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INSIDE This Issue



He'll help get rid of your pain. Story on page 3.



2VP trains in Georgia. Coverage on page 7.



Daylight Saving Time returns Sunday, March 13. Be sure to turn your clocks ahead one hour on Saturday, March 12.

Shilo's top women nominated for awards




Above, Willemien Van Lankvelt, Executive Director of the Shilo MFRC, is one of 15 nominated in the 24th annual Women of Distinction Awards set for Thursday, March 3 at the Keystone Centre in Brandon. At right is Shilo's Lauren Lambkin who is nominated in the Young Women of Distinction category.
Photos by Bruce Peever

Lauren Lambkin up for Young Women honours

By Bruce Peever
Shilo Stag

She has crammed a lot into the first 18 years of her life and now Lauren Lambkin is in the running for some recognition. The Grade 12 Neelin High School student has been named one of three nominees in the Brandon YWCA Young Women of Distinction Awards to be handed out Thursday, March 3. Nominated by her teacher and fully supported by other Neelin staff, Lambkin says it's a "huge honour for me" just to be in the running for the young women award.

Back in 2009, with her mom Lois diagnosed with cancer she organized Together 4 Hope. The hugely successful run, walk and bikeathon, coupled by live entertainment and a silent auction, raised in excess of \$4,000 for the Canadian Cancer Society. Her mother died one week following that Together event.

Tragedy aside, one year later Lambkin was named Honourary Chair of the 2010 Relay for Life. At that time, high words of praise were shared by Relay Committee Chair Kyla Henderson on the young women's dedication to the cause.

"At 17 years old, she has been one of the most dedicated volunteers for the local Canadian Cancer Society office. And she too, is a survivor of cancer. While Lauren

See **AWARDS** page 2

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MFRC's Van Lankvelt up for Women of Distinction award

By Bruce Peever
Shilo Stag

If you know anything about support for military families on this Base, you'll know Willemien Van Lankvelt.

Why she has been nominated for a Woman of Distinction Award — to be presented March 3 in Brandon — however goes far beyond what 'Willie' has done for CFB Shilo, but more for Westman on the whole.

She has been called "the ultimate role model for all women both in military and civilian life" according to her nominator, Leita Piche owner of Forbidden Flavours and herself winner of the CFB Shilo Business Award of Excellence for 2010.

"Willie is a great role model for women because she is very strong and caring at the

same time. It is in her nature to build people up and see the potential they have in themselves.

"When you see people from all walks of life always meeting to talk to her, it is evident how well received and admired she really is. It is an honour and privilege to nominate Willemien Van Lankvelt," Piche states.

The Executive Director of the Shilo Military Family Resource Centre (MFRC), Van Lankvelt is humbled by the nomination and counts her staff as equal partners in the honour.

"I used to say I had the best job (at the MFRC) but it is because of the great support here. My staff will do anything for me and it is often that the staff make me look good," Van Lankvelt notes.

Saying she is very honoured just to be nominated, the MFRC

Director notes she will be well supported at the awards night. The semi formal will be attended by she and her husband Piet, one of their daughters, a sister and her husband and a "whole whack of MFRC staff."

"There will be 14 of us, providing a little extra support," she adds.

It was back in 1980 when Willie and Piet immigrated to Manitoba from The Netherlands. They settled first on a farm near Rivers, then moved to another farm further north at Cardale.

"I did a lot of volunteering even when we lived in the country. I taught Sunday School and sat on the board of the board of the food bank in Rivers. I was a Special Olympics coach for seven years and currently I am a board member on Career Connections in

Brandon," she states.

A strong advocate for those with disabilities, Willie served as Executive Director of Rollingdale Enterprises from 1996 to 2004. She was also Executive Director of Westman Coalition of Employment Opportunities from 2004

to 2006.

For the past four and a half years, Van Lankvelt has overseen the MFRC.

"Willie has made a difference whether in her heavy involvement in her communities, or her dedicated, selfless work on behalf of the soldiers and their families at CFB

Shilo," Piche wrote in her nomination. "The fact that Willie and her staff at Shilo MFRC are the only MFRC in Western Canada to receive the Brigade Commander's Commendation is indicative of her tireless efforts on behalf of military families."

AWARDS

From the front

has never been diagnosed with cancer herself, she helped her mother, Lois, through her fight with Multiple Myeloma," the Relay Committee Chair outlined last March.

"Lauren is a wonderful example of perseverance, hope and strength. She shows us that while one in three people will be diagnosed with cancer in their lifetime, cancer touches not only the person diagnosed, but everyone connected to that person," Henderson adds.

More recently, Lambkin is Chair of her school's TAD Group, or Teens Against Destructive Decisions.

"It's kind of like Mothers Against Impaired Driving. We talk to our peers about the dangers of texting while driving, as well as impaired driving," she notes.

At Neelin, Lambkin is also the Spartan Promoter

and is a performer in two choirs.

On top of that, the 18-year-old holds down two jobs — part-time at Forbidden Flavours at the CANEX Mall as well as the Dairy Queen in Brandon which just opened for a new season this week.

