

SHILO STAG

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Support Centre Officially Opens

LCol J.J. Schneiderbanger, Base Commander, centre, cuts the ribbon for the official opening of the Integrated Personnel Support Centre (IPSC). Located at building L-106, the centre houses representatives from Casualty Support and tracking, SISIR, Veteran's Affairs Canada and the Military Family Resource Centre (MFR) to name a few.

Photo by Quinn Roberts

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Unarmed combat: Defend yourself

MCpl Bern LeBlanc
Army News

During a seven-day training session in May, soldiers from the Western Area Training Centre Detachment Shilo learned and tested their skills in unarmed combat techniques that could help save their lives.

Soldiers can use hand-to-hand or unarmed combat in close-quarter battle. It is a quick and effective way to defend oneself, detain or kill the enemy. The soldiers used several different techniques, including striking, kicking and bayonet fighting. They also learned about pressure points on the human body.

"They do various techniques, such as striking targets, and some endurance training, to see how they react when they are fatigued," said MBdr Michael Burns. "This could be incorporated in the battlefield as well. If they are fatigued and can't fight, the chances of them surviving are pretty slim."

"Hopefully these recruits will learn from [what] I'm teaching them," said MBdr Burns. "It's a good experience for the soldiers, and it

keeps me fresh in my techniques as well."

Skills could prove useful in Afghanistan

"I'm glad I learned these new unarmed combat skills in case I have to go overseas to Afghanistan and I might have to implement them in a real world setting," said Pte Scott Inman of Liri Valley Platoon.

The training was fast paced, with the new recruits showing aggression. They used offensive and defensive techniques, smashing through targets with their bayonets and punching and kicking with full force.

Bayonet fighting was conducted throughout the week. The instructors ran the recruits through the obstacle course to get them as tired as possible to simulate a battle situation.

"I really love the bayonet training, it's just awesome," said Pte Brittany Taylor of Liri Valley Platoon. "It's quite intense how you scream your lungs out the entire time you're doing it. That is what you're going to do in a real situation, so you have to put a lot of drive into it."



photo by MCpl Bern LeBlanc

Sgt Chris Durette and MBdr Michael Burns give unarmed combat instruction to the recruits.

New LAV variant to provide better protection

MCpl Bern LeBlanc
Army News

Soldiers from the 2nd Battalion, Princess Patricia's Canadian Light Infantry (2PPCLI) were the first to try out a new light armoured vehicle variant that provides better protection against improvised explosive devices (IED).

Once the soldiers have finished training on the new LAV Remote Weapons Systems (RWS), the vehicles will be shipped to Afghanistan for the Provincial Reconstruction Team (PRT).

"We're still working out the bugs, like any other new weapons system we have in the CF. There will be a learning curve, but by the time we start training the first troops, they should be worked out," said Sgt Sheldon Quinn of C-Company 2 PPCLI.

Crew can fire from inside vehicle.

This LAV RWS will replace the Bison and give the crew better protection from IED strikes with

additional armour in an up-armour package. The RWS allows the crew to fire from inside the vehicle and ensures that nobody is exposed if there is a blast or enemy fire.

The RWS can be mounted with a .50 cal heavy machine gun or a C6 general purpose machine-gun. The systems fire from inside the vehicle and are controlled by what looks like a video game controller. There are four monitors, one for the gunner, one for the commander, one for the driver and one for the crew in the back, to view the action going on outside. It also has eight smoke grenade launchers mounted on the front of the RWS.

There are many other new features on the LAV RWS. Inside the vehicle, there are new crew seats and storage compartments on the interior walls. On the exterior, there are front and rear view cameras for the driver; a new Platt swing mount that replaces the pintle mount;

and a new type of wire cutters mounted on the front.

Instructors practice firing with LAV RWS

During the training, the soldiers fired the .50 cal, C6, C9, and smoke grenades from the LAV RWS. They fired in the static position and while the vehicle was moving.

The soldiers will be the future instructors of 2PPCLI troops and the Pro-

vincial Reconstruction Team on the LAV RWS.

"We want to be proficient as possible so we are up on the drills and when we pass it on to the troops, they will be good to go also," said Sgt Quinn.

Rheinmetall Canada Inc. is the designer of the Nanuk RWS. In Inuktitut 'Nanuk' means polar bear — a fierce animal for a fierce weapons system.



photo by MCpl Bern LeBlanc

Soldiers train on three LAV RWS at King Observation Post.

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Shilo IPSC first to stand up in prairie region

Karen Griffin

Shilo Stag

Shilo has the distinction of being the first Integrated Personnel Support Centre (IPSC) in the prairie region to officially stand up. A crowd packed the small hallway of the new IPSC on July 13 for the official opening.

MWO Mayor welcomed all gathered, from PSP, the Public service, Veterans Affairs and the Military Family Resource Centre as the Base Commander presided over the opening.

"The IPSC will be responsible for outreach, casualty support and casualty tracking, with our JPSU headquarters located at 17 Wing Winnipeg."

There will be 2 more of-

fices, one located in Winnipeg, the other in Saskatchewan.

Rather than reinventing another service system, the IPSC will integrate existing services from around the area, into one building and will serve as one easy access point for veterans, ill and injured soldiers and their families to seek support, advice and further assistance.

"This was a case of command seeing that for employed and deployed members, more communications on case management needed to be improved and that consistent support needed to be available across the country," said MWO Mayor.

