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INSIDE This Issue

Army cadets enjoy good camping weather. Page 6

Able cadet salutes being part of Navy League. Page 8

Minor hockey players show off new uniforms. Page 16



Shinny action

With warmer temperatures the outdoor arena is seeing plenty of afternoon hockey action, including 1RCHA's Bdr Shawn English (Calgary Flames toque) and Bdr Matthew Urquhart battling for the puck during a game of shinny. *Photo by Jules Xavier*

CAF update approach to military fitness

Stag Special

Out with the old, and in with the new. As of April 1, the Canadian Armed Forces (CAF) will be implementing the updated approach to military fitness — the FORCE Program. The new program has two key components:

- The new fitness test, called the FORCE Evaluation;

- and the FORCE Exercise Prescription, the operational fitness training system available at www.DFit.ca. Replacing the 30-year-old CF EXPRES Test, the FORCE Evaluation has been scientifically validated and developed specifically for the CAF by the Personnel Support Programs (PSP) Directorate of Fitness.

See **ABILITY** page 2

Shoe Blitz
March 20-24

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Ability evaluated, not how many push-ups you can do

From the front

Rather than testing fitness with the traditional push-ups, sit-ups, grip tests and endurance runs, the FORCE Program evaluates members' ability to execute tasks which are directly linked to true-to-life physical challenges faced on operations.

In a comprehensive analysis of military operational fitness, PSP human performance scientists and fitness experts have looked at more than 400 physical tasks performed by Canadian military personnel in all environments during the past 20 years.

"I am extremely pleased with both the overhaul of the Canadian Armed Forces' fitness evaluation system and the establishment of a common fitness standard," said Gen Tom Lawson, the Chief of the Defence Staff.

"The FORCE Program is not about training to pass a fitness test; it's about training for the variety of military operations we are involved in.

"As members of the Canadian military, we never know where we may be called upon to serve, or what form that service will take.

"The FORCE Program will better help us prepare to

meet our fitness readiness challenges head-on."

The four FORCE Evaluation components have been designed to accurately test CAF members' ability to complete the six common military tasks encountered on routine, domestic and expeditionary operations: escape to cover; picket and wire carry; sandbag fortification; picking and digging; vehicle extrication; and a stretcher carry.

"The new CAF fitness program is more than just the fitness test. It is about an end-to-end program of all the elements of a healthy lifestyle around physical fitness," said Maj-Gen Dave Millar, Chief of Military Personnel.

"The program combines nutrition and a tailored and variable workout regime with performance measures to monitor progress, and it is all available online to all CAF members."

He added, "It has been scientifically designed to ensure it meets the rigors of military life and will help prepare CAF members to meet the challenges of service."

All CAF members will be tested annually and will be required to achieve one common minimum stan-

dard, regardless of age and gender.

Starting April 1, PSP fitness staff and local chains of command will schedule FORCE Evaluation familiarization sessions to introduce the new minimum physical fitness standard to local CAF personnel.

Throughout the 2013-14 fiscal year, Army, Navy and Air Force personnel will have the opportunity to attempt the new FORCE Evaluation as their fitness test on a trial basis.

As of April 2014, the FORCE Evaluation will fully replace the CF EXPRES Test.

"Should some Canadian Armed Forces personnel have difficulties in meeting the new minimum physical standard during a familiarization session, Personnel Support Programs staff will be available to guide them to some training exercises through DFit.ca, in line with the tasks identified through our research," said director of fitness Daryl Allard.

"This will help prepare them for the physical rigours of today's complex and demanding operating environments."

For more information visit www.cfpsa.com/FORCEprogram

The FORCE Evaluation consists of four test components, each designed to measure different physical capabilities:

- **Sandbag lift:** 30 consecutive lifts of a 20 kilogram sandbag above a height of 91.5 centimetres, alternating between left and right sandbags separated by 1.25 metres. Standard: three minutes, 30 seconds;

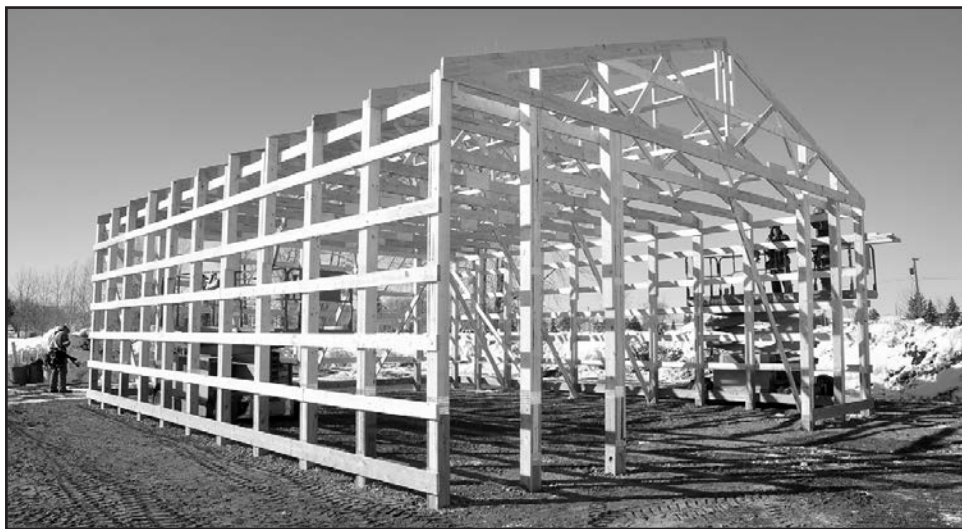
- **Intermittent loaded shuttles:** Using the 20 metre lines, complete 10 20-metre shuttles alternating between a loaded shuttle with a 20 kilogram sand bag and unloaded shuttles, for a total of 400 metres. Standard: five minutes, 21 seconds;

- **20-metre rushes:** Starting from prone, complete two 20-metre shuttle sprints dropping to a prone position every 10 metres, for a total of 80 metres. Standard: 51 seconds;

- **Sandbag drag:** Carry one 20-kilogram sandbag and pull four on the floor across 20 metres without stopping. Standard: Complete without stopping.



As PSP Fitness researchers observe, a Canadian Armed Forces (CAF) volunteer performs the sandbag lift during the extensive development phase of the FORCE Evaluation, the new CAF fitness test. *Photo submitted*



Walls going up

Three days after the initial posts were established, the walls were up on a new storage building adjacent to L25. Good weather allowed the three-man crew to have the roof on, and two of three walls by the fifth day.

