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Volume 49 Issue 12



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June 24, 2010

**INSIDE This Issue**



**Z Battery returns to 1RCHA. Coverage on page 3.**



**Nine marathons in nine days. Story on page 5.**



**All aboard a weekend away in Rivers. See pages 10 & 11.**

**Beef producers thank TF3-09 soldiers**

By **Bruce Peever**  
Shilo Stag

It was a huge outpouring of mutual honour and respect as agriculture and the armed forces came together June 20 in a massive family party.

Officially it was the Welcome Home for TF3-09 personnel returning to CFB Shilo from Afghanistan. A sombre ceremony that morning paid tribute to four Shilo soldiers who paid the ultimate sacrifice and did not make it back. In the afternoon however, Canadian Beef Producers came through with 1,000 free steaks for a mammoth barbecue that ran several hours and featured games and activities for the whole family.

Col Omer Lavoie said last Sunday's outdoor party was to pay tribute to families left behind as soldiers fought overseas.

"If the families back on the home front were not able to contribute 100 percent, we simply would not have been able to accomplish what we did overseas. They catered to the intangibles — the simple phone call or email assurances. Today we aim to recognize the support made by families," Col Lavoie stated.

Harvey Dan of the Canadian Beef Producers said the idea was originally hatched two years ago in the U.S. Now his plan is to donate some 12,000 steaks over the next two years to bases and wings across Canada.

"The beef industry is here today to recognize the sacrifices of the men and women of the Canadian Armed Forces in Afghanistan and other places," Dan explained.

He noted there were common factors between families in the military and those down on the farm. He stated there were two or three generations who made up the family farm, with two or three generations often involved in military families. Risks among the two ways of life were somewhat similar as well, he

See **THANKS** page 2



Photo by Susan Peever  
Minnedosa MLA Leanne Rowat holds a Manitoba flag that she asked to be flown with TF3-09 units stationed in Afghanistan. Now that flag is back on Canadian soil it was re-presented to her by MWO Carl Roehl and left and Maj Shawn Fortin at right. The presentation was made at the June 20 Welcome Home ceremony.

**Flag back home**



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**THANKS**  
From the front

remarked.  
"In farming we are putting our assets on the line every growing season. In the military, you are putting your \_sses on the line, with some making the ultimate sacrifice."

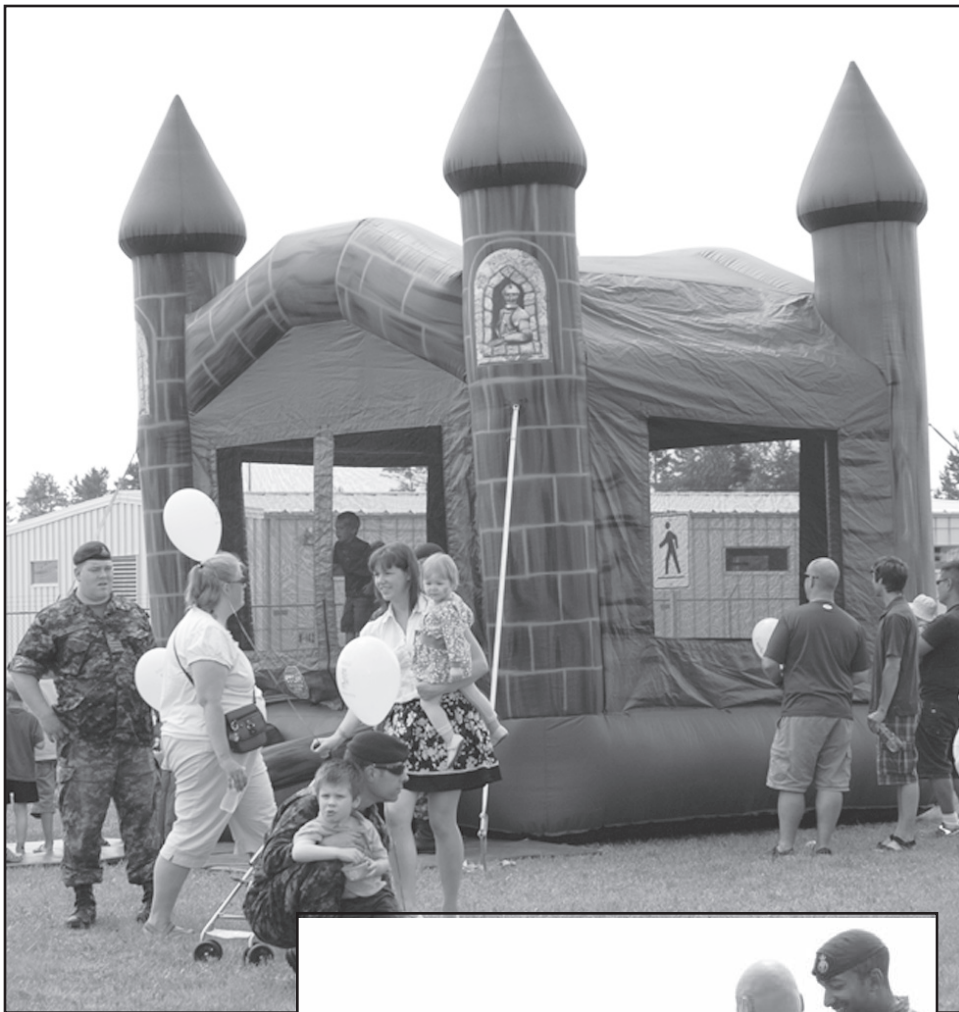
Jay Fox of the Manitoba Cattleman's Association said it was a great honour to serve the soldiers and families and to thank them for what they did.

"On behalf of 10,000 cattle producers in Manitoba I want to thank you and your families. Thank you from my family, for the freedom I have to make choices and grow our food," Fox stated.

LCol Luc Généreux BComd told the crowd that Harvey Dan deserves all the credit for the Shilo party and that Dan had been in Edmonton one day earlier for a similar event.

"I want to thank you for the excellent support shown by the Canadian beef industry," LCol Généreux remarked.

Leanne Rowat, MLA for Minnedosa, thanked the returning soldiers "from the bottom of my heart. Welcome home — your families are pleased to have you back."



Clockwise from above, enjoying the bouncy castle, empty shell memento presented to Jay Fox by Col Omer Lavoie, mom and toddler conversing with troops, and a thank you banner from Canada's Beef Producers.



Photos by Susan Peever



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# Z Battery returns to RCHA in stand up ceremony

By Bruce Peever  
Shilo Stag

MGen Al Howard, Assistant Chief of Land Staff, said he is looking for great things now that the Royal Canadian Horse Artillery has been transformed.

At the Regimental Parade June 10 marking the Stand-Up of Z Battery, as well as the Change of Appointment RSM RCA, MGen Howard said he was proud of past accomplishments and wants to build on those successes for the future.

"I want to begin by talking about these fine troops," MGen Howard stated after signing the Transformation Scroll. "It's important that we pause and reflect on the great work by our soldiers. This morning we have seen you are extremely well turned out troops. We are proud of what you have done and what you will do."

In his remarks MGen Howard asked the audience to remember the RCHA of the last two decades — the repatriation back from Germany, postings to Cyprus, the difficult years in Bosnia and flood, fire and ice storm assistance at home — all up to present-day Afghanistan.

"This regiment has always answered the call. Very well done in a very busy period," he said.

MGen Howard continued to say the next 20 years will also be challenging, but that "the Canadian Army is in great shape and is combat savvy." But he also noted the loss of friends and comrades on the battlefield, with many more injured. He asked soldiers to remember those families.

"There will be future challenges and future missions ... I look



From left above, LCol Young joins MGen Howard and Col McPherson in the signing ceremony that marked the Stand-Up of Z Battery. At lower right the salute is given to MGen Howard during a vehicle drive past.

Photos by Bruce Peever



forward to great things out of 1 Brigade," he said.

