



University of Manitoba research group in collaboration with the Veterans Affairs of Canada Operational Stress Injury Clinic in Winnipeg, MB is seeking volunteers to participate in a project aimed at improving our understanding of how traumatic experiences of military personnel influence emotional responding when viewing positive, negative and neutral images.

Your role: participate in an interview, complete questionnaires, and may or may not take part in a functional Magnetic Resonance Imaging (fMRI) picture viewing assessment.

Benefits: You will help us understand emotional processing in the brain as well as receive a research stipend and travel expenses for out-of-towners.

If interested please call the study coordinator at 204-975-7728



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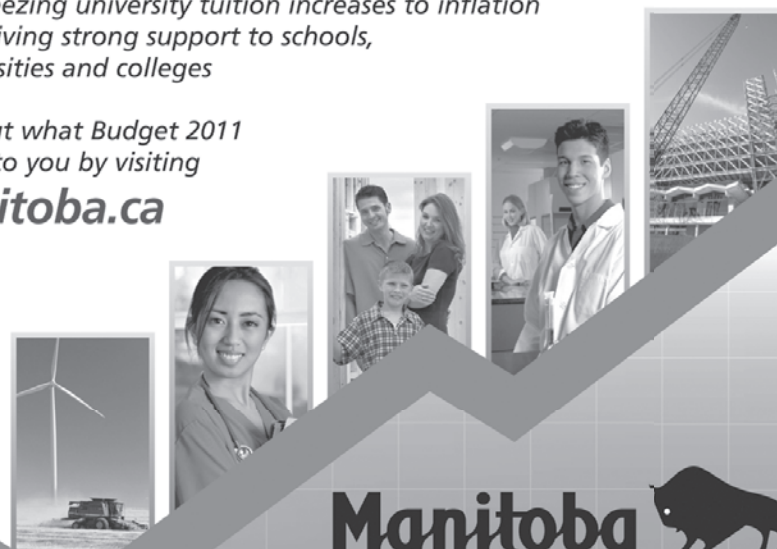
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Manitoba

# Letters & Opinions



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

Submissions can be sent to the Stag via email at [stag@mts.net](mailto: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.



Staff photo

Water from the turbulent Souris River spills over the Wawanesa Dam and nearby park as river levels continued to rise over the Easter weekend.

## Letter to the Editor

### Korean War documentary now available

Dear Editor,

April marks the 60th anniversary of the Battle of Kapyong — one of the most significant battles fought by Canadians in the Korean War.

As a member of the War Amps Operation Legacy, a group of committed young people who are dedicated to preserving Canada's military heritage, I would like to highlight this anniversary.

On April 24-25, 1951, the 2nd Battalion of Princess Patricia's Canadian Light Infantry engaged in the Battle of Kapyong. From their stand on Hill 677, the Patricias managed to hold their positions and re-open the supply route despite tremendous odds and bitter fighting. The Canadian action at Kapyong stopped the Chinese advance in this sector of the front for the rest of the war and earned the battalion the US Presidential Citation for valour.

Canada sent 26,791 soldiers to battle in Korea. More

than 1,200 were seriously wounded and another 516 never came home. After the Korean Armistice Agreement was signed in 1953, the Canadians returned home amid little fanfare. There were no bands playing, and no parades. In fact, the Korean War had very little impact on Canadians, except, of course, those who fought in it or who lost loved ones.

To mark this anniversary, the War Amps has re-released its documentary Korea: Canada's Forgotten War to regular and specialty TV channels. Part of the War Amps Military Heritage Series, it is also available at a cost-recovery price of \$12 by calling 1-800-250-3030 or by visiting [waramps.ca](http://waramps.ca).

Sincerely,  
Olivia Auriat,  
Operation Legacy Member,  
Brandon

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# Know the facts when it comes to conflict resolution

By Brandi Ives

Conflict is found everywhere — home, work, recreation, etc. It is neutral; neither good nor bad, but it is infectious and quickly spreads to others. It is contentious, it disrupts normal activity and escalates, getting worse if ignored. Conflict is inevitable as people will always have differences and it is a natural part of life. It is neither inherently good nor bad ... it simply is. As such it can be both a danger and an opportunity. How we react and respond to conflict can be either productive or destructive.

### Costs of mismanaged workplace conflict

- Stress/Health costs,
- Loss of productivity/Reduced decision quality,
- Absenteeism,
- Employee turnover,
- Development of opposing camps,
- Reputation,
- Degradation of Relationships/Loss of trust, and
- Sabotage/Theft/Damage (to both work processes and materiel)

### Costs to organization

Employees who perceive themselves to be bullied waste 52 percent of their work time defending, avoiding and venting to others (Safety Council of Canada, 2002)

Large organizations statistically have about 10 percent of their employees involved in workplace conflicts each year costing as much as five percent of their total payroll (Organizational Dynamics, 2000).

Absenteeism due to workplace conflict costs Canadian firms over \$3 billion per year (Canadian Policy Research Network, 2001).

Chronic unresolved conflict acts as a decisive factor in at least 50 percent of departures. Conflict accounts for up to 90 percent of involuntary departures. (Dana, Dan, [online] The Dana Measure of Financial Cost of Organizational Conflict, 2001).

