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INSIDE This Issue

This pair will perk you up. Story on page 2.

Back from WWI internment guarding. See page 7.

Kudos for 731 Sigs staffer. Coverage on page 8.

Fast fingers

Canadian Forces personnel were front and centre March 28 during opening ceremonies of the Royal Manitoba Winter Fair held at the Keystone Centre in Brandon. Above, the crew from Base Maintenance tear apart, move, reassemble and drive away this classic 'Jiffy Jeep' in just under four minutes. In the inset at top, Manitoba Lt Gov Philip Lee is joined on the front stage by BComd Luc Généreux and his wife Pascale. At left, LCol D.R. Thompson, CO of 26 Field Regiment delivered an opening address.

Photos by Bruce Peever

Check out our new spring fashions

Visit our trends section at www.shoppersmallbrandon.com

Sweet taste of success for Piches' Forbidden Flavours

By Sara Cumming
Shilo Stag

Any newcomer to Shilo's Forbidden Flavours might think that owners Ray and Leita Piche have lived here their whole lives. The Piches, along with their friendly staff, greet customers by name. They know their customers' favourite drinks, and they bend over backwards every day to accommodate the needs of their patrons.

In fact, the couple, who were the recipients of the 2010 CFB Shilo Business Award of Excellence last December, have only owned Forbidden Flavours since 2006. (They also own another Shilo business, tanning salon Bronze Bodyz.) Their affection for the community where they work, and their respect for the military, they've come by honestly.

Ray, a Montreal native, grew up with parents who were very involved with both their church and their community. Leita, who grew up in Neepawa, MB, has parents who are extremely community-minded, and her father, in particular, has a love of all things military. Leita says her family had many good friends from Shilo and her father, a former Reservist and cadet commander, is "heavily involved" with the Royal Canadian Legion.

"He's a historian," she explains. "He's got degrees in history. Anything to do with the military, he's hugely into that. He's got every book you can imagine and his basement is like a history museum of badges, uniforms, and hats, and the weapons from each war."

The Piches haven't always been involved in the coffee business. Ray is a former RCMP officer



Leita and Ray Piche have found a niche in the hearts of coffee drinkers and those with a sweet tooth. The couple's Forbidden Flavours was named winner of CFB Shilo's 2010 Business Award of Excellence and the pair have big plans for the future.

Flavours also offers specialty drinks, salads, sandwiches, wraps, soups, and real fruit smoothies — and the menu won't end there. The Piches are also looking at offering other meal options such as paninis.

"We're trying to establish ourselves more in the food industry, instead of just the coffee and ice cream, which has been nice, but we're

trying to move forward and provide a service that maybe isn't as readily available," explains Leita. "This is just the natural progression toward what we felt the base and the Shilo area needed."

Owners and staff are also open to suggestion, so if customers have an idea for a new menu item, they're encouraged

See **FLAVOURS** page 3

who served 22 years. He now works with the Manitoba Liquor Control Commission. Leita is a pharmacy technician by trade who has also worked in human resources. They bought the Shilo Forbidden Flavours location because they were excited about the concept of the business.

"We both thought it would be an unbelievable idea to be a part of something where you can roast the beans from a green state," says Leita, who explains the beans are roasted by a roastmaster just 30

kilometres down the road in Brandon. "There are a lot of wonderful coffee places, but can they actually say that they can tell the customer when it was roasted?"

Ray agrees that the beans is what sets Forbidden Flavours apart from other coffee shops.

"We don't talk about freshly brewed coffee, we talk about freshly brewed coffee with freshly roasted beans," Ray says. "Anyone who enjoys coffee can usually tell the difference."

Aside from the coffee selection, Forbidden

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2011 Flood

Prepare Now for Possible Spring Flooding

Protect your home, business or farm

If your property could be affected by potential flooding this spring, here are some steps you can take:

- Install a backwater valve or sump pump – if you already have one of these devices, ensure it is in good working order.
- Put weather protection sealant around basement windows and the base of ground-level doors.
- Ensure eaves and downspouts are in good working order and will direct water away from your home.
- Remove any important documents or items from your basement.
- Make plans for keeping your pets and livestock safe including plans for moving them if it becomes necessary.
- Check your insurance policy to ensure you have adequate coverage.
- Learn about your municipality's plans for registering and assisting people who may have to leave their homes during the flood.

