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Volume 48 Issue 4

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March 5, 2009

ON THE ROAD TO AFGHANISTAN



photo by MCpl Bern LeBlanc

When the 2PPCLI soldiers head off to Afghanistan in September 2009, they will count on their combat first aid skills to help the wounded and save lives. Pte James Loewen watches rear security while the section of soldiers carry off the wounded during an exercise at Kapyong Barracks. Story on page 3.

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DRAGON GUNNER: A visit of the past and preparation for the future

Karen Griffin
Shilo Stag

It's so cold atop the hill, -30 Celsius, the mortars are having trouble firing but it doesn't stop E Troop from troubleshooting and moving on to try the next round.

Well-dressed for the elements and digging through the cold, they plough through Exercise DRAGON GUNNER using the 9000 pound guns and their supporting mortars.

Today is all about honing skills, familiarizing troops with the prepping, loading and firing the weapons, ensuring safety, accuracy and precision.

Mounted with GPS and a digital gun management system (DGMS) the M777 Howitzer is praised by the fresh young troops and the more seasoned.

"It's an amazing weapon," says Bombardier Dustin Oliver of E Troop. "They're really efficient, they have their own battery power and it's much lighter than traditional weapons like the Howitzers which are over 18,000 pounds," he says.

Walking through the step-by-step process of loading and firing, he says the M777 is very versatile in its uses.

"We can use [the M777] to fire high explosive and smoke shells as well as illuminate areas of about one kilometre at night," says Oliver, a three year member of the artillery.

Each member will train repeatedly on most gun positions in action until they work together in perfect sequence.

Watching the M777 in action is like a carefully choreographed dance. As

one man loads the tray, two more troops load the barrel, a third packs it with the propellant and places the primer and another waits for the 'Fire!' before pulling the lanyard, emitting a shock and boom so powerful you feel it in your torso.

"I'm training to do every one of these positions," says Oliver, lining up the digital sights "but I prefer the number one." Maybe one day he will be a Number One Detachment Commander if he stays in long enough.

Major Chuck LaRocque visits the exercise at the end of the day. As is regimental tradition, a retiring gunner will come out to the range to be honoured by the next generation and allow him/her to fire their last round.

He is a 35 year member of the Regular Force and has even more years in the Primary Reserve beforehand.

"I'm going to miss this," he says, standing behind the gun line and waiting to pull the lanyard.



Members of E Troop practice their skills during the Dragon Gunner course on the M777 at Essen Platz on a brisk February afternoon.

Photos by Karen Griffin

He stands admiring the young troops as they prepare for the road to war and reminisces about his time.

"I remember when we had to use graphs and paper for everything," he says. "We've come a long way from when I first started out."

Pulling the lanyard, E troop gathers around and showers him with applause.

He is presented with a shell case, engraved, as a

memento of the occasion.

"I want to thank you all for allowing me to come out here today. I wish you well on the road ahead."



Maj Chuck LaRocque, left, accepts his retirement gift after firing his final round on the M777.



Members of E Troop unload last rounds to be fired at the end of exercise Dragon Gunner.

SHILO'S EMPLOYMENT EQUITY AND DIVERSITY (SEED) ADVISORY GROUP INVITES YOU TO JOIN US IN CELEBRATING

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Canadians welcome President Obama

DNews

President Barack Obama emphasized in Canada February 19 the importance of strong bilateral cooperation to confront global challenges, calling the situation in Afghanistan among the most pressing.

"There is an enduring military mission against al-Qaida and the Taliban in Afghanistan and along the border regions between Afghanistan and Pakistan," Obama said during a joint news conference in Ottawa with Canadian Prime Minister Stephen Harper.

Obama said he ordered an additional 17,000 U.S. troops to Afghanistan last week over concerns about "a deteriorating situation" there. "I ordered the additional troops there because I felt it was necessary to stabilize the situation," he said.

Any additional troop commitments, Obama said, would be based on a review his administration is undertaking.

That review, expected to be completed in two months, will serve as a blueprint for "a comprehensive strategy in pursuit of clear and achievable goals," he said.

Obama promised to consult with the Canadian government as the strategy takes shape "to make certain that all our partners are working in the same direction." He said his talks with Harper yesterday addressed the need for enhanced diplomacy and development efforts, as well as military forces.

"In April, we'll have a broader dialogue with our NATO allies on how to



Prime Minister Stephen Harper talks with President Barack Obama, on February 19 at the Parliament building.

strengthen the alliance to meet the evolving security challenges around the world," Obama said.