Studies reveal a direct correlation between prevalence of employee conflict and



A Conflict Management Practitioner can help when resolving conflict in the workplace.

Submitted photo

the amount of damage and theft of inventory and equipment. And, covert sabotage of work processes and of management's efforts usually occurs when employees are angry at their employer. (Dana, Dan, [online] The Dana Measure of Financial Cost of Organizational Conflict, 2001).

### Costs to the individual

Canadian workers ranked respect at 73 percent as the most important aspect of job satisfaction (Canadian

Policy Research Network, 2000).

Conflict is a good example of how harm can be produced in the workplace and of how this harm 'spills over' into families and communities. Such harm includes both inner-directed harm (suicidal behavior, recklessness, agitated depression and abuse of alcohol, drugs) and outer-directed expressions (threatening behaviour, emotional and/or verbal abuse, bullying, harassment, assault,

domestic violence, road rage). (Health Canada, Best Advice on Stress Risk Management in the Workplace, 2000, pp 15-16).

### Preferred approach

In November 2008, the Chief of Military Personnel introduced the 'ADR First' Initiative which directed that ADR "should be the automatic approach in situations of conflict, dispute and disagreement." Alternative Dispute Resolution (ADR) is recognized for helping create durable and positive results. One advantage of this approach is its ability to deal with the underlying issues as well as the needs and interests of all the parties. By focusing on

a better understanding of each other's point of view, the parties can work together to find mutually agreeable solutions.

The Dispute Resolution Centre (DRC) facilitates ADR processes that help parties design their own solutions. By resolving their conflicts constructively, the parties have the opportunity to rebuild trust and restore their working relationship. The DRC works alongside rights-based processes, such as harassment complaints and grievances. ADR can be considered at any stage in a conflict, even if another process has already been initiated. However, if the conflict cannot be resolved through ADR,

the parties retain the option of reverting to the relevant rights-based process. In addition to intervention services the DRC also offers briefings and training.

There is a Dispute Resolution Office (DRO) in Shilo located in Building L142, Room A202, however currently that position is vacant. As a result, services to CFB Shilo are provided through our Centre in Winnipeg and we are available on an on-call basis. The single point of contact is Brandi Ives at 257-5644.

For more information visit our DIN site at: [www.cmp-cpm.forces.gc.ca/adr-marc/](http://www.cmp-cpm.forces.gc.ca/adr-marc/)

Brandi Ives is a Conflict Management Practitioner at CFB Winnipeg.

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Completed applications **MUST BE RECEIVED NO LATER THAN 4:30 P.M. THURSDAY, MAY 5, 2011** by the:  
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For more information call 1-800-214-6497 or visit [www.manitoba.ca/conservation/wildlife/hunting/](http://www.manitoba.ca/conservation/wildlife/hunting/)

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Until June 30, 2011, the Manitoba government is waiving all fees for professional testing of private wells affected by flooding. You can pick up a collection bottle and instructions by visiting your local rural municipal office or Manitoba Water Stewardship and Conservation offices.

**Learn More**  
For more detailed information about well-water safety as well as up-to-date flood forecasts and information, please visit the flood website at [manitoba.ca](http://manitoba.ca) or call **1-866-Manitoba**.

**Manitoba**

# Base thanks its many volunteers at appreciation brunch

**By Staff**  
Shilo Stag

Dozens of volunteers were honoured April 16 as CFB Shilo leadership paid tribute to an extremely valuable resource.

Held at the Sgt and WO Mess, the Volunteer Appreciation Brunch featured a meal and a magic show. BComd Luc Généréux was one of many there to show his appreciation.

"Bases such as Shilo rely heavily on volunteers and donations in order to run effectively," he



says. "There are plenty of opportunities if you have a special skill or trade."

Lt Col Généréux went on to state there is a wide range of opportunities for volunteers here in Shilo.

"Volunteers have the freedom to find something that fits their needs. They have the freedom to choose."

Among the attributes someone can gain from volunteering, Lt Col Généréux listed seven benefits including:

- enhancing or developing new skills,
- gaining 'hands-on' work experience,
- finding new talents,
- meeting new people,
- learning new things,
- discovering more about yourself, and
- developing critical thinking.

"When you volunteer you get the opportunity to look at your community through a new angle that allows you to critically assess some of your past ideas and views about your community and yourself," the BComd says.

See **THANKS** page 7



In the photo at top, BComd Luc Généréux poses with Shilo Community Council members and others, while in the second picture, PSP Manager Mike McEwan stands in with area service clubs. In the bottom photo, BComd Généréux and MFRC Executive Director Willemien van Lankvelt accept a \$3,000 cheque from SISIP's Debbie Hoddinott.

Staff photos

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# Boissevain poster designer among Legion's national award winners

By Bob Butt

The Royal Canadian Legion has announced winners in its Poster and Literary Contests.

Held each year, students of all ages from across the nation participate in the Poster and Literary Contests to foster the tradition of Remembrance amongst Canadians. This year there were over 100,000 entries.

The posters (colour and black and white), along with poetry and essay entries are initially judged at the local branches of the Legion and then at the Provincial Command level. These winning entries are submitted to Dominion Command for final judging at the national level.

