

SHILO STAG

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THE VAC OMBUDSMAN VISITS SHILO



photo by Karen Griffin

Pat Stogran, Veterans' Affairs Canada Ombudsman, visited Shilo August 14 to hear questions and concerns from members serving and retired. A thirty year member himself, Stogran impressed the importance of letting members' voices be heard. Story on page 3.

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Changing of command for WATC



Left to right - Major Darin M. Kenny, outgoing officer commanding, Lieutenant Colonel Scott Morrison, reviewing officer, Major Jeremy R. Watts, incoming officer commanding, sign the Change of Command over to Major Watts for Land Force Western Area Training Centre Detachment Shilo that took place on August 7.



Left to right - Lieutenant Colonel Luc Généreux, Base Commander, presents Master Warrant Officer Brent Gittens with the Base Commander's Commendation at the WATC Change of Command on August 7.

Flying high over Shilo



photo by Sara Cumming

Two Alpha Jets (from a civilian company called Top Aces) were spotted flying over Shilo as part of training for Ex Brave Ram. Ex Brave Ram is conducted as part of TF 3-09 continuation training. They were helping with training for 1 RCHA FACs (Forward Air Controllers). FACs were also controlling Bombers with live bombs.

War artist seeks photos from soldiers

DNews

Toronto artist Gertrude Kearns is calling on soldiers who have served in Afghanistan to send her their photos.

She plans to use these photos to create large canvas works with a focus on battlefields and combat scenarios.

"The photographs would be treated with utmost respect," said Ms. Kearns. "This is my way of paying tribute to our CF personnel and the reality of war, by creating a body of strong contemporary paintings, which can contribute to the tradition of war art and express dramatically the power and subtleties of today's 'battlefield.'"

She visited Kandahar in January 2006. Working under contract as an official war artist with Joint Task Force Afghanistan, Rotation 0, she completed numerous drawings while in theatre. She later used them, along with photos she took in theatre, as working studies for six paintings (91 x 121 cm or 3 x 4 feet) for the Canadian Forces.

In addition to focussing on battlefield and combat scenarios, she said she is also interested in the physical and psychological tolls of soldiering in this current mission.

"I am seeking photographs that are powerful visually and informatively on both emotional and situational levels, and most importantly, compelling as both proud and

searing memories to those soldiers who have taken them," she said. "These images would be utilized as crucial reference materials."

Soldiers interested in participating in the project should send their photos to Ms. Kearns at: war_artist@hotmail.com.

Photo DNews



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C Coy 1/2 Marathon Ombudsman visits



photo submitted by Lt Fancey

Members from the Princess Patricia's Canadian Light Infantry cross the finish line.

Lt N. K. Fancey
9 PI Comd

To the members of the Princess Patricia's Canadian Light Infantry, August 10 is not just another day. It is the day we celebrate the regimental birthday, recognizing the acceptance of Capt Andrew Hamilton Gault's offer of \$100,000 to raise and equip a new battalion for overseas service. His offer was accepted on Aug 6 1914, and permission was granted on Aug 10 1914 to commence the structuring of the battalion. That battalion has since grown to become a proud regiment, with a rich heritage and proven history, and 95 years later, the PPCLI still honour this day as a proud moment in our history.

Therefore, the members of C Company, 2PPCLI completed a half marathon to honour the regiment on

its birthday. Lead by Maj J.T. Adair, the OC C Coy, all available members participated in the long stretch to the end, finally crossing the finish line together as a united team. For the majority of the soldiers on the run, it was their first attempt to complete such a feat, and the team spirit shone through as those who finished first escorted their teammates during the last stretch of the run. It did not end there, however, as the whole coy joined with the last man to cross the finish line, so that the entire coy finished together.

The road to the successful completion of the 21 km route began several weeks earlier, before the summer leave began. The coy's work up training for the run consisted of completing several runs, gradually getting longer as the big day approached. This training culminated with a

15 km run the week before the half marathon, giving the soldiers of C Coy the confidence they required to know that the next obstacle was achievable. Fortunately, the morning of the run dawned as a clear sunny day. The run commenced following a Bn parade where the Bn received compliments from the Commander in Chief, as well as the Colonel of the Regiment. With a renewed purpose, the soldiers began their run, and continued running until the last man finished.

However long the run may have felt to those participating, it sparked both a twinge of pride to belong to the regiment, and the need to raise a toast of dark rum in honour of those who have built the history we now call our own. Congratulations go out to those who gave what they had to complete the run, and may we all never forget those Patricia's who gave it all on the battlefield.

Karen Griffin
Shilo Stag

The issues and concerns serving and retired soldiers have moving through Veteran's Affairs can be long and complicated.

"There are a lot of people in VAC who care about you and want to help you but they're stifled," said VAC ombudsman, Pat Stogran, "by administration and legislation that just doesn't work or doesn't make sense in some cases."

That is where Stogran views his role in working closely with staff at VAC to make the system run ever-smoother for Veterans.

Stogran and his staff visited Shilo on the afternoon of August 13, for an interactive question and answer session as well as to assist the office with their fact finding.

"I'm half way through my time and I want to make sure that the issues that matter to our people are getting through," said Stogran outside General Strange Hall after the event.

Stogran, a thirty-year veteran himself, addressed the audience and encouraged them in participation through the use of an instant voting system.

Asking multiple choice questions, the audience, comprised of most units

across the base as well as some veterans from WWII and Korea tackled such issues as red tape at Veteran's Affairs to financial compensation for wounded soldiers and receiving long term care for injuries sustained while in service.

While the ombudsman's recommendations and findings are non-binding, he feels working with staff at Veteran's Affairs on a case by case basis is having positive results.

Alternatively, the Ombudsman is allowed to intervene in cases where the appeal process is taking too much time or causing the CF veteran too much financial or physical hardship.

"We haven't had to use this [policy] yet," says Stogran, "but there could be cases out there where we might need to."

His emphasis was on the importance of interacting with Veterans and also to ensure their voices are heard.

"It is so important to register your problems with people on the front lines, so that they can work with through the process."