Photos by Jules Xavier



WARNING SHILO RANGES

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

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

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

STRAY AMMUNITION AND EXPLOSIVE OBJECTS

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

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BY ORDER
Deputy Minister
Department of National Defense

OTTAWA, CANADA
17630-77

Canada



AVERTISSEMENT POLYGONES DE TIR DE SHILO

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

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

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

MUNITIONS ET EXPLOSIFS PERDUS

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

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

Par ordre du
Sous-ministre
Ministère de la Défense nationale

Ottawa, Canada
17630-77

Families have support on Base

Jillian Driessen

Shilo Stag

Although other Deployment Support Group (DSG) units in the LFWA are closing their doors this year, CFB Shilo's DSG will remain intact until the end of the final Afghan mission.

During the next 12 months, the only major change that will be seen at the Shilo DSG office will be a name change. Moving forward, the familiar DSG will be known as Taskforce 2-13 Family Support Cell (TF 2-13 FSC).

"2PPCLI, 1RCHA, and the Base have pooled their resources in order to provide continuity of support that families are familiar with and comfortable with in this one-stop shop for the remainder of the Afghan mission," said Capt Jeremy Remillard, who will lead the TF 2-13 FSC through the last few months in its current formation.

With a sizeable deployment quickly approaching, it was thought best to avoid radical changes to the family support services available in Shilo. Instead of closing-up shop this spring, Shilo's TF 2-13 FSC will maintain services while simultaneously preparing families as well as units for the change in services.

"We intend to maintain the same level of service for Shilo taskforce 2-13 personnel," noted Remillard. "Under the new directive it is the responsibility of the individual units to look after and care for the families of personnel deploying on taskings, exercises, or deployments for 28 days or more."

TF 2-13 FSC will continue to be staffed by 2PPCLI and 1RCHA while offering resources from the Base.

For those who are not Shilo personnel, but are attached/posted to the taskforce, the FSC will remain a point of contact for the home unit and will, as always, support in any way possible.

"If someone comes into this office for the duration of taskforce 2-13, we will not turn them away," explained Remillard. "We will assist them best we can. If it is something of a minor nature, such as a hotel booking or connecting with a program at the MFRC, we will certainly provide that."

He added, "If it is of a more serious nature such as long-term care, we can point them in the direction of and help them establish contact with the correct unit."

Throughout the remainder of the Afghan mission, TF 2-13 FSC's services will remain the same.

Following the initial deployment, the FSC will offer 24-hour service to taskforce personnel and their families, serving as a point of contact for the chain of command and offering information and additional support to families.

"After the Afghan mission, the lights will essentially go out on this office. For the next approximately 12 months, we will be informing people that they need to build a relationship with their unit."

A relationship with the unit will be imperative moving forward as the services offered by the TF 2-13 FSC will be offered by individual units.

"The family support cell that is established by the units will be the link the families will have to the chain of command," said Remillard.

The established family support cells will also become outlets for handling the administrative "heavy-lifting" such as financial crisis and reverse contact, that TF 2-13 FSC and DSG commonly assisted with.

Information and referrals to programs and services, such as counselling will also be maintained by each unit.

"The services will still exist — it just won't be a one-stop shop. It will be available at the unit," said Remillard.

The family support cells at individual units will be co-ordinated by the new Deployment Support Coordinating Cell (DSCC), which will ensure consistent service across the LFWA.

"We will serve as a resource to units who have to re-establish a homefront," explained WO Eric Grulke.

Added Lt Holly King, "Our office is currently providing a family support cell package with all pertinent information we used in this office. We are offering it to each of the units so they can adapt it for their own."

While major changes are not immediate, Remillard and his team encourage families to prepare for the new support format.

"In the next year we would encourage military families to take some time and discuss their family care plan. Discuss those what-ifs," he suggested. "If there

is a 'what-if' that they can't solve around the dinner table, come into the family support cell and we would be happy to talk to them about how to deal with those what-ifs moving forward."

Establishing a plan makes issues which may arise easier to solve.

In their remaining months, TF 2-13 FSC hopes to help families build relationships with their unit while the units work to establish the same standard of support for families.

While CFB Shilo's TF 2-13 FSC remains intact, Remillard would like to see people continuing to use their services.

"We would like to see TF 2-13 FSC continue to be a credible source of information for people to come to," he said.

"We would like to establish trust and be the link to the chain of command for administrative issues while loved ones are deployed. We would also like to be able to provide information to families moving forward in preparation of the close-down of this shop."

For contact information turn to Page 5



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The Shilo Stag is produced every second Thursday.

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

Submitting articles and photos for print:

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



Follow the Shilo Stag on Facebook by visiting:

<http://www.facebook.com/ShiloSTAG>

CANEX shopping list

Do you like cheese curds, Larsen's wieners?

Jillian Driessen

Shilo Stag

The one thing I still find myself adjusting to in Shilo is driving back and forth to Brandon for everything I need.

Before we lived here, my humble downtown apartment was central to everything I needed. I could walk to the grocery store; I could stroll to the LCBO for a bottle of wine; and I was just a hop, skip, and jump from the Covent Garden Market where I could find everything I could ever need.

In Shilo, I can grab a bottle of wine, coffee, quick lunch, or some last-minute grocery items at CANEX. Although I'm generally pleased with what I can grab locally when I'm in a pinch, a recent question posed on Facebook had me wondering what else the CANEX can be to its patrons other than a quick stop for small items.

Recently posted on the infamous "Shilo Wives" Facebook group, was a question asking the groups members what products they'd like to see or see more of in our local CANEX.

It got me thinking. What is it we're missing in the CANEX?

Not being a prairie native, and knowing several other people who hail from parts east of here, my first thought was to bring the east to the coasters who dwell on this army base.

Having been part of a Nova Scotian family for nearly a decade, I consider myself an honorary east-coaster. On a regular basis, I miss cheese curds, donairs, and Larsen's wieners.

I also regularly pine for fresh lobster, scallops, and strolls along the ocean shore.

Seeing as there is only so much I can ask of the local CANEX, I put donair sauce, cheese curds, and my favourite individually-wrapped wieners forward.

I don't expect CANEX will fly in lobster just for little old me and I suppose there are enough lakes here I can stroll along to satisfy that need.

I learned from reading the numerous responses to this simple question what people wish to shop for locally. Some items were not surprising to me.

More than a few people would like to see a larger selection of produce. Avocados were brought forward more than once, along with berries, peaches, and pears.

Grocery items didn't end there. Many would like to see a selection of meats, such as ground beef.

A few items which were a little less expected included greek yogourt, hair nets, baby formula, infant tylenol, and lactose-free milk.