The Poster Contest is held at four levels: Senior Grades 10, 11 and 12), Intermediate (Grades 7, 8 and 9), Junior (Grades 4, 5 and 6) and Primary (Grades Kindergarten, 1, 2 and 3). The Literary Contest does not have a primary level. All entries received at the national level are judged by a panel of experts in those fields.

National winners this year are:

- Senior Colour Poster, Atalanta Shi, Burnaby, BC,
- Senior Black and White Poster, Tim MacDonald, Malagash, NS,
- Senior Poetry, Laura Howells, St. John's, NL,
- Senior Essay, Katelyn Major, St. Brieux, SK,
- Intermediate Colour Poster, Mu Qing Kuang, Surrey, BC,
- Intermediate Black and White Poster, Iris Shen, Markham, ON,
- Intermediate Poetry, Madison Boon, Maryfield, SK,
- Intermediate Essay, Katrina Laing, Unity, SK.
- Junior Colour Poster, Kelaiah Guiel, Bailieboro, ON,
- Junior Black and

White Poster, Colleen Hallett, Boissevain, MB,

- Junior Poetry, Madeleine Crawford, Cornwall, PE,

- Junior Essay, Bruce Marpole, Banff, AB,

- Primary Colour Poster, Madison Bolyea, Shanty Bay, ON, and

- Primary Black and White Poster, Terrence Hill, Clairmount, AB.

Winning entries in all categories will be displayed at the Canadian War Museum from June 2011 to May 2012. Second place and honourable mention entries in all categories will be displayed in the Parliament Buildings during the Remembrance period in November 2011.

The Senior Category winners will come to Ottawa during the Remembrance Week and place a wreath at the National Remembrance Day Ceremony as part of the Vice-Regal Group and on behalf of the Youth of Canada. While in Ottawa they will meet the Governor General, Prime Minister, the Memorial (Silver) Cross Mother and the Chief of the Defence Staff and participate in a number of events set up for them during that week.

*Bob Butt is Director of Communications for the Royal Canadian Legion in Ottawa.*

## THANKS

From page 6

"Thank you again for your support, your time and dedication toward CFB Shilo, toward our serving members and their families," he adds.

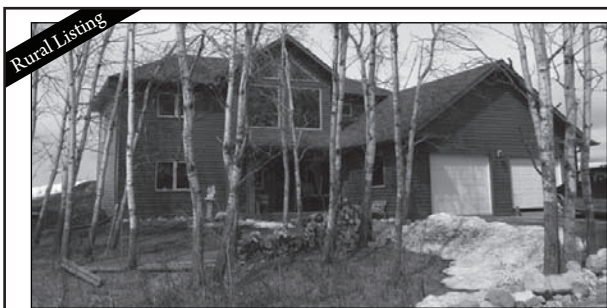
PSP Manager Mike McEwan notes that without volunteers, the entire Base community just wouldn't work.

"Shilo is a much better place because of you. This event is just a small way in which we can show our appreciation of you," McEwan told the audience.



In the photo at top, MFRC volunteers are recognized while underneath, volunteers with the RCA Museum are thanked by museum Curator Kathleen Christensen, left, and Director Marc George on the right.

Staff photos



**Bev Powell 729-3554**  
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## 8th Annual CFB Shilo Base Commander's Lobsterfest

**June 18 2011**  
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Doors open at 5:30 pm  
Meal served from 7:00 - 9:00 pm  
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Tickets available at the following locations starting May 1:  
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Douglas General Store - Carberry Signs  
or call 765-3000 ext 3073 - Group Bookings welcome  
Group Bookings welcome! \$30.00 per person  
Only 800 tickets on sale!

**Free Knightline Transportation**  
Buses depart Brandon Shoppers Mall 5:00 & 7:00 pm and Town Centre (8th and Rosser) 5:45 & 7:45 pm, buses depart CFB Shilo Community Centre Annex at 10:00 pm & 1:00 am  
Knightline taxis also available - reserve/book at 717-6570

# Everything that slithers and more counted near Wawanesa

By Bill Stilwell

Volunteers are the backbone of all successful conservation agencies and the Nature Conservancy of Canada (NCC) is a good example, as demonstrated during a Conservation Volunteer (CV) event held at the Yellow Quill Prairie Preserve.

"They counted and identified everything that slithered, hopped, burrowed, flew or flowered," says Cathy Shaluk, Communications and Outreach Coordinator for the Manitoba Region of the Nature Conservancy of Canada.

During a six-hour 'blitz' event, volunteers took inventory of all the wildlife and plants at the Yellow Quill Prairie Preserve (YQPP) located northeast of Wawanesa.



Gabe Krawec gets a close look at this Prairie Skink.

Photo by Cathy Shaluk

By massing a large group of volunteers the task was completed quickly, thus providing a snapshot of wildlife and plants present at this important habitat location.

"Conservation of our natural areas cannot be accomplished alone," Shaluk adds. "NCC has been working with many partners to achieve common goals and protect the most critical habitat."

"Some of the outstanding sightings at the YQPP included the endangered Prairie Skink, Manitoba's only lizard, a nationally threatened bird, Sprague's Pipit and a number of provincially uncommon species such as the Smooth Green Snake and the elusive Hognose Snake," informs Shaluk. "All of the sightings of plant

and animal species are added to a national data base that will assist NCC and other organizations in future conservation and stewardship programming."

