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Volume 52 Issue 4



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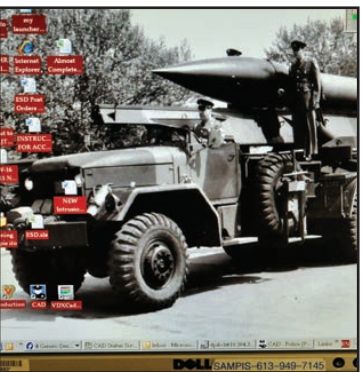
## INSIDE This Issue



Fitness specialist enjoys her work. Pages 3 & 5



Archers take aim honing skills on Base. Page 6



Sgt John Fraser looks forward to retirement. Page 12

## Hawks soar to victory



The Douglas Hawks took flight in the paint during a double-header hosted by the O'Kelly Panthers. When the dust had settled, it was the Hawks flying off with a sweep of the basketball court, scoring triumphs of 26-8 and 32-15. This was the second encounter between the two neighbouring schools, with the Hawks undefeated during the 2013 basketball campaign. The cheering third graders made the most noise during the opening game, each time the Panthers sunk a basket. For more on the game, see page 7.

Photos by Jules Xavier



## Sports For Youth Registration March 2 & 3

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# Winter cycling enthusiast endures weather to break previous time



Capt Steve Sloat training on the Base. Photo by Jules Xavier

## Jules Xavier

### Shilo Stag

Despite wintry conditions, Capt Steve Sloat still managed to finish his second trip to the annual Actif Epica.

It was not easy for Sloat, who has spent considerable time around CFB Shilo leading up to the 130-kilometre endurance ride training on his special bike.

"I beat my time from last year, despite a more difficult race due to conditions," he offered. "I ended up pushing my bike for about 13 kilometres total.

"The shortest distance was only about 100 metres, but the longest was about 2.7 kilometres. Most pushes were about 800 metre [half mile]. At one point, I had to take the panniers off, and physically carry my bike up a hill, then return to bring the panniers up ... in the dark."

Sloat finished 26th out of 28 cyclists. He covered the distance in 12 hours, 22 minutes. His 2012 ride was

done in 13 hours, 28 minutes.

"I embraced the lessons learned from last year and they worked well this year," he said. "I learned a lot more this year, which I will in turn use for the next races."

And there will be more races for Capt Sloat. According to the cycling enthusiast, a new challenge was introduced at this year's Actif Epica.

There are two other "local" winter endurance races: Tuscobia 150 ultra-marathon in Wisconsin, and the Arrowhead 135 in Minnesota.

"The Order of the Hrimthurs [Old Norse, Rime-thurs, or Frost Giants] is conferred upon anyone who completes those two and the Actif Epica in one season," he said. "My goal is to now attain the Order of the Hrimthurs. I don't anticipate that this will happen next year, but it is my overall goal now."

The official results are now in for the Actif Epica Race. Visit Actif Epica 2013 at [http://actifepi.ca/2013/02/congratulations\\_racers/](http://actifepi.ca/2013/02/congratulations_racers/)

## Worker's bus route changes

### Shilo Stag

As of March 4 there will be a new worker's bus route.

The route can also be accessed from the Shilo homepage.

Here's what the new route looks like, including the morning and afternoon runs:

**Morning bus departs Shilo @ 0530hrs**

**Pick-up stops:**

- 0615 - Douglas St and Lorne Ave
- 0616 - Victoria Ave/Russel St (Shopper's Drug Mart)
- 0618 - First St & College Ave
- 0619 - First St & Queen St
- 0621 - Richmond Ave & Ninth St
- 0623 - Richmond & 20th St (McDonald's)
- 0626 - Richmond & Linden Blvd
- 0629 - Wankling Blvd & Willowdale Cres

- 0631 - 34th St & Park Ave
- 0632 - 34th St and Victoria Ave
- 0634 - Victoria Ave/25th St. (Petro Canada gas station)
- 0637 - 14th St & Victoria Ave
- 0639 - 13th St and Lorne Ave
- 0642 - Rosser Ave @ The Town Centre (across from bus mall)
- 0645 - Rosser Ave & Third St
- 0651 - Knowlton Dr. @ Brandon Community Sportsplex (North Hill)
- 0715 - 0725 GSH, Base HQ, FLDH, CE, Base hospital, Gunner Arena (2PPCLI, 1RCHA and B Maint can meet at this central location), 742 Sig Sqn, Base Transport

**Afternoon Bus departs GSH @ 1600hrs**

- 1600-1609 Base Transport, GSH, Base HQ, FLDH, CE, Base hospital, 742 Sig Sqn, Gunner Arena (2PPCLI, 1RCHA and B Maint can meet at this central location)
- Drop-off stops:
- 1634 - Knowlton Dr @ Brandon Community Sportsplex (North Hill)

- 1642 - Douglas St and Lorne Ave
- 1644 - Victoria Ave/Russell St (Shopper's Drug Mart)
- 1646 - First St & College Ave
- 1647 - First St & Queen St
- 1649 - Richmond Ave & Ninth St
- 1651 - Richmond & 20th St (McDonald's)
- 1654 - Richmond & Linden Blvd
- 1657 - Wankling Blvd & Willowdale Cres
- 1659 - 34th St & Park Ave
- 1700 - 34th St & Victoria Ave
- 1702 - Victoria Ave/25th St (Petro Canada gas station)
- 1705 - 14th St & Victoria Ave
- 1707 - 13th St and Lorne Ave
- 1710 - Rosser Ave @ The Town Centre (Across from Bus Mall)
- 1713 - Rosser Ave & Third St

Contact the Base Transportation dispatcher with any inquiries at local 3280.