The Shilo audience's main concerns were red tape in the Veteran's Affairs system, payments and long term assistance.

"A lot of these are the same throughout the country," says Stogran.

The group has already

visited Edmonton, Calgary, Toronto, Winnipeg and parts of Quebec.

The office is also launching a new website to assist what Stogran calls 'people suffering at the hands of maladministration and legislation,' a place for Veterans to go view other issues being encountered by their comrades in order to be part of a larger voice.

"We have to make sure that the Veterans of Afghanistan and many recent tours don't have to go through what past veterans have had to go through on what is a moral obligation of the country that directly put them into harm's way."

Stogran sees his mandate is not limited to one or two particular issues but more so tackling as many issues in parts as possible in the remainder of his time in office.

"You have to keep pushing forward while capitalising on areas of opportunity where there might be a chance to make a change," he says. It's just like war where you have a strategy but when the opportunity presents itself to gain some ground, you're going to take that too. You'll find army tactics work well in almost anything."

For more information or to add your input, please visit - <http://www.vac-acc.gc.ca>

New LAV RWS

Capt Petrin
C Coy, 2PPCLI

The LAV RWS, or Light Armoured Vehicle Remote Weapon System is the latest update to the LAV family of vehicles in preparation for deployment to Afghanistan. C Coy, 2PPCLI was selected to run the first course serials to qualify both drivers and weapon system operators in preparation for TF 3-09.

The LAV RWS was designed as a Bison replacement, with updated armour

and power pack, and the inclusion of the Nanuk Remote Weapon System (designed by Rhenmetall Canada).

The vehicle has been hardened against IED blasts, by both increasing ground clearance and armour. Individual seats have been added in the crew compartment to further protect the troops while five-point harnesses on each seat assist in minimizing crew injury.

The Nanuk Remote Weapon System itself can be fitted

with the C9, C6, and 0.50 Cal HMG, and has optics that can utilize either the day or thermal imagery sight with impressive resolution at both short and long ranges. The accuracy of the RWS is very good, with the ability to engage targets to the maximum range of all weapons fitted quickly and accurately.

Though the RWS courses we are running here in Shilo are being taught for the first time, they have been quite successful, with impressive cooperation being demonstrated between the course, DLR, and the IG Team at the Armoured School in CFB Gagetown.

The courses thus far have met the end state of providing a high standard of training to soldiers about to deploy on operations, with instructors using their detailed knowledge of the system and their recent experience overseas to prepare candidates for deployment.

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Depart With Dignity, honour retired CF members



LCol John Schneiderbanger presenting Maj Chuck La Rocque with a letter from the Premier of Manitoba at the Depart With Dignity dinner on May 29. Depart With Dignity is the CF programme to ensure that retiring members are recognized for their many years of honourable service. Maj La Rocque recently retired from the CF after 36 years of service.



Brandon Chief of Police Keith Atkinson presenting Maj Chuck La Rocque (ret'd) with a letter from the Mayor of Brandon.

Meet 2PPCLI's new Commanding Officer



Lieutenant Colonel S. Schreiber is the new CO for 2PPCLI

Karen Griffin
Shilo Stag

Q: What made you want to join the army?

A: I was looking for an adventure. I didn't even think I would make it past the Basic Training, but I did, and 24 years later I'm still here, and it keeps on being an adventure.

Q: Where were you before coming to Shilo?

A: I was at Land Force Western Area Headquarters Edmonton as the Assistant Chief of Staff for Operations – I was responsible to co-ordinate all Army operations in Western Canada

Q: How would you describe your leadership style?

A: I work hard and play hard and try to focus on what's important to each individual. If you work with each person at being better at the fundamentals, the whole team gets better.

Q: What's been your fondest memory of being a soldier so far?

A: Being the Platoon Commander at 2PPCLI years back. It was a lot of fun, there was something new to learn every day and there was always an adventure.

Q: Who is your mentor or someone you consider a role model?

A: Col Sutherland, the CO of 2VP when I joined the unit as a young officer. He was an intellectual leader and encouraged

us to be thinkers as much as fighters as young leaders, war being as much an intellectual endeavour as it is about force.

Q: What sports and hobbies do you enjoy?

A: As a Canadian I have to say hockey but also the NFL. I'm also passionate about history, I LOVE golf but I'm not a good golfer.

Q: What do you like to do with your family in your off-time?

A: I spend time at the hockey rink in winter, and we go swimming in the summer.

Q: Do you have a pet?

A: A grumpy Daschund named Max and two cats, AND three fish

Q: What's your personal motto?

A: I like Tam Marte Quam Minerva: It's latin for, As much by Mars as by Minerva or as much by thinking as by fighting 'Do unto others as you'd have done to you' is also a good one to live by.

Q: What's your favourite music?

A: Everything except modern country, but everything. I like everything from classical to popular. I'm trying to think of what's in my cd player right now, I'd have to say the Rolling Stones, or the Counting Crows.

Q: What is your favourite food?

A: Steak, barbecued. I like a lot of things but there's nothing better.

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A message from Shilo's new Base Commander, LCol Luc Généreux



photo by Quinn Roberts

LCol Luc Généreux took over command as CFB Shilo's new Base Commander on August 31 at building L-25.

LCol Luc Généreux Base Commander

I would like to express my sincere appreciation for the warm welcome I have received in my first few weeks at CFB Shilo.

From the moment I arrived on Base, I have not only received tremendous support from CF members but also from the community at large.

I am extremely impressed with the calibre of professionalism, experience and expertise of the Shilo Defence team.

The spirit of the military community at Shilo is also second to none and as such, it is my honour to take command of such an outstanding group of people.

I come to Shilo from CFB Galetown, New Brunswick, where I was previously the Area Engineer for Land Forces Atlantic and Joint Task Force Engineer.

It is my hope to contribute this past experience to lead the Defence Team in achieving our goals in the coming years.

My new position as Base Commander represents a new role for me but I know that a great leader is only as strong as the team. Knowing this, I am sure

that we will face our challenges with strength and tremendous capability.

