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16 January - 28 February 2013



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Clean-up starts at officer's mess after flood. Page 2



Pick up your canine poop in dog park. Page 3



1RCHA A Bty triumph in Kingston Cup. Page 7



Soldier strength

MBdr Dustin Tymchak (above) of 1RCHA earned Ex Heavy Loader bragging rights as the strongest, pound for pound, soldier during a powerlifting competition. Z Bty commander Maj Ryan Stimpson (below) demonstrates his lifting determination. For the story, see Page 12. *Photos by Jules Xavier*



Sidewalk Sale

January 16-20

go for the shopping stay for the fun!

Shoppers MALL

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Quick action averts disaster as officers' mess flooded

Jules Xavier

Shilo Stag

The Grinch was unable to spoil a Christmas party for kids at the CFB Shilo officers' mess, but he put a damper on festive celebrations for officers last month.

"The children's Christmas party at the officers' mess had just wrapped up less than an hour before the pipe failed," recalled Maj Reg Sharpe, who arrived to Christmas ornaments from the tree floating throughout the main level.

"Fortunately, the Grinch had arrived too late to spoil the Christmas party."

How did Sharpe learn the officers' mess had flooded?

"It was discovered by the MPs who were dispatched to the officers' mess to investigate an alarm at approximately 1415 [hours]," said Sharpe. "Upon their arrival there was a steady stream of water pouring out underneath the main doors."

Damage inside, especially the main floor, is extensive, according to Sharpe.

"All flooring will have to be replaced," he said. "The ceiling, walls, built-in cabinetry [holding trophies] and lighting in the main entrance way and coat room were also destroyed."

"Because the flooding originated in the attic, insulation and components of the electrical system will also have to be replaced."

Following an investigation once clean-up started that same day last month, Sharpe was able to ascertain the cause.

"The cause of the flood was identified as a poorly insulated fire stand pipe in the attic which split due to cold temperatures," he said. "The pipe was located directly above the mens' coat room."

Once the flooding was discovered by Military Police while answering the alarm, Sharpe said they contacted the Base fire hall.

"[They] dispatched their duty crew to the site within minutes. Inside of the main entrance, water was cascading from the ceiling across the entire width of the entrance. Within 15 minutes there was three to four inches of water throughout the main level, and the water was pouring into the basement."

Sharpe had a CE duty plumber and electrician called in. They shut off the water and electricity to the building for safety reasons.

According to Sharpe, the fire hall platoon chief, Mark Galatiuk, became the on-site commander and "did a stellar job of co-ordinating the movement of people within the officers' mess and ensuring their safety as ceilings were at risk of collapsing."

It did not take long for word to get out on the Base that the officers' mess had flooded.

"Within 30 minutes dozens of officers, from 1RCHA, followed shortly thereafter by officers from 2PPCLI, were mobilized under the direction of the adjutant [from] 1RCHA to begin moving furniture and historic items out of the building to an awaiting fleet of pick-up trucks that shuttled the contents to L25, for drying and damage assessment."

He added, "The rapid arrival of officers and their efforts in emptying the building contents was directly responsible for the aversion of tens of thousands of dollars in damage to irreplaceable historic items."

Throughout the night following the flooding, a fire picket manned by officers from 2PPCLI and 1RCHA was established to ensure security of the building.

Not all contents of the building were moved to L25 where they were cleaned and assessed for damages.

"The Wolfe table is currently on display at the RCA Museum, with the remainder of the contents tempo-

rarily stored in L25," said Sharpe.

Officers are now using the Junior Ranks' mess, Tenne Club upstairs, until their building is repaired. Sharpe does not have a timeline for when it will reopen.

"The repair work began the day of the flood, that evening and, throughout the night, Bee-Clean Janitorial Services was remediating the standing water from the mess.

"Immediately the following morning, Engineering Services staff began removing fallen debris from failed ceilings and walls, assessing the condition of the electrical and fire alarm systems and removing the water-logged flooring throughout the main floor of the officer's mess."

Meanwhile, during block leave the heat was turned up in the officers' mess and the floors were given the opportunity to dry out. Does Sharpe have a plan for the indoor restoration of the building?


"Repairs will be phased in beginning with removal of damaged/ water-logged materials [which has been completed]," he said, "followed by replacement of the damaged walls, ceilings and cabinetry ... replacement of all flooring; painting of the main level; and finally the re-introduction of all furniture and historic items back into the mess."

If work goes according to plans, Sharpe would like to see it open by late fall.

Sharpe would like to thank the members of the senior NCOs' mess, who left their own children's Christmas party to assist at the officers' mess.

He'd also like to offer kudos to the Shilo and Region Service Club.

"They laid on a hot supper at L25 for the helpers who worked throughout the afternoon and evening emptying the contents out of the officers' mess and ferrying them to L25."



National Defence **Defense nationale**

WARNING

SHILO RANGES

Day and night firing will be carried out at the Shilo Ranges until further notice.

The range consists of DND controlled property lying approximately 32 kms SE from Brandon and N of the Assiniboine River in Townships 7, 8 and 9; Range 14 WPM, Townships 8, 9 and 10; Ranges 15 and 16 WPM and Townships 9 and 10; Range 17 WPM in the Province of Manitoba. If required, a detailed description of the Shilo property may be obtained from the Base Construction Engineering Office at Canadian Forces Base Shilo.


All boundaries, entry ways, roads and tracks into the Range are clearly marked and posted with signs indicating that there is to be NO TRESPASSING. Hunting is no longer permitted on the Shilo Ranges.

STRAY AMMUNITION AND EXPLOSIVE OBJECTS
Bombs, grenades, shells, similar explosive objects, and their casings are a hazard to life and limb. Do not pick up or retain such objects as souvenirs. If you have found or have in your possession any object which you believe to be an explosive, notify your local police and arrangements will be made to dispose of it.