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# Soldier On recognize work done by RAFS

**Jillian Driessen**

**Shilo Stag**

Most recipients of the Queen's Diamond Jubilee medal knew well in advance of their awards ceremony.

CFB Shilo's Carolynn Derksen, along with the seven other regional adaptive fitness specialists (RAFS), had no idea they'd been nominated and their medal presentation was a complete surprise.

"They told us we should wear and bring along some official PSP clothing and that we would find out why when we got there. We were having a conference," explained Derksen. "I didn't assume that it was for the Diamond Jubilee medal."

The RAFS were nominated by Soldier On in recognition of the work they do to assist injured Canadian Forces members.

"They felt the work we were doing with individual members was significant and helpful," she said.

For Derksen, the medal is more than welcome. She has been working in her field for many years.

"It's really nice to be recognized. All of us are in this profession because we care about people," said Derksen. "We pour our hearts and long hours into this. It is nice to be recognized because it's the Queen's Diamond Jubilee. It is significant in our lifetime that this is even happening."

She added, "I was sort of beaming all day. It felt really wonderful to have this."

Derksen, along with other RAFS works within the PSP reconditioning program with injured CF members who are in need of assistance to reach a physical fitness goal. Although these goals can be as ordinary as walking, many come to the program with a goal of participating in a larger activity.

Soldier On events are popular choices.

According to Derksen, Soldier On had a great influence in the creation of the program. Hosting events led them to realize they needed staff on the ground to help injured members prepare for these events.

Although the program has expanded to a more service-based style and assists with rehabilitation, the original intent of the program is still present.

"At this point in time the RAFS will work with mem-



Fitness specialist Carolynn Derksen looks on as a client exercises at the GSH. Photo by Jillian Driessen

bers who want to attend a Soldier On event. Perhaps the physical demands are more rigorous or it's a new skill they are learning and we will take a look at the activities at the particular event. We specifically help them train for events they are going to."

RAFS become responsible for ensuring members are in acceptable physical condition to participate. They are also responsible for ensuring all runs smoothly for members who have additional challenges.

Often times, RAFS assist with specialized equipment and they also assist with ensuring accommodations are acceptable.

"They [members] have enough to deal without having additional physical struggles," said Derksen of the additional roles RAFS assist with.

Although it played an important role in the introduction of her position, Soldier On events are not the focus of most of her day-to-day work. As the reconditioning program has segued into a more service-based program, Derksen finds herself assisting members of the program with more than just events.

She works one-on-one with injured CF members who are referred to the PSP reconditioning program with rehabilitation of all kinds.

"Exercise is a very formal activity," she said. "We like to look at what kinds of activities you'd like to do. Maybe it is playing with your kids. How can we get you doing that? Being active, moving around, getting the blood going, is important for self-esteem."

The intake to the program consists of a quick gathering of information and if possible, Derksen likes to include a walk.

"Walking is huge. When someone is recommended to the program, I will do an intake. Often, I will sit down with them to get some information. The first time I see them, I like to take them for a walk. I can learn a lot from their walk."

Derksen explained walking helps her gauge what may cause pain for a member and often with a few minor corrections to their gait, improvements can be seen right away.

See **FITNESS** page 5

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**Submitting articles and photos for print:**

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

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Facebook by visiting:<http://www.facebook.com/ShiloSTAG>

Corporals, (l-r) Chester and Treleven, along with Lance Cpl George Barber prepare for their motorcycle training as part of the Canadian Provost Corps (CPC) School at CFB Shilo in the mid-50s.

Photo courtesy former CPC member Tony L'Orsa

## Child responds to cancer treatment

Jillian Driessen  
 Shilo Stag

Christian Cyrenne has endured more than many will in a lifetime — and he's just two years old.

Last October, Christian was diagnosed with cancer after doctors found a tumor on his liver. Since then, the toddler has toughed it out through five rounds of chemotherapy, and countless doctor's appointments every where from Brandon to Toronto, Ont.

Thankfully, Christian has responded well to treatment and has started his sixth round of chemotherapy — the finish line is in sight.

"My faith has been tested and restored," says Christian's mother Janice Cyrenne. "He is playing and doing what he should be."

Janice and her husband, Pat, were on hand for a Feb. 16 social held at the Sprucewoods Community Hall in support of Christian.

Many family members were on hand for the event as well — some even sporting t-shirts designed in support of Christian, who spent the evening with his grandparents at home.

RM of Cornwallis ward councillor Heather Dalglish organized the event when she became aware of Christian's diagnoses. She reached out to the community through Facebook and found the community offered overwhelming support.

"I put a call out to the community to do me proud ... they always do," says Dalglish of the response from the area.

Donations of cash, items, and volunteers came from

across southern Manitoba.

Although Christian was long in bed before the social was in full-swing, mom and dad accepted numerous donations on his behalf.

"It has been an incredible blessing to watch Christian come through this," offers Pat Cyrenne while thanking the social's supporters. "He is responding well to treatment and hopefully by mid-April this will all be just a memory."



With husband Pat Cyrenne at her side, two-year-old Christian's mother Janice sheds a tear during a Feb. 16 social held at Sprucewoods Community Hall.

Photo by Jillian Driessen

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Fitness specialist Carolyn Derksen said a major challenge for participants in her programs is accepting new limitations. Here, she works with a soldier at the GSH.  
Photo by Jillian Driessen



# Fitness specialist enjoys her work

From Page 3

"People don't realize how something as simple as how they are interfacing with the ground as they are walking can change all the way up the kinetic chain how their body feels and operates. It can change how they are feeling."

Derksen is the RAFS for Manitoba, Saskatchewan, and covers an area as far east as Thunder Bay, Ont. Within her service area alone, there are about 65 people using the program.

