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Volume 48 Issue 13

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SWINGING IN THE RAIN



photo by Quinn Roberts

Despite thundershowers and rain, the Fourth Annual Base Commander's Golf Tournament went off with a bang. For more pictures turn to page 3.

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Royal Canadian Artillery Reunion 2009

Sara Cumming
Shilo Stag

Former Royal Canadian Artillery members were hugging, laughing and chatting at the RCA Reunion 2009.

On the first morning of the event, June 26, the beginnings of a crowd gathered tightly amongst the trees to dedicate a new cairn honouring their fallen comrades.

"There were many that touched our lives, who we wish were here to gather with us this weekend," said Col Beno of IRCHA.

As Padre Donnelly closed the ceremony with a prayer, the thunder welcomed a torrential downpour.

But a little inclement weather didn't stop the gunners from attending the dedication.

At the dinner and dance on Saturday the good mood lasted all night.

Over 400 people attended the dinner, held at L-25 on the blustery, warm summer evening.

Capt Lonnie Goodfellow, one of the reunion's organizers, said this year's dinner and dance was a hit.

"All you have to do is see people embracing each other and shaking hands, sharing old stories, to consider it a success," Goodfellow says.

RCA members traveled from across Canada to Shilo for the event, which Goodfellow says is important in keeping old friendships intact.

"The main reason [for the reunions] is to keep the camaraderie of the older and younger generations of gunners alive," Goodfellow explains. "As a soldier, you're able to establish a huge bond with many, many other soldiers. [Reunions] afford the opportunity for these old friendships to be rekindled."

74-year-old Harold Oake of Hadashville, Manitoba attended his fourth RCA Reunion this weekend. Oake, a former sergeant with IRCHA, says he attends the reunions for the sociability and to visit old friends.

"Reunions are important to renew friendships and relationships, hash out old times, even make amends with people you've offended," Oake says. "You forget about old arguments and squabbles.

There are a couple guys here, we used to fight like cats and dogs. You forget about all that stuff."

Don "Ducky" Walker, a 60-year-old who retired in April after a 42-year career with the Artillery, traveled from Guelph, Ontario to attend the reunion, his sixth.

"I came to this reunion to see old friends and lost acquaintances, people I haven't seen for a long time, and to get rejuvenated," Walker says. "It rejuvenates you to come to reunions. They promote heritage and camaraderie and renew friendships."

Walker doesn't hesitate to express his enthusiasm for coming back.

"Yes, for sure," he says with a smile.

On Sunday morning, reunions attendees gathered at the Canoe River Memorial to pay respects to fallen comrades in a service with a small pipe band from the 26th Field Regiment, a wreath laying and a prayer.

Rick Wilson, organizing chair for the 2009 reunion thanked everyone for their attendance.



Above: IRCHA Colonel Commandant Ernest Beno addresses the crowd at the cairn dedication on June 26.



Left: RCA members mingle at the meet and greet on the evening of June 26. Above them are the reunion flags. Shilo has been hosting the RCA Reunion every three years since 1985.

"It's a pleasure to see so many people gathered here, thank you to all those who contributed to this morning's service,"

The group wrapped up their stay with a golf tournament on

Monday morning and a light lunch.

With the event coming to a successful end and friends and former comrades wishing one another well and a hoped return, Capt Goodfellow said

the weekend went off without a hitch.

"The turn out was outstanding and everyone who is leaving, is leaving with a smile on their faces today," said Goodfellow.

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Shilo's new fire truck Base Commander's golf tournament



photos by Sara Cumming



Meet Red 5, the latest addition to the Shilo Emergency Services family. The 38-foot rescue vehicle has a crew cab and features a 200-foot hydraulic hose, four portable lighting units, one extendable lighting unit, and a winch in the front. Red 5 also has four-wheel drive, which gives it the ability to tow the hazmat trailer. "We're quite pleased to have it," says Deputy Fire Chief Marty Haller. "It will increase our capabilities in our area."



photo by Quinn Roberts

Lieutenant-Colonel J.J. Schneiderbanger, Base Commander, tees off during the Fourth Annual Base Commander's Golf Tournament.



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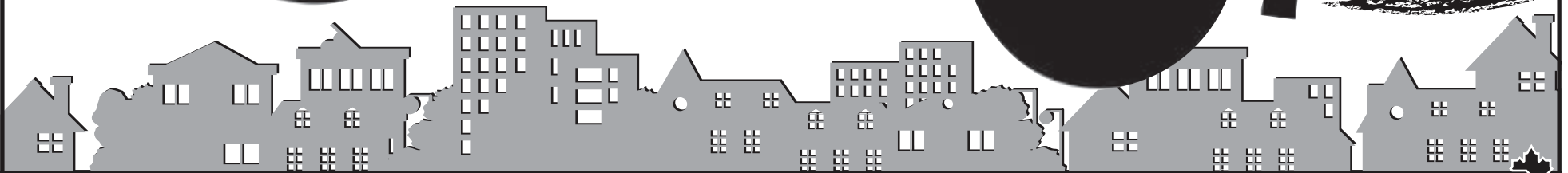


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CFB Shilo
1 - 31 July 2009



Base Maintenance holds food drive contest

Sara Cumming
Shilo Stag

It's safe to say that if you turn even the littlest thing into a competition, people will step up and participate. That's exactly what happened at Base Maintenance over the past few weeks.