No unauthorized person may enter this area and trespassing on the area is strictly prohibited.

BY ORDER
Deputy Minister
Department of National Defense

OTTAWA, CANADA
17630-77



Canada



National Defence **Defense nationale**

AVERTISSEMENT

POLYONES DE TIR DE SHILO

Des tirs de jour et de nuit seront effectués aux polyones de tir de Shilo jusqu'à nouvel ordre.

Les polyones de tir sont des terrains sous le contrôle du MDN situés à environ 32 km au sud-est de Brandon et au nord de la rivière Assiniboine dans les cantons 7, 8 et 9; polygone 14 OMP, cantons 8, 9 et 10; polyones 15 et 16 OMP et cantons 9 et 10; polygone 17 OMP, dans la Province du Manitoba. Au besoin, une description détaillée de la propriété de Shilo peut être obtenue du Bureau du génie construction de la Base des Forces canadiennes Shilo.

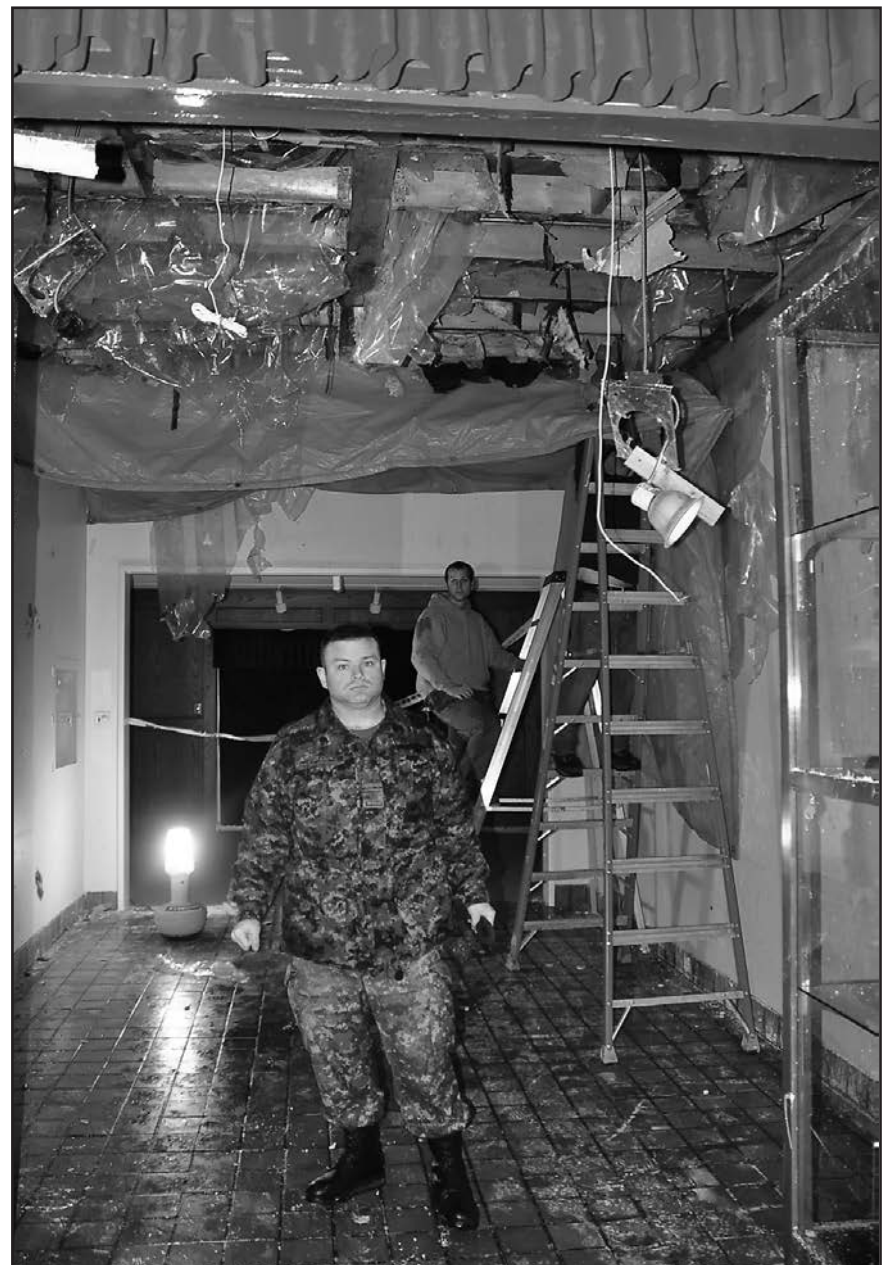
Toutes les limites, voies d'accès, routes et sentiers menant aux polyones sont clairement marqués et ornés d'écriteaux d'ACCÈS INTERDIT. La chasse est dorénavant interdite aux polyones de tir de Shilo.

MUNITIONS ET EXPLOSIFS PERDUS
Les bombes, grenades, obus et autres engins explosifs similaires et leurs enveloppes peuvent causer des blessures ou entraîner la mort. Ne ramassez pas ces objets et ne les gardez pas comme souvenirs. Si vous avez trouvé ou si vous avez en votre possession un objet que vous croyez être un explosif, signalez-le à la police locale, qui prendra les mesures nécessaires pour l'éliminer.

Aucune personne non autorisée ne peut entrer dans ce secteur où tout accès est strictement interdit.

Par ordre du
Sous-ministre
Ministère de la Défense nationale

Ottawa, Canada
17630-77



Maj Reg Sharpe stands in the lobby of the officers' mess where he surveys the damage while workers begin the clean-up.

Photo by Jules Xavier

PMQ alarms being replaced

Jillian Driessen
Shilo Stag

With the dawn of a new year, Shilo's community council gathered once again.

Council members are looking forward to a busy and productive 2013 with several projects, events, and programs to be implemented.