LCol Tim Young, Commander of 1RCHA, noted "the transformation was a key event" before handing off the lectern to Col Omer Lavoie who outlined what those changes entailed.

Realignment will see the First Regiment transform from four batteries into five. A and B Batteries will continue to serve the guns, C Battery is to reroll from guns to surveillance and target acquisition and Headquarters and Services Battery will continue support. What's new is Z Battery which stood up as an Observer battery. Z Battery had stood down since 1991.

"Transition is a new thing. We need to adapt supportive relationships," Col Lavoie stated.

As 1RCHA will be the first full unit to return from Afghanistan, it was chosen the first regiment across Canada to make the transition.



## Notice of Public Hearing and Pre-Hearing Conference

### Applicant: Manitoba Public Insurance Corporation

**HEARING:**

The Public Utilities Board (Board) anticipates holding a public hearing of an application from Manitoba Public Insurance Corporation (MPI) for approval of rates and premiums for compulsory vehicle and driver insurance as of March 1, 2011. The hearing would take place at the Board's Hearing Room, 4th Floor, 330 Portage Avenue, Winnipeg, MB (commencing at 9:00 a.m.) on October 5, 2010. A Pre-Hearing Conference is to be convened by the Board in its offices at 9:00 a.m. on June 25, 2010.

**RATE IMPACT:**

The Corporation is requesting approval for basic Autopac vehicle and drivers licence rates effective March 1, 2011, which, if approved, would result in an overall decrease in MPI's basic premium revenue of 4.0% (excluding the impact of vehicle upgrades and an increased overall driver and vehicle population). As well, MPI proposes a 12.9% rebate of 2009/2010 vehicle premiums, upon the approval of the Board to be paid in MPI's 2011/12 fiscal year.

Actual vehicle and driver premiums and licence fees would vary depending on claim and driving experience, insurance use, territory and vehicle rate group. Full particulars, including the rate impact and application, can be found on the Manitoba Public Insurance website [www.mpi.mb.ca](http://www.mpi.mb.ca).

**PRE-HEARING CONFERENCE:**

Those seeking Intervener status should notify the Board of their intention by applying to the Board Secretary before the now scheduled Pre-Hearing Conference of June 25, 2010. Interveners may

be entitled to financial assistance, and the Board's Rules of Practice and Procedure (Rules) provide the related guidelines, which can be seen at the Board's website [www.pub.gov.mb.ca](http://www.pub.gov.mb.ca) or obtained on request to the Board, by either emailing ([publicutilities@gov.mb.ca](mailto:publicutilities@gov.mb.ca)), writing or calling the Board Secretary (945-2638 or 1-866-854-3698, toll free). Parties wishing to submit a brief or to express comments at the hearing should also contact the Board Secretary.

**GENERAL INFORMATION:**

Interested parties should take note that the Board does not have jurisdiction over the MPI lines of business denoted as Extension or SRE, or as to MPI's Driver and Vehicle Licensing operation.

Persons seeking further information as to MPI's application, or with respect to the Board's process, and/or wishing to address the public hearing in French should notify the Board Secretary by June 30, 2010. As well, interested parties may examine MPI's application and supporting materials, either at the offices of the Corporation or on its website, or the Board's office.

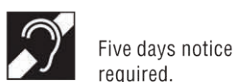
DATED this 14th day of June, 2010.

H. M. Singh  
Acting Secretary  
The Public Utilities Board

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# Letters & Opinions



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 Asst. Editor Sara Cumming ext. 3013  
 Production Asst./ Quinns Roberts ext. 6008  
 Base Photographer  
 Advertising Rep. Jennifer Roehl 573-6771  
 Editorial Advisor Lori Truscott ext. 3813

Fax: 204-765-3814 Email: stag@mts.net

Mailing Address:

Box 5000, Stn Main

CFB Shilo, Manitoba, R0K 2A0

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The Shilo Stag is produced every second Thursday. Deadline for submissions is the Thursday prior to the week of publication.

Submissions can be sent to the Stag via email at stag@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.



Photo by Quinn Roberts

BCWO Stephen Walsh at left received this commemorative print from BComd LCol Luc Généreux during a farewell luncheon in his honour June 11.

## Letter to the Editor

### Rethink pension policy for caregivers

Dear Editor

The case for removing pensions from convicted serial killers is a strong one. If the state is already housing them free, they 'have' their pension.

But the case to give pensions to those who are still out in society serving others well is also important.

What about correcting imbalances in how we determine pensions? Tying them to paid work only excludes and degrades those who do unpaid work, and the more time you spent selflessly raising the young, tending the sick or handicapped, the smaller your pension will be. How is that fair?

It is as if we created pensions specifically to nudge all citizens away from care roles. And that is a policy

that not only leads to poverty of caregivers, but also destroys a very important social ethic — helping each other.

How about pensions for the caregiver years, not tied to paid work but to caregiving? Pensions for homemakers has been recommended by several commissions but never enacted. Pension splitting does not quite accomplish it since it only shares or splits the current pension of an earner. How about a pension specifically recognizing those years where someone actually served society without pay?

Sincerely,  
Beverley Smith  
Calgary

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# Reservist to take on nine marathons in nine days

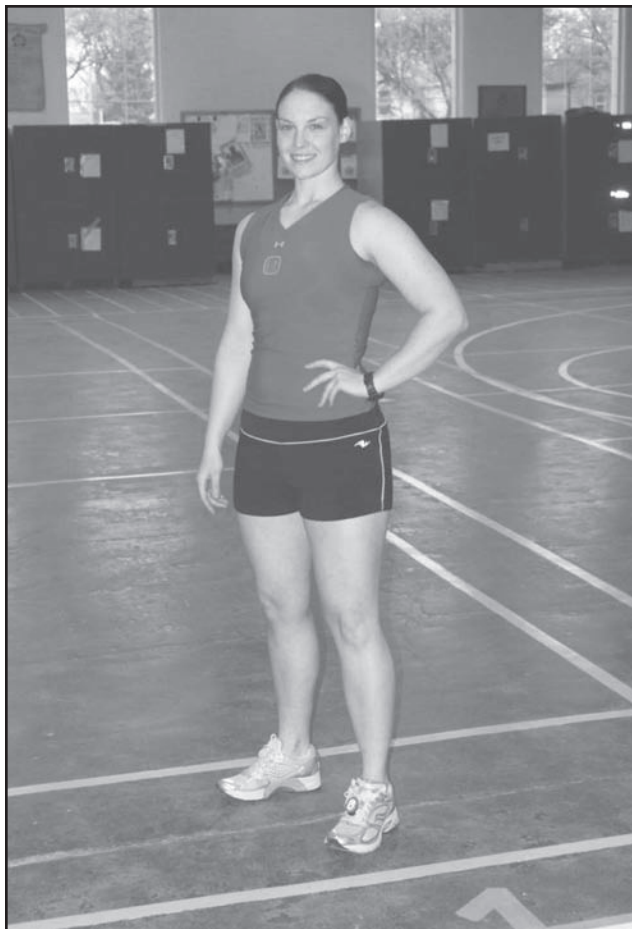
By Bruce Peever  
Shilo Stag

It won't be a walk in the park running the equivalent of a marathon each day for nine days, but Winnipeg Reservist Cpl Mackenzie McLeod isn't doing this because it's easy.

Starting on Canada Day, Friday, July 1 the 25-year-old university student will be running from Dauphin to Winnipeg to not only raise money, but also some much needed awareness of the Wounded Warrior program and other support groups for military families.

"The main reason for this is to raise awareness, to get people talking. We don't have a lot of those coming back from over there, talking about the need for recovery and readjustment," Cpl McLeod states.

As a Reservist, she has spoken to many of her peers who know someone needing help.



Cpl Mackenzie McLeod is running from Dauphin to Winnipeg to raise money and awareness for the Wounded Warrior program and other support groups for military families.