The group consisted of volunteers from NCC's Scientific Advisory Committee, Brandon University, Brandon Naturalist Society, Nature Manitoba and people living in the surrounding community.

This is not the only CV Event carried by the NCC. The CV program engages people in conserving biodiversity, while providing a meaningful and educational experience in ecologically significant natural areas, according to Shaluk. Types of CV events include: habitat

See **NATURE** page 9

**The Big Comfy Couch!**

Wawanesa Wee Care Presents...

**Loonette and Mollie!**

Come and See the Characters from the Big Comfy Couch and join them on an interactive Hawaiian Adventure!



**WHEN:** Sunday May 1st 2011. Loonie Lunch items available at 12 noon, show starts at 1pm

**WHERE:** Wawanesa School Gym

**TICKETS:** \$15 each, available at Wawanesa Wee Care, Wawanesa Business', Apple's Esso in Glenboro, or by calling 483-0728

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# Census 2011


**It Benefits Us All. Complete your census May 10.**

For every person ultimately missed in the 2011 Census, Manitoba loses \$40,000 in federal transfer payments. This money, as well as information from the Census, is used to make important decisions about your community's roads, hospitals, schools and social services.

So when you receive your census form over the next few days, take the time to do your part for Manitoba.



[manitoba.ca/census](http://manitoba.ca/census)

**Manitoba** 



**NATURE**

From page 8

restoration, tree planting, seed collection, fencing, trail building, inventories and monitoring birds, plants, insects and many other activities. If becoming a Conservation Volunteer appeals to you, then a fulfilling opportunity awaits. Volunteers are needed for the upcoming field season for events ranging from invasive weed pulls to property clean-ups to rare plant surveys.

NCC's YQPP is located 20 kilometres southeast of Brandon and two kilometres north of the junction of the Souris and Assiniboine Rivers. It abuts the western boundary of CFB Shilo training grounds and is immediately north of the Assiniboine Corridor Wildlife Management Area.

The Nature Conservancy of Canada is Canada's leading national land conservation organization, and is dedicated to the preservation of areas of ecological significance, and to the long-term stewardship of the living natural communities that inhabit them.

"By protecting irreplaceable habitat and the plants and animals that it supports, we can ensure that future generations will be able to enjoy its natural beauty," informs Ursula Goeres, Manitoba Regional Vice President.

Since 1962, NCC and its partners have conserved more than 800,000 hectares (2 million acres) of ecologically significant habitat. Their efforts are concentrated on the most critical habitat throughout the province.

Three of these areas are located in southwestern Manitoba including the West Souris Mixed-grass Prairie, Souris River Valley Grassland and Oak Lake Sandhills and Wetlands. The Nature Conservancy of Canada has identified conservation actions that will take place on these threatened habitats.

In part, the Nature Conservancy of Canada achieves its goals by accepting donations and purchasing lands where rare and endangered plants and animals are found. An example of its land holdings is the YQPP. Another method they use is the Conservation Easement agreement. This tool



This Hognose Snake was spotted during the Yellow Quill Prairie Preserve nature count.

Photo by Cathy Shaluk

allows landowners to permanently protect habitat for future generations by voluntarily limiting or restricting the type and amount of development that may take place on their lands. The landowner continues to hold title to the land and enjoy the other benefits

of land ownership. If you would like to become a Conservation Volunteer, protect your land with a Conservation Agreement or participate in any of the Nature Conservancy of Canada programs, please call the Manitoba Region's toll-free number: 1-866-683-6934 or visit the

NCC website at [www.natureconservancy.ca/mb](http://www.natureconservancy.ca/mb).

Bill Stiltwell is with the Nature Conservancy of Canada.

## You could be part of the next big nature count

Become a force for nature as the Nature Conservancy of Canada (NCC) invites you sign up for one of over 50 Conservation Volunteers events and have an adventure in conservation.

Across Canada, NCC's Conservation Volunteers program is working to protect Canada's natural areas. This unique program takes Canadians outdoors to experience the beauty of nature while working to protect and care for some of our most precious wildlife and natural areas.

The program gives people of all ages the opportunity to volunteer while learning new skills, exploring unique places, and observing rare species in the wild. With events planned right across the country, there will be something for everyone.

Whether helping to provide a safe haven for endangered species, removing invasive species that choke out native plants in many regions, or planting trees, shrubs and bulbs, Conservation Volunteers play a vital role in NCC's mission to protect the pristine natural areas. Without volunteers, NCC could not achieve its conservation goals.

Register now for this year's Conservation Volunteers events during National Volunteer Week and become a Force for Nature!

For more information on events taking place in your area visit [www.conservationvolunteers.ca](http://www.conservationvolunteers.ca)

**WANTED**  
 Clerk/Cashier – Temporary Full Time. Under the direction of the SuperMart Supervisor, the Clerk/Cashier scans customer purchases, tabulates bill using cash register and accepts payment. He/She gives change and issues receipts and places merchandise in bags or boxes. He/She stocks shelves, counters and display areas. The anticipated term is June 1 - August 28, 2011. Salary: \$10.25/hr - \$11.84/hr. For more information or to apply, visit our website at [www.cfpsa.com](http://www.cfpsa.com) or send your confidential résumé by 15 May 2011, to: CFPFSS, NPF Human Resources, Box 5000 Stn Forces, CFB Shilo, MB R0K 2A0, by fax to (204) 765-3815, or by e-mail to [Kaastra.nienke@cfpsa.com](mailto:Kaastra.nienke@cfpsa.com).