He added that the IPSC's

mission will be multifaceted.

"They will assist in leading reintegration and strength through rehabilitation. Retention of our Canadian Forces soldiers is our primary goal or release in the highest dignity and honour they so deserve."

It is acknowledged by command that the building requires some additional upgrades before all the pieces of the puzzle are in place and the stakeholders affected are working closely with casualty support manager, Curt Greig, to make sure that this happens swiftly and smoothly.

For example, the MFRC will house a social worker in the IPSC building.

"We're looking to have a

social worker [in the IPSC] by the end of August," says MFRC Executive Director, Willemien Van Lankvelt.

"There is a need for more counsellors as the two we have are busy. It's good to have a member of our staff in this building because it will lead to more ownership and better communication. We're looking at having case management meetings," says Van Lankvelt.

"The IPSC will show an improvement in communication and this centre brings together all the services the Canadian Forces have had before. I truly believe soldiers will get the best care possible," said LCol JJ Schneiderbanger at a brief speech before the official ribbon cutting.

LCol Schneiderbanger, Base Commander, makes an opening speech at the official opening of the Integrated Personnel Support Centre (IPSC) on July 13. IPSC is responsible for outreach casualty support and casualty tracking with JPSU headquarters.

photo by Quinn Roberts



YOU CAN PROTECT YOURSELF FROM WEST NILE VIRUS

WHAT ARE THE SYMPTOMS?

- A severe case of West Nile virus (WNV) can be life-threatening and may result in long-term disability.
- Some people develop an illness with symptoms such as fever, headache, fatigue, body aches and rash.
- Most people infected with WNV have no symptoms and do not become ill.

WHO IS AT RISK?

- In southern Manitoba, anyone can be exposed to an infected *Culex tarsalis* mosquito during the summer months.
- Severe illness most often occurs among older adults or people with chronic health conditions or weakened immune systems. However, severe illness has occurred in all age groups.

WHEN IS THE RISK HIGHEST?

- The risk of WNV infection is highest during late June, July, August and early September.
- The risk varies from year to year based on temperature, precipitation, mosquito population and other factors.

HOW DO I PROTECT AGAINST WNV?

- Reduce the time you spend outside between dusk and dawn.
- Apply an appropriate mosquito repellent.
- Wear light-coloured, loose-fitting, long-sleeved clothing.
- Get rid of standing water around your home.
- Make sure your door and window screens fit tightly and are free of holes.

For more information about West Nile virus (WNV), including information about risk, visit our website at manitoba.ca. For WNV health concerns, contact your doctor or call Health Links-Info Santé at 788-8200 (in Winnipeg); toll-free 1-888-315-9257.



"Chronic fatigue and bouts of depression - all from the bite of a mosquito. Please take the time to protect yourself and those you love."

- Wayne, age 60 (Diagnosed with WNV in 2005)

"Mosquitoes infected with West Nile virus can bite anyone - and that 'anyone' could be you! Take precautions to cut down the risk."

- Rachel (Lost her 66-year-old father to WNV in 2007)

Manitoba 

IPSC FACTS

The mandate of the JPSU is to respond to requests for support and report to the chain of command on issues of concern raised by ill and injured CF personnel. The JPSU accomplishes the following:

- It improves the quality of care and services provided to ill and injured CF personnel
- It ensures that military personnel have access to the same high standard of care and support across the country.
- It reduces the potential for gaps, overlaps and confusion, ensuring that no CF member 'falls through the cracks'.
- As military personnel move frequently, the JPSU concept recognizes that people heal better when they are close to their family and their social support network.
- The JPSU gives military personnel a new mission - to heal (recover), to regain their strength (rehabilitate) and to choose their best way forward (reintegrate).

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For information on the Base Change of Command check out the August 6 edition of the Shilo Stag

A new member is added to the ADR/DRC

MWO Dan Merlin DRC

Good Day, I would like to first introduce myself. I am Master Warrant Officer Dan Merlin and am newly posted in as the Alternative Dispute Resolution (ADR) Dispute Resolution Center (DRC) Shilo/Winnipeg Region office as the Promotions and Training Coordinator.

I am the first point of contact here in CFB/ASU Shilo, and in this position I work for Maj Douglass who is the DRC Coordinator out of 17 Wing Winnipeg.

We are responsible for providing all ADR Services from Thunder Bay Ontario all the way to Prince Albert Saskatchewan. This Dispute Resolution Office (DRO) CFB/ASU Shilo office stood up in March 2009.

What is either ADR or DRC? And what services do we provide. Well the Shilo/Winnipeg Region DRC is responsible for the implementation of the DND/CF's Alterna-

tive Dispute Resolution approach to dealing with workplace conflicts and we are responsible for providing you with a wide range of ADR Services to assist with resolving workplace conflicts. This DRO office is located in Bldg L102 Room 244 CFB/ASU Shilo Base Headquarters which offers services to all DND employees, CF members and the Cadet Organizations and Rangers.

What is Alternative Dispute Resolution all about?

It is a collaborative way to resolve your work conflicts:

Confidentially—with respect for your privacy;

Satisfactorily—with the opportunity to work through your differences directly with the individuals involved and to move ahead;

Rapidly—able to accomplish this in weeks and sometimes days;

Simply—Able to engage early and at the lowest level possible; and

Constructively—Build

relationships and building trust.