In addition to council, other units on Base are looking at a jam-packed year as well.

According to Jodi Laba, CFHA will kick off a RHU-wide smoke-alarm replacement program.

"The majority of our houses will be getting their smoke and carbon monoxide alarms replaced," said Laba. "It is a big project and we will be needing to get into all of those houses. We're looking for people to be co-operative."

Replacement of the smoke and carbon monoxide detectors is a step toward simplifying current issues with detectors.

By swapping to one exclusive make and model of alarm, troubleshooting and replacement will be simplified.

The goal for the new alarms is that defects will be fewer. Laba does warn, however, there will likely be some defects as CFHA is installing such a large number of units. CFHA is asking residents for co-operation during the installation in the near future. No date has been established until stock has arrived.

With block leave recently wrapping up, CFHA would also like to reiterate the importance of selecting a house-sitter before leaving your RHU for an extended period of time.

"Just a reminder of the importance of having a house-sitter when you are away as well as to keep your heat on at a reasonable temperature," stressed Laba.

"We've had a house freeze-up this year and the damages are huge. I can't even give a cost estimate right now. It is incredible."

Laba also warned that by not fulfilling the house-sitter requirement, insurance policies may be voided leaving the occupant with hefty repair bills.

Health Promotion will also see an active 2013 under new director Shelly Moore.

With several programs available to CF members and their families, Health Promotion will be a beehive of activity.

Unlike previous years, the department will not offer the March 1 I Quit! program. The Butt-out program will remain intact and is currently running.

"We have appointments Tuesday afternoons and Friday mornings if those don't work for you, then we

can work something out," said Moore. "Lots of people make a New Year's resolution to quit smoking."

She stressed that prescriptions for tobacco-cessation aids are available free of cost for military members who register with the program.

Meanwhile, in other council business discussed:

- The community council will make an active effort to bring public recycling bins to CFB Shilo. In the near future, test areas will be determined and bins will be placed for public use. Council wants to see the recycling program active by this summer.

- The Fitness, Sports, and Recreation department is hosting a ski trip to Asessippi Jan. 26. Registration and transportation to the slopes is free. Only costs to those registered will be equipment rental which will be offered at a discounted group rate.

- Cross-country ski trails are now open at CFB Shilo. Equipment can be rented at Gunner Arena.

- Despite extensive water damage, the MFRC's daycare services are continuing. The MFRC wants to be back to "business as usual" by Jan. 18 with all services restored to regular operation.

- Operation Red Nose was extremely successful. Some minor changes will be made to accommodate the 2013 holiday season, but otherwise it is expected the Red Nose program will return this Base. A full report will follow.

- CANEX will have flowers, chocolates, and cards for Valentine's Day. Floral arrangements will be provided by Petals West. Watch for details in CANEX for further information.

- Winterfest plans are coming together. The sports day as well as a day of family activities. The two-day event starts Feb. 8.

- The Base dog park's cleanliness continues to be an issue. A reminder — pick up your dog feces in all areas on the Base, besides the dog park.

- The Shilo Ceramics Club had a successful ornament painting day at the Sprucewoods Wildlife Club.

The next meeting of council will be held Feb. 6 at 10:30 a.m.

Shilo Theatre
(Located in the General Strange Hall)

Jan. 18 Delgo
Rated G start time 6:30 p.m.

Jan. 25 The Expendables 2
Rated 14A start time 6:30 p.m.

Doors open at 6:15 p.m. Movie starts at 6:30 p.m.
For more info, call the community recreation office at 204-765-3000 ext 3317/3588

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Ask about Glow bowling birthday parties!

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Canine feces problems in the dog park were again brought up during the recent Shilo community council meeting. Users of the park are asked to clean-up after their dogs, with feces bags available there, plus containers for the bagged poop.

Photo by Jules Xavier

Anyone can be affected by bed bugs.

Everyone can stop their spread.

Bed bugs are not a health hazard but they can create a lot of stress. Learn how you can protect yourself and help stop the spread of bed bugs.

What are bed bugs?

Bed bugs are flat, brown insects – about the size of an apple seed – that feed on human blood. They cannot fly or jump. They usually hide during the day where people sleep or sit. However, they can come out at any time of day if needing to feed. Reactions to bites range from no reaction at all, to itchy red bumps.

How bed bugs can get into your home.

Bed bugs can enter anyone's home. They are carried in on items like luggage, furniture and other household goods. If you find dark, reddish brown stains or black droppings on your mattress, box spring or pillow, there is a very good chance you have bed bugs.

How to keep bed bugs out of your home.

Search any used items, particularly mattresses, box springs and upholstered furniture for bed bugs before bringing them into your home. Look carefully in all seams and cracks. Use a magnifying glass and a flashlight. If you are unsure about whether or not bed bugs are hiding in a piece of your furniture, the heat from a hair dryer will force them out in the open.

What if you're renting?

If you find bed bugs in your apartment, your landlord is responsible for getting rid of them. You must co-operate with your landlord regarding instructions on how to prepare your home before and after any extermination.

For more information

To learn more about bed bugs and how to stop their spread, call toll-free 1-855-3MB-BUGS (1-855-362-2847), email bedbugs@gov.mb.ca, or visit manitoba.ca/bedbugs.



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The Shilo Stag is produced every second Thursday.

Deadline for submissions is the Thursday prior to the week of publication. Submissions can be sent to the Stag via email at stag@mymts.net, dropped off at the Stag office located in CANEX or via Inter-base mail.

Submitting articles and photos for print:

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

...

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Hockey history Minor hockey sure has changed since this team wore Shilo jerseys during the 1970-71 season. What happened to wood sticks?

Reunion for writer was learning experience

Jules Xavier

Shilo Stag

It had the feel of a high school reunion, with former teachers and pupils catching up in a social atmosphere.

