

SHILO STAG

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Volume 48 Issue 8

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April 30, 2009

DESERT RAM TAKES TO THE SKIES



photo by MCpl Craig Wiggins

Left to right: Cpl Myles, Cpl Barzelai and WO Holland, members of 408 Tactical Helicopter Squadron, prepare for a flight mission during Ex DESERT RAM at CFB Suffield. Members of 2PPCLI have been offering support to C Bty of 1RCHA in preparation for TF 3-09. For a story turn to page 3.

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58th Anniversary of the Battle of Kap'yong

Capt. Braybrook 2PPCLI

2nd Battalion Princess Patricia's Canadian Light Infantry (2PPCLI) as part of the 27th Commonwealth Brigade spent the months leading up to the Battle of Kap'yong fighting for all the ground it had gained advancing up the Cho'jung and Kap'yong Valleys. Then on the night of April 22 1951, the North Korean and Chinese forces launched a counter attack on the Western side of the UN front lines. Withdrawals were ordered and the 27th Commonwealth Brigade was moved to set up a defensive position to provide over watch for the 6th ROK (Republic of Korea) Division's withdrawal from the Kap'yong Valley.

On April 23, 2PPCLI moved to Hill 677 under the command of LCol Big Jim Stone, DSO, MC. Hill 677 provided a commanding view of the valley and the Battalion began digging in with B Company (Coy) taking the low ground to the east between the hill and the Kap'yong River, with Anti-Tank Platoon providing depth to B Coy's position. A Coy occupied the northeast corner of the hill covering the northern and northeastern approaches of the valley. D Coy occupied the western side of the hill with C Coy closing off the triangle on the northern edge. Headquarters was located in the centre.

The 3rd Battalion Royal Australian Regiment (3 RAR) occupied Hill 504 to the northeast of Hill 677 across the Kap'yong Valley, supported by a Coy from the U.S. 72nd Heavy Tank Battalion. On the night of April 23, the Chinese forces following close on the ROK's Division withdrawal launched an all out assault on 3 RAR's position. The first phase of the Battle of Kap'yong had begun. Throughout the night the RARs fought the enemy on the hill slopes and in their trenches. They regrouped and tightened their perimeter. At dawn on April 24, the Chinese withdrew then attacked again. By late afternoon, after fighting off wave after wave of Chinese assault troops for 16 hours, and running low on ammunition, the 3 RAR were ordered to withdraw.

The withdrawal of the Australian troops left only the Patricias dug in on Hill 677 to stop the Chinese advance. LCol Jim Stone repositioned his forces moving B Coy into a position facing the now empty trenches of Hill 504. That night enemy mortar bombs bombarded B Coy and machine-gun tracer bullets indicated the enemy assault route. The enemy stormed B Coy's forward platoon tossing grenades into the trenches as they advanced. The defenders fought fiercely, at times relying on hand to hand combat but over-

whelmed by the onslaught, the platoon, running out of ammunition by early morning on April 25 withdrew further into the company perimeter and prepared for a counterattack which ultimately proved successful.

Upon seeing the 6 Platoon (PI) withdrawing, the Chinese regrouped with some 300-500 troops and attempted to thrust through and around B Coy toward the HQ's position. The Battalion's 81mm mortars and heavy machine gun fire successfully broke up the push.

By 03:15 hrs the Chinese, demoralized, changed tactics and stopped trying to attack in numbers. The next two hours saw the enemy try to infiltrate in small groups into B Coy's position and attempt to dig in where B Coy's platoon had withdrawn. The small raiding parties were repulsed and the Chinese attempt to secure 6 PI's position was foiled due to the constant bombardment from allied artillery.

By 0600hrs, all was quiet in front of B Coy's position and a Recce patrol was sent out to survey 6 PI's old position. The Chinese were seen to be withdrawing to the north, leaving 140 dead comrades. B Coy had lost only four soldiers that night.

D Coy, holding the ground to the far west of the Battalion's position, was laid out in an elongated

Z pattern. 10 PI located on the far left flank was separated from the rest of the Coy by a small saddle which proved to be an all too convenient approach for the enemy. Having spent the last two hours watching and listening to the battle being fought by B Coy to their east, D Coy just after midnight spotted a sizable force forming up for an attack on 10 PI's position. Medium and light machine gun fire was brought to bear on the enemy. The accuracy of the fire devastated the Chinese attacking force and effectively broke up the attack. But not for long. The enemy launched another attack aimed at by-passing 10 PI's position and capturing the medium machine gun, tasked to cover 10 PI. By sheer weight of numbers they pushed past 10 PI up through the saddle separating them from the rest of the Coy. The enemy effectively captured the medium machine gun by overrunning the section tasked to support the machine gun crew. Four men from the section and two Koreans managed to fight their way to 10 PI's position and reported the loss of the gun. Light machine gun fire from 10 PI was able to render the medium machine gun inoperable.

The Chinese, not wanting to lose the momentum and ground they had gained, pushed on. Under the protection of mortar



photo submitted by Capt Braybrook

2PPCLI received the United States Presidential Citation, the only Canadian unit to ever do so, for their unwavering courage and determination, which allowed the withdrawal of the American and Korean forces and help stop the Chinese advance.

and machine gun fire they advanced towards 12 PI and continued to build up their forces around the Coy. The Coy Commander called down artillery and mortar fire on the enemy and for awhile the platoons were able to hold the enemy back. But the constant bombardment from enemy mortar fire and the lack of grenades began to take its toll and the Chinese finally managed to cut off 10 PI completely and surround both 11 and 12 PIs as well as Coy HQ. By 0300hrs, the PI Commander from 12 PI reported that his position had been overrun.