So now let's discuss why you should use ADR to resolve your work conflicts:

It is easily accessible;

It is available to everyone;

It is flexible and inclusive;

It is most of importantly voluntary.

An impartial and qualified person from your DRC Winnipeg office can facilitate dialogue between the parties without taking sides;

The resolution tends to be more complete and binding because it was created and agreed to by the parties themselves;

The agreement between the parties respects all departmental policies and collective agreements; and

You can opt into or out of an ADR process at any time and choose to exercise your right to use a more formal process should you decide it is appropriate to do so.

I'll stop there for now,



photo submitted by Brandi Ives

MWO Dan Merlin is newly posted in as the Alternative Dispute Resolution (ADR) Dispute Resolution Center (DRC) Shilo/Winnipeg Region office as the Promotions and Training Coordinator.

and in the next edition of the *Shilo Stag* will discuss items such as how the DRC can help you, and to discuss some of the other ADR Services this DRO office can provide.

I now would like to explain how you get in contact with me or other members of your DRO

Office, both here and in CFB Winnipeg. I can be reached at CFB Shilo 765-3000 ext 4140, or by cell 204-227-6251 or drop by L102 Room 244 at the Base HQ. If you feel uncomfortable doing that, then I can come to you. Our Winnipeg numbers are as follows: 204-833-

2500 ext 4372 Maj P.A. Douglass CFB Winnipeg DRC Coord 204-833-2500-5634.

So that's all for now, and I will bring some info for the next edition as promised, feel free to drop in if you have any concerns or questions to ask.

Thank you.




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Firefighter receives Exemplary Service Medal

Karen Griffin
Shilo Stag

Platoon Chief Mr. Dwayne McLean has been at CFB Shilo for over 20 years.

On July 16, he was presented with a medal of exemplary service.

"The Fire Service Exemplary Service Medal is not merely a long service decoration but tangible, national recognition created to acknowledge the valuable services rendered to the community by full time and volunteer members of the numerous components of Canada's Fire Service," according to the Canadian Forces Fire Marshal's office.

McLean received the award not just for his service but his dependability and good conduct on the job.

The medal is the equivalent of the police and correction exemplary service medal and is similar to the Canadian Forces Decoration awarded to serving military personnel. Characteristics of the award recipient also include industry and efficiency. Bars are presented for each additional ten years of exemplary service.

The Fire Services Exemplary Service Medal, created on August 29, 1985, honours members of a recognized Canadian fire service who have completed

20 years of service, ten years of which have been served in the performance of duties involving potential risks.

Recognized fire services include Canadian fire departments, fire marshals' offices, fire commissioners' offices and the Canadian Forces fire services.

Shilo Emergency Services combine firefighting and ambulance service that serve the base. They are also unique among DND emergency services in that they are the primary responders for surrounding communities as well. This is of benefit to communities with over 25km to the nearest fire station.



FR 03 Platoon Chief, Dwayne McLean, left, is presented with the Fire Service Exemplary Service Medal on July 16, by LCol JJ Schneiderbanger, Base Commander. Mr. McLean has given over 20 years of service to the Shilo community.

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When: Tuesday evenings, 8 September – 1 December 2009
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Location: Multi-Purpose Training Facility (Bldg C-106)
Instructor: Leo Liu

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Fax the document to: 1-613-540-8075 Attention: Army Programme Representative

For further information about the above course please contact the OPME Representative, CSN-271-9929

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Lions Club news

Sharon Brooks Lions Club

Congratulations to Shilo Grade 8 Student Nancy Lehnert. Nancy was the recipient of the Lions Birch Bursary cash award of \$100.00. The purpose of the Birch Bursary is to recognize the involvement of a grade 7 or 8 student in extracurricular, leadership and volunteer activities both at school and in the community. Some consideration is also given to the effort and attitude that the candidate puts forward in their learning at the school.

The Lions have completed their first highway clean-up of the summer - once again,

Tim Horton's the favourite of the fast food entities.

Sadly, we lost one of our Charter Members, Lion Marvin Brooks, due to his passing on May 29. Lion Marvin served on the Lion's Cabinet for many years and our club for 21 years - he will be missed.

We held our final roundup on the 24th of June with a supper at the Shilo Inn. Our District Governor Wayne Preston was present and inducted three new members and Past District Governor Lloyd Morrice swore in our new executive as follows:

President- Lion Scotty McIntosh - yes, that's our

former Reeve and "Big Band Scotty"

Secretary - Lion Heather Walker - yes, that's the CAN-EX post office supervisor

Treasurer - Lion Sharon Brooks - yes, that's the same OLD Sharon Brooks

Tail Twister - Lion Cameron Haggerty - yes, that's the fellow with the horses

Membership Chair - Lion Gerald Rubenuik - yes, that's the pest control fellow.

Our club is in recess for the summer but will commence meetings at the Sprucewood Community Hall the second Wednesday in September at 7 p.m. - new members always welcome.

Health & Safety Week

Michelle L. Augustyn Assistant BGSO

Now who says safety can't be fun and fashionable. The Base Safety Office staff of Noreen Goss, Michelle Augustyn, and Mike Weisgerber had all kinds of fun putting on CFB/ASU Shilo's first NAOSH (North American Occupational Safety & Health) Week.