Submitted photo

But, she said there is still a stigma and not a lot of conversation. She hopes this run will change that.

"I am a huge advocate of Wounded Warrior. I want to raise awareness of the contribution Canadian soldiers made in Afghanistan. I also want to raise awareness that there is a support network out there," she explains. "At the same time I want to raise donations. This is a non profit organization so all money raised will go to Wounded Warrior. I have no idea how much we'll raise as I have not done anything like this before."

While she won't be running through CFB Shilo, Cpl McLeod said she will be looking forward to showering and spending the night on base here following her stop in Brandon on Wednesday, July 7. She expects to be at Dinsdale Park on 12th Street that day between noon and 1:30 p.m., depending

on weather and other variables. Everyone is urged to cheer her on and make donations at any point along the route.

The route will stop in as many small towns as possible between Dauphin and the end point of Assiniboine Park in Winnipeg. Supporting the run will be a medical vehicle and an RV with six support team members. She is hoping to have Military Police vehicles in front and behind.

A long distance runner since the age of 16, Cpl McLeod has been training for this 440 kilometre long run for the past three months. She had hoped to compete in the CFB Shilo Army Run on June 4 however scheduling conflicts ruled that out.

Cpl McLeod is with The Fort Garry Horse, an armoured reconnaissance unit located at McGregor Armoury in Winnipeg. The project is

organized entirely by volunteers. The Fort Garry Horse Foundation is providing the administrative support. All donations received will go directly to the designated local Military Unit Family Groups and the Wounded Warrior Project.

The Wounded Warriors Project focuses on four main support streams: donating personal transportation devices to wounded Canadian service members who have mobility challenges; operational stress injury awareness; padre's contingency for first-line caregivers at the military hospital in Germany; and, individual support.

Donations will be accepted along the route and information on donating by cheque or money order is available on the website — [www.patriotforce.com](http://www.patriotforce.com).

With files from Wounded Warrior Media Relation Consultant Brian Koshul.

## What's on the horizon? Protect yourself from severe weather.

Severe weather conditions often occur during Manitoba summers. Thunder, lightning, hail and even tornadoes can develop quickly and have the potential to be extremely dangerous.

That's why it's important for you to understand the risks created by severe summer weather and how you can protect yourself – weather or not.

### Look for the signs

Hot and/or muggy days and warm nights indicate thunderstorms may be forming – so be prepared. Keep your eyes on the sky and watch for the possible development of storms.

### Listen for the warnings

Environment Canada monitors the weather and issues severe weather warnings. Check your local television or radio station regularly during the summer to see if any severe weather is expected in your area. Purchasing a *Weatheradio* receiver would also give you 24-hour-a-day access to Environment Canada's weather watches and warnings.

### Take shelter

When severe weather threatens, find shelter immediately. Do not follow storms in your car or attempt to take photographs. If you're indoors, take shelter in the basement. If there is no basement, find shelter in a small interior ground floor room away from windows. If you are in an office or apartment building, take shelter in an inner hallway or room, preferably in the basement. If you are caught outdoors, lie flat in a ditch or other low-lying area and cover your head.

### Be prepared

Storms often strike quickly so it's important that you have a plan in place before severe weather hits.

**Prepare a "72 Hour" emergency kit** – Your kit should include food, clothing, blankets, medication, bottled water and first aid and tool kits, as well as flashlights and a battery-powered radio – with extra batteries for both. You should have enough supplies in your kit to last 72 hours.

**Reduce the hazards on your property** – Trim rotting or dead branches and cut down dead trees on your property. You should also check the drainage around your house to reduce the possibility of basement flooding. Secure everything that might be blown around or torn loose. Flying objects such as garbage cans and lawn furniture can injure people.

### Find out more

Learn more about how you can protect yourself from the dangers of severe summer weather at

[manitoba.ca](http://manitoba.ca)

Manitoba 



## RSM handover at 1RCHA



LCol Tim Young presents the pace stick to RSM Smith, the new Sgt Maj of 1RCHA, as former RSM Gilks, right, looks on.

Photo by Bruce Peever

## Everybody into the pool!



Photo by Bruce Peever

MCpl Victor Rice, a Newfoundland native, cooks lobsters at Lobsterfest on June 19.

## Saint-Jean to host international meeting

The Royal Military College Saint-Jean will host the International Meeting on Military Academies, Colleges and Schools from November 3 to 5, 2010.

Military personnel, professors and academics from around the world will meet to explore topics of interest regarding the academic and professional training

of future military officers.

Topics like the *raison d'être* of military academies — their mission, their history — as well as the teachings they offer — what to teach, how to teach? — will be discussed. Additionally, the question of culture will be explored. For example, what kind of

military culture is passed on? How do military and civilian cultures co-exist?

If you are interested in submitting a proposal as a speaker, or would simply like to attend the event as a participant, please go to [www.cmrsj-rmcsj.forces.gc.ca/col-col/ria-ima/index-eng.asp](http://www.cmrsj-rmcsj.forces.gc.ca/col-col/ria-ima/index-eng.asp) for additional information.

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# New Cadet Dragoons at the Virден Garrison

On June 1, three recruits in the XII Manitoba Dragoons became full fledged members of the Corps including A, Gibbett of Kola School, D. Hunter of Virден Junior High and C. Venter of Kola School. All three received their regimental badge for their beret and a cadet certificate. Presentations were made in front of the whole Cadet Corps.

## Spring clean up

A small Cadet Work Party cleaned up the Eternal Springs site as in the actual springs on the evening of June 4. The senior cadet was Cadet Trooper Lane Coulter of Virден Junior High. After the clean up the party spent the remainder of the evening fishing at the trout ponds.

## 56th Annual Ceremonial Parade

The 56th Annual Ceremonial Parade was held on Wellington Street West by the Legion on June 8. There was a good turnout of parents and friends, plus officials from Regina, Brandon and Winnipeg. There are 18 cadets on the rolls and 15 participated in this very important event.

The Reviewing Officer was Col Thompson, Comd of the 26th Field Regiment of the Royal Canadian Artillery. The regiment is garrisoned in Brandon, Portage La Prairie and Kenora with headquarters in Brandon.

Cadet Dragoons had an inspection, march past, awards and speeches from the Reviewing Officer, the President of the Manitoba branch of the Army Cadet League of Canada, and their own Commanding Officer.

Awards for this training year went to:

- Top Green Star, Cadet Dragoon Lane Coulter.
- Top Red Star, Cadet Corporal Cole Ramsey.
- Top Silver Star, Cadet Master Corporal Quinn Henuset.
- Top Gold Star, Cadet Warrant Officer Chantal Elliott.
- Best Dragoon Uniform, Cadet master Corporal Kaden Sanduliak.
- Most Improved Cadet Dragoon, Cadet Master Corporal Christian Lee.
- Top All Round Cadet Dragoon, Cadet Chief Warrant Officer Alex Bohrn.
- Royal Canadian Legion Medal of Excellence, Cadet Warrant Officer Chantal



Submitted Photo

Warrant Officer Keith Henry at right is presented with a special mug by Capt Kel Smith, Comd of XII Manitoba Dragoons Cadet Corps. WO Henry was the Cadet Corps Area Cadet Assistant before his transfer to 1RCHA at CFB Shilo.

Elliott.

• Dragoon Graduation Honour Roll, Cadet Chief Warrant Officer Alex Bohrn.

• Free Legion Membership Upon Reaching the Age of 18, Cadet Chief Warrant Officer Alex Bohrn.

• Army Cadet League of Canada Volunteer Service Medals, Mrs. Fred MacDonald on behalf of the late Comrade Fred MacDonald, Edward James, Lindsay White and Mrs. Leanna Russell.

Those unable to attend were Audrey Forsyth and Dave Fefchak and their medals will be presented at a later date.