In a last ditch effort Capt Mills, D Coy Commander, issued a warning to his soldiers to remain in their trenches as he brought their supporting artillery and mortar fire to bear on his Coy's position. After two hours of bombardment, the Chinese were finally forced to withdraw from the Hill to positions some 400 yards away, where they continued to harass 10 PI with sporadic small arms and sniper fire. 10 PI was effectively pinned to the ground. With the remaining hours of darkness, the enemy launched many probes on the Battalion's position, trying to locate a point of weakness to no avail. The Patricias by the end of the night had not given up a single inch of ground to the enemy.

With the coming of first light, the battalion was short on provisions and ammunition but morale was high. It soared even higher when the requested emergency airdrop from three American planes finally arrived at 1100hrs. However, the requested British pattern ammunition had not

been included. This omission turned out to be of no concern as the supply route, cut off by the Chinese forces had been reopened that morning by the 1st Middlesex Regiment. The Patricias made ready to spend another long night defending their hill. But the Chinese had had enough and no further attacks on Hill 667 were launched. The PPCLI casualties consisted of 10 killed and 23 wounded, which were amazingly light, considering the viciousness of the fighting and the Chinese troops' overwhelming numerical advantage.

2PPCLI received the United States Presidential Citation, the only Canadian unit to ever do so, for their unwavering courage and determination, which allowed the withdrawal of the American and Korean forces and help stop the Chinese advance.

The valley of the Kap'yong is much the way it was half a century ago. The hill once known as Hill 677 is dense with pine. Rowan, catkin, linden and plane trees grow in the draws, re-entrants and slopes where the Chinese tried in vain to defeat determined defenders. In the valley bottom in view of the former battleground is the Kap'yong Memorial, an acre of ground given to Canada, and lovingly maintained by local caretakers.

References

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Major G.E. Henderson, CD. *Kap'yong*

Roland Soper. *The Battle of Kap'yong* www.kvacanada.com/stories_rskap'yong.htm



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Capt Lena Angell
TF 3-09 Battle Group
Public Affairs Officer

The training 408 Tactical Helicopter Squadron conducted during its first week of Exercise Desert Ram challenged the aircrews in many of the functions they will be performing when deployed to Afghanistan.

"The training done so far is basically the building blocks required for follow on more high-level tasks," said Maj Jeff Wedman, 408 Squadron Operations Officer.

The primary role the Griffons play in Afghanistan is

aerial firepower support in the way of close combat attack and intelligence surveillance target acquisition and reconnaissance. The Griffons are equipped with full automatic C6 machine guns operated by door gunners. In addition, helicopters provide the ability to transport supplies by air, thereby reducing the frequency of travel on roads which expose soldiers to improvised explosive devices, the number one threat to coalition forces.

Griffons can be requested to transport two to three soldiers at a time, but that role has been significantly reduced since the arrival of



photo submitted by Capt Lena Angell

Engineers simulate a high charge explosion near vehicles with troops inside to familiarize them and enable them react to the real thing.

the Chinooks, which can carry a far greater number of soldiers. Although not a primary function, Griffon helicopters are also used to

evacuate casualties in those situations where American Blackhawk helicopters, fully equipped with medical support, are unavailable.

Change of command in Kandahar

DNews

In the late afternoon of Tuesday, 14 April 2009, as coalition aircraft streaked the sky over Kandahar Airfield, Brigadier-General Jonathan Vance, OMM, CD, commanding officer of Joint Task Force Afghanistan, transferred the command of the Canadian battle group to Lieutenant-Colonel Jocelyn Paul, CD, A de C, of the 2nd Battalion Royal 22e Régiment (2 R22eR) Battle Group from Lieutenant-Colonel Roger Barrett, CD, commander of the 3rd Battalion, The Royal Canadian Regiment (3 RCR) Battle Group since 15 September 2008.

During this short, significant ceremony, LCol Barrett thanked his troops for facing all hazards with courage and overcoming all challenges with professionalism, and wished the soldiers of the 2 R22eR Battle

Group a safe, rewarding tour. Taking his turn at the podium, LCol Paul thanked his colleague for the excellent hand-over provided by his staff and promised that the 3 RCR Battle Group's aggressive attitude would be sustained by the soldiers of the 2 R22eR Battle Group.

By the end of the ceremony, the clouds were as threatening as Afghanistan itself. The night before taking over its area of operations, the 2 R22eR Battle Group suffered its first losses, which reminded us of the risks awaiting us on this mission. With only 60 percent of the 2 R22eR Battle Group on the ground so far, we look on this tragedy as an occasion to strengthen our bonds, welcome those just arriving, and focus on accomplishing our mission.

Lest we forget Trooper Karine Blais.



photo submitted by DNews

Brigadier-General Jonathan Vance, OMM, CD, commanding officer of Joint Task Force Afghanistan, transferred the command of the Canadian battle group to Lieutenant-Colonel Jocelyn Paul, CD, A de C, of the 2nd Battalion Royal 22e Régiment (2 R22eR) Battle Group from Lieutenant-Colonel Roger Barrett, CD, commander of the 3rd Battalion, The Royal Canadian Regiment (3 RCR) Battle Group since 15 September 2008.

DGFPSS visits Shilo

Karen Griffin
Shilo Stag

Personnel Support Programs (PSP) Shilo welcomed some special guests who came to meet with Command and PSP employees to raise awareness, discuss issues and talk to community members.

"DGFPSS, [Director General Family and Personnel Support Services, formerly CFPSA] is not well understood and we are a new organization," says Bob Smith, A/DGFPSS.

The goal of Smith and his colleagues is to visit

every Canadian Forces Base between now and the middle of July to meet with military members, area command and employees to discuss issues.