But this reunion had a twist.

The men swapping stories and catching up since they last met in 2009 were actually taking part in the four-day Royal Canadian Artillery (RCA) reunion last summer.

"Why do we come back?" asked LCol (ret'd) Rick Wilson while watching RCA alumni gather for the meet and greet held at the Drill Hall. "It allows us to relive the old days, rekindle friendship and recharge."

He added, "I have lots of good memories of my days here on the base. Anything bad, well that is long forgotten by me."

Part of the organizing committee for the 2012 RCA reunion, Wilson said he has come full circle when it comes to his attachment to CFB Shilo. He did his basic training on the Base in the early 60s, then retired here after his stint as Base Commander from 1996 to 2001.

He chose a career in the army for a simple reason when asked about his chosen career path.

"I looked at it as a challenge," he said. "The military had just started peacekeeping in '63 in Cyprus."

"Looking back, for me, there's a sense of satisfaction with being part of the Afghan operation, seeing the military take steps to keep up with changing times, by adding a weapon like the M777.

"When I look back to what we were storing in Europe, that was dumb ammo ... it was not sophisticated when you fired it. Your shot just came down somewhere."

With changing technology, and today's weapons, like the M777, Wilson said the gunners can reduce collateral damage with more pinpoint accuracy.

Looking back on his role as Base Commander, Wilson acknowledged running a Base had its challenges because of what was happening in Canada.

"It was different times for sure ... the military was downsizing. With our budgets there were tough times. The government was not interested in finding funding for us. That was our military of the day," he offered.

Wilson drew on his own creativity, and ingenuity, to come up with solutions for operating CFB Shilo under his watch.

"Our operations were tailored to what you could afford to do," he recalled. "The system was unforgiving when it came to overspending."

At 65, Wilson recalled having four stops on the Base, including the last as its commander.

Being part of the reunion allowed him to run into one of his former instructors, 82-year-old Saskatchewan-born Hank Walker, who had a 35-year career in the Canadian Forces.

"I started in '56 with an anti-aircraft battery in Picton [Ontario]," offered Walker, who grinned mischievously when asked what it was like teaching soldiers the art of artillery during peace times.

"I came to Shilo in '62 to instruct, where I first had Rick as a student. You had to be tough so they would be able to handle what they were learning."

There were no kid gloves used for students under Walker's tutelage.

"I guess I did a good job instructing, when you see where Rick Wilson ended up in the military," he said. "I pride myself in what I accomplished in the military, from going to CFB Gagetown in 1970 to the combat school, to what my students took away from their instruction."

Last summer's RCA reunion brought alumni from as far away as Lahr, Germany, with Ken Gardiner making the trip to Canada. Don Welsh came from Durham, Ont. British Columbia residents included Bill Armstrong from Chilliwack, and Bill MacMillan from Qualicum Beach. Reg Sugg left Moncton, New Brunswick, while Dennis McCarthy arrived from Cold Lake, Alberta.

Retired sergeant Harold Oake, now 77, is a native of Fogo, Newfoundland. He recalled fondly his days with 3RCHA J Bty since his retirement in '76.

"These reunions are a lot of fun," he said between sips on a cold beverage, while looking at the M777.

"It was only natural I'd go into the military when I think back on it. I had family in the RCAF and army during the Second World War, while my grandfather's dad was in a forestry unit in the First World War."

Oake recalled his basic training in '55 as though it was yesterday, and remembered an instructor who he emulated years later.

"We had a sergeant there who had a big influence on me in my own career," he said.

"He was a fair guy when he dealt with you. So I took that from him and used it in my own military career."

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Wounded Warriors trek takes soldiers overseas

Fred Connor
Stag Special

I am writing today to help bring awareness to the mental health issues facing some of our soldiers who have returned from battle only to face their own personal struggles with mental illness and, in particular, Post-Traumatic Stress Disorder (PTSD).

Although wide spread during past Canadian wars, since the completion of Canada's combat mission in Afghanistan the recognition and the acceptance of PTSD has become better known amongst the Canadian public.

PTSD symptoms can take months or years to surface, can be severe, and can include hyper-vigilance, nightmares, sleeplessness, explosive anger.

This year's Wounded Warriors Canada Big Battlefield Bike Ride, from Paris to London, England runs May 27 to June 2. Participants will cover a distance of 595 kilometres.

This is the second consecutive year Wounded Warriors Canada has offered this event. Last year, they took 21 soldiers through famous battlefields in France.

The six-day journey took our veterans through famous battlefields such as Caen, Dieppe, Amiens, Arras, Ypres and Dunkirk, capped off with a special ceremony at Vimy Ridge.

The trip proved to be a great resource for the Soldiers recovering from the common problems associ-



1RCHA Capt Drew Richardson (left) discusses their cycling tour overseas this summer with fellow rider Sgt (R) Fred Connor at the GSH.

Photo by Jules Xavier

ated with PTSD — including isolation, depression, avoidance and anxiety.

The Wounded Warriors bike Big Battlefield Ride requires participants to be physically active — activity and exercise can have a powerful impact on mental health problems, such as PTSD and depression, along with many other physical health benefits.

I know that cycling fights depression. It's that euphoric feeling you get from the rush and exertion, which is quite exhilarating.

The training leading up to the bike ride, and the bike ride itself, allows us to set goals and create healthy competition within ourselves.

I expect the experience of the Big Battlefield Bike Ride will complement our lives, and our recovery from the injuries we've suffered — helping decrease our symptoms of PTSD and discover a path to reconnect with our communities.

The riders from the Brandon area are from a variety of rank levels, with some of us having been to places like Cyprus, the former Yugoslavia, and most recently Afghanistan. Some are still serving and some have been medically released.

As part of this experience, we are trying to raise \$15,000 to give back to Wounded Warriors Canada, so they can continue to help our soldiers in need.