Working Together

The Manitoba government is working closely with municipalities to prepare for potential spring flooding. Ice cutting machines and Amphibex ice breakers are already at work and other rapid response equipment is being positioned around the province to support municipal flood fighting efforts. This includes sandbag machines, pumps, steamers and materials that can be used to strengthen or raise dikes or provide temporary protection from imminent flooding.

Keep Informed

Get up-to-date flood forecasts and more information about protecting your property from potential flooding by visiting the flood website at

manitoba.ca. Flood information is also available by calling **1-866-Manitoba.**

Manitoba 

Sprucewoods Lions to host 2012 Convention in Shilo

By Sharon Brooks

Sprucewoods Lions Club members are busy selling our community calendars now. If you usually get one and didn't hear from us, give us a call at 763-4765.

On Feb. 18, four of our members travelled to Swan River to attend the District's Midwinter Convention. It was a great time and a lot of money was raised for charity. Our members were also surprised to be given a club award for having the greatest net membership growth this

year.

Great news! It is planned that our 2012 Convention will be held right here in Shilo. We are all excited and looking forward to putting on one of the best conventions ever!

Remember, our Lions meet the first and fourth Wednesday of the month at 7 p.m. at the Sprucewoods Community Club. New members are always welcome.

Lion Sharon Brooks is a member of the Sprucewoods Lions Club.



District Governor Cheryl McKittrick is pictured at left, along with Sprucewoods Lions from left to right, Aletha Riegel, Heather Walker, Sharon Brooks and Judy Foster.

Submitted photo

FLAVOURS

From page 2

to make a recommendation.

"The door is always open for more things that we can provide, because we're here to work with everyone," Leita says. "This is something we want to make sure that we're always on top of."

Another thing they're always on top of is providing excellent customer service.

"Customer service is by far the most important thing," Ray says. His wife agrees.

"It's nice to have awesome products, but if you don't have awesome, friendly service ... I think it's very important to treat everybody special, whatever rank they are, wherever they're from," Leita explains. "Anybody can sell you coffee and a great product, but there needs to be more attached to that. You need to make people feel they're special and know their name and know what they have so they're beyond just a customer."

Outstanding customer service is but one reason Forbidden Flavours won the Business Award of Excellence, presented by BComd Luc Génereux to a surprised Leita and Ray.

"It was a very nice surprise," says Ray. "We were very ecstatic to receive it. It shows that the military and the Shilo area sees what we do, and they thought it was worthy of giving it to us. We were very much appreciative."

Expect some changes and branching out for Forbidden Flavours in 2011. A new sandwich counter is coming soon, and Leita has been working at letting people know the shop is child

friendly. They've also been trying new events aimed at spicing up the night life at Forbidden; they held a trade show-type evening (vendors sold wares such as jewelry and handbags) in

early March, and they'll be hosting an evening of live music on Thursday, April 7. If you're looking for a place to relax and check your email, they offer free wireless internet to customers,

and they have laptops available for rental for those without access to a computer. They're also sponsoring a contest called 'The Farm's Coffee Break' through Brandon's 101.1 The

Farm radio station. (Details are available at The Farm's website.)


"We're always looking for new things to keep everyone interested," Leita explains. "We pride ourselves on

doing what we can for Shilo. We embrace the community."

Forbidden Flavours will be starting its extended summer hours on the May Victoria Day weekend.

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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.

Your role: participate in an interview, complete questionnaires, and may or may not take part in a functional Magnetic Resonance Imaging (fMRI) picture viewing assessment.

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If interested please call the study coordinator at 204-975-7728

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2011
Flood

Preparing Your Farm for Potential Spring Flooding

If your farm could be affected by potential flooding this spring, here are some steps you should take to protect your operation.

Caring for livestock

- Visit your local GO office and complete a premises identification application.
- Ensure your livestock have access to feed and water on high ground whether it is on your land or on a temporary site elsewhere.
- Make sure you have an alternate source of energy, such as a backup generator, for use in your barns.

Protecting your grain

- If your grain storage bins are at risk of flooding, move your grain as soon as possible.
- If your grain is at risk of flooding, contact the Canadian Wheat Board as soon as possible.
- Find out if you can apply for a special spring road restriction permit that will allow you to move your grain and oilseeds out of flood-affected areas.

Securing hazardous materials

- Move all small, hazardous, portable materials such as solvents, chemicals, petroleum, propane and fertilizers to higher ground.
- Larger portable tanks should be disconnected, moved to higher ground and secured so they will not float away.
- All large storage tanks should be tied to an immovable object.