You will also see

Lambkin out selling daffodils for the Cancer Society during Daffodil Days throughout March. And she is also a Registration Chair for the 2011 Relay for Life.

"I am proud of what I have done ... this is a huge honour for me and it's an honour just to be nominated," she states.

MILITARY PERSONNEL Volunteers Needed for Research Study



University of Manitoba research group in collaboration with the Veterans Affairs of Canada Operational Stress Injury Clinic in Winnipeg, MB is seeking volunteers to participate in a project aimed at improving our understanding of how traumatic experiences of military personnel influence emotional responding when viewing positive, negative and neutral images.

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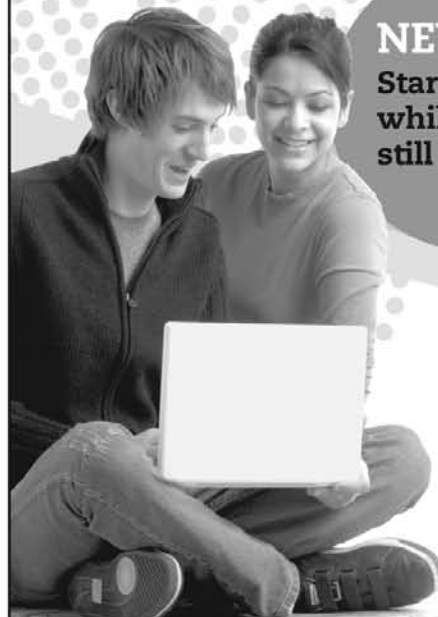
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Ease your pain at new chiropractic office inside CANEX

By Bruce Peever
Shilo Stag

Have a kink in the neck that just won't go away? How about when others tell you that you walk funny and then realizing you have one leg slightly longer than the other?

Ken Marshall Chiropractic has just opened in the CANEX Mall and on Tuesdays and Fridays he can fix you up just right.

A chiropractor since 1984, Dr. Marshall has been practising in Virden since 1998. After a recent conversation with CANEX Manager Rick Kehler revealed a location in the mall was available, Dr. Marshall jumped at the chance to open an office just down the hall from the Chemist Cupboard.

"I have been a chiropractor for 27 years, moving from B.C. to Virden in 1998. While I still have a full-time office in Virden, I started taking Tuesdays off. I am affiliated with Westman Jams who perform every month at Sprucewoods. So I got to know quite a few people from Shilo and started to look into an office here. This is the result," he says.

That office offers chiropractic care not just for DND members, but all area residents as well.

"Just set up an appointment and come in. First we will do a history, fill out the forms and have an examination of what ails you. Only then will we do an adjustment," the chiropractor explains.

The treatment Dr. Marshall utilizes is the Activator Methods Chiropractic Technique. It's a very straight forward way of chiropractic care, Dr. Marshall informs, and is the world's most popular low-force chiropractic technique.

"It's been in practise long enough (some 40 years) to expect good results," he says.

If you have arrived in Shilo from another province, please note that Manitoba Health will insure a maximum of 12 visits per calendar year. Adjustment of the spinal column, pelvis and extremities are insured chiropractic services as outlined on the Manitoba Health webpage at www.gov.mb.ca/health/mhsip/.

When he is not easing discomfort on his patients, Dr. Marshall can be found strumming his guitar and homemade



mandolin at Westman Jams held the last Sunday of the month at the Sprucewoods Community Centre.

Hours for the Shilo office will be 1 to 5 p.m.

on Tuesdays and 5:30 to 7 p.m. on Fridays. Those wanting to stop by for a consultation are urged to make an appointment first by calling 1-800-387-5886.

Reg Jones, the founder of Westman Jams who doubles as a part-time receptionist at the Shilo chiropractic office, receives an adjustment from Dr. Ken Marshall.