Lt Ellery Burton, Base Maintenance Officer, came up with the idea after dropping off a food donation at the Health Promotion office.

"They said that they put on these food drives every once in a while, so I decided to put one on here for our guys," Burton explains. "I was inspired by the health promotions people."

Lt Burton put Cpl Mike Ruddy in charge of organizing the food drive. Ruddy decided to make it a little more interesting by dividing all of Base Maintenance into four teams.

"I made it a competition," he says. "Everybody likes competition around here. I figured this way, it would get people involved."

Ruddy says that by making it a competition, the participants didn't just leave it

to someone else to donate food.

"It gave them a goal to look forward to and a benefit if they collected the most [food]," Ruddy says.

The prize has not yet been determined, although the losers already know that they are in charge of cooking and cleaning at the next Base Maintenance barbecue.

The food, which was collected over about three weeks, will be donated to Helping Hands in Brandon.

"There's a lot of people less fortunate than us and it's not good to know that people around here are going without food," Ruddy says. "The least they should have is food."

Burton likes the idea of military members helping the needy.

"People out there don't have it as well as we do. It's nice to give something back in the community," Burton says. "There are people out there that struggle to get food every day. Most people in the military and public service don't struggle with it so I want to help out where we can."



photo by Sara Cumming

Cpl Mike Ruddy, in overalls, stands with the winning team of the food drive competition. Left to right: Cfn Maxwell, Cfn McCredie, Sgt Gregorash, Cfn Ouellette, Sgt Baker, Cpl Hill, and Cpl Huntley. Missing: Cfn Edwards, Cpl Perley, MCpl Linehan, and Cfn Reimer.

Shilo Gun Club begins 2009 shooting season

Rob Love

Shilo Gun Club

After several years of holding only a few matches a year, there has been a renewed interest in participating in a casual shooting program. The Shilo Gun Club has booked pistol range #1 for Saturday shooting throughout the summer, and has booked rifle range #4 for rifle shooting on Sundays during the day from 11:00 am until 5:00 pm. The pistol range is approved for handgun caliber of pistols (no .223 handguns) along with .22 cal rifles. The rifle range is approved for small arms calibers (excluding .338 Lapua and .50 cal BMG).

A big advantage that Shilo offers that other gun clubs in the province don't, is the potential to shoot at ranges over 200 yards with rifles.

Later in the season, if interest is shown, it may be possible to fire at King OP, where the larger calibers are approved, and long distance shooting may be achieved. Another advantage to firing at King OP is that falling steel plates may be shot at there, vice the "paper only" at the more formal ranges.

The club has several dozen steel targets for this purpose.

Targetry is provided by the club, and there are .22 and .38 caliber handguns and .22 caliber Anschutz target rifles available for members to use. Members wishing to use club guns must make arrangements in advance as these firearms must be drawn from storage on range day.

Admission to either range is through Range Control.

Membership to the club is only \$10 per calendar year, and the Shilo Gun Club is recognized by the Provincial Firearms Office as a legitimate Gun Club for possession and ATT purposes. Anybody interested in joining the club can contact either Mike McKay at local 6213, or by email to macthegeneral@hotmail.com, or by contacting Rob Love by phone to 763-4720 or by email to cmpman@goinet.ca.

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photo submitted by Rob Love

The Shilo Gun Club has booked pistol range #1 for Saturday shooting throughout the summer, and has booked rifle range #4 for rifle shooting on Sundays during the day from 11:00 am until 5:00 pm.

Change of command parade for 2PPCLI



photos by Quinn Roberts



Top left: Members of 2PP-CLI march past the crowd during the change of command ceremony. Top: LCol David Corbould, left, Col Andre Corbould, centre, and new Commanding Officer of 2PPCLI, LCol Schreiber, participate in the signing over of command. Below left, Col Andre Corbould salutes the battalion as they march past dignitaries, families and friends.

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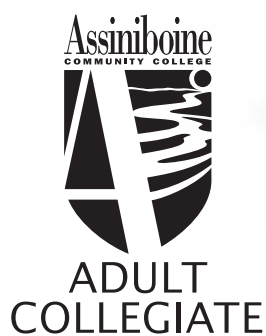
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Jumping for joy with Dreams for Kids

Karen Griffin
Shilo Stag

Five year old Deven Stewart is a small blue eyed ball of energy racing around his backyard which contains a really cool new toy.

"It's my trampoline," he says with a smile, and with his Dad's help, climbs in and zips the safety net closed.

Christmas happened twice this year for Deven when last week, volunteers from Westman Dreams for Kids donated a Nintendo Wii and a trampoline.

According to their website, "Westman Dreams for Kids is a local non-profit organization dedicated to granting dreams to children with serious illnesses in our area. The foundation was formed 15 years ago by a group of local individuals, who personally helped a child with cancer and his family get the medical attention he needed."

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Dreams for Kids has assisted hundreds of children and families coping with various illnesses and developmental challenges live a fuller and more active life.

Deven has hypotonia (poor muscle tone and global developmental delay). This means he needs help with certain physical activities like jumping, running and balancing. He wears twister straps to assist with this.

With his Dad's help, Deven is encouraged to try standing and bouncing, shown how to press the buttons on the Wii and is already getting the hang of some of the games.

"He likes bowling and boxing, the other ones I'm sure will come in time. He loves being outside more. The trampoline will help him with things like balancing and the Wii will help him with more fine motor skills," says dad Jordan.