The week's activities started on May 6 which the Safety Office deemed WHMIS Wednesday. Over 90 civilian and military staff participated in WHMIS (Workplace Hazardous Materials Information System) refresher training. All attendees who received 100% on their WHMIS quiz were entered into a draw for a First Aid Sports kit for their unit. The lucky winner was Cpl Dubé from Base Transport.

Friday was the big day in NAOSH Week. The Base Safety Staff set up a number of activities at L-25 for people to actively participate in. "Name That HazMat" and "Are you Safer than a 5th Grader?" were two games that people were busy playing. For the "Name That HazMat" game, participants were asked to guess the contents of 3 vials of "chemicals" just by visual observation, stressing the importance of properly labelling chemicals in the workplace. The winner of "Name That HazMat" was Karen Goodfellow from Base Accommodations. Karen won an MSDS station for the cleaners.

Now if you missed the "Are you Safer than a 5th Grader?" game, some of the questions/answers were as follows:

WHMIS means:

a) We Have Magnificent Individuals in Safety

b) Working Hazards and Methods in Safety

c) Workplace Hazardous Materials Information System

d) Working Happily Means It's Safe

To prevent slips, trips, and falls in our workplaces, we should:

a) Only wear 4" stiletto heels

b) Maintain good housekeeping practices

c) Make sure you do not have two left feet

d) Phone Base Transport and ask for more gravel

The winner of the "Are you Safer than a 5th Grader?" was Donna Sadowy from CFHA and Donna won a First Aid Sports kit for their office.

Shilo Emergency Services were also busy interacting and showcasing their brand new fire truck. SES also set up their electronic fire extinguisher for people to practice their skills at putting out fires. This electronic device senses where the user aims and sweeps a laser training extinguisher and automatically varies the LED driven digital flames in response. The electronic control system responds to the trainees' actions, putting the fire out only when the extinguisher is used correctly.

This unit uses a conical laser to replicate extinguisher discharge rather than using on a dry-chemical or CO2 extinguisher. By using laser light technology this training extinguisher system can now be used to conduct training anywhere.

Special thanks to the Manitoba Public Insurance Safety on Wheels program and the

ladies who came out, Tara Lambert, Brette LeBlanc, and Krista Carter. They did numerous presentations using the MPI rollover machine to demonstrate how important it is for your safety to wear your seatbelt.

Thank you to Base Tn for setting up a Safe Backing course for people to try their hand at backing up a vehicle through an obstacle course. It is a good thing I was too busy to try that!

Thank you to the B Foods crew for BBQ'ing hot dogs, hot dogs and more hot dogs for us. Once everyone had a chance to have a hot dog, or two, or three, the Base Safety Office was proud to present our first PPE (Personal Protective Equipment) Show. Our models brilliantly showcased PPE pieces such as goggles, battle dress, battery room safety apparel, chain-saw chaps, face shields, hearing protection, high visibility wear, respirator, fire fighting suits, hard hats, hazmat suit, fall protection and more. A very special thanks goes out to our enthusiastic modelling crew consisting of the following people:

Capt Pickard - G4 Ops; Amy Kipfer - Civilian Human Resource Officer; Lt Burton - B Maint O; Rob Riesz - B Eng; Lori Truscott - PAFO; WO Lelond - Range Control; Sgt Lavoie - Base Maint Comm Supervisor; Capt Brydges - A/G1; Jeff Fisher - Dep Fire Inspector; Major Berscheid-King - G4 Logistics Officer and for putting in double modelling duties, Major Gregory - COS/Deputy Commanding Officer - thank you EVERYONE, we couldn't have done it without you!!!!

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Update on General Strange Hall renovation/construction

Jim MacKenzie
FS&R Director

As everyone within ACFB Shilo is aware, the much anticipated General Strange Hall renovation and construction project is well underway. In July of 2008, Bird Construction was awarded the contract for the renovation and expansion of GSH and work got underway in August. Work has remained closely on schedule and it is anticipated the project to be finished by the end of October 2009.

For those that are not aware of the project, at the end of the project, our facility will have an additional 2 gym floors, an elevated 200m running track, a new Cardio room that will look out towards Aldershot Road, new Fitness Staff offices, an Aerobics room, Sports stores will be located on the main level, and an expanded front foyer, with a driveway up to the main doors for drop offs and pick ups.

Because this project includes both new construction



Construction continues on the new elevated 200m running track at the General Strange Hall.

and renovations to the existing facility, there has been occasions when limited access to GSH, the pool and theatre has occurred to ensure all upgrades are made to further enhance our facility. It is acknowledged that there could be further disruptions to day

to day activities, but please be assured they are necessary and we will attempt to keep them to the shortest period of time.

The pool is now open for the summer and should see no further disruptions to the schedule. The gym floor will

re-open to the community in mid-July. When the project is finished in the fall, GSH will have doubled in size with the addition of 29,000 square feet of new addition. The projected opening of the complete facility is mid-November.

Army website survey offered

Army News

The infinite cache of information on the internet can be a challenging, thrilling and infinitely frustrating – all at the same time. People often go to the internet in hopes of finding exactly what they're looking for – quickly - but often spend hours sifting through unrelated information. The Canadian Army is aiming to improve its websites and is conducting a short survey to help better define what individuals are looking for. It will also help identify keywords that will allow individuals to find what they need faster.

"There is a real cross section of people who visit our pages," said Pat MacNeil, webmaster for Land Force Western Area. "Our survey will help us ensure those visitors can find what they are looking for, and fast," MacNeil said.