Photo by Bruce Peever

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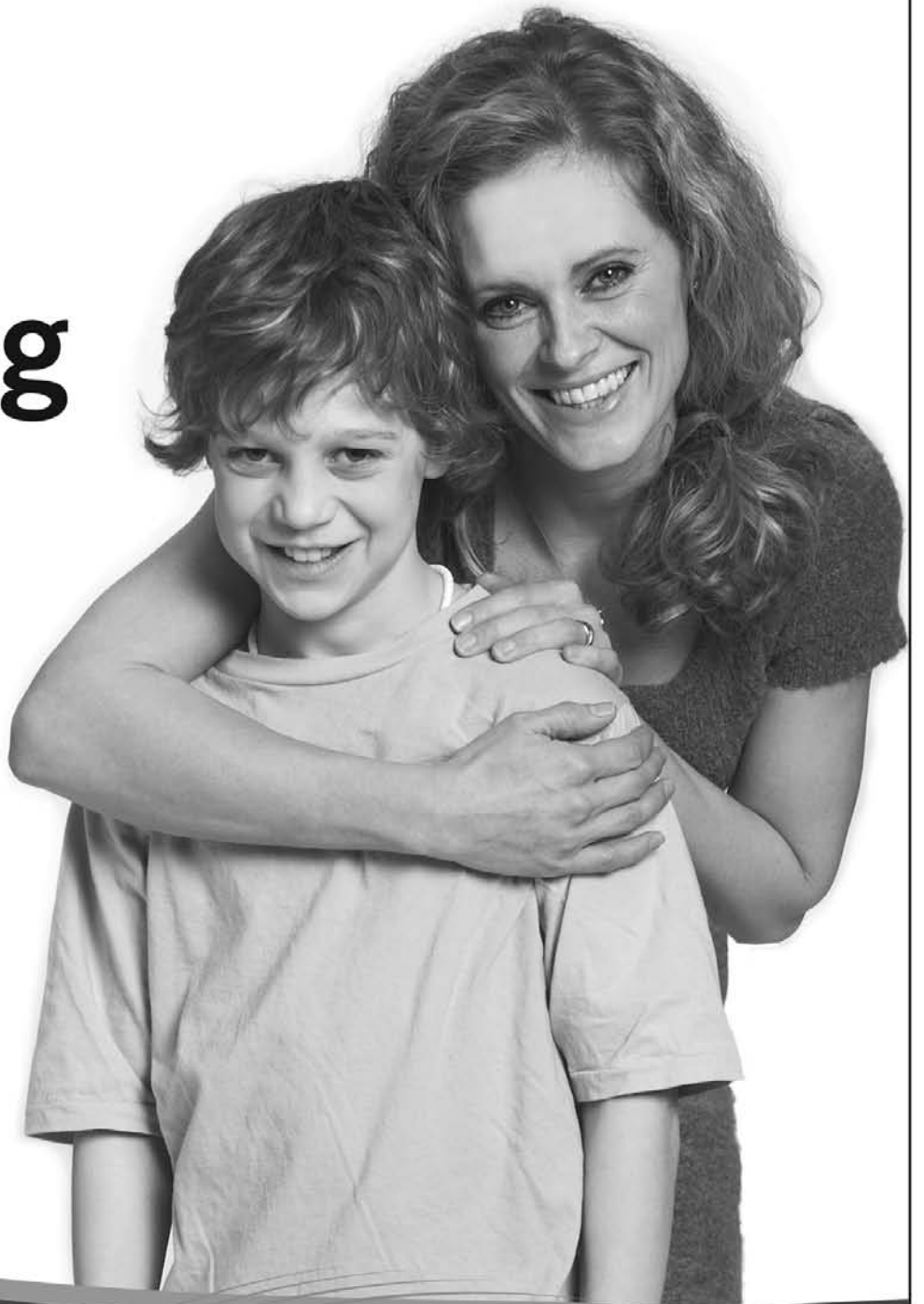
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Letters & Opinions



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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.



Demolition work continues on the interior of T100, the old high school, with major structure demolition slated for between now and March 12. It is hoped foundation removal will take place mid to late March with relocation of some buildings to commence from the end of March to the middle of April.

Photo by Bruce Peever

Letter to the Editor

Cooperation between two provinces

Dear Editor

It was a historic occasion in mid February in Brandon when, for the first time, the cabinet ministers of the governments of Saskatchewan and Manitoba met in our province.

Of historical significance at the meeting was the MOU signing on energy cooperation. Manitoba and Saskatchewan have agreed to move ahead on upgrading the electricity grid between the two provinces.

At the joint cabinet meeting Saskatchewan's Deputy Premier, Ken Krawetz, noted discussions with Manitoba on upgrading the power grid have been going well. He said "we have some very significant growth taking place and we have energy needs that are going to continue to grow. We need to ensure that we put in place that energy supply in Saskatchewan.

And if it involves being able to strike a deal with Manitoba to ensure that a good, clean, reliable source of hydro power can be obtained by Manitoba, we are willing to explore that."

Manitoba has the potential to produce a lot of renewable hydro-electric power in the north and the decision to build the Bipole III transmission line down the west side of the province instead of the east brings us that much closer to the Saskatchewan market.

Manitobans can be proud of the progress that our two provinces are making on this important file. This is the beginning of a long and fruitful relationship for the future.

Sincerely,
 Rosann Wowchuk
 Manitoba Finance Minister and
 Minister Responsible for Manitoba Hydro

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Honours and awards at Feb. 18 parade



LCdr Margaret Hampton receives her CD designation from BComd Luc Génèreux, BRSM Stephen Milton.



Capt Albert Lee receives a Commissioning Scroll.



Lt Yvonne Neatby receives a Commissioning Scroll.



Shaun Duncan receives a Command Team Commendation.



Sheri Fisher was named Employee of the Quarter.



Bruce Haynes was honoured for 25 years of service.



Darcy Lilley was honoured for 25 years of service.



Wade Miller was honoured for 25 years of service.

Photos by Quinn Roberts

Posted to Kingston in 2011?
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manitoba.ca 

Join the conversation.

Visit **manitoba.ca** to share your ideas.



Stay at home ambulance training for SES

By Bruce Peever
Shilo Stag

Receiving ambulance training updates on a monthly basis as opposed to once every three years in Winnipeg is why Shilo SES personnel appreciate the ARML.