Learn more

To find out more about how you should prepare your farm against potential flood damage, please visit the flood website at manitoba.ca or call **1-866-Manitoba**.

Manitoba 

Letters & Opinions



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

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

Submitting articles and photos for print:

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



Submitted photo

The 2528 RCACC Manitoba Dragoons from Virden visited CFB Shilo on March 18 and had opportunity to explore and tour 2PPCLI Lines. The Dragoons were hosting two Air Cadet Corps from Ontario on an Inter-provincial Cadet exchange and incorporated CFB Shilo into their visit plans.

Letter to the Editor

We have nuclear cleanup heroes, too

Dear Editor,

In the mid 1950s an explosion in the reactor room of Chalk River Nuclear Laboratories in eastern Ontario required quick action by the government to prevent the spread of radiation to the nearby community and beyond.

Some members of the Armed Forces were despatched to provide security for the facility. However, when they arrived, they were assigned to prevent radiation from spreading. All of these soldiers put their lives on the line in order to do so. Some were members of RCHA from CFB Petawawa.

The situation in Japan is similar, as volunteers there

are putting their lives on the line to prevent the spread of radiation. These people are being labeled as heroes of the country. And no doubt will receive the highest acclamation for it.

In Canada, it has taken over 40 years to recognize that something important was done by those who served to contain the dangerous situation.

For those still living, the government gave them a token of money and sent a certificate of recognition through the mail system.

Sincerely,
 Reg Wannamaker
 Chalk River Survivor

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The Shilo Inn (Crang's)
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Lucky Dollar

Dog control takes over agenda at community council

By Bruce Peever
Shilo Stag

Dog control or a perceived lack thereof has once again become an issue at Shilo Community Council.

At the council meeting March 18, several members voiced concern over who controls what when it comes to animal control. The issue centred over the recent biting of a young student by a loose dog.

"I have been here seven years ... I myself have never seen animal control on Base," stated Ward5 Rep MCpl Glenn Neville.

Shedding some light was Rural Municipality of Cornwallis Ward 5 Rep Kurt Wasserberg, who said part of the confusion is municipal bylaws and military regulations working in the same geographical space.

Across CFB Shilo,

animal control regulations are enforced through the RM of Cornwallis' animal control bylaw. An Animal Control Officer has been hired but is available only at set times. Those times include Sundays and Mondays from 8 a.m. to 7 p.m.; Tuesdays, Wednesdays and Thursdays from 8 a.m. to 1 p.m. and again from 3 to 7 p.m.; Fridays from 8 a.m. to 7 p.m. and finally Saturdays from 8 a.m. to 4 p.m. Anyone needing animal control on Base should call the Animal Control Officer at 728-6653.

Wasserberg pointed out if anyone can't reach the Animal Control Officer they could call him at home. Wasserberg's phone number is 763-4357.

Afterwards, Cpl Daniel Prest of 1MP Unit stated that MPs will get involved in animal

control matters only if there is a determined risk to human life.

"Even if someone is bitten by a dog we have nothing to do with it, unless the dog is still biting when we get there, as it is a municipal bylaw matter," Cpl Prest stated.

He adds MPs would not make up a report, similar to those forwarded to BComd, however dog complaints are added to the detachment's CAD for future reference.

"People should be keeping their own records too," the MP said. "We need to remind people as well that there is a Base Standing Order (Chapter 10, animal control) that states people are responsible for their own pets."

Meanwhile, Shilo Community Council President Sgt Shannon Woodman said she would take the dog

control matter up with the BRSM. Anyone wanting to review RM of Cornwallis animal control regulations can log onto www.gov.cornwallis.mb.ca/bylaws.

Also discussed at the March 18 meeting were:

- With spring melt hopefully right around the corner, MPs warn drivers to respect barricaded road closures.

Cpl Prest added that when barricades go up on temporary street closures, drivers must avoid that area.

"We will have melting issues and we will put barricades up and people will drive around them. If you swamp your car in an area of the street that's closed, good luck with MPI," Cpl Prest warned.

He noted there are a couple of typical flooding spots including Royal Avenue near the military police building as well as Royal Avenue behind Ecole la Source.

"If barricades are up, they are up there for drivers' protection. Don't just drive around them," Cpl Prest noted.

- Council was notified

of the annual Volunteer Appreciation event set for Saturday, April 16. The afternoon pays tribute to all those who contributed at least 20 hours of volunteer to CFB Shilo in 2010.