The survey asks a few background questions to identify the profiles of average users and asks people to

rate the importance of some of the topics that might appear on the site. The information gathered from the survey will help the Army better address the needs of the public, military members and everyone who visits the site.

"We can better meet our readers' needs only with hard facts about what they want to see on our sites, and the results from this survey will provide those facts," said MacNeil.

"This will allow us to focus our sites on what's most important to our visitors. We're willing to post what users want to see, but first they have to tell us what they want."

The survey is available during the summer at a variety of locations and special events throughout Land Force Western Area, from Thunder Bay to Vancouver Island. It only takes a few minutes to fill it out and is also available online at www.army.gc.ca/lfwa/web_survey.asp

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The down sides to smoking marijuana



Jo-Anne Douglas
Health Promotion

Some people persist in believing that marijuana is safe and not addictive.

This is old science based on studies conducted years ago using marijuana that was much weaker than what is used today. Current research shows that using pot

has serious negative effects that include:

- memory loss and trouble studying and learning
- trouble handling complex tasks
- decreased athletic performance
- anxiety, paranoia, other mental health problems
- impaired immune systems (more colds, flus)
- lung damage

Learning is difficult if someone uses marijuana. The active chemical in marijuana, THC, gets "stuck" in fat cells between the brain cells and interferes with short-term memory and learning. If you learn some-

thing at school or work on Monday, then smoke pot, you will have difficulty remembering what you learned.

Because marijuana is a hallucinogen it affects how your brain sees and perceives things. This makes it dangerous for anyone in a high-risk situation or who has to perform complex tasks to use marijuana. And since marijuana remains in the brain for days or weeks, it is still affecting memory and performance during the week even if you smoked the marijuana on the weekend. (Because THC is fat-soluble, it doesn't leave your body

quickly like a water-soluble substance would. In a drug test, THC can be detected in the body weeks after smoking a joint.)

A number of studies have shown an association between chronic marijuana use and increased rates of anxiety, depression, suicidal ideation, and schizophrenia especially if use starts at a young age. It's not clear yet whether marijuana use causes mental health problems, makes them worse, or is used in attempt to self-medicate symptoms already in existence.

We all know that tobacco cigarettes harm the lungs,

but marijuana is even more damaging. There is about ten times more tar in a marijuana joint than a regular cigarette and a pot smoker usually inhales more deeply and holds the smoke in the lungs for a longer time. Chronic users can develop chronic lung disease.

It is also addictive. Users do experience withdrawal when they stop using although it is not as acute as withdrawal from alcohol or some other drugs.

And in the end, no matter what your opinion is on the matter, marijuana use is illegal.

Keeping kids healthy

News Canada

For parents, keeping your child healthy and happy is a top priority. Today, all Canadian children can be immunized against pneumococcal bacteria that has the potential to cause serious invasive diseases including meningitis and pneumonia. Unfortunately, due to antibiotic resistance, some bacterial infections are now becoming more prevalent in Canada, and can lead to serious conditions in children that are difficult for doctors to treat.

For example, a new strain of pneumococcal bacterial infection has been on the rise, caused by pneumococcal serotype 19A. Pneumococcal bacteria, known as Streptococcus pneumoniae, can cause a variety of illnesses including pneumonia, middle ear infections, sinusitis and most seriously, sepsis, bacteremia and meningitis. Severe forms of meningitis can cause brain damage or deafness, and approximately two of every ten cases result in death.

Just one year ago, a child in Toronto contracted meningitis through a bacterial infection caused by pneumococcal serotype 19A, which is considered one of the most virulent and antibiotic resis-

tant strains of Streptococcus pneumoniae.

"This was a case in a young child at The Hospital for Sick Children in Toronto who suffered from bacterial meningitis due to serotype 19A," says Dr. Earl Rubin, infectious disease specialist at the Montreal Children's Hospital. "This 19A strain tends to be more resistant to the antibiotics that we use, and in fact, the physicians in Toronto had to resort to the use of antibiotics that aren't even approved for children to treat this case."

Recent research shows that an investigational new vaccine may offer broader protection against pneumococcal disease. The currently available vaccine, Prevnar, offers protection against seven of the most common serotypes. The new vaccine may provide expanded coverage for six additional serotypes including 19A. No other pneumococcal vaccine will be able to offer this level of protection.

Serotype 19A may have particular clinical importance in pneumococcal disease as data has shown increasing rates of disease caused by antibiotic-resistant strains of this serotype around the world and in Canada.

Stags compete in Cold Lake

CFN W.N. Reimer B-Maint

The Shilo Stags (CFB Shilo Ball Hockey team) travelled to Cold Lake AB, to participate in a ball hockey tournament that was held July 3-5. At first, there were some questions as to the viability of the trip due to a severe shortage of players but the shortage was accommodated for by having the backup goalie serve as a player. Despite the shortage of able bodies, the weeks of gruelling practices aided the young guns in keeping up with the veterans throughout the tournament.