**Shilo Theatre**  
 (Located in the General Strange Hall)  
 Enjoy a DVD movie and popcorn for FREE!  
 April 30: Morning Glory - Rated PG  
 May 6: Megamind - Rated G  
 Doors open at 6:15 p.m. Movie starts at 6:30 p.m.  
 For more info, please call the Community Recreation Office at 765-3000 ext 3317/3588

**GSH Bowling Alley**  
 Thursdays 6:30-8:30 p.m.  
 Saturdays 1-4 p.m.  
 Adult \$2.25 per game  
 Youth \$2.00 per game  
 Child \$1.75 per game  
 Shoe rental \$0.75  
 Mixed Bowling League for Adults  
 Wednesdays  
 7-9 p.m.  
 \$7.50 per evening  
 Prices subject to tax  
 For more info call the Community Recreation Office at 765-3000 ext 3317 or 3588

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\* Some restrictions apply.

# What's on Your Agenda?



• **Wawanesa's 2nd Annual Antiques & Collectibles Flea Market** May 15 from 11 a.m. - 4 p.m. Hosted by The Curling Clubs of Wawanesa. Location: Wawanesa Rink, 422 Commercial St. 166 tables indoors & out. Fun for everyone including 50/50 draw and Silent Auction. Canteen will have lunch for sale: Hamburgers, sandwiches & lots of homemade pies & desserts. Admission: \$2.50 - 12 and under free. See you at the rink!

• **2011 Census - Important notice to all residents of Canada.** Canada's next census will be held in May 2011. Early in May, yellow census packages will be delivered to every dwelling in Canada, providing residents the information they need to complete the census online or on paper. Completed questionnaires will provide valuable information that will be used to make decisions about your neighbourhood and community. Census information is important for all communities and is vital for planning services such as schools, daycare, police services and fire protection. For more information about the 2011 Census, visit [www.census2011.gc.ca](http://www.census2011.gc.ca).

• **CFB Shilo Gun Club** Attention all members and those interested in becoming a member. We will be holding our Spring 2011 meeting on Sunday, May 15 at 3 p.m. at the WO's & Sgt's Mess. On the agenda will be new memberships, schedules, purchases, and the upcoming courses to include the Black Badge Course. Membership fees are \$10 per year. All members should be in attendance to get the information about the courses and to vote on all other news. If you have any questions about the club, come down to the meeting as it is always informative, or you can contact the President, Sgt M.M. McKay at local 6318 or the Vice President WO S. Hoddinott at local 6215.

• **Royal Canadian Legion Annual Decoration Day and Memorial Service** Sunday, June 5. Parade Formation: 18th Street South (Canadian Tire parking lot) at 2:30 p.m. Memorial Service: Cenotaph at 3 p.m. Please bring your lawn chairs. For inquiries call 728-5026.

• **26 Fd Regt RCA/XII Manitoba Dragoons Museum** The tiny Reservist Museum with the really long name would like to invite you to come visit us at the Brandon Armoury 1116 Victoria Ave., Brandon, on Tuesdays from 9-11:30 a.m. and 1-4 p.m. Admission is free. Come check out our "on loan" Order of Canada medal as well as thousands of other military artefacts. For more information, please call us at 728-2559 ext. 238.

• **The RCA Museum** is open with free admission two days in April. The first is in honour of the 60th Anniversary of the Battle

of Kapyong on April 28. The second is in honour of the Canadian Military Engineers birthday on April 29. Our temporary Manitoba Gallery exhibition runs until Sept. 5.

• **#60 Royal Canadian Sea Cadet Corp Swiftsure** is enrolling youth ages 12 to 18 in the Sea Cadet program Learn Marksmanship, Seamanship, Sailing and more at little or no cost. Parades are at the Brandon Armoury 1116 Victoria Ave. Brandon on Monday evenings. For more information contact the Ships Office at 728-3168 or Commanding Officer Lt (N) Evelyn Gaboury at 761-5623.

• **Shotokan Karate** classes Tuesday 6:30-7:30 p.m. at GSH beginning April 5. Three free classes for all beginners. Come and try it out!

• **Brandon Regional Health Centre Auxiliary** is looking for volunteers. The Brandon and area community benefits from the efforts of the Auxiliary. If you are interested in being part of this volunteer organization and would like more information or have questions, please phone BRHC Volunteer Services at 578-2065.

• **Visit Daly House Museum** at 122-18th Street, Brandon. The house was built by the first mayor of Brandon, Thomas Mayne Daly. Your family can step back over 150 years to experience the strict rules of a Victorian time. Visit Mutters General Store, or discover the origins of the city of Brandon. Our hours are 10 a.m. - noon and 1-5 p.m. Tuesday to Saturday.