DGFPSS now encompasses aspects of deployment support, in addition to the financial, health and fitness programs.

They plan to come back to Shilo to meet with military members and the community to share thoughts and hear questions on July 13. Check your July 9 issue of the *Stag* for details on the town hall session.

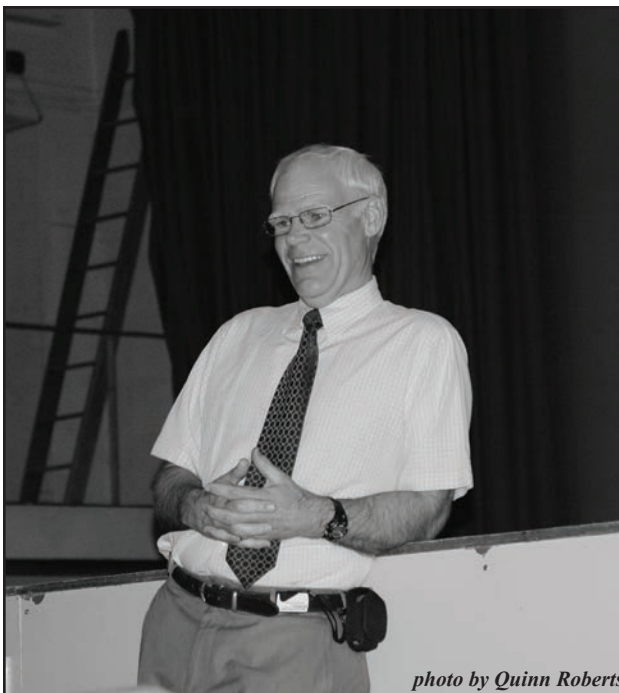


photo by Quinn Roberts

Bob Smith of the Director General Family and Personnel Support Services' office. (DGFPSS)

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Helicopters in Suffield

Lt Wright Eruebi
Public Affairs Officer
1 CMBG HQ

Hot, dusty days and windy, frigid nights in CFB Suffield are mirroring some of the conditions in Afghanistan for CF members training for deployment in the fall.

Military members are participating in a variety of exercises, honing skills required for deployment.

Soldiers are participating in a number of simulations, alternating training between dud and live munitions, and practicing convoy movements. Training towards the end of the exercises will focus on simulated IED detonations, helicopter lift support and mass casualty management techniques.

Exercises Desert Ram, Western Defender and Total Ram will end in early May.

2PPCLI supports exercise DESERT RAM

2Lt C.G. Hanson, C Coy, 2 PPCLI

Over the past few years, Exercise DESERT RAM has been the arena in which 1 CMBG generated Task Forces have honed their warfighting skills. Within the 1 CMBG "Road to War" model, this exercise is the precursor to the force on force scenarios found in Exercise MAPLE GUARDIAN at the Canadian Manoeuvre Training Centre in Wainwright. Exercise DESERT RAM 2009 is being held in Suffield and like its predecessors is designed to create a learning environment representative of the conditions found in Kandahar.

2PPCLI's role in this exercise is to support the training of Task Force 3-09. One of the major tasks of the battalion in this year's exercise is to oversee the live fire range that challenges the 1PPCLI Battle Group and the TF 3-09 Provincial Reconstruction Team at the platoon, company and battle group level. After its recent deployment to Afghanistan as part of Task Force 1-08, the 2nd Battalion is able to bring firsthand experience to the design and conduct of the range. 2 PPCLI, with the assistance of 13 Field Squadron, began building the range in early March

and has maintained a constant presence in Suffield since then. The majority of the battalion deployed to Suffield during the first week of April and immediately began preparations for the range.

Some describe the range as "one of the biggest ranges ever built". This may be an exaggeration but there is no doubt that the range is large and complex and capitalizes on the size of the Suffield training area to permit increased manoeuvre. The range is designed to replicate a number of worst case and other challenging scenarios that include key leader engagements, vital point searches, improvised explosive device awareness, working with the Afghan National Army (ANA), and decisive combat operations. Since April 16 a different platoon with attached tanks, engineers, artillery and helicopters has gone through the range each day. This will continue until April 29th at which point Combat Teams will begin rotating through the range. Without exception, platoons leave the range better-trained and better prepared for the challenges that await them in Afghanistan.

Having transitioned from a unit deployed on



Photo submitted by 2Lt C.G. Hanson

2 PPCLI's role in this exercise is to support the training of Task Force 3-09. One of the major tasks of the battalion in this year's exercise is to oversee the live fire range that challenges the 1PPCLI Battle Group and the TF 3-09 Provincial Reconstruction Team at the platoon, company and battle group level.

operations to a unit preparing others for operations, 2PPCLI is doing its best

to "give back" to those about to enter the fight. As the exercise continues,

we will continue to do our best to create an environment that best prepares

TF 3-09 for the challenges they will face during their deployment.

DP1 Infantryman Course Graduates



Lt Col S. Morrison presents the Sergeant Robert Spall Award (Top Candidate) to Pte T.M. Evans.



Lt Col S. Morrison presents the Most Physically Fit Candidate award to Pte K.M. Ryan.



Lt Col S. Morrison presents the Top Shot award to Pte C.D.A. Ward.



Old Guard Mr Peter Ewasiuk CD presented the Most Improved Candidate award to Pte J.J. Worboys.

Returning the bell



photo by Karen Griffin

Mayor of Brandon, Dave Burgess, presents Lt Comd David Botting, left, with the bell belonging to the HMCS Brandon. The presentation was at a Brandon Chamber of Commerce Luncheon on April 23. The city held the bell since late 2007 while the HMCS Brandon was undergoing a refurbishment.