Of these participants, some are self-referred and others find themselves directed to the program by their chain of command or a return-to-work case manager. The program, according to Derksen, is only successful for participants who put forth active effort.

Although many participants are initially unwilling, Derksen has seen what she calls "success stories" of unwilling participants growing to appreciate the program, have graduated, and moved on.

"I like to try to open doors. Maybe you cannot do this activity anymore because of the injury or limitation. What is it about this activity you really like? Is there something else we can use that will give you same sense of value you found in that activity?" she said.

"I really like to encourage people to try the pool and try yoga. Those two activities balance you out. A pool workout can push you, while being kind to the body."

Derksen, who has been working with military members for 16 years, said a major challenge for participants is accepting new limitations.

"They are used to performing at high level. They want and expect that. In a new activity, we gear it to where they are at so they are able to be successful. They can move on. They can get to the goal, but we get them there safely."

Derksen tries to give program participants the tools they need to continue improving and living an active lifestyle after they graduate. Derksen, herself, is a diabetic and understands the challenges of making exercise work for your body's needs.

"I went to university because I wanted to do exercise therapy. I was diagnosed with diabetes and nobody could tell me, 'Well, exercise is good, but you have to be careful.' Nobody could really tell me how to exercise. They told me it was dangerous to do strength training and with any activity I would have to be very careful."

"I wondered, should I be healthy and active, or is it going to be unhealthy to be active? I decided to get a degree that would help me better understand my own disease."

Derksen hasn't looked back since.

Previous to working as fitness staff at PSP, she worked at a physiotherapy clinic in Brandon. She describes the feeling of overcoming the body's healing challenges as empowering.

Her personal experience and work has given her a deep understanding of the challenges participants are facing with their rehabilitation.

For many members, injuries can impact their projected career path.

"I get it, People who have an injury or some kind of

diagnoses have had more than one door slammed in their face as a part of that process. I always fall back to exploring and opening doors — and being really patient," she said.

Before acting as the adaptive fitness specialist, Derksen spearheaded the Get Fit program in Shilo and has always aimed to cater to those requiring adaptive fitness.

As a fitness specialist qualified to work with injured individuals, Derksen took it upon herself before the official role and program were created in 2009.

The program only just received its standard operating procedures in the fall of 2012.

"A lot of the hurdles have been dealt with at this time. We are left with some smaller wrinkles to be ironed out. It is a good solid program. The integration, at this point, with Soldier On is really great as well," said Derksen of the infantile program.

With previous and more informal programs, Derksen said it does feel like CFB Shilo has had this program for a long time, but stresses how new the program is.

The resources available with this new program has dramatically increased the functionality of adaptive fitness in the Canadian Forces.

Derksen expects to see a steady increase in participants.

"If anything, in my region, I think there are more people to come."

**Shilo Theatre**  
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# Archers take aim

## Jillian Driessen

### Shilo Stag

With a year of steady growth, the Shilo Archery Club now boasts the title of second largest club on the Base.

Growing from eight members to 86 reflects a steady growth in archery interest.

"I guess word got out. People just started showing up," says club president Shawn Fleet, who initially became involved in 2010.

While the bulk of the club is comprised of school-aged children, there are several adults who have taken up the sport as well.

The club shoots Wednesday and Sunday from 6:30 to 8:30 p.m., with the first hour open to children. The last hour is for the adults and teenagers.

On shoot nights, Fleet arrives early. He must transport L25 to an indoor shooting range.

"I usually go in around six to start setting up. We like to start right at 6:30 [p.m.] and with the amount of kids we have, we don't want to lose any time," he says. "I don't usually leave until at least 9 p.m."

Nets come down from the ceiling, boards cover electrical outlets and panels, and foam protects door openings.

Targets, bows, and arrows are supplied to club members on shoot nights.

Currently, the club has 10 bows and various targets for members' use.

To make it interesting for the younger members, Fleet and his wife, Kristine, spruce up the targets with zombie faces, balloons, and on occasion bring out targets which are in the form of animal decoys.

Safety is of prime importance to the club, especially when working with the average 25 to 30 children attending each shoot night.

Strict rules and organization to enforce safety are adhered to by all members, who are organized into



An archer takes aim — the club located at CFB Shilo is the only indoor shooting range available to bow enthusiasts in the Westman area.

Photo by Jules Xavier

groups and shoot only on the blow of a whistle. A line officer ensures no members cross the "line" when arrows are being fired.

Boasting no injuries is an impressive feat with children as young as four shooting. The club does not have an official age requirement.

"There is no real age limit," says Fleet. "As long as they can pull the bow back safely, we let them come."

According to Fleet, the club's juvenile members are an even split of boys and girls.

"It is a good mixture of boys and girls, especially since Brave and Hunger Games came out".

The archery club is on target with the increased popularity of shooting sports — a trend noticed by several who are active in the world of shooting sports.

Adult members make up the remainder of the club. Adult archers range from very active members who are in attendance at most shoot nights, to members who attend when they are in need of adjusting their bows for hunting season.

CFB Shilo is one of the only indoor shooting ranges available to bow enthusiasts in the Westman area — making it the ideal range for bow "tuning."

For archers who reside on Base, the archery club is one of the only local options for target shooting.

"They treat bows the same as a firearm for shooting ... none of it is allowed in the PMQ residential area," explains Fleet.

The club also promotes competitions held through Archers and Bowhunters Association of Manitoba (ABAM). Fleet encourages members to compete in competition throughout the year.

His own son has won 20 gold medals.

Last April, the club hosted an ABAM competition here. Hosting competitions means money is raised for the club which translates into newer and more equipment for members.