- Coming up once the snow melts will be the Spring Clean Up. The 1st Shilo Scouts will be responsible for cleaning up park areas and playgrounds around residential areas.

- The next Shilo Community Council meeting will be Friday, April 8 at 1:30 p.m. inside the Community Centre.

Let us know what you think! Send us a Letter to the Editor. Please include your name and where you live. Letters will be edited for length, libel and good taste. Email your submissions to stag@mts.net

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2011
Flood

Potential Spring Flooding

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If your home, property or business could be affected by potential spring flooding, it's important that you contact your insurance agent or broker to review your insurance coverage.

Private Insurance Coverage

Sewer Back-Up

Insurance policies do not always cover damage caused by sewer back-up but it is sometimes offered as an option you can purchase. You should check your policy to be sure you have the coverage you need.

Overland Flooding

Private insurance does **not** provide coverage for the damage caused by overland flooding. It is recommended that you prepare for possible overland flood damage by removing valuable items and important papers from your basement and ensuring the grading around your home allows for water to move away from the house rather than pool near the foundation.

Disaster Financial Assistance

When a widespread disaster such as a flood strikes and creates an unreasonable financial burden on property owners, Disaster Financial Assistance (DFA) **may** be available for eligible costs related to damages that are not insurable. This can include costs for:

- Evacuating homes, businesses or farms
- Sandbagging and other efforts to prevent or limit imminent water damage to property and livestock
- Repairing or replacing non-insurable property such as your home, buildings or other non-insurable losses essential to the operation of eligible farms and small businesses

Learn more

To find out more about how you should protect your home and property against the threat of potential spring flooding, please visit the flood website at manitoba.ca or call **1-866-Manitoba**.

Manitoba

Auto extrication made easy by Shilo firefighters



Shilo firefighters received some hands-on auto extrication training at the SES Training Centre last week. The four-day training session was conducted by Manitoba Emergency Services and was led by Instructor Mark Emrick, at right with the white helmet. Training was in the form of both mechanical and powered auto extrication.

**Photos by
Bruce Peever**



CANEX

Easter Colouring Contest

Concours à colorier de Pâques

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1RCHA Gunner guards interment of Cdn WWI soldier

By Bruce Peever
Shilo Stag

He didn't get to see Paris, but what he did in France earlier this month meant so much more.

Selected as the lone representative from LFWA, 1RCHA Gunner Anthony Triantafyllopoulos was part of interment ceremonies for two Canadian soldiers from the First World War. He just recently returned to CFB Shilo from Pas-de-Calais and says the experience will stay with him a lifetime.

"Being part of the guard for this memorial burial was the most honourable and memorable experience of my military career. As a guard I learned and understood more about the role of the artillery in both the first and second world wars," Gnr Triantafyllopoulos states.

Nearly a century after his death, Private Thomas Lawless, a Canadian First World War soldier whose remains were recovered and identified on January 10, 2011, was



Photo by Bruce Peever

Gnr Triantafyllopoulos is back to his duties at 1RCHA following his one week as part of the interment ceremony for two Canadian soldiers killed in the First World War.

buried with full military honours at La Chaudière Military Cemetery, in Vimy, France on March 15.

An unknown Canadian First World War soldier was also interred at Pozières British Cemetery, in Somme, France, on March 17. The soldier's skeletal remains were found on the Butterworth Farm property, in Pozières,

on April 9, 2009. Due to a lack of evidence however, he could not be identified.

A native of Toronto, Gnr Triantafyllopoulos spent two days in early March at CFB Trenton performing weapons and funeral drills. He arrived in France March 13 with the next day spent in rehearsal prior to the first interment ceremony.

"Because he was able to be identified the family of Pte Lawless was there, along with a large media contingent. The funeral was in two stages, at the cathedral and at the cemetery. As part of the service we fired three volleys. It was so well organized the volleys together sounded as one," the artilleryman says.

The second Canadian soldier interred, who could not be identified, was part of the following day's ceremony.

"Because there was no family, a French couple adopted him as is their custom. And

because there was no family of his own, there was no volley," Gnr Triantafyllopoulos notes.

In addition to the interment ceremonies, Gnr Triantafyllopoulos was able to visit several First World War battle sites as well as the Vimy Memorial.

He notes the French still appreciate the sacrifices made by Canadian soldiers almost 100 years ago. And he advises all military personnel to see the First World War memorials themselves.