Several of the items requested through responses to this post have been carried in the CANEX in the past, but have not had a good response with sales.

For example, the last time my beloved cheese curds made an appearance in CANEX's dairy section only two of six bags were purchased and the Greek yo-

gourt didn't sell until it was marked down to clearance.

This leaves CANEX struggling to justify carrying the items we all so willfully wish for them to carry. The reality of business is unsold items — especially grocery items — are a fiscal loss.

Do I think Shilo is intentionally skipping the CANEX for these items? Absolutely not.

I believe just like me, many people just don't think CANEX will be carrying something so specific. I didn't know CANEX had ever brought cheese curds in. Had I known, I likely would have purchased them in Shilo as opposed to driving to a grocery store in Brandon.

As someone who adores convenience, I can assure you I appreciate the efforts CANEX staff put forth each day to make my life a little easier.

When I find myself having forgotten something or in need of a grocery or household item, I know CANEX will have what I need.

Unfortunately, that is how most of us treat CANEX.

It is our go-to, one-stop shop for things we've found ourselves forgetting in Brandon or things we've unexpectedly run out of.

We all want to see our special items on CANEX shelves.

But if we're only stopping by for milk, eggs, bread, or a quick meal how will we ever notice those special items manager Rick and his team have brought to Shilo just for us?

I am just as guilty as the next person. I, too, need to start seeing CANEX differently.

I need to think of it as a place where I can buy certain items which may not be available anywhere else.

I need to think of it as specialty store.

It has to be my new Covent Garden Market — the place where I can get a little bit of everything.

There are more than a few advantages in buying items in CANEX.

Simplicity is priceless to me. If I can get any item here and save myself driving to Brandon and the \$4.75 it costs me to go to our neighbouring city and back, I am more than happy to purchase it here.

If I could purchase donair sauce, Larsen's wieners, and cheese curds locally without a drive into Brandon, I'd be more than grateful.

If you've made a suggestion to CANEX at some point in time on what to carry, I encourage you to take a look for said item or product.

If you would like or need to see it there more, buy it.

Regardless of how frustrating it is, CANEX cannot be blamed for discontinuing the items which aren't moving off the shelves.

They may be here to provide a service to the community, but the bottom line is CANEX is a business.

I realize if I want to see my requested items on the CANEX shelves, I, too, have to put my money where my mouth is and take a good look at what is available now. Who knows? Maybe they've got cheese curds right now in the dairy section!



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Changes implemented for Deployment Support Group

DSG renamed to reflect changing role

BGen Christian Juneau

Stag Special

With the recent stand up of Task Forces 1-13 and 2-13 it is important to bring to the attention of our soldiers and their families modifications to the delivery of family support services.

While support services provided to families remain untouched, the manner in which the support is delivered in LFWA has changed.

As of mid-March, the delivery of family support services previously handled by the Deployment Support Group (DSG) has been transferred to and re-assumed by LFWA Regular and Reserve Unit Rear Parties.

The role and responsibilities of the DSG have transformed from a delivery function to an oversight, mentoring, and standardization function.

To reflect the change in its role, the DSG has been renamed the Deployment Support Co-ordination Cell (DSCC).

Why are the changes happening?

Although LFWA has always maintained and supported families through Unit Rear Parties, in 2007, the DSG was founded in an effort to standardize the level and delivery of support provided to families across the CF.

Doing so allowed the units to focus on missions while the DSG placed their emphasis on the execution of family support to deployed soldiers.

In LFWA, the DSG grew from the nationally set policy of a two-military member organization to one which included 23 soldiers employed under Temporary Reserve Positions at the height of the Afghanistan mission.

Due to current fiscal realities, the previous DSG model of support can no longer be sustained.

Therefore, the purpose of these changes is to ensure continued, sustainable, and accessible deployment support to the families of LFWA in the future.

Units have a role

The responsibility for the delivery of family support services has been re-assigned to Unit Rear Parties.

Units will now be expected at a minimum to support families through providing the following:

- access to local family resources programs and services;
- information on civilian family-related programs and services;
- accurate and timely mission information;
- assistance during family related emergencies;
- provide bilingual services when requested.

As such, soldiers and their families who would like to access deployment support are encouraged to contact their respective Unit Family Support Representative (UFSR) directly.

A list of UFSRs and their contact numbers will be established shortly and will be available on-line at www.army.gc.ca/lfwa/families-eng.asp.

What is the new role of DSCC?

The DSCC will co-ordinate between units, as opposed to between units and families, and will ensure that the services provided to families at all units across Western Area are equitable and standardized.

At the end of this month, the DSG offices at CFB Shilo and CFB Edmonton will be vacated and the newly formed DSCC will operate out of a new location at LFWA headquarters in Edmonton, Alberta.

However, Military Family Resource Centre (MFRC) family support services are not changing.

The changes to the DSG do not affect the range of programs and services available — MFRCs have been providing deployment support to military families through outreach, information, and assistance for more than 20 years.

This support will continue. Although the MFRCs and DSGs have developed strong working relationships, they are separate organizations with separate roles and responsibilities.

How will this effect soldiers and families?

The effects of this change on families will be minimal.

I am confident that adopting this new support model, which places responsibilities on units, will strengthen the existing relationship between families

and units.

LFWA units have consistently connected with the families of their soldiers, and have done a great job of providing families with information, linking them to support programs and resources.

This new framework ensures the established relationships between families and units remains strong and enables new ones to grow.

Lastly, I would like to dispel any concerns that family support services are returning to a period in which they were generally considered inadequate.

I know that behind every soldier there is a family who shares the realities of day-to-day life in the military.

I would like to re-assure these families and our members that, as we transition to the new model of deployment support services, adequate and quality support will continue to be delivered across LFWA.

Based in Edmonton, BGen Christian Juneau is Comd LFWA

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1-240-765-3000 ext 3638 (reception)
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extensions 3633, 3634, 3635, 3637, 3639
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Army cadets enjoy ideal weather for campout

OCdt Betty Froese

Stag Special

Much to their relief, the weekend brought warmer temperatures and sunny skies for the army cadets from Brandon, Shilo and Virden during their three-day Winter FTX held at CFB Shilo.

Petty Officer Ben Read from the Brandon Sea Cadets also joined in the FTX (Field Training Exercises) when everyone arrived Feb. 22.

Among the weekend activities, the adventurous senior cadets participated in snowshoeing, tobogganing — much like dogsledding — and erecting 10-man bell tents for their Saturday overnights in the frosty February snow to put into practice the cold weather survival skills they learned in the classroom.