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Serenity just a walk to the Canex

Sara Cumming
Shilo Stag

Jenn Purdy, formerly a stylist at Base Hair, bought the salon at the end of March and is now in business. Her new hair and nail salon, located in the Canex Mall, is called Salon Serenity Shilo.

Purdy worked at Base Hair for two years, and has been a part of the Shilo community since 2006. Her husband is a military member.

"I thought it was important for Shilo to have a place that people can go to get those services done without having to travel all the way to Brandon, and for it to be somewhere where they can kind of get away and feel relaxed and get pampered," Purdy explained.

She is the only hair stylist right now, but she is looking for more stylists.

"I have two more chairs," she said. Stylists could work either full or part time.

Salon Serenity Shilo also employs a nail technician. Jessica Todd is "pretty much booked in most days," according to Purdy. Todd offers nail services and is also hoping to start body sugaring. She is offering a \$35 set of nails as an introductory special, and Purdy is honouring Base Hair gift cards at a 50 per cent value until the end of June in an effort to accommodate Base Hair's clientele.

Purdy said the salon has been "very, very, very busy. It's been awesome. There's been a lot of good support with people coming [in] and saying hi and dropping in even if they haven't booked an appointment. It's fabulous."

Rick Kehler, manager of the Canex Mall, said Purdy is "ecstatic" from the community's response to the opening of the salon.

"She has been enjoying the well wishes, compli-

ments, and business from the Shilo community," Kehler said.

Purdy made some changes to the salon before it opened.

"The salon has a completely different feel to it," she said. "It has a more modern, relaxing feel to it."

She also switched the product line to the popular Paul Mitchell brand.

"It seemed very popular when [Base Hair] had it before, so I thought people would really enjoy having it back," Purdy said.

"I'm really excited to be open," she said. "I'm excited to be serving the Shilo community because they've been very, very supportive, even since I moved here. The salon clientele have been very dedicated, and it's really nice to have that support."

The grand opening of Salon Serenity Shilo is in the works, but a date hasn't officially been set yet.



photo by Quinn Roberts

Jenn Purdy stands in her new hair and nail salon. Salon Serenity Shilo, located in the Canex Mall, opened in mid-April.

Base Maintenance Fundraiser is all the Buzz

Pte T.J. McTaggart
Base Maintenance

Closing an afternoon of fun and fundraising, the grand prize in a recent Base Maintenance muster parade raffle was awarded to Capt A.J. Pickard, a Base Maintenance alum and more importantly, a staunch supporter of esprit de corps in all forms. First prize: Shaving the Base Maintenance Officer's head.

2Lt E.R. Burton graciously offered his stylish military hairdo up for auction in an attempt to raise money for Base Maintenance's Canteen. The Maintenance fundraising event was put on to help raise money for future events which includes the annual EME Day Celebration and various posting barbecues traditionally held in Base Maintenance each year.

The opportunity to shave their boss' head was too good for the troops and ci-

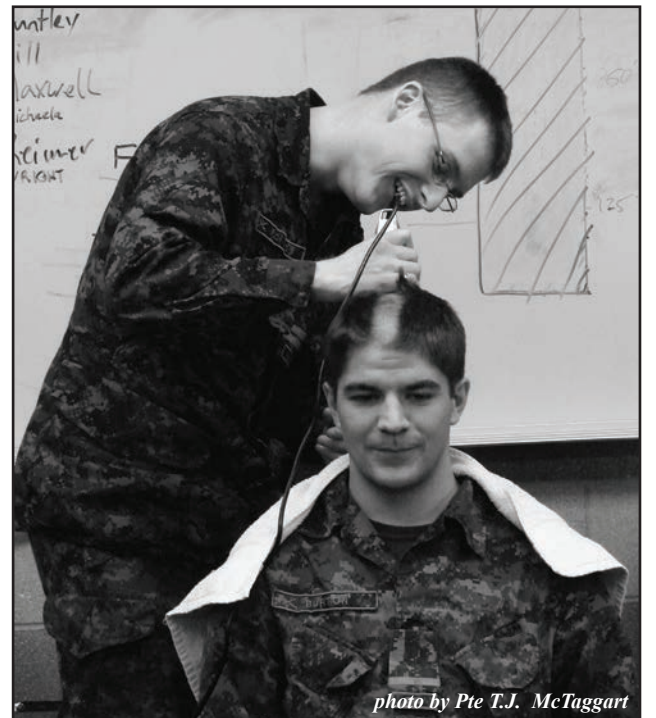


photo by Pte T.J. McTaggart

Capt A.J. Pickard was awarded the grand prize of shaving the B Maint Officer's head, 2Lt E.R. Burton.

vilian staff at Base Maintenance to pass up, so the mission was on. The raffle was designed to award prizes to lucky ticket holders, only after specific fundraising benchmarks had been achieved. With this in mind, 2Lt Burton set a high bounty for his hair. In a Unit with approximately 40 personnel at the time, \$500 seemed like a lot of money to raise; however,

in an outstanding display of what a team can do when it rallies together behind a cause, the final tally for the event saw an unprecedented \$650 raised, surpassing the expectations of the organizers. The afternoon festivities also included a barbecue and several card tournaments, which allowed the participants and staff a well deserved chance to unwind.

Firearms safety training for women

Greg Steele
Firearms Instructor

Firearms instructor GREG STEELE is offering a women only training weekend for the HUNTER SAFETY COURSE, as well as the CANADIAN FIREARMS SAFETY COURSES. Trainings are open to students who are at least 12 years of age.

THE MANITOBA HUNTER SAFETY COURSE is the requirement you must have in order to purchase a hunting licence.