Our priorities will be to continue to provide outstanding support services to our lodger units, while assisting the various CF operational activities in whatever capacity required.

As we approach an upcoming deployment, it is vital that we continue to be a source of positive strength to the members who will leave to represent not only Shilo but our nation.

As they go overseas to carry out the most important missions in Canada's illustrious military history, it is our promise to keep loved ones supported, through our team members at the deployment support group, the Military Family Resource Centre and as friends and neighbours, to make sure that we stay strong and stand behind you as a force of support for our members on tour.

To our civilian members of the Defence Team, I look forward to working closely with you and I am also grateful for the support of you whose job it is to assist those who serve our country.

I will continue the tremendous stewardship of positive community relations started by my esteemed predecessor, LCol John Schneiderbanger. His exceptional legacy leaves

me with some big shoes to fill.

I look forward to getting to know our neighbours in Brandon, Wawanesa, Douglas and all our surrounding friends as we are very much reliant and yet made stronger with the help and support of each other.

My wife Pascale, my son, Sébastien and my daughter, Véronique and I also look forward to exploring all that Westman and Manitoba have to offer. We have settled nicely and have felt very well received by community members both on and off base.

We look forward to working and interacting in the community as the children attend school in Brandon and participate in community life. I am a strong supporter of having a balance between work and life and the importance of our families as the strength behind the uniform.



Gift campaign for troops

Sara Cumming
Shilo Stag

The mother of a Shilo soldier has found a way to give back to the troops.

Cheri Elliott's son Troy may be going to Afghanistan with 1RCHA on TF3-09 this fall, but Cheri wanted a way for Canadians to show their appreciation for the soldiers going overseas.

Elliott has founded "To the 'Stan' and Back," an initiative aimed at gathering donations to buy gift cards for Canadian soldiers returning home from Afghanistan.

Elliott had originally wanted to do a care package campaign, but be-

cause of space and safety concerns with packages being sent to Afghanistan, the plan evolved into a gift card drive. She is accepting individual or corporate donations, either in the form of gift cards or money that will be used to purchase gift cards.

Elliott has support from some Brandon businesses, including Staples, Superstore, TD Canada Trust and Murray Chevrolet Cadillac. She is looking for sponsorship from anywhere, and is hoping to turn the initiative into a national campaign.

"It's been in my heart for quite some time, probably a year," Elliott says of the campaign.

"A friend of mine one day said 'Why don't you just do it?' and I thought, 'Yes, you're right, why don't I just do it?'"

Elliott says her son is a major reason she launched the campaign, but she was also profoundly affected by 9/11.

"If they [alQaeda] thought they could have made a greater impact by hitting Bay Street, it would have been Bay Street and not Wall Street," she explains, referring to the centre of Toronto's and New York City's financial district, respectively. "That's why we're [in Afghanistan]. Our troops are defending our freedom. They're over there, and they're

dying for us...It's a small gesture to say thank you for the tremendous sacrifice. How could you possibly say thank you for that?"

Elliott also hopes her campaign serves as a motivator for soldiers while they're on tour.

"I just want to encourage them. [This initiative is] a statement that we believe they're going to come home to us safely."

To donate or get more information about "To the 'Stan' and Back," Elliott can be reached at 725-3720 or by email at cherielliott@hotmail.com. Donations can also be made at the TD Bank in Brandon through Betty Demers.

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A Shilo adventure for army cadets



Cadets sit in the passenger compartment of a LAV – 3 at Canadian Forces Base Shilo.

Ed James
Royal Canadian Army
Cadets

For 13 army cadets and chaperones of the #2528 Royal Canadian Army Cadets of Virden, MB, their recent day trip to CFB Shilo was both an adventure and learning experience.

The day started off with a 6:00 am start time by van to the base, where we were met by members of the 1st Royal Canadian Horse Artillery regiment B Battery members who for the next six hours would give us hands on experience of what it is like to be a soldier. However, before we started and at every event we attended there was extensive, clear and firm safety instructions. The end result was a day without any accidents to our group.

Most of our soldier guides that day were veterans of the Afghanistan

conflict or soldiers getting ready to go back. All during the day they told us stories of what life was like for a Canadian soldier serving there.

Our members were divided into three groups, and the first stop was at the entrance to the rifle range. This can only be described as a video arcade with big kids! Using actual Canadian Forces C-7 rifles that were linked to a computer simulator, the students go to try their shooting skills at pop up video targets of various types, but of course not without careful safety instruction followed by the safe mechanics of handling, loading and unloading your rifle.

As the cadets and some chaperones tried their skills, their confidence and accuracy grew. Their final shooting scenario was a number of enemy vehicles that were moving across a

village landscape. When you hit the vehicle it would burst into black smoke. The students had to change their magazines after every 20 electronic shots and they were told the targets were soft skinned vehicles. So everyone was shooting away with the vehicles going up in smoke, except for one that kept coming. Hundreds of electronic rounds were poured into it but it would not stop. It kept coming and kept getting bigger. They never caught it until the vehicle with the 3-D effect jumped out of the wall-size video screen, that it was a tank, which bullets were not going to stop. The video/audio effects of the training range were a very effective training tool.

Our next adventure would be a ride around the base and into the training fields in a LAV-3. This is light armoured vehicle



The cadets take a break from watching a live firing exercise of the 105 mm artillery guns during their visit.

model 3, that our Canadian Forces are using in Afghanistan. Before this ride we were issued combat helmets, an inside and outside tour of the machine and safety briefing on how to get out quickly and safely if needed. Once we started off, some of us stood in the open hatch on top to enjoy the view and the famous CFB Shilo sand, while inside you could watch the progress of the vehicle by close circuit TV. The ride was a rough and bumpy one over the training fields, but no one complained, except the ride was too short.

Next on the schedule was a guided tour of the Royal Canadian Artillery Museum, which is a Manitoba Star attraction and a winner of major tourist awards. Within the walls are displays that show the development of the RCA and Canadian history from the time of the fur trade

through the world wars, Canadian peacekeeper roles and the present Afghanistan conflict. The well carried out displays and efficient tour guide representatives made Canadian history come alive. How do I know? It was when I heard one of the cadets say "cool!"