"He spent hours on that



photo by Karen Griffin

Deven Stewart and his dad Jordan Stewart enjoy spending time together on the trampoline Westman Dreams for Kids donated to Deven on July 1. The trampoline will help Deven sharpen his motor skills.

[trampoline] yesterday," practices his bouncing and says Jordan, while Deven standing.

With the extra toys that help Deven sharpen his motor skills, Jordan feels he'll continue improving.

Remembering Beaumont-Hamel RCMP step up patrolling

DNews

In late May, Lieutenant-Colonel Keith Osmond stood on the grounds of the Beaumont-Hamel Newfoundland Memorial and explained why the site is significant to him.

"The reason why Beaumont-Hamel has some deep meaning for me is, first off, I am from Newfoundland," said the student who visited the site as part of the European Field Study Exercise with the Canadian Forces College Joint Command and Staff Program.

"But also equally as impor-

tant, I was a member of the Royal Newfoundland Regiment before I transferred into the regular force, serving as an infantry soldier, then as an infantry officer with the Royal Newfs."

Beaumont-Hamel is where The 1st Newfoundland Regiment fought and suffered heavy casualties July 1, 1916. Today the land is marked by grassy trenches, a caribou monument and two cemeteries.

"The significance of being here for me is almost such that I can't put it into words. The impact that this particular

battle had on the Royal Newfoundland Regiment and the subsequent impact that that had on the life, on the culture and the families that were affected by this tragic loss, is something that is difficult to put into words," he said. "Entire towns and villages were affected and it is probably fair to say that there was not a single breathing Newfoundlander that was not affected in some way, shape or form, directly or indirectly by this battle."

LCol Osmond stands next the Beaumont-Hamel Newfoundland Memorial in

France.

"This is a real source of pride, this memorial. It is extremely well kept; they do a great job here in keeping it looking as it did on the day. As you will see there have been no renovations done to the trenches throughout, the trench system as it was then and they do a great job in keeping it up.

"It's something that all Royal Newfoundland Regiment members try to get to see. A lot of them have come from their operational tours to this location for their leave. It's a great spot and it means a lot to me."

RCMP step up patrolling

Const Jonathon Evans
RCMP

The Blue Hills RCMP have received numerous complaints about drivers failing to stop at a number of intersections in the Brandon area. The particular junction of Provincial Road 457 (Veteran's Way) and Provincial Road 340, situated east of Brandon in the RM of Cornwallis, has been the source of several complaints. The Blue Hills RCMP, along with the RM of Cornwallis Police, will be primarily targeting drivers who are not stopping for stop signs.

Throughout the last week in July, police will be taking a Zero Tolerance approach when it

comes to failing to make a proper stop. A stop sign non-compliance violation carries a fine of \$190.80 and two-point demerit on your Driver's license. Police will also be focusing on enforcement of activities on impaired driving, seat belt compliance and speeding violations.

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MESSAGE FROM THE HOUSING MANAGER

Happy Spring to all of you! It looks like the warm weather is finally here just in time for summer. I hope all of you get a chance to get outside and enjoy some warmth after a very cold winter.

The extra cold and quick thaw did cause some problems in the housing area this winter. Many thanks for your cooperation and patience in dealing with frozen pipes, leaky basements and any other nuisances that came up.

We put forward an ambitious technical program last year and took advantage of some additional funding to advance our program even further.

We completed 18 major renovations and 21 minor renovations throughout the housing area. All of these houses have been allocated and we thank the occupants for their tolerance of all of the normal quirks and warranty issues that come with renovations. The final results are amazing!

In addition to our usual projects, we also completed several other projects including: siding, windows, and doors; roofing retrofits; steps, sidewalks and railings; and the exterior retrofit of all garages that had not previously been done. Total money spent on projects, excluding the major renovations, was over \$2.6 million!

This year we are on track to have another successful year. Our row house parking expansion project is already underway and many other projects are on the verge of being tendered. We will keep you updated as our technical program advances over the summer.

Last year the Base Commander requested that CFHA come up with a plan to ensure occupants complied with the Conditions of Occupancy and cleaned up the housing area. Although it was not always easy, we are pleased with the result. The housing area looks better than ever and we ask for your assistance in keeping your yards and community looking great.

This spring, I had the pleasure of hosting the CFHA Pacific-Western Regional Managers' conference in Shilo. The participants were very impressed by the look of the housing area and the base in general. I was very proud to show off our community and would like to pass on a huge thank you to Lauren and Patsy at the Officers' Mess, the staff at Rick's Restaurant, and the CFHA HSC staff, who took very good care of us during the conference.

To those who are posted or moving on this summer we wish you all the best in your new communities. To those of you coming to Shilo we want to welcome you to our community. We are a child- and pet-friendly office, so please drop by with your loved ones to say hello. We look forward to meeting you.

Finally, to those who are deploying this summer, we wish you a safe tour. We will do our best to take care of your families while you are away. Thank you for the sacrifices you make.

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Career training is readily available through one of the top-notch training institutions located in Brandon: Brandon University, Assiniboine Community College, The Manitoba Emergency Services College, The Learning Company, Robertson College, University of Manitoba four-year satellite nursing program and the Agriculture and Agri-Food Canada Research Centre.

Brandon boasts an excellent array of shopping facilities with two major shopping centres, large department stores and a mix of smaller unique shops. Our restaurants are some of the finest in Manitoba and offer something for all tastes and budgets.