Although some members bring their own bows, the majority use club-supplied equipment.

The club is always looking for donations of any ar-

chery equipment, which is pricey and unlike equipment for other sports, and is not necessarily available in large quantities.

"It's not one of the bigger more popular sports like hockey so it is harder for us to get the equipment we need," says Fleet of the challenge the club faces adding new equipment. "Even brand-new, there is one supplier in Brandon."

To make their small arsenal last longer, Fleet does the repairs to bows and arrows himself.

"I started into this three years ago. I fix club arrows and bows as well as members' arrows and bows. I've been doing this so much. I've got the hang of it."

When arrows are beyond repair, Fleet fashions a pin which is in turn given

to a club member to wear.

Currently, the club is working on instinctive shooting. All the sights have been removed from the club bows making each shot a challenge.

"The kids, they love it. They're doing really well," says Fleet.

With children the bulk of their members, the club makes an effort to operate during the school year — taking breaks only during summer and Christmas leave. They do not, however, have a mandatory registration date.

"You can register any time," says Fleet. "It is just when you show up. Your year starts the date you sign up."

Costs are relatively low for the Base archery club. Annual fees are \$10 for youth, \$20 for adults, and \$50 for a family consisting of two adults and two youth.

Each additional youth costs only \$5 if registered with a family.

In addition to easy, anytime registration, neophytes are welcome to two free nights before registering.

All the clubs asks of those interested is that they take the time to

complete a waiver before participating.

The waiver can be found on the CFB Shilo Community Gateway site under the clubs section.

All forms of bows, excluding crossbows, are acceptable. For the future, Fleet wants to offer a bow hunting safety course with the support of ABAM. With a busy year ahead of him, it will be challenging to keep up with the demands of the club.

Thankfully, with the support of the vice-president, other clubs members, and his wife Kristine, the club will be able to move forward.

"I see registration slowing down next year simply because everyone will be so busy," says Fleet.

"We would like to keep the club going strong just so there is that extra activity for people to do right here on base. Just something else to do."

For information on the archery club call Fleet at 204-765-3000 ext 6209.

**'They treat bows the same as a firearm for shooting ... none of it is allowed in the PMQ residential area.'**

**— Shawn Fleet**



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# Hawks sweep Panthers

## Stag Special

O'Kelly Panthers middle years basketball team recently hosted two home games.

The first game Feb. 15 featured the visiting Douglas Hawks, while the second Feb. 20 saw the neighbouring École La Source Lynx visit the Panthers den.

Both basketball tilts were afternoon affairs and provided exciting entertainment for a gym packed with students, parents, and teachers. There was plenty of cheering.

Against the Hawks, Douglas got off to a quick start and opened up with a substantial lead.

This did not deter the Panthers as they fed off of the crowd's energy and spurred a comeback.

The teams continued to battle in the paint and exchange baskets but in the end, it was the Hawks who flew to victory in the double-header, prevailing 26-8 and 32-15.

Against the Lynx, who were playing their first game of the season, it was the Panthers who started with a bang.

O'Kelly broke the game open early by capitalizing on crisp passing plays and fast-break opportunities.

By half time, the Lynx were able to shake off their first game nerves and start a run of their own.

With defensive hustle and tough rebounding, the Lynx were able to pull within a few points.

In the end, however, it was not enough and the Panthers were able to walk away with the win.

Both games provided excellent entertainment and gave the local student athletes a chance to showcase their skills in front of an enthusiastic crowd.

The Panthers hosted a third home game Feb. 25, with Green Acres providing the opposition.



The action in the paint at both ends of the basketball court saw the Panthers and Hawks claw for every point much to the delight of O'Kelly students cheering on the host team.

*Photos by Jules Xavier*



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## BASE SCHOOLS

## Students immersed in French song, dance

L'Ensemble Folklorique de la Rivière-Rouge came to O'Kelly School Feb. 11 to perform dances and sang traditional French songs.

This event was organized by O'Kelly's French immersion teachers.

L'Ensemble Folklorique de la Rivière-Rouge was established in 1947. The goal was to promote French Canadian folklore by music and dance.

The dance troupe offers workshops and shows in different schools and during special events such as the Festival du Voyageur. There were approximate 15 dancers, musicians and singers who performed in the O'Kelly gymnasium.

Our school invited École La Source and Les Amis de la Source daycare to join us in this event as part of our French community.

O'KELLY  
SCHOOL

The goal of this event was to share and promote our French culture to our students and community.

It is sometimes difficult in a small minority community to participate at some French shows and to share our language and culture with other fran-

cophone.

The students really enjoyed dancing with members of the dance troupe of l'Ensemble Folklorique de la Rivière-Rouge.



Thanks to O'Kelly's French immersion teachers, students were exposed to song and dance during a Feb. 11 assembly.

Photos by Jillian Driessen



## EXPO-SCIENCES

Richard Arcand

École La Source

L'expo-science a eu lieu à l'École La Source le 21 février dernier. Une quarantaine de projets ont été présentés par tous les élèves de tous les niveaux de classe.

Ce jour là les élèves ont présenté leurs projets au public dans le gymnase de l'école.

Par la suite plusieurs de ceux qui ont présenté un projet intéressant auront la chance de participer à l'exposition régionale de Westman qui aura lieu le 19 mars au centre Keystone à Brandon.