A silver mug was presented to Warrant Officer Keith Henry of CFB Shilo who was the Cadet Corps' for Area Cadet Assistant.

A special going away gift was presented to parent volunteer S. Strandlund of Elkhorn who has looked after the accounting for several years.

Promoted to Trooper and Green Star Level was Cadet Dragoon Lane Coulter. Promoted to Master Corporal and Red Star Level was Cadet Dragoon Cole Ramsey. Receiving his Gold Badge and Cadet Certificate for Physical Excellence in the Army Cadet Fitness Test was Cadet Corporal Derek Andert.

Those offering financial help for these awards included Kel Smith, the Virден Lions, Tutthill Construction, Craig and Leanna Russell, Bill and Brenda Hayward, Virден Elks Lodge, Corp (RCMP Ret'd) Al and Cheryl Porter, Branch 8 of the Royal Canadian Legion, Victoria Jewellers and Hank and Karen Kyle.

After the Advance in Review Order the Cadet Dragoons manned their displays for the public to view and ask questions. Later, the Cadet Dragoons and guests enjoyed a reception. Cadet Chief Warrant Officer Alex Bohrn had the honour to cut the cake with a cavalry sabre.

Note that the Master

of Ceremonies was the Deputy Commanding Officers, 2LT Craig Russell.

Captain Kevin Tutthill assisted in the presentation of the awards and carried out other important duties while 2LT Russell and Captain Smith were tied up with their duties.

This year the Annual Ceremonial Review had to deal again with the wind ... and as an extra the rain, too. Still the Cadet Corps pulled off another outstanding event.

In attendance this year were Cadet Instructor Cadre officers from other Cadet Corps, the Sheriff, the Royal Canadian Mounted

Police, and Natural Resources Officers plus representatives from Canadian Forces Base Shilo plus two Honorary Colonels.

WCG-TV recorded the event for the local television station while Ed James covered the event for two newspapers.

We were happy to see so many out to attend this very special event.

The Cadet Wind Up for this year was held June 15. Sports and a party was followed by final words from officers and senior cadets.

Submitted by Capt Kel Smith, Unit Information Officer of XII Manitoba Dragoons Cadet Corps.

## BONNIE KORZENIOWSKI

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# CFB Shilo honours military, civilian members with promotions, excellence awards



Canadian Forces Decoration: Cpl Hein



Canadian Forces Decoration: Cpl Phillips



Canadian Forces Decoration First Clasp: Cpl Lamb



Canadian Forces Decoration Second Clasp: CWO Walsh



Promoted to the Rank of Maj: Maj Hacault



Promoted to the Rank of Maj: Maj Rees



Promoted to the Rank of Sgt: Sgt Osztain



Promoted to the Rank of Sgt: Sgt Smith



Promoted to the Rank of MCpl: MCpl Wilcox



20 Year Long Service award with NPF/PSP Ms. Lauren Butts.



Base Comd, LCOL Gerereux presented CWO Walsh a gift on behalf of CFB/ASU Shilo



Left - Commander 1ASG presented CWO Walsh with his appointment to Formation CWO.

Right - CFB/ASU Shilo presented Col Lamarre with a gift to commemorate his dedication and leadership on his departure as Commander 1ASG.



Photos by Sara Cumming



2009 SUZUKI GSX-R600! A compact combination of chassis and engine, fitted with advanced electronics, effective suspension and radial-mount brakes to not only make more power and accelerate harder but also to handle better. Buy now for a CASH PRICE of \$9,599 military rebate included!! Financing for under \$220 per month!

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\* BBQ Model OMC Sterling, 25594C • See instore for all the details.



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Broil King® Monarch 20 BBQ,  
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Plus... 1lb butter,  
1 bottle of BBQ sauce, 2 bags of  
Old Dutch® and 2 bags of Hostess®  
potato chips, 24 x 355ml Coca Cola®,  
disposable plates, napkins  
and cutlery.

Many thanks to our Backyard BBQ prize sponsors: Coca Cola®, Obermaiers Sausage & Meats, Tank Traders®, Kuipers Family Bakery, Hostess® and Old Dutch Foods®



**ADVERTISED MERCHANDISE POLICY**

Our firm intention is to have every advertised item available for purchase during the period of the promotion. If, for any reason, an item is not in stock, we will issue a raincheck (unless "no raincheck available" is specified on an item) on request for the merchandise to be purchased at the sale price as soon as it becomes available, or will offer a similar item at a comparable reduction in price. Due to space limitations, some smaller outlets may not carry all of the items advertised, but they will be pleased to obtain the item through special order.

We reserve the right to limit quantities. While we strive for accuracy in our advertising, errors can occur. In such cases, we reserve the right of correction. Prices & monthly payments shown do not include Alberta Electronics Recycling environmental fees, or any other applicable provincial levies, fees & taxes. Eligible authorized patrons may purchase general merchandise of at least \$199 on the CANEX No Interest Credit Plan, O.A.C. on approved credit. Visit your CANEX store or visit us online at www.canex.ca for all the details.



# Great Escapes

## More than a rail town, Rivers is a great weekend away

**By Bruce Peever**  
Shilo Stag

All things railroad point to Rivers. And while you don't have to ride the rails to get here, there is definitely a railroad atmosphere when you visit this community of 1,300.

On this Great Escape you will want to visit the Town of Rivers and the Regional Municipality of Daly. About 45 minutes northwest of Shilo and some 15 minutes travel time from Brandon, the community boasts the motto, All Aboard a Community on the Move!

Where else can you find a railway axle, complete with massive steel wheels, converted into a park bench. Or a four season recreation destination with golf, museums and murals, cross country skiing and



Photos by Bruce Peever

Rivers is proud of its railroad past, borrowing its name from a former president of the Grand Trunk Pacific Railway.

ice fishing, and much more.

Being a railroad town of the past (Rivers is

named for Grand Trunk Pacific Railway president Sir Charles Rivers-Wilson in 1907), Rivers

is also tied to the railroad of the present. Area Via Rail passengers know that the mini station in Rivers is the only one in the region. The Rivers Stationette offers shelter from the elements for passengers arriving and departing from Brandon, Shilo and other points across Westman.

In Rivers you won't want to miss a summer full of activities. Coming up on July 6 and 7 is the annual Rivers Agricultural Society Fair at the Rivers fairgrounds. According to fair organizer Alice Fast the

### If you go...

Rivers is about 60 kilometres northwest of Shilo or 30 kms northwest of Brandon. To get there take Hwy. 10 north from Brandon and turn west onto Hwy. 25.

For more info, visit [www.townofrivers.mb.ca](http://www.townofrivers.mb.ca).



Even the potted plants appear to welcome visitors to this small town in western Manitoba.



Murals are found on many structures in Rivers.

See **RIVERS** page 11

### West Avenue Steakhouse & Lounge



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**RIVERS**

From page 10

fun starts Tuesday, July 6 with a horse show and 4-H competition.

A parade down the main drag kicks off events July 7. You will want to stick around for a cattle show, model airplane demo, wagon rides, tractor pulls and a beef pit barbecue. The fair closes out at dusk with fireworks and free hot dogs inside Millennium Park.

Then on July 16 and 17 is Rivers Happy Days, a community salute to the 1950s, 60s and 70s. Co-ordinator Gary Pomeroy says there will be a variety of fun activities for both kids and adults.

"There will be lawn bowling and ladder ball, which involves two golf balls tied with rope, a ladder and different points for different rungs. I heard it's been called rope golf elsewhere," Pomeroy informs.

Also on tap at Happy Days are street hockey, bounce castle, pancake brunch sponsored by the Rivers Library and a Nips and Chips (burgers and fries) put on by the Rivers Lions Club. Area emergency services will be there showing off bike safety and Kids ID, the Jaws of Life and Sparky the Fire Dog. Satellite



radio will be blasting your favourites from those three decades with the event ending with a street dance.