The team, coached by MCpl Penney and lead by team captain Sgt Perrault, WO Foster and Lt Burton, was made up of players from several units such as G4, B-Maint, 1RCHA, 2PPCLI, and Base side CE. The combination of team spirit, hard work and effort displayed by all al-



Back row, left to right: Coach Rob Penney, Capt Andrew Pickard, Cpl Mike Pehlivanian, MCpl John Babin, MCpl Shaun Hurley, Sgt Sebastian Perrault, Lt Ellery Burton, Pte Will Reimer. Front row, left to right: Sgt S. Williams, Cpl J. Carey, Cpl Kyle Dewald, MCpl M. Roussel, Cpl Eric Levesque, WO Dale Foster. Missing: Pte D. Davis.

lowed the Stags to beat out teams from Winnipeg and Dundurn. The team then played a hard fought game against CFB Edmonton resulting in a 6-6 tie. The Stags advanced to the semi-finals but ran out of

gas with only 12 runners, losing 3-0 to CFB Edmonton. After the games concluded, the Stags sat in a well earned 3rd place overall. On the bus ride home, the members of the team elected WO Foster as the

team MVP. His 40+ years of life experience and "old man" strength embarrassed many of the younger members of the team. The team is looking forward to another run for the gold in the upcoming year.

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Shilo Military Family Resource Centre



New Outreach & Information Coordinator

Karen Burton
Outreach and Information Coordinator

Hello Shilo! My name is Karen Burton and I am the new Outreach and Information Coordinator at the MFRC.

In 2000 I attended Assiniboine Community College where I graduated with a diploma in Tourism Administration specializing in marketing and special events. Over the past years I worked on a variety of community development projects with the City of Brandon, the Manitoba Games, The Brandon Neighbourhood Renewal Corporation and the Brandon Regional Health Authority with Healthy Brandon.

Over the summer months I will be continuing my work with Healthy Brandon so you may see my name and face attached to those events as well.

When the opportunity to work in Shilo at the MFRC



photos by Elaine Ellis

Karen Burton is the new Outreach and Information Coordinator.

came up I was very excited to take on this new challenge. I have lived in the Shilo area for close to 12 years with my husband and in July 2008 we welcomed a son to our family.

I look forward to my new position at the MFRC and specifically creating an outreach program to service

those military families living off base.

If you are interested in working together to bring MFRC services to your community or have ideas for other services, please do not hesitate to contact me at 765-3000 ext 3161 or by email at karen.burton@shilomfrc.ca.

Job opportunity at the MFRC

Deployment and Special Events Worker

The Deployment and Special Events Worker position is a full-time position responsible to assist the Deployment and Special Events Coordinator in the delivery of deployment and reunification supports for families of deployed personnel and also assists in delivery of special events, programs and services provided by the Shilo MFRC to enhance the quality of life for military families.

Specific Qualifications:

- Post-secondary education
- Excellent communication skills and interpersonal skills
- Strong computer skills
- Excellent customer service and organizational skills
- Ability to work independently as well as within a team
- Familiar with military life style
- Valid Driver's License
- French a definite asset

General Statement of Responsibilities:

- Assist in all aspects of the deployment area as required
- Provide support programs to deployed partners' families
- Assist with providing briefings to units & spouses regarding deployment and reintegration
- Assist in facilitating and delivering "warm line" calls to partners of deployed members
- Assist with the delivery and coordination of special events
- Provide clients with information/referrals on services, programs and resources available
- Attend and participate in meetings and committees as requested
- Perform other duties as assigned

Terms of Reference:

- Salary: \$14.47/hr - \$16.92
- Anticipated start date: Aug. 24 – Sept. 8, 2009
- Deadline for applications: Aug. 7, 2009 12:00 noon
- Please submit resume to:
Willemien Van Lankvelt, Executive Director
Shilo Military Family Resource Centre
P.O. Box 5000 Station Main Building T-114
Shilo, MB R0K 2A0 OR
Email: WILLEMIEN.VANLANKVELT@forces.gc.ca

Summer Fun kids head off to Boot Camp



Dillon takes a taste of a ration pack during the obstacle course activity.

Suzanne Linegar
School-Age Program Leader

The MFRC Summer Fun camp is in full swing! The first week had the kids being sent off to Boot Camp where they were painted up in camo paint and sent outside to locate enemy soldiers and put through a gauntlet of physical tasks that included eating ration packs and searching through a pool of mud.

Mid week the kids got a chance to create an army cake with endless amount of icing and sprinkles. The week was rounded up with a field trip to Boissevain

for a town wide GPS treasure hunt.

The next couple of weeks of Summer Fun Camp are packed full of activities. July 27-31 is

Around the World which will include Taste of the World food day as well as a trip to the Blarney Stone at Killarney Beach. Aug. 4 – 7 is Splash Week

where kids will get the chance to ride the giant Splash Attack and Funnel Tunnel waterslides at Splash Island in Portage La Prairie.



Are you a Military family that lives outside of Shilo?
Are you interested in joining a Playgroup?

Then we want to hear from you!

Contact Karen Burton at 765-3000 ext 3161
karen.burton@shilomfrc.ca

What's on Your Agenda?



Need temporary use of a Wheel Chair Ramp or a Medi-Chair? If so the Shilo Service Club can help!

The Club is pleased to offer free temporary use of a Ramp and Medi-Chair. It is offered to all members of the greater Shilo and Sprucewoods communities and surrounding area for up to 90 days at a time or until more permanent arrangements can be made. For more information contact Mike McEwan at 763-4990.

*The Shilo & Region Service Club
Serving the Community
Since 1968*

Vacation Bible School 2009

A joint venture of Our Lady of Shilo and St. Barbara's Chapel Vacation Bible School
August 24-28
9:00 am - 12:00 pm

Registration forms available at the Faith Centre. For information call Julie 765-3000 ext 3091, Rev Dave Wilson 765-3000 ext 3088, or Lt (N) Kelly Boyden 765-3000 ext 3089

Attention All Preschoolers!