If you are interested in helping us reach our goal, donate to Wounded Warriors Canada by visiting their

website www.woundedwarriors.ca

Besides myself, our group features 1RCHA's Capt Drew Richardson and Brandon's Dave Penasse. We all suffer from PTSD, sustained while in the Canadian Forces.

Fred Connor is a retired CF sergeant



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Target reached

The United Way Brandon campaign board adjacent to CANEX shows the target has reached the 100 per cent mark. A final tally was not available at press time.

Photo by Jules Xavier

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Where's Willy?

Somewhere on the pages of this *Shilo Stag* is a picture of Willy, the Wheat Kings mascot. Tell us on what page, in what particular advertisement Willy was found and correctly answer the following skill-testing question for your chance to win two tickets to an upcoming Wheat Kings home game in Brandon.



Entry Form

Name: _____

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Page #, ad: _____

Answer to skill-testing question:
Who was deemed the strongest 1RCHA soldier following Ex Heavy Loader? _____

Cut out your entry form and fax it to 204-765-3814, scan it and e-mail it to stag@mts.net or drop it off at the Stag's office inside the Community Centre. Draw will be made on the Monday prior to game day.



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Crease action

There was plenty of action in front of the goaltenders during the annual United Way ball hockey tournament hosted by Health Promotion. The championship game saw 1RCHA B Bty use a shootout to defeat the defending champs from the CE section.

Photos by Jules Xavier





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

 Browse 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 - un site pour et au sujet des familles des militaires.



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Gunner Arena was filled to capacity for the annual Kingston Cup tilt featuring 1RCHA's A Bty battling B Bty. A Bty captain Jon Wilson had his own cheering section (right), while the action was back and forth on the ice (left) as both goalies were constantly tested.



KINGSTON CUP

A Bty win fourth straight title

Capt Travis Rivard
Stag Special

Exercise Puckin Gunner saw hockey teams from the 1RCHA compete against each other for tradition and honour.

Early in the morning of Dec. 4 at Gunner Arena — in a tradition which dates back more than a century — hockey teams from A and B Bty of 1RCHA took to the ice in one of Canada's longest standing hockey rivalries.

A Bty players quickly reminded their opponents why they are the defending champions by taking a quick lead early in the opening period. It was 3-0 before B Bty responded on the scoresheet.

Despite a close game at the end thanks to stellar goaltending in both creases, the A Bty Arsenal proved too much for the B Bty Hornets, skating away with a 5-3 triumph.

This marked the fourth consecutive year that A Bty triumphed in the Kingston Cup game.

The day was not over following this

hockey tilt, with fans filling the Gunner Arena rafters — and enjoying plenty of food provided for the occasion — to watch several other matches.

With the air raid siren blaring, a combined C and Z Bty defeated a combined team from Headquarters and Services Bty for the Hugsweir Cup, escaping with a 4-3 victory.

In the next game which would determine the losers taking home the shameful Ugly Skate trophy, the NCO's — with their mature hockey styles reflective of the 1960s — proved too much for the young talented 1RCHA officers. The final score gave the NCO's a 4-2 victory.

Finally, in a game that had to be settled in an overtime shootout, the Master Bombardiers reminded the Gunners and Bombardiers who the boss is — defeating their youthful opponents 3-2.

At the day ended, bragging rights had been settled for the next year to come, and all members of 1RCHA were happy to have had a day away from the office in order to enjoy Canada's true passion of ice hockey.



1RCHA A Bty captain Jon Wilson celebrates with the Kingston Cup after his teammates prevailed 5-3 over B Bty at Gunner Arena.

Photos by Jules Xavier



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O'Kelly principal Angela Voutier enjoyed being part of last fall's Army Expo.

O'Kelly principal understands unique lifestyle of military kids

Hello, my name is Angela Voutier and I am the principal of O'Kelly School here in at CFB Shilo. I am originally from a small town called Hartland, New Brunswick and attended the University of New Brunswick for my Bachelor of Education degree.

I began my teaching career in Northern Ontario in an isolated First Nations community where I spent four years teaching everything from Grade 2 to Grade 10.

Since then, I have spent more time in northern communities in Ontario, Saskatchewan, and Nunavut teaching at all levels and in all variety of subject areas. I also spent two years as a teaching principal in Mobert, Ont., prior to having my own children. I just finished my Master's degree in Education at Brandon University.

I moved to Brandon in 2004 from Northern Saskatchewan, and taught Grades 9 to 12 English, as well as advanced placement English at Vincent Massey High School until the fall of 2010, when I was appointed principal at O'Kelly. My husband Bob is a teacher at Neelin High School. I come from a large family, having 10 siblings, and have three children ages 12, 16 and 18.

O'Kelly School is a dual-track K-8 English and K-4 French Immersion. Our catchment area includes the Base, but also consists of rural property, subdivided acreages and two trailer park areas within seven kilometres of the school.

This includes the community area of Sprucewoods which is just outside the north gate of the Base.

Our enrolment is currently 230 students and has been gradually increasing during the last three years.

Our school was built in 1957 and was originally administered by the Department of National Defence. In 1994, the school became part of Brandon School Division.

The staff at O'Kelly is a mixture of

enthusiastic and dedicated new and experienced teachers and educational assistants who strive to provide a stable, respectful learning environment for all students at our school.

We understand the unique lifestyle of our students and their families in a military community and want to be part of the wider community support system.

Our school goals are focused around developing key foundational skills in literacy and numeracy as well as promoting wellness, positive school spirit, and good citizenship in our students and school community. We do this by providing opportunities for student leadership and lifelong recreational activities, providing a warm and welcoming environment in order to maintain a safe and responsible school community, responding appropriately to the emotional and physical wellness of students, families and staff, and supporting our multi-cultural families.

Personally, I feel honoured to be the principal of a school which plays such an important role in the lives of our students.