The junior ranks spent Saturday morning learning about first aid and how to put together their own first aid kits.

Afterwards, they spent that afternoon at the 1 Royal Canadian Horse Artillery (1RCHA) with CF members giving hands-on demonstrations on the M-77 155-mm Howitzer, the 41-mm grenade launcher, and a variety of small arms including machine guns, C7A2 assault rifle and the nine-mm pistol.

For these first- and second-year cadets, LAV III (Light Armoured Vehicle) rides down the streets of Shilo were also a highlight.

That evening, both junior and senior ranks joined together to review cold weather outdoor survival skills at the tent site. It was a great weekend, with great weather for adventurous outdoor activities — that's what army cadets is all about.

Meanwhile, 2520 RCACC-71 Bty RCA Cadets, 2528 RCACC XII MB Dragoons Cadet Corps and RCSCC #60 Swiftsure would like to thank the members of 2PPCLI and 1RCHA for their time and instruction

throughout the Winter FTX weekend.

The 2520 Royal Canadian Army Cadet Corp-71 Field Battery RCA Cadets welcome new recruits who are interested in a wide variety of fun, challenging and rewarding activities affiliated with the Canadian Forces.

Youth who have that adventure spirit must be between the ages of 12 and 18 and can join at any time of the year from September to July.

Army cadet training nights are held every Wednesday evening from 6:30 to 9 p.m. at the Brandon Armoury, 1116 Victoria Ave.

For more information call Capt Lussier at 204-720-1494.

To find out more about Cadets Canada visit www.cadets.ca

OCdt Betty Froese is UPAR, Admin O with 2520 RCACC-71 Bty RCA Cadets



Senior cadets snowshoe/toboggan up the German bunker at CFB Shilo.

Photos by OCdt Betty Froese



Cadets carry all necessary supplies for overnight camping on toboggans, trekking their way in deep snow on snowshoes to bivouac site.



Gnr Shane Houle received instruction on how the 41mm grenade launcher works from a CFB Shilo member at 1RCHA.

Plan your worship prior to Easter

Stag Special

Want to organize your religious plans this month prior to Easter services?

If so, here's what the Base chaplains are planning for churchgoers at CFB Shilo.

- Easter Sunday March 31 — 10:30 a.m. service at St. Barbara's Chapel; 10:30 a.m. mass of the resurrection at Our Lady of Shilo

- Holy Saturday -March 30 — 7 p.m. Easter vigil mass at Our Lady of Shilo

- Good Friday March 29 — 3 p.m. combined chapels with stations of the cross; 4 p.m. veneration of the cross at Our Lady of Shilo Chapel; 4 p.m. Good Friday service at St. Barbara's Chapel

- Holy Thursday March 28 — 4:30 p.m. service at St. Barbara's Chapel; 7 p.m. Lord's supper and washing of feet at Our Lady of Shilo

- Palm Sunday March 24 — 10:30 a.m. service at St. Barbara's Chapel; 10:30 a.m. mass at Our Lady of Shilo

For further inquiries, call the chaplain's administration at 204-765-3000, ext. 3091



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Be wary of e-mail fraud

Capt Dane Nicholson

March is the Royal Canadian Mounted Police's (RCMP) fraud prevention month across Canada.

Here, at CFB Shilo, fraud is a real issue that affects residents living in the residential housing area.

Since the last time this column discussed fraud, almost one year ago, there have been several incidents of civilian fraud which have required Military Police (MP) intervention.

All of these fraud files saw a resident of this Base as a victim, rather than a perpetrator. This means education continues to be important to ensure all residents remain safe financially.

Here are some common trends of fraud victimization in Shilo, to help you remain vigilant and aware:

- All reported fraud was by way of e-mail and telephone.

Where actual loss occurred every incident was started by an e-mail.

- Know who you are dealing with.

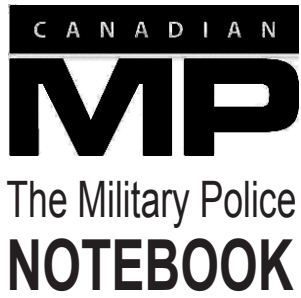
Cases of fraud typically involve a request from an unknown person. Financial transactions with those you do not know personally via e-mail is always high-risk and often unnecessary.

- No financial institution will ask you to confirm personal information via e-mail.

Always conduct financial transactions and administration on the institution's website, rather than via e-mail.

- E-mail is not secure.

Many of us think that password protection on e-mail and wireless accounts is enough to protect transmitted information, but this is simply not the case.



The Military Police
NOTEBOOK

In fact, e-mail is often one of the easiest forms of frequently used communication for outsiders to gain access to.

- Even local websites can be host to fraudsters.

There have been several reports of attempted fraud by way of local websites. Look for signs of a dishonest transaction. This includes unusual area codes, requests for shipping to bizarre locations and ignorance

of the local area.

- Secure websites start with "https" rather than "http."

These secured sites provide a greater degree of certainty that information is protected.

Using these websites on an insecure internet connection, however, renders the extra protection to be minimal.

- Secure your Internet connection.

Ever walked around in the housing area with a smart phone's wireless connection turned on? Then you know there are a lot of insecure wireless connections in people's homes across this Base. Take the extra two minutes when installing Internet to ensure it is password protected.

Not a tech person? Chances are your Internet provider will help you on the phone to assist in securing your connection.

Items listed in this column represent many "best practices."

Please be cautious when getting involved with a transaction of money online, or on the phone. Do not be a victim.

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



B Bty bowling champs

A study in concentration, a member of the 1RCHAB Bty bowling team fires his ball down the alley during Intersection playoff action at the GSH.

Photo by Jules Xavier

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Able cadet Alexander Lloyd salutes for *Stag* photographer Jules Xavier.

Cadet proud being messenger

Jules Xavier
Shilo Stag

Looking forward to one day joining army cadets, nine-year-old Alexander Lloyd needed something to prepare him for the challenges of doing drill and wearing a uniform.

For nine to 12 year olds, the Navy League of Canada Cadets (NLCC) provides a cadet program that survives on fund-raising for financial support, not support from a partnership with

the Department of National Defense (DND).

Locally, the son of CFB Shilo Chief of Staff Maj Scott Lloyd signed up seven months ago with the NLCC branch 40 Stan Hawitt. So did one of his buddies who lives in PMQs.

"I joined because this is as close up as I can get to [army] cadets," the fourth grader told the *Stag*.

See **NAVY** page 13

Military Families Strength Behind the Uniform



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



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



Browse **www.familyforce.ca** – a site for and about military families.