An Alternate Route to Maintenance of Licensure was developed by Manitoba Health Emergency Services as offered by the Paramedic Association of Manitoba. Most Friday afternoons, whatever crew is on duty and not out on an emergency call, can be found in the classroom learning about ambulance training.

According to Shilo SES member Chris Arthur, the online training contains 14 mandatory components of ambulance training ranging from airway management and head and spinal emergencies to geriatric emergencies.

There are also 14 other optional courses.

"The training is both classroom and hands-on. Today we are learning about behavioural emergencies so it is more classroom based. Other times we learn how to manage injuries like a broken arm. Then we would practice using a splint and we would practice that on each other," Arthur explains.

With four platoons on hand, each Shilo SES member receives ARML training once every four weeks. Following each segment is a test and Arthur believes this is far better than testing once every three years.

"Everyone here has to be able to maintain their ambulance licence. This is a better model because it uses continual testing rather than once every three years. This helps to keep everyone on track and ensure that no one is left behind."



Photo by Bruce Peever

Shilo Emergency Services personnel take part in ARML ambulance training as offered through Manitoba Health Emergency Services. A series of 28 online courses are taught to each platoon once every four weeks.



Base Chief Steven Milton, left, passes the ball to BComd LCol Luc Généreux, centre, as Maj John Fortoloczky looks on during a pick-up match of wheelchair rugby at GSH on Feb. 10. Shilo's CF members were challenged to a match by Jared Funk and his Team Manitoba teammates. Funk, a Team Canada Paralympian, was in town as part of Changing Minds, Changing Lives, a Canadian Paralympic Committee outreach program.

Photo by Quinn Roberts



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2PPCLI train in Georgia on American Air Assault course

By Cpl TG Gucake

On Jan. 23, A Coy 2 PPCLI sent a 30-man team to Fort Benning, Georgia for the U.S. Air Assault Course.

In the weeks leading up to the course Shilo soldiers prepared by conducting long runs and longer ruck marches on the snow and ice covered roads. Candidates also were trained on rope climbing techniques, as they were given the heads-up by soldiers from past courses that it would be a large requirement in order to pass the course.

Upon arrival in Fort Benning, the course started off with a bang, immediately running the members through a timed two mile run followed by a physically demanding obstacle course. During this obstacle course, members were scored as individuals rather than a section or fire teams. Members were only able to fail one obstacle and some obstacles were mandatory.

Personnel returning from the course described it as being "a complete bag drive" with a different sort of activity in between every obstacle to keep them gasping for air. Examples of such activities included leopard crawling, lunges, and the crab walk. If a candidate was unable to fulfill the high standards set by the Air Assault staff during this two part screening, they were immediately sent home. All of this took place before the course even began. Zero Day was over.

Once the course officially started members were taught a multitude of topics relating to rotary wing aircraft, or helicopters, used by the U.S. military. This included aero-medical evacuation procedures, pathfinder operations, hand and arm signals, and sling load operations. Near the end of this week, members were already expected to put this newly gained knowledge to use in both written and practical tests. The maximum time allotted for each sling load was two minutes. This whole week required members to retain an abundance of information within a short period of time.

After all initial testing was completed members then moved on to the three-day rappelling portion of the course.

Candidates rappelled



from various points on a 64-foot tower in preparation for the final task, rappelling off of a UH-60 Blackhawk helicopter at roughly 80 feet. The 64-foot tower was the tallest rappel point the American military had to offer.

The final task candidates had to endure before graduation was a timed 12 mile (or 19.4 km) ruck march. This was scheduled at 2 a.m. on graduation day. However, due to the forecast of freezing rain, without warning, candidates were

At left, Pte GS Hartwick shows off his rappelling skills.

Submitted photo

immediately rushed to perform this task following the helicopter rappel.

With roughly 15 minutes to pack and prepare their ruck sacks, a mad scramble ensued, as even one missing ear plug would result in automatic failure of the course. The march was at your own pace and you were given three hours to finish. At the beginning, it was a scramble of the 225 remaining course candidates, with Canadians spread throughout the march.

During the march many Canadians linked up with Lt Gray, Sgt Bowes, Sgt Schmidt and MCpl Chevrefils, and before long two ranks

were formed. At roughly two and a half hours into the march, the two ranks of Canadians, led by Lt Gray, proudly marched across the finish line. With Americans in a mad scramble throughout the area, Air Assault instructors were amazed with the initiative and teamwork of the Canadians.

After 11 days of mentally and physically exhausting training, the graduation parade followed. During the graduation ceremony, graduates were awarded with a set of U.S. Air Assault wings for their achievements.

Cpl Thomas Gucake is with 2 Pl, A Coy, 2 PPCLI.

At Work in Our Communities

Manitoba's five-year economic plan, Manitoba Moves Forward, invests in our province's communities to strengthen our economy.

From schools to hospitals, from highways to recreation centres, economic stimulus projects are underway all across Manitoba. These projects are part of Manitoba's five-year economic plan to grow the province's economy and lay the foundation for future prosperity and opportunity.