"They (the French) certainly respect and appreciate Canadians. When you look at

our memorials and cemeteries over there, they are all kept in immaculate shape," he says.

"Being there, to be part of this ceremony, was a tremendous honour. First, as a military person performing a burial service for a Canadian First World War soldier. Second, being there to see the sights was a great honour. We didn't get to see Paris, but I didn't miss that at all."

With files from Lieutenant (N) Michèle Tremblay, Public Affairs Officer, Canadian Forces Contingent in France.



Photo by MCpl Roy MacLellan

Gunner Anthony Triantafyllopoulos, second from right, was part of the Canadian Forces Contingent in France.

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Annual General Meeting April 27, 2011

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Registration 5:30 pm | Dinner 6:30 pm | Meeting 7:30 pm

Tickets: \$12.00 each in advance - No Purchases at Door
Tickets are available from any Branch until April 21st.

731 staffer picks up CDS Commendation in Afghanistan

Lianne Christie, a civilian working in Afghanistan, was recently recognized for the work she is doing in that country.

Christie was recently awarded the 'Chief of Defence Staff Commendation' in an awards ceremony held at Canada House in Kabul, Afghanistan on March 14. Accompanying

Gen Natynczyk for this presentation was the Hon Peter McKay, Minister of National Defence, and Chief Petty Officer 1st Class Cleroux, Canadian Forces Chief Warrant Officer.

Currently on a leave of absence from her position as the Service Desk Supervisor at 731 Signal Squadron based at CFB Shilo, Christie is working

for ISAF in Kabul.

Making her permanent home in Rapid City, northwest of Brandon, Christie has always been one for adventure. Whenever any soldiering activities presented themselves in the squadron, she was first in line almost begging to participate in spite of the fact that she is a civilian, not a soldier. Possessing boundless energy, she could be found rucksack marching, tearing up the ball hockey court, dealing with the myriad of challenges of running a successful Service Desk, and more recently troubleshooting network faults and doing network installations in a theatre of war.

When she was presented with this distinguished award, it completely took her by surprise. Christie works for NATO, not Canada, but some of her tasks align her with the Canadians that work in Kabul. Being a very proud Canadian, she is heavily involved in the spirit of Canada House, often gathering whatever sparse supplies she can to make



From left are Gen Walt Natynczyk, Lianne Christie, the Hon Peter McKay, Minister of National Defence, and Chief Petty Officer 1st Class Cleroux, Canadian Forces Chief Warrant Officer.

Submitted photo



Cpl Yannick Scherrer

One Canadian soldier was killed when an improvised explosive device detonated during a dismounted patrol in the Panjwa'i district of Kandahar Province at approximately 12 p.m. (noon) Kandahar time on Sunday, March 27, 2011.

Killed in action was Corporal Yannick Scherrer, from 1st Battalion, Royal 22e Régiment, based at CFB Valcartier, Quebec serving with 1st Battalion, Royal 22e Régiment Battle Group.

We are all thinking of the family and friends of our Canadian fallen comrade during this sad time. We will not forget Cpl

Scherrer's sacrifice as we continue to bring security and hope to the people of Kandahar Province.

Canada in partnership with the government of Afghanistan, the Afghan National Security Forces and ISAF remain committed to improving the security situation in order to set the conditions for reconstruction and development in the region. Joint Task Force Afghanistan continues to be fully engaged in an initiative that serves to gradually enhance security, to strengthen governance and to expand the government's authority in key areas of Kandahar Province.

events like Christmas, poker nights, and meals more 'Canadian'. It is said by her co-workers, that whenever the word Canada is mentioned, Christie is right in the middle of it. Her sincere caring is evident in many ways including the ability to make Rice Krispie cake in a microwave for the Close Protection people, and she has never missed one memorial service for our fallen soldiers. On a lighter side, she is known around Canada House as the 'Queen of Shopping' at the Friday Bazaar where local people try to

sell their wares.

"Now," says Christie, "The soldiers of many nations ask me to take them shopping before they go home because of the bartering and potential rip offs."

It is said that whenever she recognizes a soldier in a Canadian uniform, she immediately goes over to them, extends her hand and says, "Hi, I'm Lianne from 731 in Shilo and if there is anything I can do to help you, let me know."


When asking Christie about the specific details about why she received

this award, she believes that it wasn't one specific thing; she humbly states that she believes it is for reasons outlined above, and others. News of this award really came as no surprise to her co-workers in 731 Signal Squadron. Christie has received the Squadron Civilian of the Year award, and never one to take all the credit for her team, she successfully lobbied that her entire staff receive the same award.