All children aged 4-6 years entering into kindergarten this upcoming school year are in need of immunization boosters. There will be a clinic held at the MFRC on August 19. Please call your area Public Health Nurse Rachel MacDonald at 571-8378 or 571-8374 to book an appointment.

We are accepting donations and nominations

The Creative Doodlers are accepting used computer systems, components, accessories, games and software. We strip down your old systems and rebuild reliable computers. School-age children who don't have a computer system within their household and families that have one computer and two or more children, will qualify to have one donated from us. Call 765-2542

Having A Baby?

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

Shilo Community Library

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

Shilo Al-Anon

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

The Brandon & Area Suicide Bereavement Support Group

offers support to those who have experienced the death by suicide by a family member or friend. All are welcome. 4th Wednesday of every month 7:30 pm 217-10th St. (Unit 1)
For more information please contact Cherie (727-3202) or Kim (571-4183) or the Manitoba Suicide Line toll free at 1-877-435-7170

Daly House Museum,

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

Partners 4 Pints

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

Ceramic Club

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

Art Gallery of Southwestern Manitoba

New!! Now offering free guided tours every Thursday, every 1/2 hour from 6 pm - 8 pm. 710 Rosser Ave., 727-1036 or www.agsm.ca

Did you know?

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

BINGO

Sprucewoods Community Hall every Thursday evening
• Share The Wealth at 6:30pm
• Early Birds at 7:00pm
\$Win Cash\$
\$1000 in 52 numbers
Canteen open!

CLASSIFIED ADS

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

**\$10 for first 20 words,
10¢ for each additional word***
**Deadline for next issue:
July 30, 12:00 PM**

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

For Sale

Lovely bungalow located on 20 acres, only 20 minutes from Brandon. The home has a kitchen with dining area, 3 bedrooms, full bathroom, entrance hallway, washer and dryer are housed in large main floor closet. The home had a recent addition 16 ft x 24 ft built in 2008. All of the windows except one were new in 2008. Deck added in 2008. MLS # 2906520. Tel: Gordon Gentles 204 761 0511. HomeLife Home Professional Realty Inc.

POSTED TO EDM?

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

For Sale

House For Sale

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

Shilo Acreage For Sale

5.83A close to Shilo, 1240 sq ft. bungalow with sunroom, finished basement, detached garage (new shingles & siding 2008), good barn (with water), 2+2 bedrooms, large master, 2 full baths, L-shaped dining-living room. Electric furnace & central air. Appliances (4) and hot tub included. New front deck 2008 & back deck fall 2005. Lots of recent updates. Walking trail around property. Mature trees including spruce. Private. Fenced. Asking \$299,900. Dave Town Remax Brandon 729-3552. Possession date: July 1, 2009 but negotiable.

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

For Sale

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

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

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

NEW Unopened Size 3 Huggies Diapers
392 count \$50 for all
Call 765-4501
Baby outgrew the size!

For Sale

BRANDON - HOME FOR SALE Open-concept, 3 bedroom luxury bungalow with vaulted ceilings, gas fireplace, C/A, C/V, maple kitchen, master ensuite with jacuzzi tub, double garage, underground sprinklers, 3-minute walk to Brandon Shoppers Mall. 728-2428