Cultural, recreational and entertainment opportunities abound. Indulge your cultural tastes with a theatre or concert visit, maybe even a stroll around the Art Gallery. The gallery presents national and international exhibitions and works by regional artists featured in the gift shop.

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Biggest Loser challenge comes to an end



Jo-Anne Douglas
Health Promotion

It was a long cold winter in Manitoba so we can't be blamed for putting on a little winter fat to keep warm. However, by spring it was time to shed a few of those pounds and shed we did. Participants in our

Biggest Loser challenge dropped over 400 pounds in ten weeks.

Military members, civilians, and spouses – 81 in all – lined up to weigh in for the Shilo's Biggest Loser weight loss challenge in April.

Participants had ten weeks to lose some weight with a final weigh-in to determine a military champion and a civilian champion the week of June 22. The Shilo and Area Service Club donated cash for prizes for the winners, er ... the losers.

Each participant received an information pack, water bottle and pedometer when they weighed in and then received a weekly bulletin with healthy eating, physical activity, and stress reduction tips. The Health Promotion office became a hub of activity as most of the participants chose to weigh in at the office on a weekly basis.

Each pound lost was displayed on a poster in our hallway, using "aliases" chosen by the participants. Some units even had their

own in-house challenges going on among their personnel.

And who is Shilo's Biggest Loser? The competitiveness among the military members was fierce but in the end, Chris Linehan (alias Slim) from Base Maintenance won by losing 29 pounds. Our civilian loser was Marguerite Paddock (alias Daisy), a retired military spouse, who lost 22 pounds.

Their secrets?

Chris switched from having one huge supper

each night to having three small meals and two snacks over the day, something he learned by attending a Top Fuel for Top Performance course. He also increased his exercise and in fact, ran in the Manitoba Marathon relay in June, something he didn't think he'd ever be able to do. He's now training for a half marathon in the fall.

Marguerite increased her exercise – walking, pool exercises, and gardening and yardwork. She also belongs to a local TOPS (Take Off Pounds Sensibly) group.

Studies show that even the loss of a few pounds can result in a person feeling better and it reduces the risk of cardiovascular disease, cancer, sleep apnea, and diabetes. More recent research shows that

a little friendly competition can provide the motivation need to tackle weight loss.

Good results were evident. Participants said they did small manageable things that they will be able to continue after the challenge.

"I feel better and more energetic" and "My pants are loose around the waist" were comments frequently heard when the participants did their final weigh-ins.

One comment from a participant who lost 11 pounds was, "Thank you for putting on Shilo's Biggest Loser challenge. I imagine there are more people out there than just me that have now gotten off the couch. For that I thank you so much."

Congratulations to all our participants ... you are all losers AND winners!

Sleeping is important

Jo-Anne Douglas
Health Promotion

Have you been tossing and turning and wondering if you will ever fall asleep? Soldiers returning from tours or other operations often experience sleep difficulties upon return home.

Sleep is important

During sleep, the body repairs itself and revitalizes organs and muscles. In addition, sleep is important for proper functioning of the immune system and the nervous system. Lack of sleep can result in:

Increased feelings of stress

Impaired memory

Shortened temper

Lower motivation

Slower reflexes

More mistakes

But a good night's sleep can be elusive. A survey conducted by the National Sleep Foundation found that 60% of adults have problems falling asleep at least a few nights a week.

Some 'getting to sleep'

tips

Keep regular hours —Try to go to bed at the same time each night and wake up at the same time each morning, even on weekends.

Develop a sleep ritual —Whether it is taking a hot bath*, drinking a cup of herbal tea, or reading a book, doing the same things each night just before bed cues your body to settle down for the night. (*Recent studies are showing that a hot bath may not be sleep-inducing. Scientists are finding that being a bit on the cool side temperature wise is better for sleep)

Exercise regularly —Exercise can help relieve tension. But be careful not to exercise too close to bedtime or you may have a hard time falling asleep. Besides tiring you out, exercise relieves stress.

Cut down on stimulants like coffee — Instead, have a cup of herbal tea before bed.

Don't smoke —Smokers tend to take longer to fall

asleep, awaken more often, and experience disrupted, fragmented sleep.

Drink alcohol in moderation —You may fall asleep faster, but drinking alcohol shortly before bedtime interrupts and fragments sleep, leading to poor quality sleep. Unfortunately, many people try to self-medicate with alcohol, thinking a drink will induce a good sleep.

Unwind early in the evening —Deal with worries and distractions several hours before going to bed. Make a list of things you need to do tomorrow, so you won't think about them all night. Try relaxation exercises, like slow rhythmic breathing. (We have relaxation tapes at Health Promotion that you can borrow)

Create a restful sleep environment —A dark, quiet room is more conducive to sleep. A room that is too hot or too cold can disturb sleep as well. The ideal bedroom temperature is between 60-65°F. Make sure you have

a comfortable mattress.

Use the bedroom only for sleep and sex —Don't use the bedroom for things like paying bills, watching television, or discussing the problems of the day.

Take prescribed sleep medications as directed —Sleep medications should only be used temporarily and as a last resort. If you do use them, follow your doctor's recommendations. Generally, it is best to take sleeping pills one hour before bedtime, or 10 hours before you plan on getting up, to avoid daytime drowsiness. Always talk with your doctor before taking sleeping pills, including over-the-counter brands. Some contain diphenhydramine, an anti-allergy substance, which may help you fall asleep quicker, but may not provide a more restful sleep. There also may be side effects. Tolerance to some sleep medications can happen quickly, and some may be addictive so again, discuss this with the pharmacist or doctor.