Christie plans to return home later this year.

Submitted by 731 Signals Squadron.


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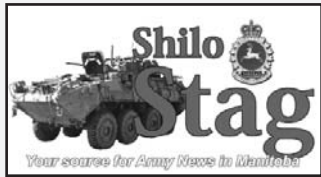
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With MLB EXTRA INNINGS on Westman's Digital TV, you get up to 60 out-of-market games per week.

In our April 14 issue of the *Stag* ...



It's the first new residential construction in almost 50 years. Find out why a barrier-free house is needed in CFB Shilo and what goes on in designing a home that is completely wheelchair accessible. It might surprise you the amount of custom design involved, with oversized rooms, accessible bathrooms and a workable kitchen.



Battle of Kapyong helped shape 2PPCLI

By Capt R Dumas

With the 60th anniversary celebrations of the Battle of Kapyong coming up at CFB Shilo on April 30, the following is some background on 2PPCLI and its storied history.

A second battalion was born of Princess Patricia's Canadian Light Infantry (PPCLI) in June 1945 as part of the Canadian Army Pacific Force. Given Canada is a Pacific country and lost two battalions in Hong Kong, it was time to turn our attention towards Japan, with the European campaign winding down. With Japan's surrender in August, 1945, Second Battalion PPCLI (2PPCLI) was stood down. However it was only five years

later (June 1950) when it was stood up once again for deployment to the Orient. This time, it was to fight in Korea as part of the Canadian Army Special Force.

By the time 2PPCLI had arrived (Dec. 1950), the first Canadian unit in theatre, the fledgling United Nations' situation had significantly deteriorated. Another six Chinese armies, the equivalent of approximately 180,000 troops, had already crossed the Yalu River. The Patricias would no longer be employed as a stabilizing occupation force. There was now an urgent requirement for them to join the fight.

There were strained Canadian-American relations when the Patricias insisted on

two more months of intense counter-guerilla operations, tactics and weapons training given the unannounced re-role. By mid-February of 1951, 2PPCLI joined the 27th British Commonwealth Infantry Brigade consisting of two British and one Australian infantry battalions, one New Zealand artillery regiment and one Indian field ambulance.

From that point on, the Patricias were quickly earning its stalwart reputation. It had become baptized under fire through several fights with a tenacious and determined enemy under most severe winter climate conditions and brutally rugged terrain. Friends were lost along the way, the realities of war fast leaving its

indelible mark, making them vets in short order.

The Patricias were already dug into Hill 677 at the Kapyong Valley when thousands of demoralized South Korean soldiers were heavy into a withdrawal, escaping total annihilation by a severely overwhelming enemy. Watching them madly flee for their very lives on April 22-23 would be enough to undermine anybody's confidence.

Then came the onslaught. On the evening of April 23-24, 2PPCLI watched in horror as 3rd Battalion Royal Australian Regiment, just east across the valley, became heavily infiltrated by thousands of Chinese.

See **BATTLE** page 12

WANTED

Help wanted for food demonstrators in Brandon. Mainly weekends but weekdays as well. \$11/hour, six hour shifts. We will train. Successful candidates must be 18, must have their own vehicle and must obtain a food safety certificate (we can help you get one at no cost). Call Laura at 726-8186.

THE RCA MUSEUM
Canada's National Artillery Museum
(204)765-3000 extension 3570
www.rcamuseum.com



The Shilo Stag
Your source for Army News in Manitoba

Write to us!

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

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Power Electrician Trainee

This is a four-year apprenticeship program which includes on-the-job training, trade schools and formal classes at Manitoba Technical Colleges.

You will have **one** of the qualifications listed below to be considered:

- Two year diploma in Electrical, Electronic or Instrumentation Engineering Technology, OR
- High school diploma with Mathematics 40S (Applied or Pre-Calculus), Physics 40S and English 40

Operating/Electrical Technician Trainee

This is a six-year training program which includes completion of a four-year apprenticeship program as a Power Electrician with a further two years training in station operations. You will receive dual certification as a Power Electrician Journeyman and Station Operator. This program includes on-the-job training, trade schools and formal classes at Manitoba Technical Colleges.