THE CANADIAN FIREARMS SAFETY COURSE is the requirement needed to apply for the PAL—the Possession Acquisition Licence, for rifles and shotguns.

Each of the above trainings has an individual

class time requirement of 8 hours.

Students who need both qualifications will benefit, as the course material for both will be covered in 12 hours of class time.

The CANADIAN FIREARMS SAFETY COURSE will be delivered on May 23. The Manitoba Hunter Safety Course exam will be written by participants who attend four hours of lectures on May 22, as well as the training on May 23.

Students wishing only the Hunter Safety qualification need to attend both May 22 & 23 to cover the course material.

Individuals requiring the CANADIAN RESTRICTED FIREARMS SAFETY COURSE will have the opportunity to do so on May

24, 2009. Prospective students for this training must show proof of completion of the Canadian Firearms Safety Course prior to being accepted.

The classroom demonstration allows for Q&A and hands – on practice to improve your skills in a relaxed setting.

Successful Hunter Safety students will receive their certification immediately.

Successful CFSC students, over 18 can apply for their PAL. Those under 18 can apply for the Minors Possession licence.

Course fees are Hunter Safety \$50.00. CFSC \$75.00. CRFSC \$75.00.

To register or for any questions, call Greg Steele 204-725-1608 or email ggs57@wcgwave.ca.



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Honouring our volunteers

Karen Griffin
Shilo Stag

From hockey coaches to library volunteers, members of Fitness, Sports and Recreation (PSP), the

Shilo Military Family Resource Centre (MFRC), the museum of the Royal Canadian Artillery (RCA) came together for the ninth annual volunteer appreciation dinner. The Junior Ranks Mess was

transformed into a colourful Arabian destination for the April 21 event, including Tarot card readers, a buffet of fine exotic food and entertainment.

This year over 160 volunteers were honoured for their contribution to the Shilo community. Young and old

alike donated a minimum of 20 hours each to making our community a better place.

"Volunteers are what make our community a great place to live. You are here to show everyone what a great community Shilo is," said Major Neil Gregory, CFB Shilo's Chief of Staff.

"On behalf of everyone in the community, I would like to say thank you for your contribution."

Volunteers admired the decorations, complimented the food and stood in line enthusiastically for tarot card readings and henna tattoos.

Mike McEwan, Personnel

Support Program Manager, also expressed his gratitude and encouraged them to continue their good works.

"What I'm going to ask of you [is] to keep doing the great job you're doing, because you're what helps us make this community great."

Jim Mackenzie, Fitness Director, donned his genie costume and greeted volunteers for the evening.

"[The event] just keeps getting bigger and better every year. From the first appreciation dinner, where we just handed out certificates to our volunteers, to casino nights and theme nights, we're always coming up with new ideas," Mackenzie said, crediting his recreation staff, Brenda Cavanagh and Kristen Lucyshyn for their hard work.

Recognising the importance of volunteers and investment in the community, SISIP contributed \$3000 as an event sponsor.

For volunteer pictures, turn to page 11.



Left to right: Bernie Savoie, Shelly Dickson, present a cheque to CWO Walsh and Maj Gregory to sponsor the event.



photos by Karen Griffin

Maj LaRocque, former Shilo Chief of Staff and Maj Gregory, current Shilo Chief of Staff, enjoying the events at the Volunteer Appreciation night.



Who let the Jimmy (Jim MacKenzie) out of the lamp?



Brenda Cavanagh gets a henna tattoo from Ghazala Azam.

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Left to right: Stephanie Helm-Emberly, Jennifer Williams, and Cathy Mattes, from the Shilo Dance Group - Habibi perform a sword dance. They were a highlight of the night and were a huge hit with the crowd.

Luck be a lady: Shilo's Twisted Sistaz win Vegas tourney

Karen Griffin
Shilo Stag

What happens in Vegas stays in Vegas, unless of course it's news that the Twisted Sistaz recreational women's hockey team won the Lady Luck Cup in Vegas earlier this month.

From April 2-4, the women's team, which consists of troops, civilian employees and hockey enthusiasts, went to Sin City to show other women's teams from around the world just how to play the game.

They did Shilo proud by winning all four of the

games they played in the Global Sports Vacations tournament.

"There were teams there from Saskatchewan and B.C and we just played the other Canadian teams," says Lizette LeBlanc, a Sergeant from 2PPCLI and the Twisted Sistaz centre.

Gathered at Forbidden Flavours April 21, they relived some of the off-ice highlights of being in Vegas as well as the tournament experience.

"It was a memorable experience," says LeBlanc with a laugh. Her fellow player, Jami Boyd, physio-

therapist and team forward, agrees.

"We had a good time for sure and we'd go back."

The team was also lucky enough to drum up some attention to their own annual tournament which happened at the end of February at Gunner Arena.

"We have a few teams now who want to come play at Shilo now which is great," LeBlanc says.

The tournament was held by Global Sports Vacations, a tour company that arranges and offers hockey tournaments in exciting travel destinations.



photo submitted by Jodey Mason

Know when to fold. Pictured are the sure thing, Shilo's Twisted Sistaz hockey team. They swept the Lady Luck Cup in Vegas at the beginning of the month.

Shilo Country Club is open



photo by Quinn Roberts

Brett Petets takes his first swing of the season at the opening day for the Shilo Country Club. Although it was a cold afternoon that didn't stop the golfers from enjoying their first day of golf.

Don't play with Fire



photo submitted by Paul Tobin

Winners of this year's Beaver Cup, the Shilo Fire, which consists of members of Shilo's Fire Department. The Cup tournament took place from April 6-8 in Cold Lake, Alberta and featured teams from across Western Canada who work in support roles. This is the second year in a row the Fire have won the event and they're going for a third win in Suffield 2010. From top: Tim Steward, Jonathon Kaiser, Dave Danners, Rob Riesz and Paul Tobin.