Chris Linehan and Marguerite Paddock were the winners of the Shilo's Biggest Loser weight loss competition.

Salon Serenity Shilo

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Key Village Approach: Stabilization teams

DNEWS

Key Village Approach—three words that mean little to many people both in Afghanistan and outside the country. But they may hold both the key to lasting peace and security in this country, and the way to get there.

The Key Village Approach does not represent a change in either strategic approach or operational design; it is simply a tactical application of counter-insurgency doctrine. The concept is not new. Our U.S. allies tried it in Iraq, and proved it works. Those who argue that Iraq and Afghanistan have different dynamics have a valid point, but the similarities far outweigh the differences.

In Kandahar Province, stabilization teams, or “stab teams”, are deployed into the villages along the key routes into Kandahar City to secure and stabilize them. The result

will be to deny the insurgents the use of their traditional staging, resting and transit areas, thus ensuring a more secure environment in Kandahar City. Stab teams comprise elements from an alphabet soup of civilian and military organizations. Most of the work in the villages is done by the military members of the team, but we maintain close coordination with our civilian partners.

Site-selection is crucial if these operations are to succeed. The people of the village must be ready and willing to move out of the morass of war and insurgency.

The first community selected for the Key Village Approach was Deh-e-Bagh in the Dand District, just south-southwest of Kandahar City. Here, we decided to show the people that they can have a better life with increased security, but they must seize it themselves. With the village leaders on

board and reconstruction projects established, it was not long before the community was hard at work. It is important to “keep an Afghan face”, so all project personnel are Afghans, from the labourers to the human resources manager on up to the project manager, with mentoring by a team from the Construction Management Office at the Kandahar Provincial Reconstruction Team.

The emphasis here is to get every segment of the population involved in rebuilding and developing their community, and keep them engaged. It is paying off; locals are reporting weapons and the presence of “strangers” among them. Arrests are made.

Projects to repair roads and other infrastructure are currently being planned or are about to commence. As well as work opportunities, the stabilization teams pro-



Hajji Hamdullah Nazak (left), the Dand District Leader, takes part in the distribution of humanitarian aid supplies to village families.

vide flour, sugar, rice, coal for cooking, and other daily-use items for some needy households.

Over the two months or so that the stabilization team has spent working in Deh-e-Bagh, we have seen sig-

nificant changes. People are working and are proud to do so, and they come and talk to us when we enter the village. There is still much, much more to be done, but word is spreading to the surrounding communities like a prairie

fire.

Now, our challenge is not to quench that fire, but to manage it effectively and use it to keep the insurgents out of the villages, and to deny them a platform for their propaganda campaigns.

Canadian values strong in Grise Fiord

DNEWS

It's hard to imagine starting your life in a tent. It's surprising to meet someone who actually has, especially when you consider his accomplishments as the mayor of a small hamlet and a Canadian Ranger who acts as the eyes and ears for Canada in the North. In fact, he and his family, along with the 141 other residents of Grise Fiord are one of the main reasons that Canada has a footprint in the High Arctic.

Canadian Ranger Jarloo Kiguktak was born near Pangnirtung, Nunavut to nomadic parents. In the 1960s his family chose to relocate to Grise Fiord, the only permanently inhabited community on Ellesmere Island. In 1976, he joined the Grise Fiord Ranger Patrol. Since that time he has not missed a single patrol or training session except for four years starting when his son, now 11, was born. Over the past 33 years he has

traversed much of Ellesmere Island on personal trips and small Ranger patrols, making him a perfect candidate for one of the largest sovereignty operations held each year in the High Arctic: Operation NUNALIVUT (Op N09).

Canadian Rangers are valued for their knowledge of the land and survival skills in the harsh weather and tundra in the High Arctic, but only a few are chosen each year for Op N09. Grise Fiord Ranger Sergeant Jimmie Qaapik says he nominated Jarloo for Op N09 “because he knows the land around here so well, he can help the patrols find their way through the passes.”

During Op N09, Ranger Kiguktak helped his patrol find a new route from Fort Eureka to the eastern coast of Ellesmere Island after their original plan brought them to a waterfall that was impassable due to time constraints.

Ranger Instructor Warrant Officer Dave Dunn credits

Jarloo with the patrol's ability to change routes quickly during the operation. “Every Ranger is invaluable. We wouldn't be able to do our jobs here without them, and every person contributes to achieving the objective,” he says. “Jarloo's experience and memory of the land is key to this patrol. With one glance at a map he can tell from memory what it's like to travel there.”

Asked if he sees his role in Operation Nunavut as important, Jarloo replies, “I don't know what makes one person more important than another. I just want to help, that's what I'm here for.”

The idea of helping is echoed throughout the small hamlet of Grise Fiord where he has recently turned over the role of mayor to his sister, Meeka. A tour of the hamlet elicits calls of “Hello Ranger!” to anyone in uniform and excited stories from the youth waiting to become a Junior



Canadian Ranger Jarloo Kiguktak, Ranger Instructor Dave Dunn and pilot Chuck Rockwell inspect a map of Ellesmere Island before departing on a recce during OP NUNALIVUT 09 (OP N09). Photo from DNEWS.