Here are just a few examples of projects in regions throughout the province:

- Winnipeg** – the South Winnipeg Birth Centre
- Southern Manitoba** – the Prairie Dale Middle School in Schanzenfeld near Winkler
- Central Manitoba** – expansion and upgrades to the Winnipeg River Learning Centre in Pine Falls offering training to former Tembec workers
- Northern Manitoba** – University College of the North Campus in Thompson and The Pas

University College of the North in Thompson

Prairie Dale Middle School in Schanzenfeld

Winnipeg River Learning Centre in Pine Falls

To find out more about Manitoba's five-year economic plan or to learn more about some of the infrastructure investments in your region, visit manitoba.ca today.

Focus on eating as a family during Nutrition Month

When families eat together, they eat better.

Studies show there are significant benefits for school-aged and teens eating together with their families. Children and teens who frequently eat together with at least one other family member present have better food and overall nutrient intakes, and are at decreased risk for overweight and obesity.

Teens who eat meals with their parents more frequently are at lower risk of substance abuse and have better social adjustment (such as fewer fights). They also have better school performance than their peers whose families seldom eat meals together.

Conversations at mealtime with preschool children correlate to better vocabulary by age five compared to conversations during play or book reading.

With busy schedules, family meals are not always easy to coordinate. Conflicting schedules, children, teens, or parents being too busy, and parents working late are the most frequently cited barriers to eating together as a family.

Time saving techniques

- Make 'planned



Your Health
Anne Todd

extras'

Different from leftovers, planned extras are on purpose! Get the most out of your time by cooking more food than you need. The extra can be used for another meal within the next couple of days. The attached chart below shows some great examples:

- Use convenience foods to your advantage:

Try the new selections of washed and ready-to-eat produce items such as broccoli slaw or romaine lettuce; the salad will be ready in a flash

A rotisserie chicken might be the perfect occasional time saver for a dinner entree

Pre-shredded cheese can make quick work of pasta dishes, pizza toppings or for sprinkling on salads and using in wraps

Canned fruit in its own juice can jump start a fruit salad

Frozen, partially baked whole grain bread can be popped into the oven

A peeled and cored pineapple can be the perfect healthy and refreshing dessert

Frozen vegetables are nutritious and ready to help round out your meal; steam them lightly to keep great crunch and flavour

Frozen fruits are great in a smoothie, on cereal or in a fruit crisp

- Go for slow:

A slow cooker is a great kitchen appliance that can help you have a hot dinner on the table without much fuss. Simply follow your slow cooker recipe and go about your busy day. The food cooks slowly and safely.

- Big-batch it!

Weekends can be a great time to prepare big batches of food that can be refrigerated or frozen for later use. Get together with the family, friends or neighbours and share the work. Foods such as soups, stews, chili, casseroles, muffins, loaves and pancakes are perfect foods to 'big-batch'.

- Make your freezer your friend!

Many standard recipes can be doubled or tripled and frozen in meal sized airtight containers or resealable freezer bags that can be quickly defrosted on nights when time is tight.

For more information, go to www.dietitans.ca

Anne Todd is Health Promotions Director at CFB Shilo.

Great planned extras	Suggestions for second meal
Cook an extra chicken breast or pork tenderloin.	Cut into strips and use as a topping for pizza with added barbecue sauce; add to whole wheat pasta with leftover vegetables.
Roast a whole chicken.	Use in recipes, such as casseroles, that call for cooked chicken; make chicken salad for lunches.
Cook beef brisket in a slow cooker.	Slice and use for beef sandwiches or add small cubes to a vegetable soup.
Grill extra salmon fillets.	Make fish cakes, salmon salad or place on top of a salad.
Bake a lean ham.	Make pizza using a pre-baked crust, canned tomato sauce, ham and pineapple slices.
Cook a double batch of brown rice.	Make stir-fried rice; add to soup; make rice pudding.
Roast an extra batch of vegetables.	Use in frittata, vegetable soup or wrap in a tortilla with hummus spread.

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We reserve the right to limit quantities. While we strive for accuracy in our advertising, errors do occur. In such cases, we reserve the right of correction. Prices & monthly promotions shown do not include environmental fees & taxes on any applicable base, taxes, & fees. Single indicated prices may purchase several quantities of at least 50% off the CANEX In-store Cash Plus 2.0% on regular price. See your CANEX store or visit us online at www.canex.ca for all the details.



Submitted photo
 In this past session of Taekwon-do at CFB Shilo, several students were able to test and be promoted ranks at the main club in Brandon. In the front row at left are Reese Rutherford, Nadine Perrault, Jared Mason, Johnathon Perrault, Kai Hutcheson and Christopher Vauzelle. In the back are Jared Hoddinott, Nathaniel Creasy, Kade Hutcheson, Jaxson Hoddinott and Max Fisher. Absent are instructors, Mr. Bos, Mr. Caldwell and Mr. Moser. Taekwon-do practices are Mondays and Thursdays at GSH Gym C from 6 to 7:30 p.m. New members can join anytime, while testing happens every month.