River Front Property

7.25 Acres only 10 minutes from Shilo Asking \$75,000 Call 204-724-6719

For Rent

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

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

Child care

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

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

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

Services

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

Services

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

Wanted

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

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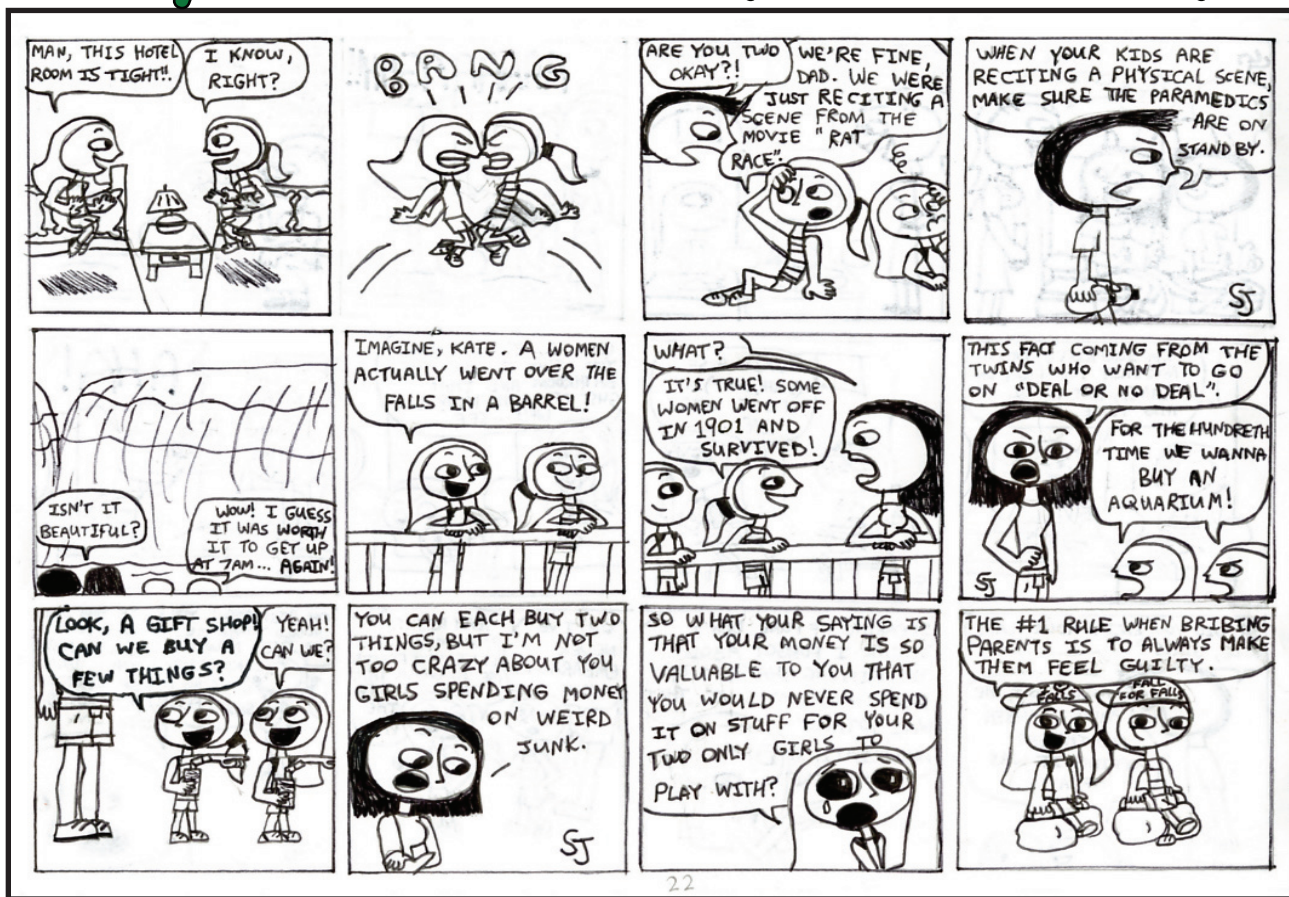
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Les candidat.e.s doivent démontrer une bonne maîtrise de la langue française.

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Pour plus d'infos. appelez : 765-3000 poste 3618.

Kyra & Kate by Sara Joudrey



Are you a talented artist, writer or photographer?
Email your submission to the Stag
stag@mts.net and see your name in print!

219 4th St. Belmont ATTENTION MILITARY FAMILIES!
 Beautiful 1 1/2 story character home featuring original woodwork stairway & hardwood floors. Large eat in kitchen, upgraded shingles, new windows, main floor laundry, large 24x22 double detached garage. Also has antique metal ceiling! **CLOSE TO SHILO!**
RON CORNELL 725-8836
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Shilo Stag
 We always welcome your submissions and letters to the editor. To submit, email us at stag@mts.net and include your name and phone number. We reserve the right to edit submissions for length, libel, spelling, and good taste.

A message from Shilo Medical Clinic
We will be closed from
July 23 - August 10
 During this time, Western Medical Clinic will be taking patients
 144 - 6th Street Brandon, MB 727-6451

The Canadian Forces Personnel and Family Support Services (CFPFSS) delivers Personnel Support Programs that contribute to the operational effectiveness of the Canadian Forces and improves the quality of life of the military family community.

Clerk/Cashier
 Responsible for scanning customer purchases and accepting payment. He/she prices, stocks shelves, counters and display areas with merchandise and keeps stock in order.
 Salary: \$9.25-10.84/hr

Shipper/Receiver
 Responsible for receiving all incoming and shipping all outgoing merchandise at CANEX. He/she is also responsible for the delivery and pick-up of merchandise, mail and flyers by use of a motor vehicle. Heavy lifting, carrying and pulling or pushing (i.e. 50lbs/23kg or more) is required.
 Salary: \$9.97-\$12.02/hr

Electronic Salesperson
 Provides a lead role in sales, technical advice and installation of home computers and electronic equipment. He/she assists customers in a courteous, efficient and prompt manner and provides expert advice and assistance in the sale and service of electronics.
 Salary: \$11.10-\$13.35/hr

For more information or to apply please visit our website at www.cfpsa.com or send your confidential resume to: CFPFSS, Human Resources, P.O. Box 5000, Stn Forces, Bldg. L-102, Shilo, MB R0K 2A0, Fax (204) 765-3815 or by email to nairn.dana@cfpsa.com.

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

Brandon Safeway - Corral Centre Safeway - Shoppers Mall Brandon Armoury Women's Resource Centre - Town Centre Mall Royal Cdn Legion #3	Sobey's • 1645B 18th Street • 3409 Victoria Ave Forbidden Flavours • 1060 18th Street • 3300 Victoria Ave ANAF - 31 14th St.	Carberry East Side Service Carberry Legion Douglas General Store Minnedosa Minnedosa Legion	Shilo CANEX Mall Forbidden Flavours Shilo Community Centre GSH Country Club (Rick's) All Messes	Sprucewoods The Shilo Inn (Crang's) 340 Esso Station Dock's Restaurant Wawanesa Lucky Dollar
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We welcome your suggestions!
 The Shilo Stag is produced every second Thursday. Deadline for submissions is the Thursday prior to the week of publication.

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

Submitting articles and photos for print:

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

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