It has been a steep learning curve, moving from the classroom to the office, but I find I have been able to work with the school staff to provide the same welcoming, inclusive, supportive environment which I fostered in the classroom to an entire school community and that has been the biggest reward for me.

I have learned much about the military community during my time here and appreciate the opportunities to be part of unique events like the CFB Shilo Army Expo last September.

I hope to be able to continue to participate in community events and to work with community groups and our own parent council to make our school the strongest support system that it can be.

DIVISION SCOLAIRE
FRANCO-MANITOBAINE

<http://lasource.dsfm.mb.ca>
(204) 765-5050

L'école francophone de Shilo



L'École La Source 2004 - 2013

Parlez-vous français? Désirez-vous que vos enfants l'apprennent? Venez découvrir ce que nous avons à vous offrir.

L'École La Source est une école qui offre un programme de français langue première de la maternelle à la 12e année sur la base militaire de Shilo.

Notre école est une des 24 écoles de la Division Scolaire Franco-Manitobaine (DSFM). Cette division, unique en son genre, est répartie sur toute la province du Manitoba. Sa mission est d'assurer l'épanouissement de chaque apprenante et apprenant dans une perspective d'inclusion et de respect au profit de la communauté franco-manitobaine d'aujourd'hui et de demain.

Dès vos premiers pas dans notre école, vous remarquerez incontestablement l'ambiance positive qui y règne. Un enseignement de qualité est offert de la maternelle (à temps plein) à la douzième année par une équipe dynamique et diversifiée (France, Québec, Ontario et Manitoba).

La diversité culturelle présente non seulement au sein du personnel, mais également au sein des élèves apporte une incomparable richesse d'enseignement.

L'abondance des activités culturelles et communautaires contribue à l'épanouissement de l'identité francophone de nos étudiants.

Depuis l'ouverture de ses portes, l'École La Source ne cesse d'augmenter sa population étudiante. Nous comptons désormais plus de quatre-vingt-dix enfants issus de familles militaires et civiles qui proviennent d'une variété de communautés environnantes (Brandon, Chater, Carberry, Wawanesa, SpruceWoods, Sidney et Shilo).

Malgré ces distances, un transport scolaire est offert de porte à porte, et cela dans un délai raisonnable.

Au sein de notre édifice, nous avons également la chance d'accueillir Les Amis de La Source, une garderie et une prématernelle francophone. Cette co-opérative permet aux enfants de vivre ou de développer leur francophonie dès leurs tous premiers pas, ce qui facilite aisément leur transition à la maternelle. Nous vous invitons à venir découvrir les richesses de notre école. Nous nous ferons un plaisir de vous rencontrer et peut-être déciderez-vous d'y inscrire votre enfant.

L'équipe de l'École La Source

Nouvelles rapide:

Félicitation à nos maîtres de cérémonie Stéphane Normandeau et Arthur Blakely pour la présentation du concert de Noël ainsi qu'à tous les élèves pour leur efforts.

- Nous souhaitons un bon retour à Madame Carmen qui a accepté un poste d'auxiliaire.
- Nous souhaitons bonne chance à Madame Sheree qui a quitté.
- Les inscriptions pour la maternelle pour l'année scolaire 2013-14 auront lieu du 4 au 8 février.

Sonya Loubier, Secrétaire École La Source 204-765-5050

Voyage de Ski à Minnedosa pour tous les élèves le mercredi 19 décembre 2012

Un franc succès. Merci à tous les élèves pour leur bon comportement dans les autobus. Merci aussi aux parents bénévoles vous avez fait de cette journée une activité mémorable pour tous les enfants.



BASE SCHOOLS

Skating skills honed

WO Brad LaRocque assisted with skating drills during a minor hockey camp held at Gunner Arena. The three-day camp saw a good turnout of local hockey players.

Photo by Jules Xavier



Highlights from 2012 for MPs

Lt Dane Nicholson

With the advent of a new year, it seems appropriate to highlight the successes in community safety from 2012.

Despite some unfortunately high-profile incidents occurring on CFB Shilo, or involving members of the defence team off the Base in our neighbouring communities, last year represented great successes in both crime prevention and reduction, as well as outreach through community policing.

Impaired driving charges the past 12 months represented a very substantial decrease from 2011, a decrease of more than 75 per cent.

Incidents of simple theft, violence and other liquor offences all demonstrated noticeable, statistically-relevant decreases. While the MP will always work with partners to decrease any crime trends — the numbers from 2012 are impressively low.

Additionally, the Community Police Centre opened at 30 Quebec Cres. and became home to car seat inspections, bike registries, welcome information, OPERATION RED NOSE, and a series of other seasonal campaigns.

The challenge for the CFB Shilo community in 2013 is to maintain this positive momentum.

Crime rates are always influenced heavily by community attitudes and support of peaceful environments.

Maintaining a zero tolerance of impaired driving remains key to keeping streets safe for all users. Reduced impaired driving rates cannot be an invitation to apathy or waning interest in providing safe transportation options.



The Military Police
NOTEBOOK

Additionally, crime which does occur in Shilo is what is described as "crime of opportunity."

This means the crime occurs because it was easy to commit. This is best demonstrated with incidents of theft and minor vandalism.

To avoid crimes of opportunity from occurring community members can

take some very simple steps to keep themselves and property safe.

Keep homes and sheds locked when unoccupied or supervised. Use lockers in the gym, whether on or off base.

Most importantly continue to be proactive and contact the Military Police when you see anything suspicious at 204-765-3000 ext 3337.

Our promise to you during the next 12 months is to continue to provide high quality police services to the units of CFB Shilo, and the greater community.

Our operations will be based on the priorities of local Commanders and influenced by community need.

As opportunities arise we will continue to be engaged members of the community to both understand the needs and wants of the community, and to provide as much information as practicable on safety items.