Canadian Ranger when they turn 12. Passing on knowledge to youth is one of the key roles Jarloo fulfills as a Ranger. “In the community,” he says, “we give the youth something to look up to; they want to do what we do and learn the skills we have so they can help.”

In a community far away from what we would call civi-

lization, helping the Canadian Forces during sovereignty patrols and other visitors to Ellesmere Island throughout the year is seen as a patriotic duty for the residents of Grise Fiord, especially Rangers like Jarloo. His reflection on his role in the North was echoed by everyone I met in Grise Fiord.

“Rangers are important

to communities because we know that we are the eyes and ears for Canada in the North. We have a responsibility that makes us proud,” he said. “I know that we live in the northern-most community in Canada and it makes me very, very proud to be living up here. I am very proud to be a Canadian and to represent Canada in the North.”

<p>TASMANIAN TAXI</p>	<p>Travelling from Shilo to Brandon?</p> <p>Call 729-8549 or 727-5635</p>
<p>Shilo Taxi</p>	
<p>Knight-Line Express Charters</p>	

Kandahar Provincial Reconstruction Team

DNEWS

I am sitting in a comfy chair in a conference room at the Dand District Centre. To my right is my trusted language assistant, without whom I would accomplish nothing, and to my left is another close associate, Hajji Hamdullah Nazak, the Dand District Leader. Smiling as always, he checks the room from his office, waiting patiently for all the meeting participants to arrive. I sip my third cup of tea and tell myself that the Afghans have learned many things from us, but punctuality is definitely not one of them.

Dand District is one of the areas where my unit, the Kandahar Provincial Reconstruction Team (KPRT), is introducing the "Key Village Approach" to counter-insurgency operations. The idea is to secure and stabilize the villages near Kandahar City to make them better places to live, and much less accessible to the insurgents who use them as staging areas for operations in Kandahar City. The Key Village Approach requires close co-operation with Afghans of every level, from security forces and community leaders to just plain folks, so this meeting is very important.

A few days ago, the officer commanding one of the KPRT's "Stabilization

Companies" suggested that the elements of the Afghan national security forces, especially the Afghan Uniformed Police (AUP) and the Afghan National Army (ANA), should mount joint patrols with their ISAF mentors. These joint patrols already appear to function very well, as the usually lax AUP seem to stand straighter when put beside their ANA cousins. (Whoever said peer pressure was a bad thing?) Now the Afghans are coming together to discuss forming a Joint District Coordination Centre or JDCC. That the Afghans have gone so far as to demand a place to centralize operations and pool and share resources is, in itself, a great advancement. This level of collegiality is rarely seen; even in Canada there is no joint command of law enforcement agencies and the armed forces.

With the arrival of the last participants, casual talk ends and the meeting can commence. The chairman is a charismatic and very organized senior ANA officer whose booming voice commands respect, and all present listen intently. After his introductory speech, the language assistants get busy around the room, translating from Pashto to both English and Dari (the Afghan form of Persian), as the ANA of-

ficers at the table speak about as much of the Khandaris' language as I do. As the discussion goes on, it is clear that the Afghans are enthusiastic about a JDCC in Dand, and several organizations are willing to commit people, resources and even indoor space to ensure that a JDCC actually gets built and staffed.

At the end of the meeting, it is clear that more co-ordination and decision-making must be done before the project can get under way. Nevertheless, the participants indicate positive feelings as they get up from their chairs.

I am the host of this meeting, so I have made preparations for lunch. What no one else knows is that I expected a much bigger crowd, so there is plenty of food. In the very sociable Pashto culture, any event that involves lots of good food to be eaten in good company automatically becomes a celebration, and across Afghanistan people believe there is nothing better than a fruitful meeting followed by a party. Consequently, the international crowd around the table in the conference room celebrates the first steps toward the security forces' new joint effort, brought about through the Key Village Approach.



Hajji Hamdullah Nazak, the Dand District Leader, discusses future projects with CIMI operators and village elders.

Great grills, natural gas barbecues

Today's natural gas grills are easy to start, warm up quickly, and usually cook predictably, giving food a full, grilled flavour. Natural gas barbecues offer flexible controls and spare you the hassle of starting the fire and getting rid of the ashes when you are done.

The best chefs know that keeping natural gas barbecues clean and operating safely is critical. Here's how to perfect the art of safe grilling:

Before Using Your Barbecue:

Ensure that the barbecue has been assembled and installed according to the manufacturer's instructions.

Barbecues are designed for outdoor use only. Allow ample clearance between buildings and the barbecue and never store flammable materials nearby.

When Barbecuing:

Leave the control knob in the off position when not in use.

Open the lid before lighting the barbecue.

Natural gas flames should be blue. If they are yellow or orange, have your barbecue checked by a professional.

Should the burners go out during operation, or if the burner does not light, turn all gas valves off, open the lid, and wait five minutes before attempting to relight. If the burners still don't light up, they might need to be replaced.

If a grease fire occurs, leave the lid open and turn off the burners if you can do so safely. If turning off the burners is not an option, turn the gas off at the quick connect or shut-off valve.

Do not leave food unattended on the barbecue. If flaring is excessive, move the food to another location on the grill and/or reduce or

turn off the heat.

Keep children and pets away from the barbecue to avoid injuries and accidents.

To prevent burns, use proper tools and oven mitts when barbecuing.