La famille La force conjointe



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



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



Naviguez **www.forcedelafamille.ca** – un site pour et au sujet des familles des militaires.



Cbt Sp Coy (grey) prevailed 2-1 in the battle for Intersection Hockey League playoff bragging rights facing 1RCHA B Bty.



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Are you ready for tax season?

Pierre Goulet Stag Special

Now that the RRSP season is behind us, Canadians turn their attention to the April 30 deadline for filing their 2012 income tax return.

Depending on your situation, here are a number of non-refundable federal tax credits which can help reduce your tax base, minimizing the amount of income tax you are required to pay for the 2012 fiscal year:

- Home buyers' tax credit: A tax credit, for certain homebuyers who acquire a qualifying home in 2012. Calculated by multiplying \$5,000 by 15 per cent, for a maximum credit of \$750.

You will qualify for the HBTC if: You or your spouse or common-law partner acquired a qualifying home in 2012 and you did not live in another home owned by you or your spouse or common-law partner in the year of acquisition or in any of the four preceding years. Or if you are a person with

a disability or acquired the home in 2012 for the benefit of a related person with a disability; the home must be acquired to enable the person with a disability to live in a more accessible dwelling or in an environment better suited to the personal needs and care of that person.

- Pension income tax credit

Some pension income may qualify for a federal and provincial/territorial pension income tax credit.

This federal credit is worth \$300 — calculated by multiplying \$2,000 by 15 per cent.

It can be transferred to a spouse or common-law partner if it is not fully used by the taxpayer.

If a taxpayer elects to split up to 50 per cent of qualified pension income with their spouse or common-law partner, the latter will also be eligible for the pension tax credit, regardless of age.

At age 65, RRSPs can be converted to RRIFs, or used to purchase an annuity in order to generate qualified pension income which qualifies for the pension tax credit and can also be split.

- Spouse or common-law partner amount

If your spouse or common-law partner earned less than \$10,822, follow the calculation on line 303 of your return to see what amount you can claim.

If you were single, divorced, separated, or widowed you can claim a maximum amount of \$10,822 minus the income for any dependent.

This amount is called the "amount for an eligible dependent" and is found on schedule five of your return.

- Tax credit for public transit

To help cover the cost of passes for buses, streetcars, subways, commuter trains and local ferries.

Can be claimed by the taxpayer, their spouse or common-law partner, or their children under age 19.

The pass must display: duration — at least 20 days in a 28 day period, date or period of validity, name of the issuing transit authority/organization, amount paid, identity of the rider — either by name or unique identifier.

- Children's fitness and arts tax credits

Available to individuals for registration and membership costs of up to \$500 for both fitness and arts per child who is, under 16 years of age at the beginning of the taxation year, or under 18 for a child with a disability.

The \$500 arts amount was new in 2011 and is available for prescribed programs of artistic, cultural, recreational, or developmental activities.

The \$500 amount for prescribed programs of physical activity must contribute to cardio-respiratory endurance of the child and to one or more of the following: muscular strength, muscular endurance, flexibility, and balance.

Each of these credits is worth a maximum of \$75.00 per child — calculated by multiplying \$500 by 15 per cent.

- Tuition and education amounts

Claim fees paid for post-secondary courses of \$100 or more for each educational institution; the institution must provide you with an official tax receipt or a form T2202A.

A portion of the education amounts can also be transferred from spouses and children; complete the calculation on the back of your T2202A or schedule 11 in your income tax forms to find out what amount is eligible.

- Medical expenses

Claim only the amounts not reimbursed through your medical plan. This is transferable between spouses.

Medical expenses may include amounts paid outside of Canada.

They must be more than three per cent of your net income or \$2,109, whichever is less.

The spouse with the lowest income should be the one claiming all expenses.

Claim the expenses of all immediate family members including parent, grandparent, brother, uncle, niece, who depended upon you for support during the tax year; the total of these expenses must be more than the lesser of \$2,109 or three per cent of the dependent's net income for the year.

Claim medical expenses paid in any 12-month period ending in 2012 that were not claimed in the previous year.

The above mentioned credits and further explanations can be found in your General Income Tax and Benefit Guide 2012.

Note that many of the above may also qualify for provincial non-refundable tax credits but in different amounts.

Take the time to read the portions of the guide that apply to your claims and let a SISIP Financial Services (SISIP FS) financial planner assist you; professional advice can really pay off and prevent you from making a costly omission.

Pierre Goulet is practice manager, financial planning and insurance, with SISIP Financial Services



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Wooden chest holds key memories

Jules Xavier
Shilo Stag

What inspires a person like OCdt Betty Froese to be involved in her community?
"Children inspire me to keep learning," she told the *Stag*. "I've been an educational assistant for 12 years and love my job helping kids learn."

This time last February, she joined the staff of 2520 Royal Canadian Army Cadet Corps 71 Bty Royal Canadian Artillery cadets. She not only immerses herself in army cadet activities, but contributes stories and visuals to this Canadian Forces newspaper.

"It's been so much fun," she says. "I'm looking forward to the new school year and my second year with the army cadets."

Froese answered the *Stag's* six questions.

If you could have dinner with anyone, dead or alive, who would you choose and why?

"Mother Theresa. The wealth of insight and wisdom she would share would be life-changing."

What is the best piece of advice you've ever received, and who gave it to you?

"Surrender to the honesty of the moment. Stop, and recognize where you are, what you're doing and who you're with — and savour that moment." An old teacher friend of mine told me these words years ago. At my recent swearing-in back in February [with the RCA cadets] I was able to do just that ... stop and savour the moment."

If you could relive one moment in your life, what would it be?

"Singing with the school choir down in the deepest depths of the Carlsbad Caverns in South Dakota with the flashlight turned off. We sang a beautiful old song with incredible harmonies. It sounded like a monas-



tery. Beautiful!"
What are the five things you can't live without?

"Aside from your basic food, water and flavoured cream in the morning coffee, I would have a hard time living without my two kids, music, my Kia Soul, and my dearest friends."

If you could be granted one wish, what would it be and why?

"I wish all the extra food we have and throw away could somehow be transported and dispersed properly to the rest of the world for people who are hungry and needy. The same goes for medicine and shelter."

If your house were on fire, heaven forbid, what's the one item contained within that you would try to take with you — people, pets and computers not included?

"In the middle of my living-room is a wooden chest filled with photo albums full of memories including the kids school pictures as well as important papers and a Bible. It's fairly heavy, but I'd drag it out of a burning house."

"I've told my kids if the time would come that I'm in a home and can't remember anything, just give me my albums and my Bible and I'd be happy. Yup! The wooden chest would be the one thing!"