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

• **Sprucewoods and Area Lions Club** meets every second and fourth Wednesday at 7 p.m. at the Sprucewoods Community Club Hall. Membership Chair: Lion Gerald Rubenuik, 763-4318.

• **The Wii Fitness Room** at the GSH is now open to the pub-

lic! All equipment needed is available at the front desk to sign out. Children 11 and under must be accompanied by an adult. For more info, call 765-3000 ext 3899.

• **PSP Online** Did you know that you can now register for Community Recreation and Fitness Programs online, right from your own home? All you need to do is call the Recreation Office at 765-3000 ext 3588/3317 to receive a username and password by email. To find out what programs are being offered, visit [www.cfcommunitygateway.ca](http://www.cfcommunitygateway.ca).

• **Shilo Community Library** hours are Mondays, 6-8:30 p.m.; Tuesdays and Thursdays, 9:30 a.m. - 12:30 p.m., 1-4 p.m., and 6-8:30 p.m. Story Time is Thursdays at 1:30 p.m.

## May Fitness Sessions

### CSOR TRAINING CAMP

(Open to all Military Members)  
Every Wednesday in April  
11:45 a.m. - 12:45 p.m.  
Gym C

Registration: Contact Amy Coveney, 765-3000 ext 3652

### PRACTICE TESTS

(Open to all Military Members)  
Please register by 10 a.m. one day prior to test.  
Contact Amy Coveney, 765-3000 ext 3652

### CSOR

Tuesday, May 3  
10 a.m. - noon  
Gym C

### EXPRES

Wednesday, May 25  
8:30-9:30 a.m.  
Gym C

### FITNESS WORKSHOP

(Open to Military Members, DND & Civilian Employees and GSH Card Holders)

Tuesday, May 10  
Noon - 1 p.m.  
Gym B

Registration Deadline: Monday, May 9 at 10 a.m.  
Contact Janelle Boyd, 765-3000 ext 3899

## BINGO

**Sprucewoods Community Hall**  
every Thursday evening

• **Share The Wealth at 6:30 p.m.**

• **Early Birds at 7 p.m.**

**\$Win Cash\$**  
**\$1,000 in 52 numbers**  
**Canteen open!**

# CLASSIFIED ADS

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*citizens of the surrounding area.*

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### Services

Greg Steele, Canadian Fire-arms Safety Course Instructor/Examiner • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses Held Regularly • Examinations by Appointment • 204-725-1608 • Email: [ggs57@wcgwave.ca](mailto:ggs57@wcgwave.ca). May 13, 14 & 15 and June 10, 11 & 12 in Brandon - Hunter Safety, CFSC, & CRFSC. Eligible students may write one or both exams. Call or email for training calendar.

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

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### Found

One men's leather jacket at L-25 after Winterfest dance. Call Mike McEwan @ 765-3000 ext 3073.

Tree stand. Must know location. Call 728-2995.

### Out of Town Home

**DUNREA** - 1,540 square feet bungalow on 1 acre - double detached garage, small barn - newer furniture and appliances optional. Owner moved. Asking \$140,000. Dave Mooney, 824-2094 cell 724-6484 Countryland Realty.

### For Sale

**WAWANESA** - Lakefront home on 1/2 acre with private beach at Noble Lake, just minutes from Wawanesa. 1152 sq. ft. 2 bedroom, 1.5 bath, open concept with wood stove in living room. Scenic view of lake from the sunroom or hot tub on large deck. Large oversized heated garage with lots of storage. For more info call Bob Daymond (204) 571-5918 Sutton-Harrison Realty.

### Acreage For Sale

**BRANDON** - 14 miles south east, 17 acres with 4 bedroom, 2 bath home. double garage, shop, large barn, 2 good implement sheds all in good condition and priced realistically. Call Dave Mooney, Countryland Realty, 824-2094 or email [dsmooney@xplornet.com](mailto:dsmooney@xplornet.com).

### For Sale

**WAWANESA** - \*1560 sqft, 3 bdrms, single garage, 50 x 120 lot - \$134,900. \*1260 sqft, 3 bdrms, 2 baths, 50 x 120 lot - \$148,900. \*1363 sqft, 3 + 2 bdrms, 2 baths, double attached garage, 95 x 99 lot - \$259,900. \*6,000 sqft Commercial Building, approx 3,000 sqft heated, 150 x 180 lot, allows for residential dwelling on property - \$149,000. Call Kathy McLean Century 21 Westman.com (204) 824-2651 to view.

Got a story idea?  
Write to us!  
[stag@mts.net](mailto:stag@mts.net)

### For Sale

**WAWANESA** - Charming 3 bedroom, 1400 sq. ft. character home with single attached garage on 5 well treed lots. Original stained glass windows & hardwood floors in dining & living rooms. Open concept with remodeled kitchen, bathrooms, utility & sitting rooms with wood stove & garden doors to large deck. For more info call Bob Daymond (204-571-5918) Sutton-Harrison Realty.