Since the rotisserie unit is connected to an electrical

outlet, it should not be operated in damp or wet weather. Read the manufacturer's instructions carefully before operating



Write to Us!

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.

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A participating supplier of the CFIRP program.



Shilo Military Family Resource Centre



Heartfelt thanks Pre-K Class of 2009



Col D Corbould and Executives of the Manitoba Association of School Business Officials presenting a cheque from the MASBO to the Shilo MFRC. Col Corbould, a featured speaker at MASBO requested that the donation of \$1000 be given to the Shilo MFRC in acknowledgement of the support given to his troops of 2PPCLI.



22 excited kids graduated from the pre-kindergarten program and are now ready for school! If you'd like to find out more about enrolling your child in this program, contact the MFRC.

A new challenge

Linda Beauchemin
Deployment & Special Events Coordinator

Guess who is the new MFRC Deployment and Special Events Coordinator? It's me, Linda Beauchemin. I've changed cubicles from Outreach and Information to Deployment and Special Events.

I'm up for the challenges that this position will bring and am looking forward to providing support to deployed families as well as special events to the community at large. As well, I will continue to be the contact person for new families moving to Shilo as well for the francophone community.

If you have any questions, suggestions, or just want to chat, please drop by or give me a call.

See you soon.

Deviner qui est la nouvelle coordonnatrice de dé-



I've changed cubicles from Outreach and Information to Deployment and Special Events.

ploiement et d'événements spéciaux aux CRFM? C'est moi, Linda Beauchemin. J'ai changé des compartiments de l'Outreach et de l'information au déploiement et événements spéciaux.

Je suis prête aux défis que cette position m'a apportera et j'ai l'intention de fournir l'appui aux familles

déployés et des événements spéciaux à la communauté en générale. Je continuerai à être la personne de contact pour des nouvelle familles se déplaçant à Shilo ainsi la contacte pour la communauté francophone.

Si vous avez des questions, suggestions, ou voulez juste causer, SVP venez me voir ou me téléphoner.

Val White
Pre-Kindergarten Dir.

Once again our year has gone by much too quickly. June 19 was our graduation celebration where 22 children received their diplomas and will move on to Kindergarten in September.

The weather cooperated and the day was a huge success enjoyed by everyone, parents, invited guests and children alike. After the stress of sitting still in front of an audience and the cameras, the children moved outside to whack at piñatas and then enjoy an afternoon at the playground as the water park was not quite ready. A hot dog BBQ and cookies ensured that everyone had the energy to enjoy the playground until it

was time to head home. One week of school was all that remained of this year and then everyone would be enjoying their summer break.

Our program, beginning this year in October, was fun filled and exciting. Fresh and familiar faces enjoyed learning numbers, letters, colours and best of all how to make new friends and get along with each other. Throw in a few seasonal parties, like Halloween, Christmas and Easter, along with leprechaun and egg hunts as well as field trips to the fire hall and the MP station, there was a lot of fun had by all. The only really sad part of our year was that it went by so quickly and good-byes had to be said. Next year's program will once again start in

September 2009.

If this sounds like an experience that you would like to provide for your child, registration is ongoing throughout July and August, even though the program has ended. Sessions will be set up the last week in August dependant on enrolment. Space is limited so please don't wait to sign up and miss out on a learning opportunity for you child. Registration info is available at the MFRC reception desk.

For those who are new to Shilo – Welcome.

To those who are leaving Shilo – Good-bye & Good Luck.

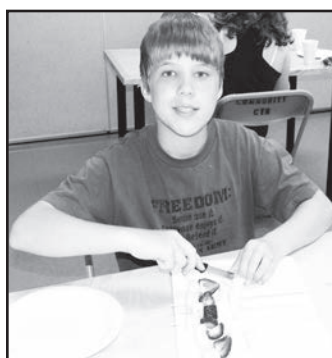
To those remaining – See you in September!

To the entire community – Thank you for your continued support and have a Safe, Healthy Summer.

Let the summer programs fun begin



Janine and gang prepare to wash off the body paint "masterpieces" done during the Wet N' Wild afternoon.



During Kabob Making, William prepared not only beef and veggies but also yummy dessert kabobs.



Abby and her daughters enjoy the Deployment Day at the zoo.



Spencer says "thumbs up" for Relaxation Station.

www.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*

Travel Health Services have moved to Public Health Services, A5-800 Rosser Ave, Town Centre, effective February 18, 2009. Call 571-8469 to book a time (leave a message and you will be contacted asap.) NEW Clinic Days & Times: Monday & Tuesday 12:30-6:00 pm Wednesday, Thursday & Friday 10 am - 4 pm. Saturday clinics will be offered.

Volunteers Needed
The Canadian Cancer Society has volunteer positions available for every interest and time constraint, including data entry, phoning, poster delivery and organizing events. Call Kristen at 571-2804.

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

Hope Al-Anon

Family Groups (for family and friends of alcoholics) Every Tuesday 8 pm Knox United Church (back door) 451-18th St. 571-3684

Community Garden Plots

Are you interested in gardening? Call the Community Recreation office at 765-3000 ext 3588 to reserve your plot today! All plots are located at the corner of Kingston and Petawawa.

Shilo Community Library

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

Every one welcome! T.O.P.S.