Some tips before you fill out your tax return

By Pierre Goulet

Now that the RRRP season is behind us, Canadians turn their attention to the deadline for filing their 2010 income tax return; April 30, 2011. Depending on your situation, here are a number of non-refundable federal tax credits that can help reduce your tax base, minimizing the amount of income tax you are required to pay for the 2010 fiscal year:

First-time home buyers' tax credit:

A temporary tax credit for certain homebuyers who acquire a qualifying home after Jan. 27, 2009.

Calculated by multiplying the lowest personal income tax rate for the year (15% in 2010) by \$5,000, for 2010 the credit is \$750.

You will qualify for the HBTC if:

you or your spouse or common-law partner acquired a qualifying home in 2010 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 are buying a home in 2010 for 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.

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

If a taxpayer is under the age of 65 and receiving pension income eligible for the pension tax credit (qualified pension income) and splits their income with their spouse or common-law partner, the latter will also be eligible for the pension tax credit, regardless of age.

Pension income at age 65 can be converted from RRSPs to RRIFs or purchased as an annuity.

Spouse or Common-Law Partner Amount:

If your spouse or common-law partner earned less than \$10,382, 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 \$10,382 minus the income for any dependent. This amount is called the "Amount for an eligible dependent" and is found on schedule 5 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 (one month at least or longer), 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 Tax Credit:

Available to individuals for registration and membership costs of up to \$500 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.

Calculated using the

lowest tax rate (15% for 2010) – maximum tax credit per child for 2010 is \$75.

For prescribed programs of physical activity which must contribute to cardio-respiratory endurance of the child and to one or more of the following: muscular strength, muscular endurance, flexibility, and balance.

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:

Transferable between spouses.

Medical expenses can include amounts paid outside of Canada.

They must be more than 3% of your net income or \$2,024, whichever is less.

The spouse with the lowest income should claim 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 \$2,024 or 3% of the dependent's net income for the year up to a maximum of \$10,000.

Claim medical expenses

es paid in any 12-month period ending in 2010 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 2010. 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.

This article is for informational purposes only and reflects solely the opinion of the writer.

Pierre Goulet, CFP, FMA, FCSI, is the Practice Manager – Financial Planning and Insurance Services at SISIP Financial Services in Ottawa.

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What's on Your Agenda?



• **26 Fd Regt RCA/XII Manitoba Dragoons Museum** The tiny Reservist Museum with the really long name would like to invite you to come visit us at the Brandon Armoury 1116 Victoria Ave., Brandon, on Tuesdays from 9-11:30 a.m. and 1-4 p.m. Admission is free. Come check out our "on loan" Order of Canada medal as well as thousands of other military artefacts. For more information, please call us at 728-2559 ext. 238.

• **The RCA Museum.** Open 10 a.m. - 5 p.m. Monday to Friday with free admission for Louis Riel Day on Feb. 21. Our temporary exhibition "More Mortars" has ended early due to the water leak in the Manitoba Gallery. The Manitoba Gallery is closed temporarily, but the majority (85%) of the Museum is open. A temporary exhibit of portions of the Manitoba Gallery will open to the public on Louis Riel Day and will run until Sept. 5.

• **#60 Royal Canadian Sea Cadet Corp Swiftsure** is enrolling youth ages 12 to 18 in the Sea Cadet program Learn Markmanship, Seamanship, Sailing and more at little or no cost. Parades are at the Brandon Armoury 1116 Victoria Ave. Brandon on Monday evenings. For more information contact the Ships Office at 728-3168 or Commanding Officer Lt (N) Evelyn Gaboury at 761-5623.

• **Shotokan Karate** classes Tuesday 6:30-7:30 p.m. at GSH Gym C. Free class for ages seven and up.

• **Brandon Regional Health Centre Auxiliary** is looking for volunteers. The Brandon and area community benefits from the efforts of the Auxiliary. If you are interested in being part of this volunteer organization and would like more information or have questions, please phone BRHC Volunteer Services at 578-2065.

• **Visit Daly House Museum** at 122-18th Street, Brandon. The house was built by the first mayor of Brandon, Thomas Mayne Daly. Your family can step back over 150 years to experience the strict rules of a Victorian time. Visit Mutter's General Store, or discover the origins of the city of Brandon. Our hours are 10 a.m. - noon and 1-5 p.m. Tuesday to Saturday.

• **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

• **Sprucewoods and Area Lions Club** meets every second and fourth Wednesday at 7 p.m. at the Sprucewoods Community Club Hall. Membership Chair: Lion Gerald Rubenuik, 763-4318.

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

• **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.

• **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.

• **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.

• **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.

• **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 Gwen at 727-8558, Nancy at 727-8912, or Deane at 726-1435.

• **Need temporary use of a Wheel Chair Ramp or a Medi-**

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

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

• **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.

• **Child and Family Services of Western Manitoba** is looking for volunteers to help us expand our Mentorship Program in the Shilo area. If you want to be a part of a child's or teen's life please call 726-6747 or toll free at 1-800-483-8980.