When we were finished it was back outside to a beautiful sunny day, where a very high 10 ton army truck was waiting next to a row of combat helmets, safety glasses and ear plugs.

After some switching and adjusting of the helmets we were given explanations of how to safely get up into and off the truck. Two arthritic knees made it a challenge for me, but by a helping hand of our Master Corporal guide I got on and off without mishap.

As we drove out to the training field, with the occasional big bump, our guide told us more stories about their time in Afghanistan and compared the dust we were getting covered with, to the dust over there.

We arrived out in the field where a gun site was set up, but that will come later, for it was time for lunch. I have a long history with army food dating back almost 45 years and sometimes you win and other times you are not sure what it was you just ate. However, this day would be a good lunch experience with each boxed lunch filled with fresh food and drinks, no C-Rations! Our group, along with our military guides, found some shade behind the various military trucks in the field

and enjoyed lunch, still wearing our helmets, that were part of the live firing safety protocol.

After lunch it's the universal army mindset, "hurry up and wait!" We were taken to our safe spot to watch a live firing exercise of the 105 mm artillery guns, with our ear plugs firmly bedded in our ears. We could see and hear the guns in action and all the drills and mechanics along with double if not triple safety cheers before the order to load or fire was given.

It's impressive and loud, with another army axiom, "your day is filled with a few minutes of excitement followed by long periods of boredom". There were often long waits between firing commands and the targets so far away that you could not see them land, but our guide filled the time in with stories and facts about guns.

About 3:30 we loaded back up into the huge 10 ton truck to return along the same dusty, bumpy road to our start point. Farewell and thanks were given to our guides who returned to the field where the exercise was still going on, but not before another round of great boxed lunch which we ate on the drive home. The trip that day was arranged by Cadet Officer Captain Kevin Tutthill, who said afterwards, "It was a great experience for the cadets to be able to go to the base and see the "real army" in their home. The officers and men of the 1st Royal Canadian Horse Artillery were great to the cadets.

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Congratulations



Chris Arthur (left) a member of Shilo Emergency Service is presented his Dalhousie University Certificate in Fire Service Leadership from the Base Fire Chief, Dennis Hurley (right). This course provides essential knowledge for the supervision and leadership of firefighters in fire stations. Chris completed this distance education course over the past year.

Shilo does its part for Westman kids



Rick Kehler, CANEX manager, donates some school supplies in the CANEX mall.

Karen Griffin
Shilo Stag

If you notice an empty basket with a sign sitting at the main entrance way to the CANEX, stop and take a look.

As kids in our community are excited about new school clothes and what colour back pack to get, there are many families who wonder how they might afford the expense of sending a child back to school.

"As you know, children are impressionable and can get teased if they don't have the mainstream clothes or school supplies," says Debbie Arsenault, spokesperson for the United Way of Bran-

don.

That's where the United Way and many of its partners, like the CANEX, come in.

The CANEX has been a part of the initiative for two of the program's four years.

Arsenault says that students at O'Kelly and École de Source are eligible to receive supplies should they wish to receive them.

"Parents don't call [United Way] if the parent thinks their child is in need, they would contact the principal and teachers to make sure their information is kept confidential," says Arsenault.

"Tools for Schools" is a program developed and supported by the United Way Brandon.

It is designed to provide kids in the Brandon School Division with new school supplies who might not otherwise have access to them.

When you're shopping for pencils and crayons, pick up an extra set for a child who would appreciate the extra help.

If you're shopping at the CANEX at Shilo, it's just a short walk down the hall to drop off your donation into the basket.

At the end of the program all the supplies will be brought to the Brandon United Way office for distribution throughout the school division. Perhaps one of your child's classmates will be a recipient.

Rick Kehler, CANEX manager, says his store, along with the entire base, participates in a variety of United Way campaigns.

"CANEX supports this United Way program along with 'Coats for Kids' and United Way coin boxes at checkouts and various other fundraising initiatives."

You can donate from now until August 27. For more information, or to make a monetary donation to this program, please contact the United Way office at 571-8929.

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Managing Angry Moments

We all have angry moments. It is how we handle them that impacts our relationships with those around us. Managing Angry Moments is 9 weeks to a calmer you! This course helps you recognize your triggers and learn new techniques to manage your anger before it manages you. The focus is on prevention and is not appropriate for personnel with legal or career difficulties resulting from anger issues

Course dates: Fridays, October 16 – December 11, 0900-1130 hrs, Faith Centre. Register by Oct 14

Applied Suicide Intervention Skills Training (ASIST)

By the end of this two-day workshop you will be ready, willing and able to recognize and help someone with thoughts of suicide. You will learn and practice suicide first-aid skills to prevent the immediate risk of harm or death, and connect that person to resources in their community.

Course dates: December 8 & 9, 0830 – 1600 hrs, MPTF.

Register by Dec 4.

To register for any program, you can either drop by the Health Promotion office in the CANEX Mall, call local 3868, or email lacey.collier@forces.gc.ca and provide your name, rank and unit (if applicable) and contact information.

All Strengthening the Forces Health Promotion programs are available to members of the Defence Team: CF personnel (Regular and Reserve) and their spouses, and civilian employees.

There is no fee to register. Dates/times/places are subject to change.

Health Promotion tips of the month:

Anne Todd Health Promotion

Nutritional Wellness: Healthy eating begins at the grocery store. Fill your cart with whole grain breads and cereals, rice and pasta, fruit and vegetables, milk and milk products, lean meat, poultry, fish, eggs and alternatives such as dried beans, peas and lentils. Read labels to guide your food choices.

Active Living and Injury

Prevention: Work up to 60 minutes of activity each day - two 10-minute walks, 20 minutes of yard work, and 20 minutes of stretching, cycling, skating, or dancing - it all adds up and every little bit counts!

Addiction-Free Living: The health benefits of alcohol apply mainly to people over the age of 45. A little goes a long way. In most cases, one drink of beer, wine or liquor every other day is enough.