Visit  
**The RCA Museum**  
[www.rcamuseum.com](http://www.rcamuseum.com)  
or call 765-3000  
ext 3570

### For Sale

**WAWANESA** - The perfect place to call home. Beautiful raised bungalow with 6 bedrooms, 3 baths built in 2010 with geo-thermal heating system. Spacious open concept kitchen & dining room with french doors leading to deck. Master bedroom has walk in closet with 4pc ensuite. Large DBL garage with insulated walls. Easy commute to Shilo or Brandon. Call Bob Daymond (204) 571-5918 Sutton-Harrison Realty or email [bdaymond@sutton.com](mailto:bdaymond@sutton.com) for more info. MLS #1105671

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# Shilo Military Family Resource Centre



## Retreat is an overwhelming success

By Willemien van Lankvelt

Thirty-seven Shilo based soldiers and their families attended a weekend getaway at Elkhorn Resort & Spa the weekend of March 25-27 organized by the Shilo MFRC.

The weekend was intended as a fun way for members to reconnect with their families after being separated due to training and deployments, whether domestic or overseas. It was an opportunity to be a regular family, have some fun and get some tools on how to deal with some of the stressors that may be related to separation.

A total of approximately 150 people, including children, attended the

weekend.

Several workshops, including "discipline and stress", "couples massage", "making marriage work", "10 simple ways to wellness", "Soul to Sole (footmassage and reflexology)" and "stress is optional; using humor for healing" were presented throughout the weekend.

Attendance at the workshops was mandatory, which was easy to accomplish as they were all very relaxed and fun and all parents knew their kids were in safe hands being entertained with a number of activities like hay rides, snowshoeing, skating, geocaching, crafts, movies, and treasure hunts. A total of 15 childcare staff worked 12-hour days to ensure parents

could attend all sessions. Those ladies did an incredible job. The location was ideal for childcare as each age group had their own chalet complete with bedrooms, bathrooms and kitchen.

The motivational speaker, Rob McIntyre, started things off on Friday night by focusing on communication and relationships using the first nine principles of "How to Win Friends and Influence People" by Dale Carnegie.

After that the group was entertained by a local band and on Saturday night special guests Big Daddy Taz and John Ljungberg provided a few hours of laughter with their stand-up comedy shows.

Throughout the weekend we could visibly see the families relax and enjoy themselves.

Thanks to a generous donation from ARC Resources in Calgary and surplus accumulated over the years, the families didn't have to pay for anything.

Based on this year's success, we would like to host another retreat in the future depending on available financial resources.

The Shilo MFRC would like to thank ARC Resources, the Elkhorn Resort & Spa and all Shilo MFRC staff for making this weekend possible.

*Willie van Lankvelt is the Executive Director of the Shilo MFRC.*

**7th Annual Career Fair**  
**Thursday, May 12, 2011**  
**3 - 7 p.m.**  
**Shilo Community Centre**

This is an event for adults who are developing education plans, actively seeking employment and have questions about the Shilo and area labour market including Brandon.

Please contact Christine at 765-3000 ext 3227 or [chelgason@shilomfrc.ca](mailto:chelgason@shilomfrc.ca) for more information about the Career Fair

## Disney World a blast

By Linda Beauchemin

The sky over Winnipeg was filled with excitement on April 6. This Air Canada flight was carrying 136 children who had the amazing opportunity of spending a day at Walt Disney World in Orlando, Florida.

Dreams Take Flight, the national volunteer charitable organization dedicated to providing the trip of a lifetime to deserving children was behind this endeavour. This is the second year that Shilo has had the privilege to send children. There were 10 lucky military children onboard that plane, six of whom were from Shilo.

I could try and explain what this meant to the children, but instead I'll let them tell you the story.

Emily told her mom, "You should have went because it was totally mind blowing."

"I had a dream come true!", "I went to Disney World. I always wanted to go and that was my dream come true"

Madelaine loved Disney so much she said, "I asked the Orlando bus driver to hide me in with the wheelchairs so I could stay there."

Natalie just keeps on saying "That was the

BEST DAY EVER!" Brandon said, "It was so much fun and was so much better than I imagined." He was amazed how big the park was and, "you have to see it to believe it."

Lilianne asks us (parents) every five minutes, "Can we sell all our stuff and buy a condo in Florida?" She said she got wet at Splash Mountain. When asked if she looked like she peed her pants she said, "Are you kidding me, I looked like I peed my whole self, I was soaked."

Adam's favorite was Splash Mountain which was at the top of the list for many of the children. Other favorites were Thunder Mountain, Mad Hatter Tea Party & Castle, Tea Cups, Princess Castle, and "Disney World. Oh and did I mention Disney World!"

When seeing the look on the children's faces as they came down the escalators at the Winnipeg International Airport it was very apparent that, although they were exhausted, "dreams really did take flight".

Thanks to all the Sponsors and Volunteers of "Dreams Take Flight" for making these kids' dreams come true.