Front Left: Rick Desautels, Richard Didluck, Rob Flipchuk, Eric Kasprick.

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Hope for a cure: A Shilo youth's fundraiser

Karen Griffin
Shilo Stag

Remember coming home from school, and my mom was sick a lot and always at the doctor," says 16-year old Lauren Lamkin. "It looked like everyone has been crying, that's when my mom told me what was wrong."

Lois Lamkin, Lauren's mom, and PSP employee, had been diagnosed with multiple myeloma.

"I started to cry too," Lauren says.

Multiple myeloma (also known as myeloma or plasma cell myeloma) is a progressive hematologic (blood) disease. It is a cancer of the plasma cell, an important part of the immune system that produces immunoglobulins (antibodies) to help fight

infection and disease.

It was then, at about age fourteen, that Lauren says her life changed too.

"I just saw how my friends were and that none of them had anything happening like this in their life and things just became more important to me."

This inspired Lauren to help the fight against cancer, a disease that has touched a prolific number of people.

"I sat down with my Mom one night and just planned the whole thing out. I wrote down who I knew and who could help me and what connections I could make," she says. The 16 year old is putting all her energy and missing to school the past week or so bring her event public-ly.

Among her strongest sup-

porters are members of command at CFB Shilo who have been working with her to get the attention she needs for her cause.

"We at CFB Shilo choose to support worthy causes from time to time, such as this," says Maj Neil Gregory, Shilo's Chief of Staff. "Lauren has invested a tremendous amount of work to make this event a success and we felt it was important to lend our support in order to positively reinforce the leadership role she has chosen to take in her community and her sense of civic responsibility."

Lamkin is a passionate fundraiser for the Canadian Cancer society, with her first event taking place on Saturday, May 2 at L-25.

"It will be set up like the

Terry Fox Run," says Lamkin, with a walk, run or ride portion of two kilometres followed by a silent auction and barbecue. All of the proceeds will go to the Canadian Cancer Society.

"I just really believe if we all work together, we can make a difference and find a cure."

For more information on the fundraiser, please contact Lauren at 573-1605 or 765-5006. You can also reach her via email at together4hope@live.ca.



photo by Karen Griffin

Lauren Lamkin stands next to a piece of stained glass that was donated as a raffle prize for her fundraiser on May 2.

O'Kelly turns green

Karen Rome
O'Kelly School

Mrs. Rome's grade 5/6 class at O'Kelly School has exciting news for the community of Shilo. We are studying electricity and magnets this term. We will be working in conjunction with Manitoba Hydro to learn how to conserve energy and become Power Smart. On April 24 Manitoba Hydro representatives visited our school to teach the class

about efficient lighting. After the presentation the representatives helped the students assemble information bags to be distributed to households in Shilo. On April 27, the class went door to door to hand out the information about energy efficient lighting. Along with the information the household received two free compact fluorescent light bulbs (CFLs). If you did not receive a package it is because we only did the area

south of the Housing Office. In return for distributing the very important information about energy efficient lighting, the Class will earn \$0.50 for each package delivered. With the proceeds from the activity, the class will be able to purchase educational materials to be used in our science class. If you did not receive a package but want one, call Manitoba Hydro to be put on the list for next year's delivery.

Should you be drinking wine?



Jo-Anne Douglas
Health Promotion

You've probably heard that drinking wine may be good for your health. Studies have shown that drinking moderate amounts of wine may help control blood pressure and the risks of heart disease. Wine may also reduce the risk of strokes and gallstones.

A moderate amount of wine is up to two glasses per day for men, one glass for women. Those over 65 should stick to one drink per day. Excessive drinking may lead to health problems such as cancer, stroke, fetal alcohol syndrome, and damage to the heart, pancreas, and liver.

Researchers have found that a moderate amount of ethanol increases good (HDL) cholesterol and prevents the formation of bad (LDL) cholesterol. Ethanol also prevents the formation of blood clots that could lead to a heart attack or stroke. Red wine contains antioxidants, which may be helpful in prevent-

ing certain diseases. You don't need to drink wine to benefit from antioxidants, however; they're available in fruits, vegetables, and red grape juice. Red wine is also rich in polyphenols, compounds associated with heart health. Polyphenols are also found in chocolate, tea, berries, and olive oil.

So should you start

drinking wine? The American Heart Association says that if you do not currently drink, you shouldn't start drinking for health benefits. You can lower your risk of cardiovascular disease by exercising regularly and eating a low-fat diet. If you enjoy a glass of wine with dinner, consider it only a small part of your overall health strategy.

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Retiring/releasing from the CF?

The BPSO is hosting a **Second Career Assistance Network (SCAN) Seminar**

Attend presentations that cover numerous release topics.

May 12 & 13 2009
0800 - 1600 hrs

Multi-Purpose Training Facility
Bldg C-106, CFB/ASU Shilo
Civilian attire recommended

Bientôt retraité/libéré des FC?

L'OSPBB organise un **séminaire de Service de préparation à une seconde carrière (SPSC)**

Assistez à des présentations sur divers sujets ayant trait à la libération

Du 12 au 13 mai 2009
De 8 à 16 h

Centre d'instruction polyvalent
Bâtiment C-106, BFC/USS Shilo
Vêtements civils appropriés

Register at 765-3000 ext. 3086
Inscrivez-vous au 765-3000, poste 3086



Shilo Military Family Resource Centre



A trip to the maple syrup capital

Colleen Talbot
Deployment & Special Events Coordinator

Ever wonder how maple syrup is made? A few deployed families had the opportunity to find out on April 12 as we took a trip to Erablière Desrosiers's Cabane à Sucre.