Then on July 24 is the charity auction benefitting a new \$6.5 million rink for Rivers. Auction Chair Don Marriott says articles worth in excess of \$100,000 are up for grabs including first class return rail fare to Vancouver and much, much more. The evening features a silent auction, beef on a bun supper and will host three auctioneers working some 100 items.

"This is our major fundraiser for our new sportsplex. We need to raise \$1.4 million locally," he notes.

When completed, the new facility will showcase four sheets for curling, an NHL-sized hockey rink and exercise areas.

Meanwhile, on the

way to, or back from Rivers you can stop off at the Commonwealth Air Training Plan Museum. This National Historic Site, located on Hwy 10 just north of Brandon, is a Manitoba Star Attraction and records much of the life of the former Canadian Joint Air Training Centre (CJATC) Rivers which has since been mothballed.

CFB Rivers was formed in 1939. The base airport was part of the British Commonwealth Air Training Plan throughout the Second World War.

After the war, the Rivers base was called a CJATC because all three services trained there. In fact, all military parachute training in



From top right, bargain hunting, progress on Riverdale Hospital fundraising, and an inviting park bench.

Photos by Bruce Peever

Canada during those years were done in Rivers and nearby CFB Shilo. CJATC Rivers was closed down by the early 1960s.

With files from [www.townofrivers.mb.ca](http://www.townofrivers.mb.ca)



**Attractions**

- Commonwealth Air Training Plan Museum. Call 727-2444.
- Annual Rivers Fair, July 6 and 7. Call 204-328-7512.
- Happy Days Community Event. Call 204-328-7420.
- Charity auction July 24 to help build a new \$6.5 million arena in Rivers. Call 204-328-5328.
- Riverdale Golf & Country Club 204-328-7122.
- Riverdale Community Gardens 204-328-7753.
- Rivers Provincial Park on Lake Wahtopannah.
- Rivers Dam on Little Saskatchewan River.
- Aspen Trail, a 6.4 km trail great for biking, hiking and walking.

**Rivers Happy Days**

A Community Salute to the 50s, 60s, & 70s

July 16 & 17

- Lawn Bowling
- Pancake Brunch
- Ladder Ball
- Lion's Supper
- Horseshoes
- Bouncy Castle
- Street Hockey
- Children's Activities
- Street Dance
- Happy Days Pub
- Meet our Rivers/Daly Emergency Services Personnel

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For more information, contact Gary at 328-7420

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# Summertime Living - a new online resource from Health Promotion

By Anne Todd

Strengthening the Forces is very pleased to provide you with a feature webpage on the STF Internet/Intranet websites called Summertime Living. The content offers timely, integrated messages from our four core programs: Nutritional Wellness, Social



Wellness, Injury Prevention and Active Living, and Addictions Awareness and Prevention. We have included links to many of our partners, including familyforce.ca. The link will be available from the National Portal, Defense Team, CMP, and Health Services home pages to name a few.

INTRAnet: <http://hr.ottawa-hull.mil.ca/health-sante/ps/hpp-pps/sl-pe/sl-pe-eng.asp>  
 INTERNet: <http://www.forces.gc.ca/health-sante/ps/hpp-pps/sl-pe/sl-pe-eng.asp>  
 Anne Todd is the Health Promotion director for Shilo.

## Fitness, Sports and Recreation feature muscle: Quadriceps

The quadriceps, or quads, are the prevailing muscle group which makes up the large muscle located on your upper thigh.

Four separate muscles make up the quadriceps:

- Rectus Femoris: The large outer layer of the middle thigh, covering most of the other three muscles.
- Vastus Intermedius: Deep on the middle thigh, covered by the Rectus Femoris.
- Vastus Lateralis: The outside of the thigh.
- Vastus Medialis: The inner part of the thigh.

The quadriceps are

the extensor (opening) muscles of the knee, and are responsible for the straightening of the leg and stability of the knee.

All four quadriceps muscles cross both the knee cap and the hip joint, making them critical in walking, running, jumping and sitting down/getting up.

Building and maintaining strong quadriceps is imperative to avoiding knee injuries in any active person. Having a relevant base strength will help to provide adequate stability for high impact activity.

Popular exercises

for strengthening your quads are squats and lunges. To protect more vulnerable joints, such as your knee, it is important to use proper form. Always choose weight loads and exercise progressions that you are able to safely perform at your current fitness level.

**Squats:** Place your feet shoulder width apart and flat on the floor, allow your weight to distribute through your heels. Your back should stay in a neutral position and your knees should never pass your toes. In a slow controlled move-

ment lower your body until your knees are parallel to the floor; do not go lower than 90 degrees. Straighten your legs to return to the starting position.

**Lunges:** Place your feet shoulder width apart, take a wide step forward landing on your heel first. Bend your front leg to a 90 degree angle, keeping your knee from passing your toe. Sink down until your back knee is almost touching the floor. Return to your starting position by driving your body upward with your front leg, bringing it back to center. Keep your

back straight and don't put any weight on your thigh with your hands or elbows.

Always begin with a warm up to increase your core temperature. Do some light dynamic or static stretching to prevent DOMS (delayed onset muscle soreness). Dynamic stretching uses speed of movement, and active muscular effort to stretch and warm up your muscle ex. kicking your heel to your butt while you walk or jog. To statically stretch before a workout hold your heel to your butt for 3-5 sec and repeat one or two

times per leg.

Finish your workout with static stretching to maintain flexibility and to help your muscles recover. To stretch statically in your cool down grasp your foot and bring your heel to your butt (standing or lying on your side), hold the stretch for 15-30 sec and repeat one to two times per leg. Take the stretch to where you feel mild discomfort, but no pain (Make sure you don't overstretch).

Submitted by Fitness, Sports and Recreation staff.

## Community Gateway goes live June 30

The Canadian Forces Community Gateway is going live nationally on Wednesday, June 30.

The CF Community Gateway concept was initiated by Director General Personnel and Family Support Services to address the need for a consistent Non-Public Property (NPP) web presence across all Canadian Forces Bases/Wings. It offers "one stop" convenience for information related to local activities,

schedules, family services, employment, health, recreation, messes, clubs, etc.

The Community Gateway is a series of linked websites (one for every base and wing) that have a common look, feel and structure that provides a standard view of all base/wing NPP programs and activities including publicly-funded programs delivered through NPP.

Personnel on bases

and wings have been working hard to complete Gateway pages that provide key information about local services and programs available to military personnel and their families. The CF Community Gateway is easy to navigate and should become an invaluable information tool.

Please visit the Community Gateway at [www.CFCommunityGateway.ca](http://www.CFCommunityGateway.ca).

## CANEX BBQ winner



Congratulations to Ms. Pat Creasy, winner of a Weber Table Top Gas Barbecue courtesy of CANEX. What a great way to kick off the summer barbecue season!  
 Submitted photo



Submitted photo

Go online June 30 to see the new CF Community Gateway that offers a consistent web presence for all CF bases and wings across Canada.

**The Shilo Stag**  
 Your source for army news in Manitoba

École de langues privée qui offre des cours au MDN cherche un conseiller / une conseillère pédagogique. Contrat d'un (1) an pouvant être renouvelé. Clientèle militaire. Doit posséder Bac en éducation, en enseignement des langues ou autres domaines pertinents et un minimum de 400 heures d'enseignement d'une des deux langues officielles et deux (2) ans de gestion en RH incluant la supervision d'enseignants ou tuteurs. Envoyer votre CV et une lettre de présentation le plus tôt possible à [claudéag@sympatico.ca](mailto:claudéag@sympatico.ca) et [mlelay@kos.net](mailto:mlelay@kos.net).