March Fitness Sessions

CSOR TRAINING CAMP
(Open to all Military Members)
Every Wednesday in March
11:45 a.m. - 12:45 p.m.
Gym C

Registration: Contact Amy Coveney, 765-3000 ext 3652

PRACTICE TESTS
(Open to all Military Members)
Please register by 10 a.m. one day prior to test.
Contact Amy Coveney, 765-3000 ext 3652

EXPRES
Wednesday, March 30
8:30-9:30 a.m.
Gym C

FITNESS WORKSHOPS
(Open to all Military Members, DND, & Civilian Employees and GSH Card Holders)

Warm Up and Cool Down
Tuesday, March 8
Noon - 1 p.m.
Gym B
Registration Deadline: Monday, March 7 at 10 a.m.
Contact Janelle Boyd, 765-3000 ext 3899

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 • Phone 765-3000, ext 3013 • Fax 765-3814

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

*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**
Sundays @ 1030 with
Sunday School & Nursery
Padre Lee - ext 3088
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@wgcwv.ca. March 18, 19 & 20 in Brandon - Hunter Safety, CFSC, & CRFSC. Eligible students may write one or both exams. Call or email for training calendar.

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Found

One men's leather jacket at L-25 after Winterfest dance. Call Mike McEwan @ 765-3000 ext 3073.

Tree stand. Must know location. Call 728-2995.



Out of Town Homes

Wawanesa - Riverfront 2 Bedroom Bungalow 2 bath, full basement - 5 appliances, like new double garage - great location, priced for quick sale to settle estate @ \$135,000. Countryland Realty - Dave Mooney 824-2094

Farms For Sale

Glenboro 3/4 section stock farm 2 storey 4 B.R. home, well sheltered yard, good barn & cattle sheds - highway location - Priced to sell @ \$350,000. Countryland Realty - Dave Mooney 824-2094

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Two English Bulldogs free to good home, AKC registered, vet checked, contact me at james.adam600@gmail.com

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The RCA Museum!
Call 765-3000
ext 3570
www.rcamuseum.com

The *Shilo Stag* is looking for an Advertising Sales Representative for a variety of projects. Responsibilities include, but are not limited to acquiring new advertising contracts across the Brandon area, liaising with new and existing clients, and implementing various marketing initiatives as required. Applicants must have an excellent grasp of the English language, both written and verbal. Time management and multitasking abilities are essential. Customer service/retail experience is preferable, however we will train. For further information please contact Bruce Peever, Managing Editor at 204-765-3000 ext. 3093, or email stag@mts.net



Shilo Military Family Resource Centre



Volunteers - the heart of your community



A few of the MFRC volunteers were present at the MFRC Volunteer Christmas appreciation dinner.

Photo by Fisch Photography

Cold enough for you? Look at the fun we are having!



The kids have fun tobogganing down the snow hill behind the Shilo Community Center during one of the MFRC inservice days.

Above: Jewel Ward and Aspen Burnell
Below: Kelly Campbell, Owen Tintor, Quyn-ton Hudson

Photos by Courtney Brister



By Wanda Janssens

I am truly grateful to be able to work in a community that is so dedicated in giving back.

As the coordinator of volunteers for the Shilo Military Family Resource Centre, I know this to be true. Our programs that we run are assisted by very dedicated and reliable volunteers.

All across the Westman area, volunteers are what makes a community. Some of these volunteers have lived in their communities all their lives and keep giving back - at the church, recreation centres, schools and hospitals. If it were not for volunteers, a

lot of communities would not have these amenities.

In Shilo things are different; the community is always changing with Canadian Forces members moving from base to base. However, this doesn't stop families from getting involved and making Shilo their community for however long they are posted here.

So as you look for something new to do this year, think of the gift of time and volunteer! Your community will be truly grateful.

Wanda Janssens is the Volunteer Coordinator at the Shilo Military Family Resource Centre.

Upcoming events at the MFRC

Date	Program	Time	Cost	Registration deadline
Special Events				
Thank you to everyone in Shilo for your support in our annual Valentine Cookie Gram!				
Adult				
March 9 & 16	French Connections	10-11am	FREE	No registration
March 8	Money Cents	1-4pm or 6-9pm	\$5 with door prizes	Register by noon on Friday, March 4
March 12	Scrapbook Days	9-5pm	\$2	Register by noon on Friday, March 9
March 23	Dining on a Dime	1-4pm or 6-9pm	\$10 includes samples	Register by noon on Friday, March 18
Deployment				
March 17	Wii B Gaming	4:30-5:45pm	FREE for deployed	Register by noon on Wednesday, March 16
March 19	Evening at the Jazz Festival	6pm	\$10 for deployed	Register by noon on Wednesday, March 16
March 19	Childrens Deployment Afternoon	1-4pm	FREE for deployed	Register by noon on Wednesday, March 16
March 19	Deployment Childcare	1-4pm	FREE for deployed	Register by noon on Wednesday, March 16
Youth				
Looking for a parent free zone? Drop in to the Teen Centre for Video games, TV, fooseball, high speed internet, musical instruments and much more! Special activities planned throughout the month				
Hours of Operation are: Mondays, Tuesdays & Thursdays: Tweens (12-14yrs) 6-8pm and Teens (14-17yrs) 8-10pm Fridays: Tweens & Teens 6-10pm				
School Age				
March 9 & 16	Keen Kids	5-6pm	\$1 drop in	No registration
March 9 & 16	Kool Kids	6-7pm	\$1 drop in	No registration
March 9 & 16	Kooler Kids	7:30-9pm	\$1 drop in	No registration
March 17 & 18	Inservice Day	9-12pm & 1-4pm	TBA	Register by noon on Monday, March 14
Preschool				
March 15	Shamrock Scavenger Hunt	1:30-3:30pm	\$4	Registration is full. Watch for new Preschool parties coming up in April!