Our journey began in the heart of Manitoba's maple syrup capital, just on the outskirts of McCreary, where Claude Desrosiers runs his family business. In the past, Claude has tapped over 1200 maple

trees on his property, but this year decided to cut it back and only tap 600.

The day started with Claude helping Jeremy and Caitlyn Bos tap their first maple tree. That was to be just the first step because the work did not stop there, as more trees needed to be done and sap buckets needed to be emptied. After the sap was gathered, we all headed over to the cook shack, where Claude explained the process and different stages of boiling the sap to make maple syrup, ma-

ple taffy, and other maple products.

Claude went on to tell us that 50 gallons of sap is needed to produce 1 gallon of syrup. He also explained how weather plays an important role also. Below freezing temperatures are needed at night and warm days to make the conditions perfect to have a good season.

We finished our day off with a lunch that was specially prepared with, you guessed it, maple syrup. This included homemade beans, bacon, eggs, and

dumplings. A very rich reward! The kids were excited when the syrup was placed on the snow which resulted in maple taffy. Some even said it was their favourite part.

Our sincere thanks to Claude and his family for welcoming us to his cabane à sucre. We all enjoyed the fresh air, good food and company. It was also a pleasure finding out how much work is involved in making maple syrup. But the best was being a part of the wonderful world of maple syrup.



Claude Desrosier helps Jeremy and Caitlyn Bos tap their first maple tree. That was to be just the first step because the work did not stop there, as more trees needed to be done and sap buckets needed to be emptied.



The kids were excited when the syrup was placed on the snow which resulted in maple taffy.



The group heads out to tape maple trees and to start the maple syrup adventure.



Claude Desrosier explains the process and different stages of boiling the sap to make maple syrup, maple taffy and other maple products.

A look back at our April events at the MFRC



Looks good, looks good, it's a STRIKE during the Deployment Bowling Afternoon.



Highland dancer, Shona, is busy teaching some of her moves to Daycare and PreK children.



These teens will be better drivers once Jeff, instructor of the Driver's Ed Course, has passed on all of his wisdom.



An outing to the "Cabane à Sucre" for some very lucky deployed families.



Soon there will be eight more qualified babysitters in Shilo once the Babysitting Course is completed.



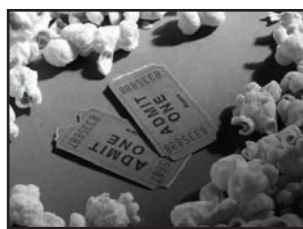
Alexis and Sienna are busy cleaning up the earth during Preschool Earth Day.



Jamie is getting a one-on-one lesson, tout en français, during the French Language course.



Rock and Roll is here to stay...or at least it was on Friday night during the Rock and Roll Dance.



Deployment Dinner and a Movie was a hit with 12 participants enjoying an evening out.

Stroller Bootcamp

Linda Beauchemin
Outreach & Information Coordinator

Did you just have a baby? Do you have a toddler and are you having problems shedding that extra baby "fat" and don't know where to start? Do you just want to get into shape? We have the perfect program for you.

Join us at the Stroller Boot-

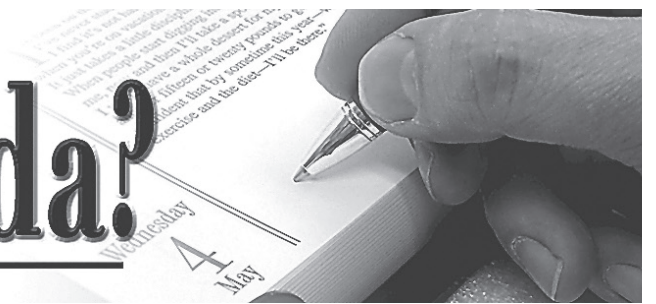
camp!

Stroller Bootcamp includes a variety of drills that focus on strength, power, agility, balance, cardio and core. Benefit from the camaraderie of other moms in your community while getting in a full body workout. This class is designed for postnatal women who have already eased back into fitness. Classes take place rain or shine. Please bring

a yoga mat, water bottle and any weather specific needs. You do not need a jogging stroller. Pre-mobile, mobile babies and tots are welcome.

Bootcamp runs on Wednesdays and Fridays, beginning May 27 at 9:15 to 10:15 am. Cost is \$80 for 8 classes but the MFRC will subsidize \$20 so you pay only \$60. You must register by Noon, Friday, May 22.

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*

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.

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 Kristen at 571-2804.

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

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

Community Yard Sale

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

Shilo Community Library

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

ITF Takewon-do (Kin-Rin Shilo)

Instructor: Mr. Dwayne Bos Location: Faith Centre T-119 Notre Dame Road Fees: \$40 per month + equipment Practice Times: 6:00-7:30 pm White Belts and 6:30-8 pm Colour Belts For more information and to register contact ext. 3088 or 724-4227

Prenatal Classes

The Brandon RHA would like to invite pregnant families to attend prenatal classes at MFRC Multipurpose Room, Shilo To register, please call Melanie at 571-8384 The next session will begin on Wed May 6 (6:30-8:30 pm) Wed May 13 (6:30-8:30 pm) Wed May 27 (6:30-8:30 pm) Brandon Health Centre Tour: May 20 (7:00-8:30 pm) For more information please contact: Melanie, Public Health Nurse for Shilo at 571-8384