The president extended thanks to Canada for its contributions to the NATO-led International Security Assistance Force in Afghanistan. Canada has about 2,800 troops in Afghanistan, most operating in the restive Kandahar province.

"The people of Canada have an enormous burden there that they have borne," Obama said. "You've put at risk your most precious resource, your brave men and women in uniform."

"Those of us in the United States are extraordinarily grateful for the sacrifices of the families here in Canada, of troops that have been deployed and have carried on their missions with extraordinary valor," he said.

Obama said in response to a reporter's question that he did not pressure the prime minister to extend Canada's 2011 deadline for withdrawing its troops from Afghanistan.

"All I did was to compliment Canada on the troops that are there, the 108 that have fallen as a consequence

of engagement in Afghanistan, but also the fact that Canada's largest foreign aid recipient is Afghanistan," he said. "There has been extraordinary effort there. And we just wanted to make sure that we were saying 'thank you.'"

Obama's visit came nine days after Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, traveled to Ottawa to meet with Canadian government and military leaders.

Mullen praised Canada's "extraordinary efforts" in Afghanistan, and called that continued support over the next couple of years "absolutely vital." Canada's leadership in Regional Command South has made "a huge difference," he said, and helped to improve the lives of the Afghan people.

"I have said it many times before: the U.S. military cannot do it alone, and we certainly cannot do it without our Canadian brothers and sisters," Mullen said.

Combat first aid



A-Coy soldiers from 2 PPCLI conduct combat first aid training at the simulation range for Task Force 03-09.

MCpl Bern LeBlanc
Army News

When the 2nd Battalion Princess Patricia's Canadian Light Infantry soldiers head off to Afghanistan in September, they will count on their combat first aid skills to help the wounded and save lives.

The soldiers will use combat first aid while on patrols and in fire fights with the enemy. This is when the training is valuable.

"The first thing the soldiers have to realize is not to look at the casualty first but to put fire down range to suppress the enemy, then take care of the casualty," added Sergeant Brett Perry, C-Coy Section Commander, 2 PPCLI.

"As well, bleeding out

is the primary killer on the battlefield so the first thing the soldiers have to do to the casualty is stop the bleeding. That is the key ingredient for saving lives on the battlefield."

Combat first aid required outside the wire

"The training being taught to the soldiers is the different ways that we can carry or drag an injured soldier to a safe area of the battlefield," said Sergeant Jim Meek, Section Commander in A-Coy, 2 PPCLI.

"We are also teaching principles of care under fire and tactical field training."

Most of the soldiers that go to Afghanistan will have to use combat first aid training in theatre.

"Just about every single

soldier that goes outside the wire, which these soldiers will be doing, will come across some type of casualty," said Sgt Perry. "It could be the enemy, themselves or civilians."

Training practical, realistic

This training is realistic, so soldiers know what to expect when they are on the battlefield overseas.

"What I liked about the combat first aid is that it was practical," said Private Bawten William, Rifleman, A-Coy, 2 PPCLI.

"We got to train in the simulation building and actually performed the drags, carries and tactical training with full kit on, which made it more realistic for a better training experience."

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Pierre S. Goulet
SISIP

Like every Canadian, serving and former members of the Canadian Forces will need to put money aside in order to achieve their financial goals and objectives. These may include purchasing a home, financing their children's education, investing for their retirement, starting a small business or taking that big vacation.

Now, with the introduction of the new Federal Government's Tax Free Savings Account (TFSA), Canadians 18 years of age or older who have previously filed an income tax return can contribute up to \$5,000 every year into an account that grows tax-free.

Other benefits & features of the TFSA

Any amount of the funds can be withdrawn at any time, for any pur-

pose without tax consequences.

Income earned along with withdrawals will not affect eligibility for benefits such as Canada child tax and employment insurance, in addition to tax credits like the GST, etc.

Unused contribution room from previous year(s) is carried over into following year(s).

Funds withdrawn can be put back in following year(s).

It is a great savings option for those with little or no RRSP contribution room left.

You can contribute to your spouse's TFSA.

How does a TFSA differ from a RRSP?

The RRSP is primarily designed to save for your retirement; the TFSA is like an RRSP for everything in your life. Both plans offer tax advantages, but there are key differences.

RRSP contributions are deductible from your taxable income, thereby reducing the amount of taxes you pay in any given year, by deferring the tax bill into the future. Your contributions to a TFSA will not be tax deductible but you will not be taxed on any investment income or capital gains.