With the advent of July, Froese will be in Canada's far north, working with cadets at Whitehorse, Yukon at the summer camp as the Unit Public Affairs Rep (UPAR).

And more recently, Froese along with 31 of her army cadets, plus two other CIC officers, were in Ontario's GTA (Greater Toronto Area) as part of an inaugural ICE exchange.

The Manitobal-based cadets were hosted by their fellow cadets north of Toronto, in Aurora.

Cadets hone bagpiping skills

OCdt Betty Froese
Stag Special

Youth from Brandon's 2520 Royal Canadian Army Cadet Corps joined some 150 cadets from Western Ontario and Southern Manitoba for the annual music concentration event held at the Gimli Training Centre.

The instructor, OCdt Brent Lowrie, escorted the cadets and found himself instructing piping classes as well.

"Through a series of workshops and master classes, cadets learn to play as a band unit, something many corps bands miss out on due to a lack of band members," explained Lowrie. "At MusicCon, cadet musicians of all levels, learn new tunes, skills and drills to strengthen bands at the corps level."

OCdt Lowrie has been piping for 38 years, having learned the Highland bagpipe when he was 10.

As a lad, he played with the Edmonton Boys' Pipe Band under the direction of Iain MacCrimmon.

As a successful Grade 1 solo competitor, he has earned prizes in March/Strathspeys/Reel, Jig/Hornpipe and senior Piobaireachd in both Alberta and BC.

He has also played for highland dancers in both exhibition and competition throughout his piping career.

He has also played in three Royal Canadian Legion-sponsored pipe bands and has never missed piping during a Remembrance Day ceremony since he first began.

Currently, he is the Pipe Sergeant of the 26th Field Regiment Pipe Band of Brandon and can be seen play-



Bdr Evan Dyson, a second-year piper, practices with senior army cadets.

Photo by Betty Froese

Plains Regional Secondary School and has been involved in the Brandon Army Cadet Corps for more than three years, being recently sworn in as a member of the Canadian Forces Army Reserves Cadet Instructor Cadre last fall.

He wants to increase the number of musicians at 2520 Cadet Corps and take more cadets to next year's annual event.

"Attending MusicCon is a great way to meet other cadet musicians, learn new skills, challenge yourself and have a great time to boot," he said.

Lowrie and the Army Cadet Corps welcome new pipers and drummers to visit the Brandon Armoury on the second floor every Wednesday from 5:30 to 6:30 p.m.

Instruction and loaner instruments are free to cadets. For more information call 204-571-9159 or visit the armoury at 1116 Victoria Ave. in Brandon.

OCdt Betty Froese is with 2520 RCACC-71 Bty RCA Cadets

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Richard Arcand
École La Source

Mme Sonya, notre nouvelle secrétaire à l'École La Source, nous vient de Québec, plus particulièrement de la ville même de la belle province.

Le premier travail de Mme Sonya était couturière.

Elle est ensuite devenue réceptionniste et s'occupait des ressources humaines dans une compagnie de transport.

Le mari de Mme Sonya est un militaire. Le couple a donc fait la demande pour venir à Shilo, tandis que leurs deux enfants âgés de 5 et 7 ans étaient encore en bas âge de manière à faciliter leur intégration dans un nouveau milieu.

C'est en inscrivant ses enfants à la garderie de notre école que son conjoint appris que l'école se cherchait une

nouvelle secrétaire car Mme Katy déménageait au Québec.

Mme Sonya a eu la chance d'être choisie parmi trois candidates au poste de secrétaire.

Elle était donc bien contente que ses enfants soit déjà à l'école La Source.

Ce qui était très important pour Mme Sonya et son conjoint c'est que leurs deux enfants puissent bien apprendre l'anglais.

Mais ce qu'ils souhaiteraient avant tout pour eux c'est qu'ils puissent avoir une meilleure connaissance de la langue française écrite car c'est avant tout leur langue maternelle.

Elle est bien contente de son poste de secrétaire à l'école car elle trouve que c'est une école accueillante.

Il n'y a pas trop d'élèves et les enseignants ont du temps pour bien s'occuper de chaque enfant.

Mme Sonya encourage tout le monde à venir visiter notre belle école.



Le mois de la lecture

Richard Arcand
École La Source

À l'école La Source le mois de la lecture a débuté le 4 février et se terminera le 4 mars 2013. Cette activité a pour but de motiver les élèves à lire chaque jour durant 10 minutes.

Durant ce mois les élèves devront prendre l'habitude de toujours se déplacer avec leur livre de lecture car ils ne sauront jamais à quel moment de la journée ils entendront le signal sonore.

Au signal, les élèves de chaque classe devront sortir leur livre et faire de la lecture silencieuse durant 10 minutes.

Pour motiver les élèves, on leur fait accumuler des heures de lecture. Si huit élèves lisent dix minutes chacun, ils accumulent une heure vingt minutes de temps. Ce temps est inscrit sur un gros thermomètre situé près de la bibliothèque.

Lorsque l'ensemble des élèves de l'école auront accumulé cinquante heures de lecture, ceux-ci pourront bénéficier d'une récréation supplémentaire durant cette semaine là. Ensuite l'accumulation de 100 heures de lecture donnera le droit aux élèves de goûter à de la tige d'érable sur neige.

Lorsque ceux-ci auront atteint 200 heures de lecture ils auront droit à une après-midi de film avec, en prime, du maïs soufflé. S'ils atteignent 300 heures ils pourront profiter d'une promenade à cheval.

À la fin de ce mois de lecture, l'activité clôture sera une vente de livres. Lors de cette vente, pour récompenser les élèves participants, il y aura un tirage qui donnera la chance à un élève par classe de se choisir un livre gratuitement.

Merci à Mme Léah, à Mme Nathalie et à Mme Catherine qui forment le comité qui a organisé cette activité intéressante à l'école La Source, c'est super!



Le Festival Culturel

Richard Arcand
École La Source

C'est le vendredi le 22 février dernier qu'à eu lieu à l'École La Source le Festival Culturel. Ce festival a lieu à chaque année et regroupe plusieurs activités.

Cette année il y a eu de la glissade, du patin et du ballon ballai, des jeux autochtones, du ski ou de la raquette, de la sculpture sur neige, et un atelier de bricolage pour fabriquer un canot, une charrette ou des Inukshuks.

Sur l'heure du midi on a servi des saucisses et des crêpes au sirop d'érable.

Les jeunes ont vraiment apprécié cette journée. La température extérieure était tout simplement formidable pour une journée hivernale.

Il ne faisait donc pas trop froid pour les jeux extérieurs.