2PPCLI stands up a LAV Squadron

By Pte Taylor Bawn
and Pte Ken Justin

November 2010 marked the beginning of the Light Armoured Vehicle (LAV) Squadron (Sqn) within 2 PPCLI. Its members were selected from the other companies within the Battalion for their specific skills as LAV drivers, gunners, and crew commanders. The Sqn's mandate is to become experts in LAV tactics and procedures and to support the training of LAV specific courses for other members of the Battalion.

As soon as the Sqn stood up, it was heavily involved in passing on its expertise in LAV gunnery through the conduct of a LAV Turret Operator's Course. Throughout the course the Squadron worked diligently to ensure the students received the best training possible while concurrently working long hours to maintain a large fleet of LAVs. After the course, the Sqn par-



2PPCLI's LAV Sqn participated in a challenging live fire range that tested its members' ability to coordinate firing within teams while on the move and under the cover of smoke.

Photography provided by Cpl Joe Smit and Capt Bryce Rollins

participated in a challenging live fire range that tested its members' ability to coordinate firing within teams while on the move

and under the cover of smoke.

In January the Sqn supported a LAV Driver Course, qualifying many

new LAV drivers within the Battalion. Taking advantage of cross-training opportunities, the Sqn has sent a number of its

members on exciting exercises such as Exercise NORTHERN BISON, an Arctic Sovereignty Exercise in Northern Manitoba and on Exercise KAPYONG SUE, based out of the Marine Corps Training Center in Cali-

fornia.

While off to a very busy start, the Sqn's training will culminate when, together with C Company, they prove numerous ranges in Suffield, AB as part of Exercise DESERT RAM 2011.

Winnipeg cadets visit 2PPCLI

By Pte Athrun Zala

On Saturday, Feb. 5, Cadets from the 2701 2 PPCLI Cadet Core made their way to Shilo for an annual visit to the base for a day of fun and education. Arriving at 9:30 a.m. they first received a tour of the building by WO Brett Perry and MWO Donald Reid with a class on Regimental history afterwards.

After lunch the kids got to experience the military in a more hands on manner as displays of the LAV III, C7 rifle, 7.62mm and 50 cal machine guns, 60 mm mortar, and Remington 870 shotgun were laid out for them. A lot of fun considering their only experience so far had been with their own uniforms and Daisy Air Rifles. While recalling his time as a cadet visiting the base back when it was in Winnipeg, Lt Anil Sukhan, an escort for the cadets predicted, "This will be their favourite part, looking at the weapons and the LAVs." MCpl Patrick Bellemare, a cadet of three years said that he learns more every time he visits the Second Battalion, "Where else are you going to have a chance to be up close to this stuff?"

The Cadets' day winds

down with a group photo and MWO Reid explaining the history of the pictures in the main hall. The Cadets were then shown the snow

shelters that the Northern Bison team made while training for their mission in the arctic before getting back on the bus to go home.



For more info
call the Community
Recreation Office
at 765-3000
ext 3317 or 3588

GSH Bowling Alley

Thursdays 6:30-8:30 p.m.

Saturdays 1-4 p.m.

Adult \$2.25 per game

Youth \$2.00 per game

Child \$1.75 per game

Shoe rental \$0.75

Mixed Bowling League for Adults

Wednesdays

7-9 p.m.

\$7.50 per evening

Prices subject to tax

Shilo Theatre
(Located in the General Strange Hall)

Enjoy a DVD movie and popcorn for FREE!

March 4: Megamind - Rated G

March 11: Harry Potter and the Deathly Hallows: Part 1 - Rated PG

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

THE RCA MUSEUM

Canada's National Artillery Museum

(204)765-3000 extension 3570

www.rcamuseum.com



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March 9 @ 7:00 vs. Saskatoon Blades
March 11 @ 7:30 vs. Saskatoon Blades
March 12 @ 7:30 vs. Prince Albert Raiders

For Tickets Call 726-3555 or
visit Ticketmaster.ca
www.wheatkings.com





WARNING SHILO RANGES

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

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

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

STRAY AMMUNITION AND EXPLOSIVE OBJECTS

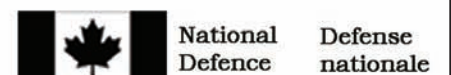
Bombs, grenades, shells, similar explosive objects, and their casings are a hazard to life and limb. Do not pick up or retain such objects as souvenirs. If you have found or have in your possession any object which you believe to be an explosive, notify your local police and arrangements will be made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

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

BY ORDER
Deputy Minister
Department of National Defense

OTTAWA, CANADA
17630-77

Canada 



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