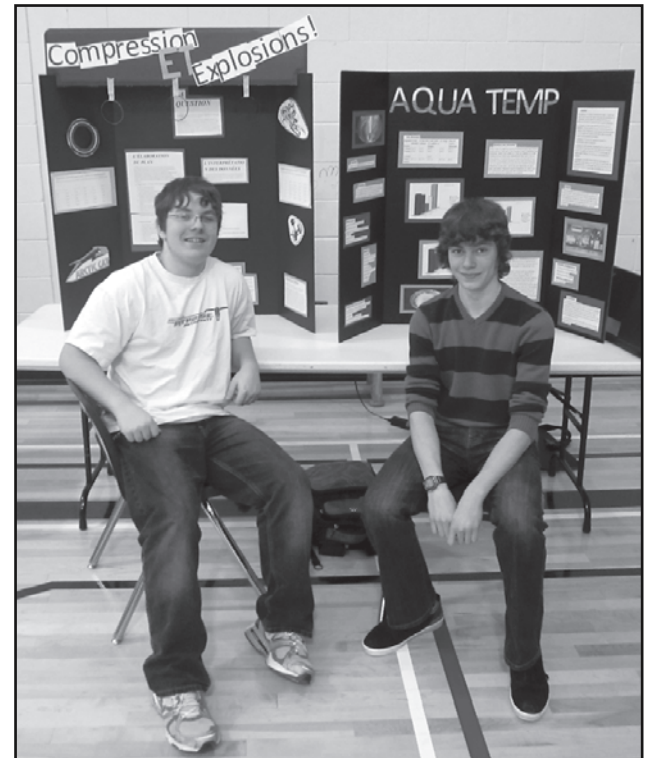
Cette expo-sciences regroupera plusieurs écoles anglophones de la région.

Notre école sera encore bien représentée cette année.

L'an passé plusieurs de nos élèves qui ont présenté des projets ont gagné des prix à l'exposition régionale de Westman.

En effet M. Berne estime que plus de 50% des projets présentés par nos élèves ont remporté des prix ou des mentions spéciales.

Merci à M. Joyal et à M. Simard pour l'organisation d'une telle activité enrichissante pour les élèves de notre petite école.



## JMCA Jouer à l'Université St-Boniface

Richard Arcand

École La Source

Mme Rachel a participé avec ses élèves à l'activité JMCA jouer. L'activité regroupait plusieurs jeux (environ 52 ateliers).

Chaque élève devait faire la tournée du plus grand nombre d'atelier possible. Lorsqu'un enfant avait terminé son jeu il recevait un crochet sur un petit passeport qu'il devait toujours avoir avec lui pour cette activité.

Les organisateurs de cette activité avaient pour but de faire jouer les élèves en français.

Il y avait une vingtaine d'écoles à cette activité.

Tous étaient regroupés au centre de soccer de l'Université du Manitoba.

Lili et Geneviève qui sont dans la classe de Mme Rachel, ont bien aimé participer à ces ateliers.

Lili a adoré le jeu où elle devait mettre une jupe hawaïenne et courir autour des cerceaux.

Geneviève a bien aimé, elle, le jeu qui consistait à affronter un partenaire sur une poutre et de faire tomber celui-ci dans un bain de balles de mousse. Tous deux ont été enchantés de leur journée passée à JMCA jouer.

Les jeunes du secondaire ont animé les différents ateliers.

Chacun était en charge d'un atelier durant cette belle journée.

Christian était en charge d'un atelier qui demandait beaucoup d'habileté.

Les élèves devaient envoyer des

poches de sable dans un cerceau. Ils avaient cinq chances.

Les enfants réussissaient en moyenne à mettre trois sacs dans le cerceau.

Brett lui de son côté a travaillé à un kiosque qui exigeait de la collaboration de la part de deux personnes.

Une personne faisait comme s'il était un cheval et l'autre devait le conduire dans un chemin sinueux tout en attrapant des objets.

C'était difficile car la personne avait les deux mains occupées à conduire le cheval avec les rennes sans dire un mot tout en conservant un drapeau qu'elle ne devait pas laisser tomber.

...

Les animateurs du secondaire comme les élèves se sont bien amusés.






10<sup>th</sup> Annual  
Base Commander's Downhomer

# LOBSTERFEST

Saturday June 8, 2013  
CFB Shilo Community Centre Annex (Bldg L-25)

Featuring live from Newfoundland



## THE IRISH DESCENDANTS

Come out and enjoy a whole lobster and steak dinner with salads and rolls along with live entertainment

And Westman's own Nuthin But A Trouble

Tickets Available March 1<sup>st</sup> at the following locations

\* CANEX \* Sobey's \* 340 Esso \* Douglas General Store \* Carberry Signs


Only 800 tickets available! Don't wait because they go fast! **\$30**

Doors open at 5:30 pm  
Meal from 7 - 9 pm  
DJ starts at 7 pm  
Bands start at 9 pm  
DJ Services provided by Lock Music

### FREE Knight-Line Transportation!

Buses depart Brandon Shoppers Mall at 5 & 7 pm and Town Centre (8th & Rosser) at 5:45 & 7:45 pm  
\* Return trips at 10 pm and 1 am. Knight-Line taxis also available to reserve/book at 204-717-6570

For group reservations and more information call 204-765-3000 ext 3073



# CANEX

CFB Shilo  
204-765-2041

## This Week's Deals!

**Maxwell House®**  
Original & Rich Dark Roast  
Pure Ground Coffee  
-925g  
-Reg. 17.39  
While Supplies Last

# 7<sup>99</sup>

**Folgers®**  
Classic Roast Ground  
Coffee  
-920g  
-Reg. 11.89  
While Supplies Last

# 6<sup>99</sup>

**Annette's®**  
Pumpkin pies  
-450g  
In time for Easter!

# 2/5<sup>00</sup>

**Lean Cuisine®**  
Fresh Inspirations  
-Mediterranean Chicken,  
Roast Garlic Chicken,  
Shrimp Alfredo, and Thai  
-283g  
-Reg. 4.99