Des parents bénévoles sont venus aider pour la préparation des crêpes et des saucisses. Pour nourrir tout ce beau monde il en faut de la bouffe.

Bravo à Mme Leah et à Mme Corinne du comité organisateur pour cette belle réalisation.





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Navy League 'fun' for cadet

From Page 8

Recently promoted to Able cadet, young Alexander enjoys wearing the Navy League uniform, according to dad. The hat that comes with the uniform is a different story.

"It's too circular," he says while showing off his "white top" during a visit to the Stag. "It hurts when I wear it."

While Maj Lloyd adjusts his son's hat for a portrait, Alexander is more particular about how he likes to have it sit on top of his head. Looking on proudly, dad also assists with proper salute technique, having his son move his thumb so he looks sharp.

When it comes to the polished military-issued boots, again with some mentoring from dad, Alexander cannot be scolded while out on parade during inspection.

"I finished second in our boot polish contest," he boasts, adding his dad also makes sure his shirt is ironed properly, with starch in the collars.

Looking after the laundry in the Lloyd household, dad says Alexander will be taught the intricacies of ironing Navy League cadet issued shirt and slacks as he continues to hone his military skills with the weekly classes and drills held at the "ship" on Victoria Avenue in Brandon — better known as the armouries.

Since being promoted, the quick study when it comes to his Navy League responsibilities, Alexander was assigned the messenger position. This allows him to get out of some of the nightly marching that goes with being part of the NLCC.

"I tell the executive officer [XO] when are ready to do our colours or to come down for our sunset [ceremony]," he explains, adding this responsibility was added to his duties after the previous cadet was promoted to Petty Officer (PO).

With a single stripe on each of his shoulders, Alexander likes the sound of Able cadet versus being called an Ordinary cadet.

While honing his knotting during classroom sessions is part of the job, doing drill is "easier" says Alexander.

"I've learned all of it. It's not hard to remember. But I don't like it when we have to stand in one position for a long time."

Doing "about turns" is another nuisance, but one that Alexander knows comes with learning is to march as part of a group.

Born in Pembroke, Ont. when dad was posted to CFB Petawawa, Alexander concedes it's lots of fun being a Navy League cadet. Especially the nightly "stand easy" following drill and classes.

He makes sure he bums \$1.50 from his dad beforehand so he can enjoy the drink and snack which is provided to the cadets once the evening comes

to an end at the "ship."

Dad says Alexander's interest in being part of the NLCC has only grown as he became "keen" and received the uniform Nov. 10. The following day, Alexander was part of the Remembrance Day ceremonies held at the Keystone Centre in Brandon. It's an experience he won't soon forget because he was part of it, not a spectator watching his father at other Nov. 11 ceremonies.

Looking ahead, Alexander is aiming for his next promotion to Leading cadet. He wants to use this experience, and later army cadets, to follow in his father's footsteps and serve his country with the Canadian Forces. Maj Lloyd used his air cadets experience before joining the CF army.

For now, however, Alexander enjoys his Navy League cadet experience because it's "fun." He would recommend it for others with aspirations of being part of the army, navy or sea cadets, but are too young.



Able cadet Alexander Lloyd

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Our 9pc HomeGourmet cookware set features vented tempered glass lids, ergonomic handles, and a durable non-stick coating that is PFOA and PTFE free. Oven safe and safe for all stovetops including induction. The 9pc HomeGourmet set includes 1.5 and 2 litre saucepans, 4 L saucepan with helper handle, 5L Dutch oven, 24 cm/9.5" fry pan and 4 glass lids.
List: \$599.99.

\$169⁹⁹

ÉCONOMISEZ 75 %!

Poêle à œufs 20 cm. 79,99 \$.

19,99 \$



75% OFF!
20cm egg pan. \$79.99.

\$19⁹⁹

ÉCONOMISEZ 72 %!

Jeu de 3 couteaux Santoku. 89,99 \$.

24,99 \$



72% OFF!
3pc Santoku knife set. List: \$89.99.

\$24⁹⁹

ÉCONOMISEZ 75 %!

Poêle à frire de 20 cm avec coupes pour pocher les œufs amovibles et couvercle. \$139,99 \$.

34,99 \$



75% OFF!
20cm fry pan with non-stick egg poacher inserts and cover. \$139.99.

\$34⁹⁹

ÉCONOMISEZ 69 %!

Poêle à frire Classic 20cm/8po. Prix courant : 99 \$.

29,99 \$



69% OFF!
20cm/8" Classic fry pan. \$99.00.

\$29⁹⁹

ÉCONOMISEZ 72 %!

Casserole Classic de 1 litre/ couvercle. 92 \$.

24,99 \$



72% OFF!
1L Classic saucepan with cover. \$92.00.

\$24⁹⁹

ÉCONOMISEZ 100 \$!

Jeu de 6 couteaux Glacier et support. Rouge, violet ou vert. 179,99 \$.

79,99 \$



SAVE \$100!
6pc Glacier knife block set available in red, purple, and green. \$179.99

\$79⁹⁹

ÉCONOMISEZ JUSQU'À 71 %!

Poêle à frire Nature Trust en acier inoxydable avec revêtement en céramique écologique, sans PFOA ni PTFE. Convient aux surfaces de cuisson à induction. 20 cm/8 po. \$139,99 \$. Maintenant 39,99 \$! 24 cm/9,5 po. \$159,99 \$. Maintenant 44,99 \$! 28 cm/11 po. \$179,99 \$. Maintenant 59,99 \$!

UP TO 71% OFF!

Stainless steel Nature Trust pan with enviro-friendly ceramic coating, PFOA and PTFE Free. Safe for induction stovetops. 20cm/8" Nature Trust fry pan. List: \$139.99. Now \$39.99! 24cm/9.5" Nature Trust fry pan. List: \$159.99. Now \$44.99! 28cm/11" Nature Trust fry pan. List: \$179.99. Now \$59.99!



MARCH 20TH TO 31ST ONLY AT:
DU 20 AU 31 MARS SEULEMENT DANS LES MAGASINS SUIVANTS :

SHILO
CANEX Supermart
Building L-125



Information: 1-800-A NEW-POT or www.paderno.com. Not all locations open Sundays, Good Friday and/or Easter Sunday. Quantities limited, please be early. Sale items may not be exactly as shown. Information : 1-800-263-9768 ou www.paderno.com. Certains magasins ne sont pas ouverts le dimanche, le Vendredi saint ou le dimanche de Pâques. Les quantités sont limitées. Arrivez tôt. Les articles en magasin pourraient différer de ceux qui sont illustrés.