The next year promises to be a dynamic year for CFB Shilo. Continue to work with us in keeping this Base among the safest communities in Manitoba for another year running.

Lt Dane S. Nicholson is Platoon Commander of 1 Military Police Regiment at CFB Shilo.

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CFB Shilo
204-765-2343

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Coca-Cola®
Assorted Varieties **99¢**
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 • Reg. 2.49

23 Jan. - 3 Feb. 2013 exclusively

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.

• **The Brandon General Museum and Archives** — On the ground floor of the old Manitoba Telephone building at 19-Ninth St. Hours are Tuesday to Saturday, 1 to 4 p.m. Admission is free. Currently on display is *Time Pieces: Images of Brandon* which is an exhibit inspired by Mary Hume's pictorial history of Brandon. This highly visual exhibit showcases a variety of historical Brandon photographs, from education and the arts, to sports, to businesses and street scenes. The exhibit also includes artifacts. For more information, call 204-717-1514 or e-mail bgmainfo@wcgwave.ca

• **The RCA Museum** Open Monday to Sunday 10 a.m. to 5 p.m.

• **26 Fd Regt RCA/XII Manitoba Dragoons Museum** The tiny reservist museum with the really long name would like to invite you to come visit us at the Brandon Armoury 1116 Victoria Ave., Brandon, every Tuesday from 9 to 11:30 a.m. and 1 to 4 p.m. Admission is free. Come check out our "on loan" Order of Canada medal as well as thousands of other military artifacts. For more information, 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. For more info on Army cadets call Capt Rob Lussier at 204-720-1494 or check out our Facebook page 2520(RCAC) Royal Canadian Artillery.

• **60 ROYAL CANADIAN SEA CADET CORPS SWIFTSURE** invite you to join. NO REGISTRATION FEE! Sea Cadets started recruiting for the training year 2012-13 in early September. 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 for information at 204-726-3498 or 204-724-7617 or visit 60 Swiftsure Sea Cadets.

• **Shilo Al-Anon**, Family Groups (for family and friends of alcoholics) Every Thursday 7 p.m. at Our Lady of Shilo Church. For more information 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. Membership Chair: Lion Gerald Rubenuik, 763-4318.

• **The Wii Fitness Room** at the GSH is now 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. For more info, call 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? Come join us for a couple hours of 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 or just show up.

• **Everyone welcome. TOPS (Take Off Pounds Sensibly)** Held at Sprucewoods Community Hall, Tuesday at 6 p.m. Contact:

• **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 cooperation with Allen Badgley are Exhibiting Glass Mosaics January 26- March 23, 2013. We have updated our Facebook page—it now contains new, history blogs, and pictures. Museum hours: Tuesday to Saturday: 10 am- noon and 1-5 pm. For info call 204-727-1722

BINGO

Sprucewoods Community Hall every Thursday evening has been canceled due to a small number of people attending. For this reason the bingo sessions will no longer be offered with the advent of 2013. If you have questions call Liz at 204-765-3000 ext 3029

CLASSIFIED ADS

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

Jan. 24 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

Services

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.

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.

Red Potatoes 50 lb bag \$13 25 lb bag \$7. Available at Grand Valley Strawberry farm on Verteran's Way. 204-728-8453.

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. February 8,9,10 Brandon; March 8,9,10 Brandon.
• Examinations by appointment • 204-725-1608 • E-mail: ggs57@wcgwave.ca.

Homes For Sale

WAWANESA-3 bedroom bungalow on large lot close to K-12 school, rec centre and playground. Cheaper than rent at \$117,500. Priced to sell! For more info call Bob Daymond 204-571-5918 Sutton Harrison Realty.

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

Announcement

The Sprucewoods and Area Lions Club are pleased to announce that Reg Jones was the winner of the 50/50 draw held at our annual Seniors nad Singles Christmas dinner. Congratulations Reg!

Visit the
RCA Museum!
204-765-3000
ext. 3570

Wanted Advertising Sales Consultant

The *Shilo Stag* is seeking an advertising sales consultant for the Base newspaper. Start immediately!

The Stag serves the needs of advertisers on the base, as well as the City of Brandon and its hinterland. We are looking for an enthusiastic, highly-motivated individual who will excel as a team leader in the advertising sales while working with the production staff. It is essential you have passion and drive and are willing to hit the ground running everyday.

Responsibilities for position will include:

- Grow and maintain an existing commissionable account list
- Maintain and develop current and potential features, supplements, online opportunities and new business
- Provide proofing service and secure client approvals for ads
- Collect copy from clients and prepare simple layouts of ads for production
- Calling on clients from a supplied list for specific projects, but also attracting new clients

QUALIFICATIONS

- Experience in sales an asset
- Effective communication/phone skills
- An ability to prioritize and work under tight deadlines
- Strong computer skills — Word, Excel, Outlook, etc.
- An energetic team player with a positive attitude working in a newspaper environment
- Must have a valid driver's license

The successful candidate has sales experience and a desire to work in a fast-paced environment. The right person for the job will assume the Stag's advertising sales consultant position. We offer a rewarding compensation package.

If you are a person who was born to sell and would like the opportunity to drive sales in advertising for the Shilo Stag, please forward your resume with covering letter no later than Jan. 31 to managing editor Jules Xavier.

Fax: 204-765-3814

E-mail stag@mymts.net

Thank you to all who apply, only those selected for an interview will be contacted.

Advertise with us!



Shilo Military Family Resource Centre



Food items donated during the annual CFB Shilo Christmas hamper program are sorted. The program helped 22 military families in need.

Hamper program proves fruitful for military families in need

Renee Maillet

The 2012 CFB Shilo Christmas hamper and holiday gift tree program was an amazing success. Twenty-two military families in need received a helping hand with a bountiful hamper of food and gifts for the holidays.