For most people, more than two drinks a day does more harm than good.

Social Wellness: We create some stress by ourselves. This can be prevented by making decisions rather than worrying about not making them, avoiding putting things off by planning and scheduling for leisure, work and household tasks, and delegating tasks so you don't have to do everything yourself.

Farewell to Shilo



Jo-Anne Douglas
Health Promotion

My 14-month term at Shilo has come to an end. I thought I'd use my last column to summarize the main thing you can learn from taking each of our Strengthening the Forces courses. This is not a substitute for actually attending a course, but just a nugget of information from each of our programs:

ASIST - watch for signs of suicidal thoughts and then don't be afraid to ask a person (friend or stranger) if they are thinking of suicide. Don't be afraid to use the word suicide. The person in distress needs to know you are willing to talk about a difficult subject.

TOP FUEL FOR TOP PERFORMANCE - feed your body the right nutrients so that you can perform at your best. Exercise by itself won't make you fit and healthy. Know what to eat and drink before, during, and after workouts. An ideal after workout snack is a carb with a little protein, like a bagel and chocolate milk. Don't use protein

powders - we get plenty of protein in our foods. And hydrate, hydrate, hydrate!

STRESS: TAKE CHARGE - try to be positive, be kind to yourself and others, and take time to relax, talk with friends, exercise, help someone else, or enjoy a hobby. Learn to manage your time and get enough sleep. There will always be "stressors" in life - managing your reactions to those stressors is key.

ANGER MANAGEMENT - your thoughts control your behaviours. If you can try to "reframe" your thinking by thinking positively you can alter your physical reactions and then your actions. Science shows that when anger is high, judgment and decision-making is poor. So take a "time out" to calm down and let your thinking and judgment come back so you don't do anything you may regret.

WEIGHT WELLNESS - fad diets don't work in the long run, try to be physically active more often and eat according to Canada's Food Guide. Lots of fruit and veggies, less fat, more fiber ... you all know this. Have several small meals during the day to avoid being famished and pigging out as a result. Planning a menu for the week helps

you stick to a good eating plan and keeps you from that "what's for dinner?" thing where you end up going for fast food.

BUTT OUT - set a quit date, use quit-smoking drugs or the patch or gum and just do it! Reward yourself, think one day at a time, exercise, get extra sleep, take time to relax. Find other ways to cope with stress. The Butt Out self-help workbook is full of practical ideas that work ... use the book!

DRUGS, ALCOHOL AND GAMBLING AWARENESS - marijuana is addictive, it causes memory impairment, prevents learning, and impairs judgment and perception. Marijuana and other illegal drugs can't be tolerated in military environment.

If any of the above interests you, then sign up for a Health Promotion Strengthening the Forces program this coming year. Call the HP office at local 3867/3868.

The past 14 months at Shilo have been a wonderful experience for me. It has been a privilege to be part of our CF community. I learned a lot and met way too many nice people, which makes it very hard to say goodbye. Stay healthy and happy everyone.

New faces at Health Promotion



With this summer's annual posting season, there are two new faces at Health Promotion. Lacey Collier (right) has just joined the team as the Administrative Assistant. Anne Todd (left) has returned from a three year secondment as the Health Promotion Director. We sadly say farewell to Jo-Anne Douglas, who is returning to the Canadian Lung Association as the Director of Tobacco Reduction, and Andrea Crowder, whose family was posted to 17 Wing Winnipeg. "They both did a terrific job and will be missed" says Anne Todd.

Shilo Stag

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



Shilo Military Family Resource Centre



Professional help wanted

The Shilo Military Family Resource Centre is accepting applications for a full-time

Prevention & Intervention Social Worker

Required qualifications:

- Bachelor of Social Work (a combination of education and experience may be accepted)
- 3 – 5 years related experience
- Eligible for registration within their professional designation
- Knowledge of the military lifestyle
- Ability to develop and manage intervention programs and resources to respond to families in crisis

Desired qualifications:

- Knowledge of community resources
- Exceptional communication and organizational skills
- Bilingual in both French and English
- Able to work flexible hours

This position is responsible for the development, implementation and service delivery of crisis intervention and support services. This includes assessment and referral; short term individual, couple and/or family crisis intervention; group work; networking with community resources/teams; and emergency response to critical incidents.

Wage: 47,869-56,000 annually
 Anticipated start date: as soon as possible.
 For a complete job description, please call 1-204-765-3000 ext. 3367

Submit resume by mail, or email by Thursday August 27, 2009 at noon to:
 Shilo Military Family Resource Centre
 Box 5000 Station Main
 Shilo, MB.
 R0K 2A0
 Willemien.vanlankvelt@forces.gc.ca
 Attention: Willemien van Lankvelt

Only those selected for an interview will be contacted

Dinner's On Us BBQ

Join the MFRC on
September 1st from 4-7pm
 at the
Shilo Community Centre
 for dinner on us!



What are you selling?

Karen Burton
 Outreach & Information

The MFRC is pleased to provide a new community service board for Shilo and area residents. "We wanted to provide a place for residents to be able to post items for sale, for rent, or advertising local services," says Executive Director Willie van Lankvelt. "The MFRC has provided this service in the past, but the board was often cluttered and overloaded with information so the smaller ads got lost."

Van Lankvelt says that the new board will be much better organized and will be monitored by the MFRC staff. Residents looking to post an item on the commu-

nity service board are asked to stop in at the MFRC and request an index card that they can write out their information on. The ads will be dated and removed after 60 days so residents providing ongoing services will be asked to complete a new index card to ensure that the service advertised is still current.

The board will be located in a high traffic area located between the multi purpose rooms at the back area of the Shilo Community Centre. There is no limit to the value of items being posted so if you are selling your gently used toys, car or even your house this community service board is open for all residents.



Executive Director Willie van Lankvelt shows off the new community service board

Teach kids to be money savvy



photo Bing Images

Clay Baumung
 Business Manager

We may not realize it, but some of the habits kids develop towards money begin very early on. Our own attitudes can influence how they will manage their finances for the rest of their lives.