Private language school presently offering courses to DND personnel requires the services of a Pedagogical Supervisor for a one-year (1) contract with possibility of renewal. Adult learners. Must have a Bachelor degree in Education, or in Teaching a Second language or other related domaines and a minimum of 400 hours of teaching one of the two official languages. Must also have two years (2) of HR including the supervision of teachers or tutors. Please send resume and a letter of introduction ASAP to [claudéag@sympatico.ca](mailto:claudéag@sympatico.ca) and [mlelay@kos.net](mailto:mlelay@kos.net).

## SPRUCEWOODS RODEO CLUB

Would like to send one youth from our area to the **LEGION EQUESTRIAN SUMMER CAMP** At the International Peace Gardens



Contact Sprucewoods Rodeo Club members or call (204)763-8911. We will supply you with a confidential entry package. Fill out the information needed and return to:  
 Sprucewoods Rodeo Club  
 Box 193  
 Shilo, MB R0K 2A0  
 Sprucewoods Rodeo Club will award one entry one week, August 1-7 at the Legion Equestrian Camp. A \$500.00 value!  
 The winner will be acknowledged and awarded at the Sprucewoods - Shilo Rodeo July 16 & 17  
 Deadline for entry submission - June 30  
 For ages between 9 - 15 years old.  
 More information on the Legion Equestrian camp at: [www.legionathleticcamp.com](http://www.legionathleticcamp.com)



# Not just another day at the office



Shilo Emergency Services recently hosted a learning experience, entitled "Fire Ops 101", at the training complex. This was a hands on briefing for people in upper positions, allowing them an opportunity to experience the conditions of a firefighter. Participants included BComd LCol Généreux, COS Maj Gregory, CHRO Amy Kipfer, B Engr Maj Dempsey and Eng Svc Sgt Maj MWO Brassington, with the President of UNDE 50704, Randy Walker observing.

*Submitted photos*

## IN MEMORIAM



Sgt James Patrick Macneil

### CEFCOM

One Canadian soldier was killed after an improvised explosive device detonated during a foot patrol, about 20 kilometres southwest of Kandahar City, in the Panjwa'i District, at approximately 8:00 a.m. Kandahar time on 21 June 2010.

Killed in action was Sergeant James Patrick Macneil from 2 Combat Engineer Regiment, based in Petawawa, Ontario. Sergeant Macneil was serving with 1st Battalion, The Royal Canadian Regiment Battle Group.

We are all thinking of the family and friends

of our Canadian fallen comrade during this sad time. The commitment and sacrifice of our military and their loved ones are helping to make a difference in the lives of the people of Kandahar Province.

Canada in partnership with Afghan National Security Forces, the Afghan government and ISAF remain committed to improving the security situation in order to set the conditions for reconstruction and development in the region. Together, Afghan National Security Forces and Joint Task Force Afghanistan continue to maintain the initiative in Kandahar Province.

[www.rcamuseum.com](http://www.rcamuseum.com)  
 Call 204-765-3000 extension 3570  
**CFB SHILO**  
**EXPERIENCE HISTORY WITH A BANG!**  
**THE RCA MUSEUM**  
 CANADA'S NATIONAL ARTILLERY MUSEUM

LE MUSÉE NATIONAL DE L'ARTILLERIE DU CANADA  
**LE MUSÉE DE L'ARC**  
 FAITES DE L'HISTOIRE AVEC UN BANG!

**BFC SHILO**  
 Contacter le 204-765-3000 poste 3570  
[www.rcamuseum.com](http://www.rcamuseum.com)

**Shilo Theatre**  
 (Located in the General Strange Hall)  
 Enjoy a DVD movie and popcorn for FREE!

**June 25: Ponyo - Rated G**

Doors open at 6:15 p.m. Movie starts at 6:30 p.m.  
 For more info, please call the Community Recreation Office at 765-3000 ext 3317/3588

As of Nov. 01/09  
**We are now...**

**SHILO TAXI/  
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 Our new phone number is:  
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**Travelling from Shilo to Brandon?  
 Our rate is \$40.00!**

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 CFB SHILO  
 204-765-2343

**OFFERING YOU MORE...**

Last year CFB Shilo CANEX contributed

**\$103,111**

to your own Base Fund! Funds go to support numerous projects and activities in your community such as recreation programs like curling and skating, homecoming parties, holiday festivities and more!

In addition to our great selection of home furnishings, electronics, major appliances, grocery and clothing; CANEX also partners with local businesses to increase your buying power. Offering a wide range of goods and services designed to meet the needs of the military member and their family all available on the CANEX No Interest Credit Plan.\*

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 Mon to Fri 0700 - 1800 hrs  
 Saturday 0800 - 1800 hrs  
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 Saturday 1800 - 2000 hrs

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- Salon Serenity Hair & Aesthetics, 765-4247
- Canada Post, 765-4955
- Bronze BodyZ Tanning Studio, 765-2454
- Family Medical Clinic 765-2302
- Forbidden Flavors 765-5022
- HMS Insurance 765-4412
- Hunt, Miller & Company 765-5363
- McPhail Travel 765-4412
- HomeFire Café 765-5000
- Royal LePage 765-2876
- Shilo Automotive 765-2143
- Shilo Taxi, 727-9635, 729-8549 or 729-9003
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# What's on Your Agenda?

• **Wawanesa Pound Pail and Paddle** - Contact Alvin Taft for details: avtaft@mts.net or phone 204-824-4406.

• **River Tubing** Join us as we head to Assessippi Park for a relaxing day of river tubing on Friday, July 9. The bus leaves the north side of CANEX at 8:30 a.m. and returns at 7 p.m. Cost: With GSH Access Card - Adults \$22 + GST, youth \$16 + GST. Without GSH Access Card - Adults \$25 + GST, youth \$19 + GST. To register, call or visit the Recreation Office (Community Centre, 765-3000 ext 3588). To register online, visit <http://bk.cfpsa.com/shilopub>. You must receive a username and password prior to login. Contact the Recreation Office for instructions. For more information, call 765-3000 ext 3317. Please note: All participants must be a dependent of or a DND member, Public/NPF employee and/or MFRC employee. A parent or legal guardian must accompany those 13 years and under.

• **Sprucewoods Rodeo Club** would like to send one youth from our area to the Legion Equestrian Summer Camp at the International Peace Gardens, a \$500 value! Are you between 9 and 15 years of age? If so, contact Sprucewoods Rodeo Club members or call 763-8911. Deadline for entry submission: June 30, 2010.

• **Summer Yard Contest** Judging on Wednesday, Aug. 18 at noon. No need to register, just decorate your yard! First place - \$150 prize; Second place - \$100 prize; Third place - \$75 prize. For more info, contact the Recreation Office at 765-3000 ext 3317/3588.

• **Shilo Al-Anon**, Family Groups (for family and friends of alcoholics) Every Thursday 7 p.m. at Our Lady of Shilo Church. For more information call 724-9222. CONFIDENTIAL

• **The RCA Museum**. Open seven days a week, from 10 a.m. - 5 p.m., until Labour Day. Our temporary exhibition "Light Armour" continues in the Museum until June 30.

• **The Wii Fitness Room** at the GSH is now open to the public! All equipment needed is available at the front desk to sign out. Children 11 and under must be accompanied by an adult. For more info, call 765-3000 ext 3899.

• **Daly House Museum**, 122-18th St. presents: Brandon's Hockey History: Celebrating over 100 years of hockey heritage. Come learn about Brandon's hockey legacy from the late 1800s to today. The exhibition will run until June 30. Hours: Tuesday - Saturday 10 a.m. - noon and 1 - 5 p.m. One of the oldest and most prestigious trophies in all of organized sport is the Memorial Cup. Originally donated and still honouring Canada's war dead, the championship trophy came to recognize the nation's Major Junior Champion through a tournament format for the first time in 1971. Sponsored by the Brandon Area Community Foundation.