We couldn't have done it without the help of many — from individuals, organizations and businesses, to the food donations, gifts for young children, volunteer support in hamper preparation. It was amazing working with all of you.



The winning entry.

A special treat this year was partnering with 1RCHA's A Bty. They assisted with picking up the full hampers from each unit then stepped up to complete the initial food sort.

Then, just when we thought Santa's sack might be a stitch short of gifts for the children, the Shilo and Region Service Club and Stoney Creek Smoker Motorcycle Rally committee stepped forward, offering generous donations. It has truly been a community effort.

The Shilo Christmas Hamper program is a co-operative initiative of the Shilo MFRC and Champlain's Emergency Fund. With the success of last year's food hamper drive, we once again challenged the units to join our mission by creating a Christmas hamper collection at their workplace.

The results were outstanding. Congratulations to the administration team at Engineering Services who meticulously assembled the most intricate log cabin from pretzels and crackers, topped off with shimmering snow and lights.

They have earned recognition as the 2012 hamper champs in the Christmas Hamper food drive.

That said, they did have very stiff competition.

The heat is definitely turned up for next year's competition.

Honourable mention goes out to all who decorated and filled hamper boxes.

Our judging team has been filled with awe and joy at the creative contribution so many have made to the hamper program.

Renee Maillet is the prevention, support and intervention co-ordinator

Visit www.familyforce.ca

We had a lot of fun in 2012 in the MFRC's school-age programs.

It is fun to look back and see all the neat things we got to do and the amazing places we were able to visit.

From the in-service days, girls' nights, boys' night, to cooking classes, Birthday Club, Summer Fun, and a whole lot more we had a great time exploring last year. Some of the events we did, as seen in some of these photos included on this page, are Keen, Kool, and Kooler Kids, cake decorating night, spa night, parachute fun, Mother's Day lunch, as well as visiting the Art Gallery in Brandon.

Thanks to everyone who participated to help make last year such a blast. I hope you had fun in the programs last year. I can't wait to get started on all of the new and exciting things for 2013.

Remember to check the MFRC website or the *At A Glance* magazine for all our up-coming programs and courses.





Bdr Chad Terry

Photos by Jules Xavier



Capt Melissa Marshall



Capt Chuck Meyers

Hercules effort from MBdr Tymchak

Jules Xavier

Shilo Stag

Bragging rights to the strongest 1RCHA soldier — pound for pound — goes to MBdr Dustin Tymchak.

He finished first overall during 1RCHA's powerlifting competition held before Christmas.

Dubbed Heavy Loader, the half-day event used 1RCHA equipment and was open to all ranks. Even a 2PPCLI soldier dropped by and tested his mettle among the Gunners.

"As 1RCHA continues to develop the culture of fitness and reward athletic excellence, it is important we highlight the members of 1RCHA who excel at strength training," offered organizer Capt Joseph O'Donnell, who also competed.

"To be powerful is very much the essence of being

a Gunner, from the dismounted FOO who scales six-foot walls while carrying 100 pounds of kit on their back, to the Gunners manhandling a 10,000-pound howitzer, or loading 100-pound projectiles, there is little room for physical weakness in our job description."

He added, "That said, there are limited athletic competitions that reward solely physical strength, despite being highly recognized for its importance."

Following MBdr Tymchak, the rest of the top-five featured runner-up MBdr Clinton Gingrich, while third through fifth went to Bdr Chad Terry, Bdr Hugo Gallant-Boulet and Gnr Pierre Poulin.

According to organizers keeping track of the weightlifting prowess shown by the soldiers in competition, there was less than two per cent difference in scores

between first and second-place.

The winners of the separate weight categories were the following:

Lightweight Bdr Gallant-Boulet; middleweight Bdr Terry; heavyweight MBdr Tymchak; female MBdr Stephanie McNeil.

1RCHA's Heavy Loader competition was divided into three weight categories for both male and female competitors, and used a calculator to determine the relative strength and identify the pound-for-pound strongest soldier in 1RCHA to encourage all weight classes to enter.

O'Donnell said the competition was held to promote physical fitness, as well as offer a platform for soldiers to set new goals and to assist in 1RCHA soldiers winding down prior to Christmas leave.



Taking flight on skates

Shilo Storm players used a parachute as part of their skating drills during a three-day hockey camp at Gunner Arena.

Photo by Jules Xavier

Course needs students

Stag Special

Are you a manager or supervisor interested in labour relations?

If so, there's a two-day course starting Feb. 12 at CFB Shilo's MPTF in room six. The course runs from 8 a.m. to 4 p.m. daily, with a lunch break at noon.

The course has room for a maximum of 20 participants.

This course is meant to provide civilian managers and supervisors as well as military members who supervise or manage civilian employees with an understanding of how to manage within the labour relations environment.

It provides knowledge of the framework, precedent, parameters and principles needed to practice effective labour relations in the Department of National Defence (DND).

Specific attention is paid to management roles and responsibilities; the role of unions in the workplace; employee performance issues; workplace accommodation and the duty to accommodate; the discipline process; interpreting and applying collective agreements; the grievance and alternative dispute resolution processes; and strike management and essential services.

Is there a target audience for this course?

This course is intended for DND managers and supervisors (military and civilian), who manage or supervise civilian employees (public service employees), including all levels of supervisors and managers.

This is not a developmental course and will be limited to participants who either already manage or supervise civilian employees or those who are about to due to a change of position.

Candidates will be vetted to those who meet the target audience. Participation will be confirmed.

Instructors for the course are Shannon Barnes-Girouard and Cara Callbeck.

To register send an e-mail to Heather Teeple by Feb. 1 — heather.teeple@forces.gc.ca.

When registering, include your name (rank if applicable), title, section and unit, and the number of civilian employees you supervise or manage.

If you are soon to become a supervisor or manager of civilian employees, include the approximate date and the name of your current supervisor for confirmation.