Here are some tips on how you can help your kids get a head start in building a healthy relationship with money.

Preschoolers

- Pretend grocery shopping or shopping for things that are important to you child
- Play games with play money to help with counting
- Give your child a piggy bank to start saving

School age

- Establish a weekly allowance to teach income earning
- Set up a savings account at a local banking institution for that special item your child wants
- Include your child in conversations about the family budget

Teens

- File a tax return for each child with a part-time job to establish contribution room for an RSP
- Establish a long term savings account and explain tax free growth
- Co-sign on a credit card with a low limit (under \$1000) to help them establish a credit rating and understand how credit works.

fit 4 two Stoller Bootcamp

Get a full body work out with your baby!
Friday Sept. 11 - Oct. 23
9:30am - 10:30am

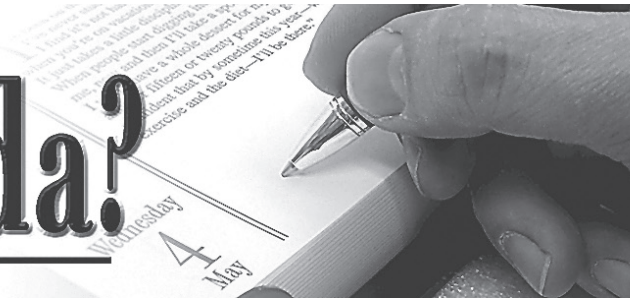
\$40.00 registration fee (includes MFRC subsidy)

Register at the MFRC by **12:00pm on Friday, September 4**

Thrift Shop will be closed
August 26, 28
and September 1, 3
will re-open Sept 8th

Check our website for the winter hours schedule

What's on Your Agenda?



Biking anyone?

Wanna get out of the house and do something different? Wanna ride your mountain bike and explore some new trails? Wanna learn some new skills and take biking to the next level? Wanna learn about bike repairs? If you answer "yes", come on out and ride with us. When: Every Monday and Wednesday @ 1800hrs (day of the week subject to change) Who: Anyone (18+) who owns and rides a mountain bike (road rides might be added) Where: We meet in front of the Canex. Contact Cpl Jean Madore - local 3276, home 765-4495, cell 226-8181. Jean.Madore@forces.gc.ca or anythingaboutbikes@yahoo.ca

Vacation Bible School 2009

A joint venture of Our Lady of Shilo and St. Barbara's Chapel Vacation Bible School August 24-28 9:00 am - 12:00 pm Registration forms available at the Faith Centre. For information call Julie 765-3000 ext 3091, Rev Dave Wilson 765-3000 ext 3088, or Lt (N) Kelly Boyden 765-3000 ext 3089

71 Bty 2520 Royal Canadian Army Cadets is looking for YOU to join us. Army Cadets is for youth aged 12 to 18. Beginning on September 9, we meet every Wednesday night 1830 hrs at the Brandon Armoury 1116 Victoria Ave. Got questions? Please call Lorna Ball at 728-7665 or email: admin.2520army@cadets.gc.ca

Shilo Minor Hockey

is looking for an individual enthusiastic about hockey and willing to take on the role of President. We are also looking for anyone who is willing to help out in any way they can. For more information please contact the Recreation Office at 765-3000 ext 3317

Having A Baby?

Sign up for prenatal classes! There will be a prenatal session offered in September at the MFRC. The session will consist of four Wednesday evenings from 6:30 pm - 8:30 pm. The classes include information on labour and birth, postpartum care, infant feeding and a tour of the Brandon Regional Health Centre's Maternity Ward. Please call Brandon Regional Health Authority Public Health Services at 571-8378 or 571-8475 to register. Space is limited please register early!

Squash Club

Please contact the Recreation Office at 765-3000 ext 3317 if you are interested in the creation of a Squash Club. Level: Beginners to Experts

Shilo Al-Anon

Family Groups (for family and friends of alcoholics) Every Thursday 7 pm Faith Centre Building T119 on Notre Dame Last room on the left For more information call 724-9222 CONFIDENTIAL

Fall Registration & Info Fair

When: Tuesday, September 1 Where: Community Centre Time: 4:30 pm - 7:00 pm FS&R invites you to come see what Shilo and the surrounding area Recreational Clubs, CFB/ASU Community Recreation and the Shilo MFRC have to offer! FREE Dinner's On Us BBQ 4:00 pm - 7:00 pm Sponsored by the Shilo MFRC For more information, please contact the Community Recreation Office at 765-3000 ext 3317/3588.

Shilo Community Library

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

Daly House Museum,

122-18th Street, has a new exhibit featuring a 40-year retrospect by photographer Ed James. There are over 70 B&W photographic images selected from the thousands he has taken over the years from around the world. There is also a large collection of cameras featuring the development of the camera including Box cameras, Mickey Mouse, and Spiderman toy cameras, and a combat 4X5 graphic 45 Canadian military issue circa 1945, a WWII British made gun camera used on a Spitfire fighter plane circa 1940, and from the enemy, a Leica 111R German Air Force WWII brass camera circa 1939. Our summer hours: Mon-Sat 10 am - 5 pm Sun 1-4 pm.

Partners 4 Pints

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

Volunteers needed

for fall campaign. Are you available to volunteer in your neighbourhood for two hours during the month of October? The Canadian Diabetes Association (CDA) is now registering door-to-door canvassers to collect donations for its Fall 2009 Residential Campaign. For more information, please call Leah at 204-925-3800 x240 or email leah.wiens@diabetes.ca

ITF Taekwon-do (Kin-Rin Shilo)

Instructor: Mr. James Caldwell Location: Faith Centre T-119 Notre Dame Road Fees: \$40 per month + equipment Practice Times: 6:00-7:00pm White Belts 7:00-8:00 pm Colour Belts For more information and to register contact 724-6147. Alternate contact: Dwayne Bos 720-4684 or 726-8870 Classes are done for the summer, but will recommence in September.