# 2/7<sup>00</sup>

**Dole®**  
Spring Mix Salad  
-5 oz.

# 2<sup>99</sup>

**Red Potatoes**  
-5 lbs

# 1<sup>99</sup>



LABATT'S INTERSECTION BOWLING - FINAL

	Weekly Pts	Total Pts
B Maint/Sup	13	74
742 Sigs Sqn	9	60
B Bty (2)	26	59
C Bty (1)	24	50.5
B Bty (1)	12	45.5
A Bty (1)	NS 0	42.5
C Bty (2)	6	36
A Bty (2)	NS 0	28.5



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204-727-4225

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-400-500g  
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Crinkle-cut fried potatoes  
-1 kg  
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Pizza Panzerotti Snacks  
-1 kg  
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Crisp and Delicious  
-1.6 kg  
-Reg. 10.99

# 7<sup>99</sup>



# What's on Your Agenda?

• **Tuesday noon prayer** — Join the Padres every Tuesday from 12:10 to 12:30 p.m. at the Faith Centre for a noon prayer followed by a bagged lunch.

• **Brandon General Museum and Archives** — On the ground floor of the old Manitoba Telephone building at 19-Ninth St. Hours Tuesday to Saturday, 1 to 4 p.m. Free admission. This highly visual exhibit showcases a variety of historical Brandon photographs, from education and the arts, to sports and businesses as well as street scenes. The exhibit also includes artifacts. Call 204-717-1514 or e-mail bgmainfo@wgcwave.ca

• **26 Fd Regt RCA/XII Manitoba Dragoons Museum** — The tiny reservist museum with the really long name would like to invite you to visit us at the Brandon Armoury 1116 Victoria Ave. every Tuesday from 9 to 11:30 a.m. and 1 to 4 p.m. Free admission. Call 204-728-2559 ext 238.

• **2520 Royal Canadian Army Cadets - 71 Battery Royal** — Canadian Artillery Cadets Army cadets is for young Canadians aged 12 to 18 who are interested in participating in a variety of fun, challenging and rewarding activities while learning about the Canadian Army and the Canadian Forces. Army cadets learn marksmanship, field and survival training, first aid, drill, dress and deportment, citizenship and leadership. They participate in local, national and international expeditions and have the opportunity to go to summer camp. There is no cost to join Army Cadets, uniforms and most activities are provided by DND/CF. Our parade nights are every Wednesday 1830 to 2100 hrs at the MPTF in CFB Shilo and the Brandon Armoury, 1116 Victoria Ave in Brandon. Call Capt Rob Lussier at 204-720-1494 or visit our Facebook page 2520(RCAC) Royal Canadian Artillery.

• **60 Royal Canadian Sea Cadet Corps Swiftsure** — Sea Cadets is a program for boys or girls aged 12 to 18 who are interested in participating in challenging, rewarding and fun activities, while learning about the Royal Canadian Navy and the Canadian Forces and their role in the

Canadian community. Sea Cadets learn seamanship, marksmanship, healthy lifestyles, first aid, uniform care, deportment, community service, citizenship and leadership. Sea Cadet participate in local national and international exchanges and training and have an opportunity to attend summer training centres. There is no cost to join Sea Cadets — uniforms and most activities are funded by the DND/CF. RCSCC SWIFTSURE parade Monday nights 1830 to 2130 hrs at the Brandon Armoury, 1116 Victoria Ave. Entrance is through the 11th Street door. Call Lt (N) Debbie McArthur at 204-726-3498 or 204-724-7617.

• **Shilo Al-Anon** — For family and friends of alcoholics meet very Thursday 7 p.m. at Our Lady of Shilo Church. Call 204-571-3684. CONFIDENTIAL.

• **Sprucewoods and Area Lions Club** — Meets every second and fourth Wednesday at 7 p.m. at the Sprucewoods Community Club Hall. Call membership chair Lion Gerald Rubenuik at 204-763-4318.

• **The Wii Fitness Room at the GSH** — Open to the public. All equipment needed is available at the front desk to sign out. Children 11 and under must be accompanied by an adult. Call 204-765-3000 ext 3899.

• **Did you know?** The Base Personnel Selection Office (BPSO), located in Room 204 in HQ, has a laptop with Internet access for your use. Call ext 4078 when you would like to come by.

• **Ceramic Club** — Do you need a stress release? Join us for fun and creativity at 20-22 Esquimalt each Wednesday from 7 to 10 p.m. or Sunday from 1 to 5 p.m. Lots of projects to choose from and no experience required. All paint and tools are available and a qualified teacher is on hand. Contact Grace Flynn at 204-763-4372.

• **TOPS (Take Off Pounds Sensibly)** — Held at Sprucewoods Community Hall, Tuesday at 5 p.m. Contact Barb at 204-763-4768 or Ruth at 204-763-4797

• **Daly House Museum** — 122-18th St. Brandon. Come visit the original home of Brandon's first Mayor Thomas Mayne Daly, which was built in 1882. The museum in co-operation with Allen Badgley are Exhibiting Glass Mosaics Jan. 26 to March 23. We have updated our Facebook page — it now contains new, history blogs, and pictures. Museum hours: Tuesday to Saturday: 10 a.m. to noon and 1 to 5 p.m. For info call 204-727-1722.

• **Shilo Karate Club** — Classes are every Tuesday from 6:30- to 7:30 p.m. at the GSH. New session starts Feb. 5. For information call Debbie Hoddinott at 204-765-2459.