Shilo Theatre
(Located in the General Strange Hall)

March 15 Rise of the Guardians
Rated G

March 22 The Hobbit: An Unexpected Journey
Rated PG

Children aged 10 and younger require adult supervision at all times

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

1RCHA B Bty (top) garnered the Intersection Bowling League playoff title, with a triumph over C Bty. At Gunner Arena (below), Cbt Sp Coy, which went undefeated during the regular season, garnered the playoff title as well with a 4-2 win the third game to take the series 2-1 over 1RCHA B Bty.

Photos by Jillian Driessen



Intersection sports champions



Make your claim on your income tax return!

Live Here. Save Here.

Receive a **60% Rebate** on your eligible post-secondary tuition fees.

Start saving with the Manitoba Tuition Fee Income Tax Rebate

By providing post-secondary graduates with a 60% income tax rebate on their eligible tuition fees, the *Tuition Fee Income Tax Rebate* helps young Manitobans like you pay for your education while living and working here in Manitoba.

Reduce your Manitoba Income Tax

If you graduated with a degree, diploma or certificate from a post-secondary institution recognized by the Canada Revenue Agency on or after January 1, 2007 and now work and pay taxes in Manitoba, you can benefit from the *Tuition Fee Income Tax Rebate*. It doesn't matter if your post-secondary training took place in Manitoba or elsewhere. You can make your claim on your income tax return.

How it works

You are entitled to receive a 60% income tax rebate on your eligible tuition fees to a maximum benefit of \$25,000. You can claim your rebate over as little as six years or as long as twenty years.

Here are some examples of what this rebate could mean to you:

Sample Tuition Fees	60% Rebate
\$ 40,000	\$ 24,000
\$ 25,000	\$ 15,000
\$ 5,000	\$ 3,000

If you live in Manitoba and attend a post-secondary institution, you are now eligible to receive a 5% tax credit advance on your tuition fees while you're still going to school.

NEW
Start saving while you're still in school!

Find out more
Talk to your financial adviser or visit manitoba.ca



CLASSIFIED ADS

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

Mar. 21 at noon
*Free ads (non-commercial only)
restricted to members of the
CF, employees of CFB Shilo and the
citizens of the surrounding area.*

Services



St. Barbara's Protestant Chapel
Sunday @ 10:30 a.m. with Sunday school & nursery
Padre Lee - ext 3088
Padre Neil - ext 3090
Padre Olive - ext 6836
Padre Torchinsky - ext 3381

Our Lady of Shilo Roman Catholic Chapel
Sunday 10:30 a.m.
Wednesday 12:05 p.m.
Confession by appointment
Padre Inienwe - ext 3089

Services

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

Greg Steele, Canadian Firearms Safety Course Instructor/Examiner • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses offered at least monthly and more often by demand. April 5, 6, 7 Baldur and April 12, 13, 14 Brandon. • Examinations by appointment • 204-725-1608 • E-mail: ggs57@wcgwave.ca.

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OPEN ALL YEAR.

Services

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

Homes For Sale

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

Employment

Join our team! The Shilo Stag is seeking a motivated individual to join our team as an advertising sales rep. For further info contact managing editor, Jules Xavier at 204-765-3000 ext 3093. Submit resume & cover letter in person Monday-Friday 8-4 or at stag@mymts.net



Shilo Military Family Resource Centre



Kids learn from organized sports

Elaine Ellis

With spring temperatures around the corner here are some things to consider for our children.

Participation in sports can have many benefits for children, organized sports provide an opportunity for young people to increase their physical activity and develop physical and social skills.

However, to maximize the positive benefits that organized sports have for children, a balance must be found which matches the child's maturity, interests and skills with their sports participation.

Organized sports allow children to learn physical skills in a relatively safe environment, with adults who are charged with maintaining the rules and safety of the participants.

In contrast to unstructured or free play, participation in organized sports provides a greater opportunity to develop rules specifically designed for health and safety.

Sports also give children the opportunity to be physically active and develop a healthy lifestyle that supports their athletic endeavours.

Physical activity as children can help lessen their risk of developing adult diseases such as diabetes and heart disease.

Children who participate in sports can learn social skills such as taking turns and teamwork.

They can also learn about responsibility to a team and how



everyone needs to do their part for the team to be successful.

Through sports, children learn how to take direction from a coach and adapt to different situations.

Also, through sports, children have the opportunity to make friends with other kids with similar physical interests.

Children who participate in sports can also reap emotional benefits when they are given positive sporting role models and experiences.

From sports children "learn the value of practice and the challenge of competition," and these are lessons that children can learn to apply to other non-sporting parts of their lives.

Given the right examples, children can also use sports to create a healthy self-image and a positive view of their body.

Regular physical activity should be encouraged for all children, whether or not they participate in sports.

Parents should watch that their children are continuing to have fun and make sure that they, as parents, are not pushing their child beyond his limitations.

Elaine Ellis is the child and youth counsellor at Shilo's Military Family Resource Centre



Attentive audience

Linda Beauchemin talks with women's conference keynote speaker Brenda Hewlko (below) during the March 8 event held at CFB Shilo. Organizers said a good sized crowd was on hand (above) for the women's conference.

Photos supplied



ADVERTORIAL

10th Annual Base Commander's Downhomer

LOBSTERFEST

Saturday June 8, 2013

CFB Shilo Community Centre Annex (Bldg L-25)

Featuring live from Newfoundland



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

And Westman's own Nuthin But Trouble



Tickets Available March 1st at the following locations

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

Only 800 tickets available!
Don't wait because they go fast!

\$30

DJ Services provided by Look Music

Doors open at 5:30 pm
Meal from 7 - 9 pm
DJ starts at 7 pm
Bands start at 9 pm

FREE Knight-Line Transportation!

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Knight-Line taxis also available to reserve/book at 204-717-6570

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





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CFB Shilo

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13-31 March 2013
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We reserve the right to limit quantities. While we strive for accuracy in our advertising, errors may occur. In such cases, we reserve the right of correction. Price & monthly payment shown do not include environmental fees & taxes or any other applicable fees, taxes & fees. (Eligible authorized patrons may purchase general merchandise of at least \$199 on the CANEX No Interest Credit Plan. O.A.C. as approved credit. See your CANEX store or visit us online at www.canex.ca for all the details.



New uniforms

From Storm to Sentinels, Shilo minor hockey players not only have a new moniker, but also new camouflage home/away uniforms which they showed off during a combined HIP, novice and atom exhibition game March 9 at Gunner Arena.

Photos by Jules Xavier