You will have **one** of the qualifications listed below to be considered for the program:

- Two year diploma in Electrical, Electronic or Instrumentation Engineering Technology, OR
- High school diploma with Mathematics 40S (Applied or Pre-Calculus), Physics 40S and English 40, OR
- Journeyman licence as an Industrial or Construction Electrician with a high school diploma and willing to upgrade Mathematics and Physics to the qualifications listed above.

Operating/Mechanical Technician Trainee (Industrial Mechanic)

This is a six-year training program which includes completion of a four-year Industrial Mechanic Apprenticeship with a further two years training in station operations. You will receive dual certification as a Mechanical Technician Journeyman and Station Operator. This program includes on-the-job training, trade schools and formal classes at Manitoba Technical Colleges.

You will have **one** of the qualifications listed below to be considered for this program:

- Two year diploma in Mechanical Engineering Technology, OR
- High school diploma with Mathematics 40S (Applied or Pre-Calculus), Physics 40S and English 40, OR
- Journeyman licence as an Industrial Mechanic with a high school diploma and willing to upgrade Mathematics and Physics to the qualifications listed above.

Aboriginal Pre-Placement Training Programs

Are you an Aboriginal person interested in these programs but are not qualified? Consider our Northern or Southern Aboriginal Pre-Placement Training Programs. During the 10 month Program you will have the opportunity to take high school courses and gain on-the-job training experience in preparation for the Operating/Electrical or Operating/Mechanical Technician Training Programs, and Power Electrician Training Programs.

To be considered, you will have a High school diploma with at least **one** of the following courses:

Mathematics 40S (Applied or Pre Calculus) or Physics 40S, or English 40.

The Aboriginal Pre-Placement Training Programs are employment equity initiatives and proof of Aboriginal Ancestry must be provided.



All applications must include a personal resume, cover letter, proof of Aboriginal Ancestry (for the Aboriginal Pre-Placement Training Programs only) and a complete transcript of marks (high school and any post secondary). Only complete applications will be considered.

We thank you for your interest and will contact you if you are selected for an interview.

Visit our website at www.hydro.mb.ca to apply online. The deadline for applications is **April 7, 2011**.

Manitoba Hydro is committed to diversity and employment equity.



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.** 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 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 beginning Apr. 5. Three free classes for all beginners. Come and try it out!

• **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 Mutters 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 Com-

munity 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.

April Fitness Sessions

CSOR TRAINING CAMP (Open to all Military Members)

Every Wednesday in April
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

CSOR

Tuesday, Apr. 5

10 a.m. - noon

Gym C

EXPRES

Wednesday, Apr. 27

8:30-9:30 a.m.

Gym C

FITNESS WORKSHOPS

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

Plyometrics

Monday & Tuesday, Apr. 11 & 12

Noon - 1 p.m.

Gym B

Registration Deadline: Monday, Apr. 11 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:

April 7, 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@wcgwave.ca. Apr. 15, 16 & 17 and May 13, 14 & 15 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.



For Sale

6 acres, 1 1/2 storey house, 3 bedrooms, 1 1/2 baths, full basement, electric furnace, lovely landscaped yard. Small river winds through wooded property. Only 42K from Shilo, 62K from Brandon on Hwy #2 between Glenboro and Wawanesa. \$145,000. Phone 827-2794 for appointment to view. Email for photos vrhutlet@mts.net.

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stag@mts.net

Visit
The RCA Museum!

Call 765-3000

ext. 3570

www.rcamuseum.com



Shilo Military Family Resource Centre



Healthy kids grow naturally – take them outside

By Karen Burton

We all know that sitting in front of a TV or computer screen all day isn't good for anyone. But do you know the dangers that your kids are faced with by this sedentary lifestyle?

Today's kids are reaching an unprecedented level of obesity, diabetes and other life threatening diseases. The thing is, these diseases can be avoided by simply increasing physical activity level and getting our kids more active.

Think about where you spent your days as a kid; many of us didn't have access to video games or even cable TV. We all played outside with our friends! The day may have started with a game of cops and robbers and then progressed into a picnic lunch at the park or maybe it was a neighbourhood game of kick the can. Either way, we all spent many hours outside as kids. When we came in the house for our evening meal we were covered in dirt and full of smiles.

We slept better and we felt better. Nobody cared about the dirt, it just meant we must have had a great time.

So I ask you, why aren't we giving these same memories to our kids? When kids are allowed to run and climb, they are improving their gross motor skills, coordination, strength and endurance.

How many times do you say to your kids "please use your walking feet; please use your inside voice." Well, when do they get to use their running feet and their outside voices if they are always stuck indoors? But the benefits don't stop there, kids who play outside have an opportunity to engage all of their senses.