• **CFB Shilo's Gun Club** — This is a recreational firearms club which promotes safety in the application of shooting. The gun club holds bi-monthly shooting events for both pistol and rifle. It is open to military members, families of military members, and friends alike. The club will be facilitating new memberships for 2013, a must for restricted firearms owners at a cost of \$20 per membership. Contact Sgt Verhoog at 204-740-0856 for information regarding the club and memberships. The club gets together every payday weekend for events. Events are subject to cancellation if there's not enough interest for that weekend event. For basic information on the club contact Sgt Asetline at 204-720-1902.

## Advertise with us!

To place an ad, e-mail

stag@mymts.net

or call 765-3000 ext 3013.

# CLASSIFIED ADS

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

**Mar. 7 at noon**

*Free ads (non-commercial only)*

*restricted to members of the*

*CF, employees of CFB Shilo and the*

*citizens of the surrounding area.*

Email: stag@mymts.net • Phone 204-765-3000, ext 3013 • Fax 204-765-3814

## Services



### St. Barbara's Protestant Chapel

Sunday @ 10:30 a.m. with  
Sunday school & nursery  
Padre Lee - ext 3088  
Padre Neil - ext 3090  
Padre Olive - ext 6836  
Padre Torchinsky - ext 3381

### Our Lady of Shilo Roman Catholic Chapel

Sunday 10:30 a.m.  
Wednesday 12:05 p.m.  
Confession by appointment  
Padre Inienwe - ext 3089

We buy and sell good used furniture/appliances and we deal in coins and coin/stamp supplies. People's Market Place, 32-13th St., Brandon, 204-727-4708.

## Services

**Nad's Simply Clean** For all of your cleaning needs weekly, bi-weekly, and monthly. Also available for offices, contract cleanup and single occasions. Receipts provided. 204-573-1509.

Greg Steele, Canadian Firearms Safety Course Instructor/Examiner • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses offered at least monthly and more often by demand. March 9 Carberry Gun Show; March 15, 16, 17 Brandon.

• Examinations by appointment • 204-725-1608 • E-mail: ggs57@wgcwave.ca.

**NEED YOUR TAXES DONE?** Fast, friendly, and personal service. E-FILE. For all your income tax needs contact Ingrid Wasserburg at 204-763-4357.

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## Homes For Sale

**For Sale:** 1440 sq ft ready to move home. Home for sale, cottage-style roof, vaulted ceilings, \$119,900.00 Garth Knox Builders. Austin, MB. 204-871-0885

## Rural Acreages

**Wawanesa-Shilo Area-** Horse Lover's home. 8.36 treed acres: spruce and poplar. 3 bedroom, 2 bath mobile home, plus barn and storage shed. All in good condition. Dave Mooney 204-824-2094 Countryland Realty.

## Rural Homes

**Wawanesa-** Neat and tidy 2 bedroom mobile home, 1040 sq. ft. — New flooring and shingles, appliances and new storage shed on large private lot. Ready for your inspection. Countryland Realty — Dave Mooney 204-824-2094

## Rural Homes

**Large tow-storey home** in Treesbank. Over 3200 sq. ft. on 2 levels with bed and breakfast with licensed dining room, 4 large bedrooms, 2.5 baths plus a 3 season room, swimming pool and treed yard. Double garage. All well-kept and updated. Priced to sell. Check eBrandon. Call Dave Mooney 204-824-2094 Countryland Realty

## Employment

**Join our team!** The Shilo Stag is seeking a motivated, energetic individual to join our team as an advertising sales rep. For further information contact managing editor, Jules Xavier at 204-765-3000 ext 3093. Submit resume with accompanying cover letter in person Monday-Friday 8 a.m.- 4 p.m. or by e-mail at stag@mymts.net before end of day March 8.

www.rcamuseum.com  
Call 204-765-3000 extension 3570  
**CFB SHILO**

**EXPERIENCE HISTORY WITH A BANG!**

**THE RCA MUSEUM**

CANADA'S NATIONAL ARTILLERY MUSEUM



LE MUSÉE NATIONAL DE L'ARTILLERIE DU CANADA

**LE MUSÉE DE L'ARC**

**FAITES DE L'HISTOIRE AVEC UN BANG!**

**BFC SHILO**

Contacter le 204-765-3000 poste 3570

www.rcamuseum.com





# Shilo Military Family Resource Centre



# Use gardening to reduce life's stresses

Renée Maillet

**You may think it is only March, so why this talk of gardening?**

**Yet, it really isn't too early to start planning your summer garden.**

For me, March is the month I really get going on my garden plans — from the containers I want to use around the yard to the veggies I want to grow in my raised garden boxes — and most of all, the seeds and bulbs I can get started in my living room window right away.

Big or small, gardening can be a great source of stress reduction and pure enjoyment.

It's exciting to see little seeds sprout and grow into healthy plants, and the end result will be so rewarding from the first bloom, to the last tomato picked in fall.

After a busy day at work, I find it so satisfying to spend time in my garden and watch it thrive.

Unfortunately, with today's fast-paced life, less and less people are spending time with a garden or having no garden at all. Many people think that they don't have the time or that having an amazing garden is just too difficult to maintain.

It doesn't have to be this way. You can start with something as small as a boot to get your green thumb started.

Nature is truly amazing — there are plants which will grow in pretty much any condition you can think of — even a stinky old boot,

So, exactly why will having a garden reduce stress?

Well there are actually several reasons.

If you choose to create an outdoor garden you will be exposed to the sunlight. Sunlight has been recognized as an important factor in human health.

When sunlight touches your skin it allows your body to produce vitamin D.

Vitamin D helps prevent many diseases and illnesses such as depression, prostate cancer and breast cancer. The rays which help our body's generate vitamin D cannot penetrate glass so you won't get it driving to work or sitting inside.