(Take Off Pounds Sensibly)
Held at Sprucewoods Community Hall,
Tuesdays at 6:00 pm
Contact: Barb Forbes at 763-4768 or Marg Woods at 763-4447

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

Partners 4 Pints

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

Every one welcome! T.O.P.S.

(Take Off Pounds Sensibly)
Held at Sprucewoods Community Hall,
Tuesdays at 6:00 pm
Contact: Barb Forbes at 763-4768 or Marg Woods at 763-4447

Acquired Brain Injuries

Caused by stroke, illness, accident, fall or assault
Help us assess what supports you need!

What are your issues in dealing with or supporting someone with a brain injury? Those affected must be 16-64 years of age and live in the Assiniboine or Brandon RHA regions to participate.

For more info call 578-4500 or go to www.brandonrha.mb.ca

Ceramic Club

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

Widow/Widowers Support Committee

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

Did you know?

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

BINGO

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

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**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

Acreage For Sale

Horselovers Hobby Farm - Shilo Area - Sprucewoods - 5.86 acres. Beautiful property set up for horses and pets. Good 3 bedroom 1.5 bathroom mobile home 1216 sq ft. Workshop - pole shed - approx 75% of property is treed - very private location. A great place to call home. Call today Dave Mooney - Countryland Realty 824-2094.

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

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

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@wgcwave.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.



St. Barbara's Protestant Chapel

Sundays @ 1030 with Sunday School & Nursery
Padre Donnelly - ext 3090

Padre Bos - ext 3088

Our Lady of Shilo

Roman Catholic Chapel
Sundays 1030 hrs
Confession 1000 hrs

Weekday Mass - Tuesday to Friday, 1205 hrs

Padre McLeod - ext 3089

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

Child care

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

Wanted

Les Amis de La Source Inc. recherche: -un/une EJE (temps plein) -un/une EJE (temps partiel) -un/une cuisinier(ère) (temps partiel)
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Salaire très compétitif.
Veillez parvenir votre c.v. à: amislasource@atrium.ca ou Les Amis de la Source Inc. c.p. 118
Shilo (Manitoba) R0K 2A0
Pour plus d'infos. appelez : 765-3000 poste 3618.



IN MEMORIAM



Cpl Nicholas Bulger

CEFCOM

One Canadian soldier was killed and five injured when an improvised explosive device detonated near their armoured vehicle dur-

ing a patrol in the Zhari District. The incident occurred south-west of Kandahar City at around 11:20 a.m., Kandahar time, on 3 July, 2009.

Killed in action was Cpl Nicholas Bulger from the 3rd Battalion, Princess Patricia's Canadian Light Infantry based in Edmonton.

The injured soldiers were evacuated by helicopter to the Role 3 Multi-National Medical Facility at the Kandahar Airfield. They are in good condition and under medical care.

The identities of the injured soldiers will not be

released.

The soldiers were members of the Task Force Kandahar Headquarters.

Our thoughts and prayers are with the family and friends of our fallen comrade during this very difficult time.

Members of Task Force Kandahar are committed to improving security and increasing development in Kandahar Province. Despite these cowardly attacks we are determined to continue working with our Afghan and international partners towards a better future for the people of Afghanistan.



MCpl Charles-Philippe Michaud

CEFCOM

A Canadian soldier who recently sustained serious injuries in Afghanistan passed away in a Quebec hospital yesterday.

The deceased is Master-Corporal Charles-Philippe Michaud from the 2e Battalion, Royal 22e Régiment based at Canadian

Forces Base Valcartier, near Quebec City.

Three other Canadian Forces members were injured in the crash, but were able to walk away from the crash site. They have been evacuated by helicopter to the Role 3 Multi-National Medical Facility at the Kandahar Airfield. Two of them have returned to duty and the third is in stable condition.

The identities of the injured members will not be released. An Air Wing Flight Safety investigation is underway, however it has been determined that the crash did not

occur as a result of enemy fire.

Our thoughts and prayers are with the family and friends of our fallen comrades during this very difficult time.

Members of Task Force Kandahar are committed to improving security and increasing development in Kandahar Province. Despite this accident we are determined to continue working with our Afghan and international partners towards a better future for the people of Afghanistan.

Master-Corporal Michaud was serving as a member of the 2e Battalion, Royal 22e Régiment Battle Group in Kandahar, Afghanistan. This was his third operational tour and second to Afghanistan.

Our thoughts and prayers are with the family and friends of our fallen comrade during this very difficult time.

Master-Corporal Michaud lost his life as a direct result of his participation in operations to enhance security for the people of Kandahar Province. We will not forget his sacrifice as the Canadian Forces continues to work with Afghans and our allies to bring peace and stability to the region.



Cpl Martin Joannette

CEFCOM

Two Canadian air crew members and one ISAF soldier were killed when a Canadian CH-146 Griffon helicopter crashed during take-off. The incident occurred at a Forward Operating Base in Tarnak



MCpl Pat Audet

Va Jaldak, Zabul Province, northeast of Kandahar City at around 1:50 p.m., Kandahar time, on 6 July 2009.

Killed in action were MCpl Pat Audet from 430e Escadron tactique d'hélicoptères based at Canadian Forces Base Valcartier and Cpl Martin Joannette

from the 3e Bataillon, Royal 22e Régiment based at Canadian Forces Base Valcartier, near Quebec City.

The identities of the injured members will not be released.

An Air Wing Flight Safety investigation is underway, however it has been determined that the crash did not

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.



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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.
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