• **Virten Craft and Trade Show Application** are now available for the 23rd Annual Crafters' Fun Fair, 13th Annual Home Trade Show, and 3rd Annual New Car Show. The show takes place on Saturday, Sept. 18, 2010 from 10 a.m. to 4 p.m. in the Virten Legion Hall and on the Legion parking lot. To get an application mailed to you, phone 204-748-3321 or email [cageysmith007@yahoo.com](mailto:cageysmith007@yahoo.com). You may also pick one up in person from Cadet Quarters at the Virten Legion in the basement on Tuesday evenings. That's Saturday, Sept. 18 for a good well run craft and home trade show... Sept. 18. Not Sept. 25! This is the major fundraiser for the local cadet corps and they will do a good job for you... so come to Virten.

• **PSP Online** Did you know that you can now register for Community Recreation and Fitness Programs online, right from your own home? All you need to do is call the Recreation Office at 765-3000 ext 3588/3317 to receive a username and password by email. To find out what programs are being offered, visit [www.cfcommunitygateway.ca](http://www.cfcommunitygateway.ca).

• **Community Garden Plots** Are you interested in gardening? Call the Community Recreation office at 765-3000 ext 3588 to re-

serve your plot today! All plots are located at the corner of Kingston and Petawawa.

• **The Brandon & Area Suicide Bereavement Support Group** is for people who have lost a loved one to suicide. All are welcome on the fourth Wednesday of every month, from 7-8:30 p.m. The group meets at the Manitoba Farm & Rural Stress Line office Unit 1, 217 10th St. Brandon (across from Westoba Credit Union). 571-4183.

• **Shilo Community Library** hours are Mondays, 6-8:30 p.m.; Tuesdays and Thursdays, 9:30 a.m. - 12:30 p.m., 1-4 p.m., and 6-8:30 p.m. Story Time is Thursdays at 1:30 p.m.

• **Brandon Garden Club** — Seniors for Seniors — 311 Park Ave. E, please use the North Door. Membership fees are \$20 annually/\$30 annually for couples. Visitors welcome, come to any monthly meeting for only \$5. For info please call John: 726-5351.

• **Hope Al-Anon** Family Groups (for family and friends of alcoholics). Meetings are every Tuesday, 8 p.m., Knox United Church (back door), 451-18th St. Call 571-3684.

• **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 stating when you would like to come by.

• **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 Wednesdays 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.

• **Everyone welcome!** T.O.P.S. (Take Off Pounds Sensibly) Held at Sprucewoods Community Hall, Tuesdays at 6 p.m. Contact: Barb at 763-4768 or Betty at 763-8854.

## BINGO

Sprucewoods Community Hall  
every Thursday evening

• Share The Wealth at 6:30 p.m.

• Early Birds at 7 p.m.

\$Win Cash\$

\$1,000 in 52 numbers

Canteen open!

# CLASSIFIED ADS

Email: [stag@mts.net](mailto: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 1, 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.

## Services



St. Barbara's

Protestant Chapel

Sundays @ 1030 with

Sunday School & Nursery

Padre King - ext 3381

Padre Olive - ext 6836

Our Lady of Shilo  
Roman Catholic Chapel

Sundays 1030 hrs

Confession 1000 hrs

Weekday Mass - Tuesday to

Thursday, 1205 hrs

Padre Boyden - ext 3089

## Services

Greg Steele, Canadian Fire-arms Safety Course Instructor/Examiner • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses Held Regularly • Examinations by Appointment • 204-725-1608 • Email: [ggs57@wgcwave.ca](mailto:ggs57@wgcwave.ca).

Next dates: MHSC Aug 27 & 28 Brandon. CFSC Aug 28 Brandon. CRFSC Aug 29. (Aug dates tentative) Then September 10, 11, 12. Call or email for training calendar.

Love to cook and looking for something fantastic? Everything from spices to cookware. **All natural** ingredients. 85+ salt-free products. All but 14 products are **gluten free!** Book your free tasting party or get a catalogue today! Please call or email Brice Verhoog to learn about Epicure Selections. (204) 765-2868 or [nathanandbrice@hotmail.com](mailto:nathanandbrice@hotmail.com).

Housecleaning svcs. avail. Call Trish @ 763-4507 to make an appt. Criminal record check avail.

## Services

Self storage space - U-Haul truck & trailer rentals - boxes - moving supplies 725-0019

Looking for a good used car truck sport utility call Advantage Auto & Trailer 729-8989

Trailer hitches - wiring - best prices - service - Advantage Auto & Trailer 729-8989

## For Sale

**WAWANESA** - Totally updated 2+1 bungalow, including flooring, windows, kitchen cabinets and bathroom. New garage (36x24) with insulated & heated workshop. Located close to school, hospital & rec centre. 20 minute commute to Shilo. For more info or to view, call Bob Daymond (204) 571-5918 Sutton-Harrison Realty.

## Antler Hills

Phase two - has five acre lots available. Ph 834-3752 (C) 724-6580.

## For Rent

Brand new 2 bedroom, 2 bathroom, one level townhome with garage in the lovely Southridge Estates development in Brandon. The unit has 5 appliances and is air conditioned. Complex has recreation centre with exercise room and outdoor pool. Non-smoking, no pets. Tenant pays utilities. Available July 1. \$1200/month. For further information email Kim @ [southridge84@gmail.com](mailto:southridge84@gmail.com).

## Wanted

Looking for a full time babysitter in Shilo or Sprucewoods. Phone 204-720-6066.

## Write to us!

To submit, email us at [stag@mts.net](mailto:stag@mts.net) and include your name and phone number. We reserve the right to edit submissions for length, libel, spelling, and good taste.

Save money while you  
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Summer Special

Pay only \$100  
for colour!

Save \$110 on your ad!

Full page \$783

1/2 page \$452

1/4 page \$284

1/8 page \$169

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place an ad.





# Shilo Military Family Resource Centre



## Questions about deployment? Call the Mission Information Line

The Mission Information Line (MIL) has been helping families experiencing deployment for over 18 years. Just as the nature of Canadian Forces (CF) deployments have changed over time, the concerns of MIL callers have also evolved.

This winter, the MIL was especially busy answering calls and updating messages about the deployment of CF personnel to Haiti for Operation Hestia. An officer from the Disaster Assistance Response Team provided updates to an automated MIL message box almost daily so that families could hear first-hand how their loved ones were helping with the relief effort.

"Families called in regularly to hear about everything from the first baby born in the CF makeshift hospital, to how many litres of water they had made safe for drinking, to how the people of Haiti are doing," says Robin Whitford, MIL Manager.

"Though this deployment happened sudden-

ly, it was great that word of mouth let people know where to call for information. During the two month deployment, the message boxes dedicated to Op Hestia received over 1000 hits!"

The MIL provides message boxes dedicated to each military operation on deployment, and works with CF personnel to keep the boxes updated regularly. Families can call and listen to the recorded messages at any time to get a sense of what their loved ones have recently experienced, and feel connected even through they may be far apart.

The message boxes can also provide updates for families on when to expect their loved ones back from deployment.

"Deployment Support Centres can use their message boxes to record the flight return timings of the soldiers returning from tour. As flight information can change right up until the last minute, the Deployment Support Centres are able to update this information with one

simple recording and hundreds of families are able to call as often as they wish. During this anxious time, many families call repeatedly!"

In addition to the message boxes, the MIL also provides families with access to a counselor from 8 a.m. until midnight (EST), Monday-Friday by pressing '0'. Callers can also leave messages for the MIL and all messages will be returned. Urgent messages will be returned even on weekends and holidays.

Whether callers are working up to a deployment, already have a loved one overseas, or the reunion has brought its own set of challenges, the MIL can help make the transitions easier for families. The MIL's services don't start only when a loved one departs, and they don't end when the planes land back in Canada. Families are welcome to call the MIL anytime with their questions, concerns or even just to talk.

Call 1-800-866-4546 or visit [www.missioninfo-line.ca](http://www.missioninfo-line.ca) for more information.