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:
August 27, 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

2001 SIR Mobile home to be moved, open concept design with vaulted ceilings in kitchen and living room, large master bedroom with ensuite, jacuzzi tub, and walk-in closet, spacious kitchen with oak cupboards and walk-in pantry, electric forced air, blocking and skirting included, appliances negotiable, home is in great condition, call for viewing at 763-4139 or cell 724-5072.

WAWANESA - Beautiful acreage on the south edge of town. 4.5 acres with another 2.85 acres available, 1288 sqft bungalow with lots of extras, fully developed with walk-out basement. 15 minutes to Shilo & 30 minutes to Brandon. Pride of ownership throughout! This property is a must see. Call Kathy McLean at Century 21 Westman.com at 824-2651.

Beautifully treed half acre lot for sale in Sprucewoods, asking price is 20,000. Feel free to call or email me for pictures at 765-5108 or cell 721-1738 or email kira_ledarney@hotmail.com.

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.

Shilo area - Horse Lovers acreage - 5.86 treed acres - very private - trees on all sides 3 bedroom 2.5 bath mobile home (1998) all in very good condition - shop & open front shed. Priced for quick sale. Countryland Realty - Dave Mooney 824-2094

Antler Hills

(2) 5 acres building lots for sale. 15 min from Shilo. Ph (C) 724-6580/834-3760

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

For Sale

Home for sale in quiet Green Acres Neighbourhood. 1,115 sq ft Bungalow on a 60x123 Lot. 4 Bedrooms, 2 Baths, Finished Basement, Central Air, Garborator, New Dishwasher, New Laminate throughout, New Windows, Many Upgrades, Double Garage, New Door Openers, Shed, Cement Pad and Deck. Fully Fenced Yard. Close to school. Call Tammy at 571-8962 for more info

Services

Manitoba Hunter Safety, Canadian Firearms Safety Course and Restricted Firearms Safety Course - next trainings Aug 28, 29, & 30. For costs, information and to register call Greg 725-1608 or email ggs57@wcgwave.ca. Challenges by appointment.

Hi my name is Melissa and I am a Mary Kay independent consultant. We have great gifts. 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.

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

Advertise with us! Call 765-3000 ext 3013 or email stag@mts.net if you're interested in running a classified ad.

Child care

Babysitting services available. Evenings & weekends, simple cooking, no overnights, no newborns. 763-4162 Kyle

Child care

Posting season has arrived and Kids R Kids Licensed Family Daycare has to say goodbye to 4 wonderful kids; but will have 4 openings coming available August 1 2009. The following spots are available - 3 school age, and 1 preschool. CPR and First Aid qualified, Criminal record and child abuse record done, snack and lunch provide. Hours are 7am-4:30pm, for more information please call Kerri @ 765-4626

For Rent

EDMONTON HOUSE FOR RENT: 4-bedroom 1850 sq. ft home; five minutes to base; hardwood & ceramic tile on open-concept main floor; large kitchen with island & maple cabinets; large bonus room above garage; 3 1/2 bathrooms; fully finished basement; large cedar deck; walking distance to park; family-friendly neighbourhood. Avail. Aug. 1st. \$2000 plus utilities. 12 month lease. Suits family or 2-3 individuals. No smoking, no pets. 780-237-5993. For photos see Edmonton Kijiji Ad ID: 127412191

For Rent

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

Wanted

Bilingual part-time job. Private school looking for senior teacher. Adult students. For more information or to send your resume email: claudeag@sympatico.ca

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

Les Amis de La Source Inc. recherche: -un/une EJE (temps plein) -un/une EJE (temps partiel) -un/une cuisinier(ère) (temps partiel) Les postes à temps partiel pourraient être combinés pour faire un poste à temps plein Les candidat.e.s doivent démontrer une bonne maîtrise de la langue française. Salaire très compétitif. Veuillez parvenir votre c.v. à: amislsource@atrium.ca ou Les Amis de la Source Inc. c.p. 118 Shilo (Manitoba) R0K 2A0 Pour plus d'infos. appelez : 765-3000 poste 3618.

Rocking the hill with the CF

Virginia Beaton
Trident

It was a mission with a difference.

Thousands of fans were at the Garrison Grounds at the

foot of Citadel Hill in Halifax on Sunday, August 2 to attend the first ever Canadian Forces Halifax Rock Fest. The mosh pit was crowded with rock fans singing, dancing and waving

their hands in the air, while others preferred to chill on the hill, enjoying the sunny day and the scenery along with the music.

"Give a hand to our military," Raine Maida, lead singer of Our

Lady Peace, told the crowd, just before his band played one of their newest songs, titled *All You Did was Save My Life*. Our Lady Peace was one of four bands including Sloan, Finger Eleven, and Chickenfoot, to headline the concert.

The concert, which started at 2 pm and ended shortly before 11 pm, opened with Pink Thunder, an all girl rock group from St. Peter's Cape Breton.

Pink Thunder was the winner of the Next Great Atlantic Rock Band Competition, which gained the band the chance to open the concert, as well as \$5000 cash and \$5000 towards the cost of producing a song in a professional recording studio.

Next up was Sloan, the four man pop band that put Halifax on the music map in the early 1990s. Beefed up with guest musicians Kevin Hiller and Greg McDonald.

Finger Eleven blasted through their set, saving their hit *Paralyzer* for their final song. Veteran rockers Our Lady Peace delivered a solid set of new and old hits.

Final act of the evening was Chickenfoot, featuring singer Sammy Hagar and bassist Michael Anthony, both formerly of Van Halen, drummer Chad Smith, formerly of Red Hot Chili Peppers, and guitarist Joe Satriani, known for his work with G3.

Between sets, there were video messages delivered from



photo by Paula Tempelaars

Raine Maida of Our Lady Peace performs for the crowd at Rock Fest, which took place in CFB Halifax.

CF members currently serving in deployments ranging from Afghanistan to OP NANOOK.