*Linda Beauchemin is the Deployment & Special Events Coordinator at the Shilo Military Family Resource Centre.*

## Upcoming events at the MFRC

Date	Program	Time	Cost	Registration deadline
<b>Special Events</b>				
May 18	Kite Festival	4-6pm	FREE Hot Dog, drink and chips for \$2	No registration
<b>Adult</b>				
May 10	Zero to BBQ Hero	6-8:30pm	\$15 includes samples	Register by noon on Friday, May 6
May 18	Learn to Quilt	1-4pm	FREE	Register by noon on Friday, May 6
<b>Deployment</b>				
May 7	Mother's Day Activity	3-6:30pm	FREE for deployed	Register by noon on Wednesday, May 4
May 12	Deployment Wii-B-Gaming	4:30-5:45pm	FREE for deployed	Register by noon on Wednesday, May 11
May 14	Children's Deployment Afternoon	1-4pm	FREE for deployed	Register by noon on Wednesday, May 11
May 14	Deployment Childcare	1-4pm	FREE for deployed	Register by noon on Wednesday, May 11
May 16	Spring into Summer	6:30-9pm	\$10 for deployed and \$25 for non-deployed	Register by noon on Wednesday, May 11
<b>Youth</b>				
Looking for a parent free zone? Drop in to the Teen Centre for Video games, TV, fooseball, high speed internet, musical instruments and much more! Special activities planned throughout the month				
Hours of Operation are: Mondays, Tuesdays & Thursdays: Tweens (12-14yrs) 6-8pm and Teens (14-17yrs) 8-10pm Fridays: Tweens & Teens 6-10pm				
<b>School Age</b>				
May 7	Mom's Spaghetti Dinner	3-6:30pm	\$10 per family	Register by noon on Wednesday, May 4
May 4 & 11	Keen Kids	5-6pm	\$1 drop in	No registration
May 4 & 11	Kool Kids	6-7pm	\$1 drop in	No registration
May 4 & 11	Kooler Kids	7:30-9pm	\$1 drop in	No registration
May 12 & 19	Babysitting Course	6-9pm	\$20	Register by noon on Monday, May 9
<b>Preschool</b>				
May 3 & 10	Tumbleweeds	9:30-11:30am	\$1.00 drop in	No registration



Snow doesn't slow down these troops who are part of the Primary Leadership Qualification course held earlier this year at CFB Shilo.

Submitted photo

## Special challenges with winter leadership training

By MCpl Jennifer Coutts

We arrived from diverse units across Western Canada at the end of January, wondering why we had agreed to come. The Primary Leadership Qualification (PLQ) course — essential to Junior Leaders in the CF — is held at several military bases throughout the year. On Jan. 31, we 28 candidates began our experience with PLQ Serial 0291 in a Shilo winter.

Most of us have been on at least one overseas tour, and have experienced hardship and discomfort. Many of us have already been employed in leadership roles, and are completing this course more as a formality than as a stepping stone to the Master Corporal rank. To each candidate, this course has represented different challenges and motivations.

A central challenge for all has been dealing with the bitter Manitoba winter. Nearly every day, we march or run to meet our timings, faces stinging and feet slipping. Instruction lasts more than 12 hours some days, both in the classroom and outdoors. Staying warm (and awake) is an ongoing struggle.

An additional obstacle is the close quarters we share. Having been mostly in our own houses or PMQs for several years, sharing a room measuring 18 x 18 feet square for several weeks presents some

difficulties, particularly where each of us has a unique personality and an extraordinary amount of issued winter clothing to store. In true military fashion, however, we attempt to make our living space as comfortable as possible while conforming to the standards set for our frequent inspections by our directing staff (DS).

A good deal of the PLQ is common to most trades, while some of it is specific to certain trades or roles. For example we must all understand the principles of leadership and how to apply them in our everyday duties. In contrast, few of us will be required to lead a section attack in real life, following the seven prescribed battle drills to a tee.

Sometimes — as with taking a particularly difficult winter session of a course like this — the military figure of speech “adapt, improvise and overcome” becomes a necessity.

We do not doubt that the course also presents obstacles to our instructors. Scheduling conflicts, both with instruction venues and guest lecturers have

arisen. These difficulties have been mitigated by our DS' willingness to fill in at a moment's notice. Though some of the material mandated by the training plan may be unfamiliar, we recognize that our instructors consistently strive to provide us with meaningful education.

An unofficial motto for the course has become ‘Chimo’, an Inuit origin greeting used by the CF Engineering branch. Perhaps an even more appropriate motto, however, might be ‘Ubique’, the Latin term used by the Engineering branch meaning everywhere.

As we head into the final phase of our training — two weeks in the field — we aspire to fulfill the role of future leaders of the CF; we will be competent, capable leaders who have helped each other achieve the standards set for us both by others and for ourselves. We wish the best of luck to each other and our instructors in our future endeavors.

MCpl Jennifer Coutts is with 4 Wing at CFB Cold Lake.

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- Reg. 3.99

2/5<sup>00</sup>

**High Liner® Wild Pacific Salmon**

- 454 g
- Reg. 8.19

4<sup>99</sup>

Fresh Cut Floral Arrangements

- Roses, Mums or Assorted Bouquets
- Available starting 5 May
- Limited quantities

by Petals West®

**Nestle® Parlour Ice Cream**

- 1.5 L, reg. 8.99 each
- Maple Walnut, Heavenly Hash, Mint Chocolate, Cookies & Cream or Chocolate Banana

2/8<sup>99</sup>

Fresh Cut Floral Arrangements

- Roses, Mums or Assorted Bouquets
- Available starting 5 May
- Limited quantities

by Petals West®

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Canada's National Artillery Museum  
(204)765-3000 extension 3570  
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28 Apr - 11 May 2011

**AUTHORIZED PATRONS ONLY**

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