Depuis plus de 18 ans, les intervenants de la Ligne d'information sur les missions (LIM) aident les familles qui vivent un déploiement. La nature des déploiements des Forces canadiennes (FC) a changé au fil du temps, et les préoccupations de ceux qui composent le numéro de la LIM sont différentes.

Cet hiver, les intervenants de la Ligne d'information pour les missions ont été particulièrement occupés à répondre aux appels et à mettre à jour les messages touchant le personnel des FC déployé à Haïti dans le cadre de l'opération Hestia. Un officier de l'Équipe d'intervention en cas de catastrophe mettait à jour presque quotidiennement la boîte vocale pour que les familles obtiennent un compte rendu direct des efforts de secours fournis par leurs proches.

« Les familles téléphonaient régulièrement pour tout savoir, de la naissance du premier

bébé né à l'hôpital improvisé des FC, au nombre de litres d'eau purifiée pour la consommation, à l'état d'âme des Haïtiens », déclare Robin Whitford, gestionnaire de la LIM.

« Bien que ce déploiement soit arrivé soudainement, par chance les gens savaient où téléphoner pour obtenir de l'information grâce au bouche-à-oreille. Nous avons reçu plus de 1000 appels à la boîte vocale dévouée à l'opération Hestia au cours des deux mois qu'à duré la mission! »

Les intervenants de la MIL gèrent des boîtes vocales dédiées à chaque opération militaire et déploiement, et travaillent de concert avec le personnel des FC pour les mettre à jour régulièrement. Les familles peuvent appeler en tout temps et écouter des messages enregistrés leur donnant un aperçu de ce que leurs proches vivent et leur permettant de se sentir en contact malgré la distance.

Les familles peuvent également obtenir des renseignements à jour sur la date de retour de leurs proches à partir de la boîte vocale.

« Les Centres de soutien aux déploiements peuvent utiliser ces boîtes vocales pour enregistrer les renseignements sur les heures des vols de retour des soldats après une affectation. Puisque les détails sur les vols peuvent changer jusqu'à la dernière minute, les Centres de soutien aux déploiements peuvent

mettre à jour ces renseignements à l'aide d'un simple enregistrement. Des centaines de familles peuvent téléphoner aussi souvent qu'elles le veulent. De nombreuses familles appellent fréquemment pendant cette période stressante! »

En plus de l'accès aux boîtes vocales, les familles peuvent obtenir des services de consultation en composant le « 0 », du lundi au vendredi, de 8 h à minuit, HNE. Elles peuvent également laisser des messages pour les intervenants de la MIL, qui répondront à chacun d'eux. On répondra aux messages urgents même les fins de semaine et les jours de congé payé.

Les intervenants de la MIL peuvent aider les familles en transition qui se préparent à un déploiement, qui sont séparées de leurs proches affectés outre-mer, ou qui font face à des défis lors des retrouvailles. Les services qu'offrent les intervenants de la MIL couvrent bien plus que la période du déploiement et ne s'arrêtent pas dès que les militaires reviennent au pays. Les intervenants accueillent les appels des familles des militaires en tout temps et sont prêts à répondre à leurs questions et à leurs préoccupations, ou à simplement discuter.

Pour obtenir plus de détails, composez le 1-800-866-4546 ou visitez le site [www.ligneinfomission.ca](http://www.ligneinfomission.ca).

Submitted by Mission Information Line

Upcoming events at the MFRC				
Date	Program	Time	Cost	Registration deadline
<b>Adult</b>				
No programs this week				
<b>Deployment</b>				
June 24	Deployment Coffee Break in Brandon	7pm	FREE	No registration
June 27	Splish Splashing Picnic	12-2pm	FREE	Register by noon on Friday, June 25
<b>Youth</b>				
Looking for a parent free zone? Drop in to the Teen Centre for Video games, TV, foosball, high speed internet, musical instruments and much more! Special activities planned throughout the month Hours of Operation are: Monday, Tuesday and Thursdays: Tweens (12-14yrs) 6-8pm and Teens (14-17yrs) 8-10pm Fridays: Tween and Teens 6-11pm ***Summer hours will be starting July 5-September 3! Watch for details***				
June 29	End of the year Pizza Party	Check in with the Teen Centre	\$ 1.00 for a slice of pizza and a pop1	No registration
<b>School Age</b>				
Keen, Kool & Kooler Kids is over for the season. See you in September!				
All Summer	Summer Fun Day Camp registration	All day	Contact the MFRC for prices	Register any time
July 5-9	Summer Fun Nature Week (Friday Field Trip to Wpg Zoo)	Contact the MFRC for timings	Contact the MFRC for prices	Register any time
<b>Preschool</b>				
June 24 - July 7	Tiny Toes day camp pre-registration	All day	\$ 40 per week	Register anytime during regular MFRC hours

### Job Opportunity

The Shilo Military Family Resource Centre is looking to fill a temporary position for a fulltime ECE II or III  
Position to commence as soon as possible (July to September)

Qualifications for positions include:

- Early Childhood Education Diploma
- Current infant/child CPR and first aid
- Bilingual skills an asset

Benefits for positions include:

- Salary range \$14.21-\$15.99

Please send resume including references to:

Shilo Military Family Resource Centre

Box 5000 Station Main

Shilo, MB

ROK 2A0

Attention: Andrea Doubleday

Fax to 765-3859

Email: [andrea@shilomfrc.ca](mailto:andrea@shilomfrc.ca) by June 30, 2010 at 4:00 pm

Only those applicants selected for an interview will be contacted.





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**Accord** LX



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model CP2E3AE

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**\$26,536** MSRP For Accord LX Sedan  
Includes Freight & PDI  
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*The track taught Honda how to protect race car drivers effectively. That insight led to the ACE™ body structure in the Odyssey.*



Odyssey NHL<sup>®</sup> SE  
model RL3H5AE

PURCHASE FOR /APR  
**\$279<sup>#</sup> @ 2.9%<sup>‡</sup>**

BI-WEEKLY FOR 60 MONTHS WITH  
\$5,700 DOWN ON APPROVED CREDIT

**\$39,538** MSRP For Odyssey NHL<sup>®</sup> SE  
Includes Freight & PDI  
& Block Heater

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†Limited time purchase offers based on new 2010 Honda models. Purchase examples based on new 2010 Civic DX-A Sedan, model FA1E2AE4X / 2010 Accord LX Sedan, model CP2E3AE / 2010 Odyssey SE, model RL3H5AE available through Honda Financial Services on approved credit. Purchase agreement based on a purchase price of \$18,843 / \$26,536 / \$39,538 which includes freight and PDI of \$1,395 / \$1,590, and block heater 130 / 130 / 130 bi-weekly payments of \$120.72 / \$181.25 / \$279.76 with \$3,500 / \$3,500 / \$5,700 down payment or equivalent trade and 0.9% / 0.9% / 2.9% purchase APR. Cost of borrowing is \$353.58 / \$530.83 / \$2,553.34 for a total finance obligation of \$15,696.58 / \$23,566.53 / \$36,391.34. Taxes, license, insurance, environmental fees and registration are extra. Retailer may sell for less. Retailer order / trade may be necessary. \*Limited time lease offers based on new 2010 Honda models. 0.9% lease APR available for 24 months on select 2010 Honda models through Honda Financial Services on approved credit. ‡\$500 Gas Card offer applies only to retail customer purchase, lease or finance agreements for new 2010 Civic models concluded, respectively between June 1st, 2010 and June 30th, 2010. \$500 Gas Card offer includes GST, PST, HST, QST where applicable. Valid only on purchase, lease or finance agreements concluded at participating Honda retailers. #H/E Offers valid from June 1st, 2010 through June 30th, 2010 at participating Honda retailers. Offers valid only for Manitoba residents at Honda Dealers of Manitoba locations. Offers subject to change or cancellation without notice. See your Honda retailer for full details. NHL is a registered trademark of the National Hockey League. ©NHL 2010. All rights reserved.