Modern life is stressful and being involved with nature by having a garden can help you detach from all the negatively associated with modern living.

The beauty of nature is a great stress reliever.

As humans, we love beautiful things and they help drop our stress levels.

Look into plants that are native to our area, as they are specially adapted to our diverse prairie weather and will likely grow very well.

Native species may also attract desirable wildlife such as bird species and bees which add to a garden's stress relieving benefits.

If you decide to incorporate herbs, fruits and vegetables into your garden you will have a fantastic supply of healthy and delicious food which is important for managing stress. You will also save on grocery bills, an added stress relief bonus.

Here at CFB Shilo, it may not seem realistic to even think of gardening.

After all, there are rules governing the maintenance of your home and yard on this army base.

As such, the MFRC is thrilled to re-launch the Community Garden initiative.

You won't even have to worry about the biggest gardening chore — digging a garden area in your back yard. Instead, just sign up for a garden plot.

Thinking that's too big of a commitment for your beginner's thumb?

How about learning to garden in containers around your home?

Whatever your level of commitment, the MFRC invites you to participate in beautifying our community through a summer gardening project.

Watch for more details about some of the special events we have coming up this month in celebration of Earth Day via our e-mail blasts, Facebook page and website.

Are you interested in having a community garden plot at CFB Shilo or in Brandon?

Contact the MFRC at 204-765-3000 ext 3352.

Renée Maillet is the PSI co-ordinator/family adult



Even an old boot can be used to pot flowers in your backyard garden.

Photo by Renée Maillet

Shilo MFRC is proud to host the

2nd Annual Westman

## Women's Conference

Celebrating International Women's Day

Friday, March 8

9am - 4pm

El Prado Club, CFB Shilo

Featuring Keynote speaker

Brenda Hewiko

Certified facilitator of the Passion Test™

Learn 3 key ways to get anything you want in life

Gain the power to overcome your limits



Emcee for the day

Full Day cost \$50

Full Day - Includes Keynote, lunch and two plenary

Keynote Speaker only \$20

9-11am includes coffee break

FREE for Military members and DND employees,

paid by Employment Equity



Comedian Heather Witherden

For details on the plenary sessions and to register, visit our website

familyforce.ca

Registration Deadline is Monday, March 4

Supported by:



Visit [www.familyforce.ca](http://www.familyforce.ca)

ADVERTORIAL



# Use a lock to prevent theft from lockers

## Capt Dane Nicholson

CFB Shilo has a very low rate of theft.

And it could be lower.

While almost everyone locks their cars, homes, and their lockers at the workplace, the free lockers at the General Strange Hall — GSH or “the gym” — are regularly left open and unattended.

Resulting from open lockers is theft that is entirely preventable, leading to unnecessary expense for the taxpayer when military equipment goes missing.

## CANADIAN MP The Military Police NOTEBOOK

Here are costs associated with items which frequently “walk away” when a locker user neglects to use a lock:

- CADPAT shirt - \$66.50
- CADPAT trousers - \$66.50
- CADPAT winter jacket - \$289.42
- CADPAT raincoat - \$215.70
- CADPAT day pack - \$270.48

Remember, Canadian Forces members, you are required to safeguard equipment which is issued to you.

This includes uniform parts. Cost recovery from your pay may occur as a result of a lost kit report, required when items entrusted to you are lost. While one missing pair of pants individually may seem minor, collectively small lost kit items cost the CF nearly \$1-million in 2010 — the last year data was readily available.

The administration for lost kit is also time consuming for



Sgt John Fraser will call it a day after working for a quarter century at CFB Shilo. The photos on his computer screens show him driving his truck when he was with the army posted to Germany in 1970. Photo by Jules Xavier

your unit, Base Supply, and the Military Police. Please use a lock.

• • •

Meanwhile, John Fraser, a long-time employee of the Commissionaires is retiring after 25 of service to CFB Shilo. Hired in 1993 as a security guard for the ammunition compound, John became an emergency services dispatcher after his first few years on the job.

In his dispatch role he rose to the sergeant position, supervising all dispatch services for the Base. Prior to his time as a Commissionaire, John was a member of the Canadian Army. Returning from Germany to Canada after 1970, a

year later he joined RCAF and was posted to CFB Comox.

As one of the longest serving Commissionaires on the Base, John will be missed by all as he goes to enjoy a well-deserved retirement. His dedication to providing quality services and offering high-quality training to new dispatchers will be hard to match.

Also leaving CFB Shilo's MP staff is Cpl Edwin Smith, who is joining the RCMP.

His comrades wish Cpl Smith the best in his continuing policing career.

Capt Dane L. Nicholson is Platoon Commander of 1 Military Police Regiment at CFB Shilo.

## Military Families Strength Behind the Uniform



Drop by your local Military Family Resource Centre to find out what they can do for you. Join them for coffee breaks, support groups, second language training and special events.



Contact the Family Information Line at **1-800-866-4546** for answers to your questions, concerns and support.



Browse [www.familyforce.ca](http://www.familyforce.ca) – a site for and about military families.



Communiquez avec votre centre de ressources pour les familles des militaires pour découvrir ce qu'ils peuvent faire pour vous. Rejoignez-les pour des pauses-café, des groupes de soutien, de la formation en langue seconde et des événements spéciaux.



Contactez la Ligne d'information pour les familles au **1-800-866-4546** pour obtenir des réponses à vos questions, préoccupations ou lorsque vous souhaitez avoir de l'appui.



Naviguez [www.forcedelafamille.ca](http://www.forcedelafamille.ca) – un site pour et au sujet des familles des militaires.

## La famille La force conjointe



National  
Defence

Défense  
nationale

Canada