Capt N. John Newton, CFB Halifax Base Commander, told Trident "I think this event really sets us up for next year." It bodes well for the future, he noted, observing "We're in a great position for the international fleet review and all the Canadian Naval centennial events that will be taking

place." CF Halifax Personnel Support Programs hosted the event in partnership with Halifax Regional Municipality as part of the festivities over Natal Day weekend.

An edited highlight reel of the concert will be sent to deployed troops. It will contain messages from the bands and from concertgoers, recorded during the Rock Fest.

CFB Shilo military & civilian employees

Looking for work transportation between Shilo & Brandon?

There's a service just for you

*No fare required - just show National Defence I.d for access *

Schedule:

Am

6:20 am - Richmond Ave & 18th Street

in front of McDonald's restaurant

6:30 - Depart Town Centre in front of Royal Bank

Drop off - CANEX Mall, Shilo

PM

4:00 pm - Depart CANEX Mall

L-105 - Flatlands Dining Hall

P101-CE

L-158 - Hospital

2PPCLI HQ

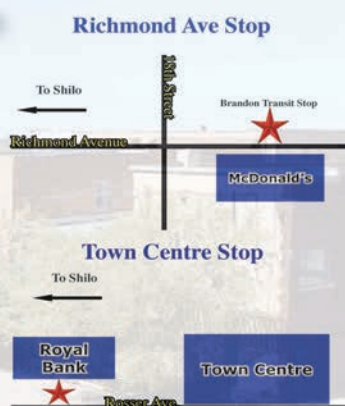
A117-731 Signals Sqn.

Q 101 & Q 102 Base Transport

G-400 Base Maintenance

Drop off - Town Centre

& Richmond/18th location



For details and to confirm your space
call Knightline Express
728-9003

Pick up your FREE copy of the **SHILO STAG** 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



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This paper is issued by authority of LCol John Schneiderbanger, CD, Base Commander, CFB Shilo. The views expressed herein are not necessarily those of the Department of National Defence or of the Editorial Staff. The Editorial Staff reserves the right to edit, to abridge, to reject copy or advertising to adhere to the policy, as outlined in CFAO 57-5, and for clarity and/or content.

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.

Happy Anniversary

Happy 50th Wedding Anniversary George and Joanne Mann!

Please join us to celebrate this special day at the Sprucewoods Community Hall for a come and go tea in their honour. September 5, 1:30-4:00.

Teams battle it out in Jeep race

Army News

Really cool," is how four-year-old Elliott Fraser described the Jeep relay race that was one of many acts at the 30th anniversary of the Royal Nova Scotia International Tattoo.

Canada Day was Elliott's

first tattoo, which he attended with his grandparents. "I liked every minute of it," he said.

This year marked the first time a Jeep relay race was a component of the show. In past years, the Jeep was showcased, with one team demonstrating how to strip and assemble the vehicle. "This year it was de-

cidated to turn it into a race between two teams," said Jeep relay judge, Sergeant Robert Parsons.

Red and blue teams faced off for the relay. The red team comprised of vehicle technicians from Land Force Atlantic Area (LFAA) and the blue team consisted of infantry sol-

diers from Land Force Quebec Area (LFQA).

To begin the festivities, two Jeeps appeared out of the darkness from beneath the prefabricated stage scaffolding. As the announcer encouraged the thousands of spectators in attendance to cheer for the team on their side of the Metro Centre, team members took their respective positions around the Jeep.

At the sound of a horn, the soldiers whipped into action. With flawless precision, teamwork and extreme speed, the Jeeps were taken apart within seconds.

Once all parts were laid out on the floor, the announcer said, "What comes apart must go back together." This was the cue to assemble the Jeeps.

With encouragement from cheering spectators, the teams battled neck-and-neck until the blue team encountered problems attaching an axle to the vehicle frame. The red team took advantage of the mistake and pulled ahead for the victory.

The winners took the race with a time of 2 minutes, 38 seconds, a new race record. Despite only receiving one week of training prior to the tattoo, the infantry soldiers (blue team) finished only five seconds behind.

You could hear the gasps when both teams climbed into their respective Jeeps, turned their lights on and began driving around the floor.

"I thought the Jeep was plastic," said spectator Martha Fraser. "But when they climbed in, turned the lights on, and drove off, I was amazed."

Get a low, low price on your home phone services.

I talked so much the hand-set melted.



Now get all the home phone services you need at a great, low price when you also have High Speed Internet service with MTS.

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\$40

A MONTH

Visit mts.ca/thpp or call 1-800-331-0433 to sign up.

MTS

Residential customers only. Offer subject to change at MTS's option. Conditions apply. Geographical restrictions and other conditions apply. Offer available to residential customers in select areas of Winnipeg and surrounding areas. The \$40 voice package is comprised of two components: \$35 Voice and Feature bundle and a \$5 anytime Canada and U.S. Long Distance plan. As a condition of the \$35 Voice and Feature bundle, you must keep the service for a minimum of 90 days. *If you cancel, or become ineligible for the service within the first 90 days, you will be responsible for payment of the installation service charges that you had saved by being a new subscriber to this bundle. Voice and Feature Bundle is priced at \$35 per month if MTS is your long distance provider, or \$39 per month if you choose a different long distance provider. In order to be eligible for the \$5 anytime Long Distance plan, the customer must subscribe to MTS High Speed Internet, or have a pending order for either of these services. If you cancel your qualifying service, your monthly Long Distance plan will increase from \$5 a month to \$25. \$5 unlimited long distance calling available anytime on direct-dialed voice calls within Canada and the U.S. (including Alaska and Hawaii) and does not include Calling Card, Internet or data long distance minutes. Overseas rates are subject to change.

Dear Editor

On July 20 our Cadet Corps, the XII Manitoba Dragoons, from Virden, Manitoba visited CFB Shilo and particular 1RCHA.

We would like to publicly thank all those who made it a great day for our Cadet Dragoons.

The cadets and their escorts were impressed by the care and hospitality offered by the Artillery soldiers and the officers.

Again thanks to all involved. Most our cadets are farm teens and ranch teens. Let me tell you they were impressed. Thanks!

-Kel Smith, Captain
Commanding Officer