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

Ceramic Club

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

Widow/Widowers Support Committee

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

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

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

**\$10 for first 20 words,
10¢ for each additional word*
Deadline for next issue:
May 7, 12:00 PM**

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

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

For Sale



WAWANESA

Small town living at its best! This charming 3+1 bedroom home features kitchen with formal dining rm, large bright living rm, newer laminate & carpeting on the main floor. Basement partially developed. Double attached garage with workshop/shed. Huge pie shaped park-like yard. Just move in & enjoy! **\$174,000** Call **Kathy McLean @ Century 21 Westman.com 824-2651**. View pictures - www.century21.ca/kathy.mclean

Out Of Town Homes

Riverview - 4 bedroom bungalow in Wawanesa approx 1500 sqft plus attached garage, sun room, beautiful lot with mature trees & great view. MLS 2906198. Call Dave Mooney 824-2094 Countryland Realty

For Sale

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

Out Of Town Homes For Sale

Stockton - Private country living 1072 sqft 2BR bungalow - remodelled inside & out, 2 garages, approx 1.5 acres. Price 95,000. Glenboro 2+1 one owner bungalow - nice condition partly finished basement - garage. Priced @ 69,900. Wawanesa 4 bedroom 2 level home with newer addition - fenced yard, several recent updates. Price 95,000. Wawanesa 6.88 acres - 3+1 bedroom bungalow finished basement 2 bath, good shelter belt steel quonset 35x72f, biotec barn. Only 20 miles to Brandon. Price 219,000. We have other homes & acreages in the area call Dave Mooney 824-2094 Countryland Realty.

For Sale

House For Sale

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



POSTED TO EDM?

Not looking forward to getting stuck in city traffic each day? How about a relaxing 35 minute country drive from base. 5 kms south of Redwater in the Juniper Hills subdivision sits a 1914 sqft Victorian 2 storey home, built in 2005. 3 bedrooms + bonus room, 2.5 bathrooms, main floor laundry, enormous living room + parlour, walkout basement & 2 car detached garage on all 3.04 acres which is surrounded by trees. For more information please call Kerri Alexander/Royal LePage ArTeam at 780-906-1299 or visit MLS.ca/#E3177598

For Sale



Shilo Acreage For Sale

5.83A close to Shilo, 1240 sq ft. bungalow with sunroom, finished basement, detached garage (new shingles & siding 2008), good barn (with water), 2+2 bedrooms, large master, 2 full baths, L-shaped dining-living room. Electric furnace & central air. Appliances (4) and hot tub included. New front deck 2008 & back deck fall 2005. Lots of recent updates. Walking trail around property. Mature trees including spruce. Private. Fenced. Asking \$339,000. Call 763-4009 after 5 or leave message. Possession date: July 1, 2009 but negotiable.

For Rent

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

Wanted

Female personal attendant. No experience needed. Location Shilo. Perm/PT 765-2542

Child care

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

Services

Canadian Firearms Safety Course Instructor/Examiner, Restricted & Non-restricted, Manitoba Hunter Safety Course Training Calendar Spring 2009 Hunter Safety APR 18
CFSC APR 25
CRFSC APR 26
CFSC Women only MAY 23
CFSC MAY 30
CFSC MAY 31
All dates subject to cancellation minimum class size required. Hunter safety will be offered with sufficient interest as an addition to any CFSC/CRFSC training. Register early. Tell your friends
Instructor Greg Steele 725-1608 or ggs57@wcgwave.ca

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

Hi my name is Melissa and I am a Mary Kay independent consultant. We have great gifts coming up for Mothers Day or just because. I can do pamper sessions, foot spas or if you know what you want I can get it for you. Give me a call at 765-4692.

Those who make a difference



Volunteers from the Shilo Community Council, St. Barbara's Chapel, Our Lady of Shilo Parish, Shilo & Region Service Club, Sprucewoods Community Club, and the Sprucewoods Lions Club.



Volunteers from the Auto Club, Shooting & Archery Club, Ceramic Club, Spotlight on Shilo Theatre Group, 1st Shilo Scouts, Community Library, Shilo Minor Hockey, and Shilo Minor Soccer.



Volunteers from the RCA Museum.



Volunteers from the Shilo Military Family Resource Centre.

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

Brandon

- Safeway - Corral Centre
- Safeway - Shoppers Mall
- Brandon Armoury
- Women's Resource Centre -
- Town Centre Mall
- Royal Cdn Legion #3

Sobey's

- 1645B 18th Street
- 3409 Victoria Ave
- Forbidden Flavours
- 1060 18th Street
- 3300 Victoria Ave
- ANAF - 31 14th St.

Carberry

- East Side Service
- Carberry Legion
- Douglas**
- General Store
- Minnedosa**
- Minnedosa Legion

Shilo

- CANEX Mall
- Forbidden Flavours
- Shilo Community Centre
- GSH
- Country Club (Rick's)
- All Messes

Sprucewoods

- The Shilo Inn (Crang's)
- 340 Esso Station
- Dock's Restaurant

Wawanesa

- Lucky Dollar



Volume 48 • Issue 8

Regular Circulation: 3,000

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



Contact The Shilo Stag - 204-765-3000 plus ext.
General Manager Mike McEwan ext. 3073
Editor-in-Chief Karen Griffin ext. 3013
Asst. Editor Quinn Roberts ext. 3013
Production Asst. Sara Cumming ext. 3013
Editorial Advisor Lori Truscott ext. 3813
Advertising Rep. Marg Hodgson 761-5305
 Fax: 204-765-3814 Email: stag@mts.net

Mailing Address:

Box 5000, Stn Main

CFB Shilo, Manitoba, R0K 2A0

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We welcome your suggestions!

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

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

Submitting articles and photos for print:

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

MOTHER'S DAY

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