Children need to have opportunities to explore the world around them and discover that they are indeed part of something much bigger.

Research shows that kids who play outside have less chance of developing nearsightedness, have better concentration

and better character development.

Kids who play outside are more adventurous, self-confident and have a better understanding of risk. We have all heard that laughter is the best medicine, and nothing could be closer to the truth for our kids. Research tells us that kids who play outside laugh a lot more than children who don't and laughing lowers blood pressure, reduces stress, improves muscle function and even strengthens the body's immune system.

So now that you know the benefits, the rest is up to you. Make time to get your kids outside during the day.

The MFRC is commit-

ted to making outdoor play a part of your daily activities. Just ask Dana Thompson, our Children Services Coordinator, and Janine Guenter, our Preschool Facilitator. Dana and Janine have a vision of creating outdoor play areas that will incorporate nature into the playgrounds at the MFRC Daycare and Occasional Childcare Centre. A group of MFRC staff and community volunteers have been working hard throughout the winter make these nature inspired playscapes into reality. The Natural Playscape committee now has an approved design, and the MFRC Board of Directors has approved funds towards the development

of the playgrounds. The base has given a thumbs up to the project and we are just waiting on a few logistical issues to get the project started.

To learn more about this exciting playground project, join the MFRC during a week of outdoor events in conjunction with Screen-free week April 18-21.

"We wanted to do something fun so that people wouldn't miss their TV's and computers," says Thompson. "We have created a pledge form that people can sign, showing their commitment to going screen-free for one week."

This pledge form will be available on the MFRC website or you can pick

one up on your next visit to the MFRC.

The MFRC has free events planned for all ages during the week of April 18-21 including geocaching, family challenges and a huge community bonfire to wrap up the week.

"Screen-free is a national initiative and we will be taking part right here in Shilo by getting outside," Thompson adds.

For more information on the events coming up check our website or the spring community events guide. And in the meantime Shilo, get outside and get healthy; its FREE!

Karen Burton is the Outreach & Information Coordinator at the MFRC.

SCREEN-FREE WEEK
April 18-21

Join the MFRC for 4 nights of outdoor fun!
All events will take place at the Shilo Community Centre and are FREE!

Outdoor Challenge - Monday, April 18 6:00pm
Sign your family up for this outdoor challenge that will get everyone off the couch and your hearts pumping.

Geocaching night - Tuesday, April 19 5:00pm
Join us for this high tech treasure hunt! Work together to locate caches and celebrate an active life.

Take Me Outside Rally - Wednesday, April 20 6:00pm
Join us for a rally around Shilo where we will participate in pit stops that will enhance your connection with nature.

Community Bonfire - Thursday, April 21 6:00pm
A community bonfire complete with homemade ban-nock, smores and banana boats.

Upcoming events at the MFRC				
Date	Program	Time	Cost	Registration deadline
Special Events				
SCREEN FREE WEEK - Get your pledge form at the MFRC				
Adult				
April 11	English Second Language Training	6-9pm	\$70 may be refundable	Register by noon on Friday, April 8
Deployment				
April 7	Ukrainian Egg Decorating	6:30-9pm	\$10 deployed (\$20 non-deployed)	Register by noon on Friday April 1
April 9	Children's Deployment Afternoon	1-4pm	FREE for deployed	Register by noon on Wednesday, April 6
April 9	Deployment Childcare	1-4pm	FREE for deployed	Register by noon on Wednesday, April 6
April 14	Wii-B-Gaming	4:30-4:45pm	FREE for deployed	Register by noon on Wednesday, April 13
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				
April 6 & 13	Keen Kids	5-6pm	\$1 drop in	No registration
April 6 & 13	Kool Kids	6-7pm	\$1 drop in	No registration
April 6 & 13	Kooler Kids	7:30-9pm	\$1 drop in	No registration
April 7	Boys Night	6-8pm	\$5	Register by noon on Tuesday, April 5
April 14 & 21	Dove Beauty Workshop	6-7:30pm	\$5	Register by noon on Friday, April 8
April 16	Breaky/PJ Party	9-11am	\$5	Register by noon on Thursday, April 14
Preschool				
April 5 & 12	Tumbleweeds	9:30-11:30am	\$1.00 drop in	No registration
April 8 & 15	Baby & Me	9:30-11:30am	FREE	Register by noon on Friday, April 1