Withdrawals from an RRSP are added to your income, unless you use them for the Homebuyers Plan or Lifelong Learning Plan. Withdrawals made from your TFSA do not impact your taxable income or your contribution room.

Starting January 2009, the extremely flexible TFSA will help you meet your financial goals and objectives. Contact your professional financial advisor today!



Le nouveau Compte d'épargne libre d'impôt

Pierre S. Goulet
RARM

Comme tous les Canadiens, les membres actifs et libérés des Forces canadiennes doivent mettre de l'argent de côté afin d'atteindre leurs objectifs financiers, qu'il s'agisse d'acheter une maison, de payer les études de leurs enfants, d'investir pour la retraite, de commencer une petite entreprise ou de prendre des vacances de rêve.

Désormais, avec le lancement du nouveau compte d'épargne libre d'impôt (CELI) du gouvernement fédéral, les Canadiens âgés de 18 ans et plus, qui ont déjà soumis une déclaration de revenus, peuvent contribuer chaque année jusqu'à 5 000 \$ à un compte d'épargne qui s'accumule libre d'impôt.

Autres avantages et caractéristiques du CELI

Vous pouvez retirer de l'argent de votre compte en tout temps et à n'importe quelle fin sans devoir payer d'impôt.

Ni le revenu gagné dans un CELI, ni les retraits d'un tel compte n'affecteront vos droits à des prestations ou crédits comme la prestation fiscale canadienne pour enfants, l'assurance emploi ou la TPS.

Les droits de cotisation inutilisés pourront être reportés aux années suiv-

antes.

Les montants retirés du compte peuvent y être déposés à nouveau les années suivantes.

C'est un outil d'épargne idéal pour ceux qui ont atteint, ou presque, leur seuil de cotisation à un REER.

Vous pouvez cotiser au CELI de votre conjoint.

Quelles sont les différences entre un CELI et un REER?

Le REER vise principalement à mettre de côté pour votre retraite. Le CELI, c'est un peu comme un REER, mais pour vos besoins tout au long de votre vie. Les deux régimes offrent des avantages fiscaux, mais présentent d'importantes différences.

Vos cotisations à un REER sont déductibles de votre revenu aux fins de l'impôt, ce qui réduit le montant d'impôt que vous devez payer à la fin de l'année, reportant ce paiement à plus tard. Par contre, vos cotisations à un CELI ne sont pas déductibles de votre revenu, mais vous n'aurez pas à payer d'impôt sur les revenus de placement ni sur les gains en

capital.

Vos retraits d'un REER s'ajoutent à votre revenu, à moins d'utiliser ces fonds dans le cadre du Régime d'accession à la propriété ou du Régime d'encouragement à l'éducation permanente. Les retraits d'un CELI ne modifient pas votre revenu imposable ni vos droits de cotisation.

Dès janvier 2009, la polyvalence du CELI vous aidera à atteindre vos objectifs financiers. Communiquez avec votre conseiller financier dès aujourd'hui!

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Mayor's Corner

WO Walt Jesso
Mayor

Hello. My name is WO Walt Jesso and, this edition will be about our furry friends. I broke this edition down into a few articles.

Getting A Pet - Points to Ponder

Are we ready to take on this responsibility? Is time

a question? (45 minutes per day to exercise and/or hang out with our furry friends) Who takes care of my pet when I am away? And whatever other questions you may have in mind. Sadly, too often pets are tied up for hours on end - all because a few questions were not asked. Are you willing to let a loyal and faithful furry friend go if the above gets in the way? Armed with a bit of informa-

tion, an excellent place to begin is the Brandon Humane Society. Their phone number is 728-1333.

Training

The Dog Whisperer, Cesar Milan, is an excellent resource with regard to training. He has many positive tips such as: pets need at least 45 minutes of training per day, as mentioned earlier. This small amount of time may help curb many of the complaints mentioned later in this edition. He also speaks about training ourselves along with the pet. Check this out: en.wikipedia.org/wiki/Dog_Whisperer.

Rules and Regulations

We need to ensure we and our furry friends are living safely and abiding by basic rules (by-laws). I receive many complaints, such as:
 -our neighbours went away and left their dog unattended
 -my neighbour's yard is full of cat/dog feces
 -our neighbours cat/dog is howling all day or night long
 - what do I do?

To start with, take a look at Base Standing Order (BSO) number 10 and the Municipality of Cornwallis by-laws at www.gov.cornwallis.mb.ca. We have an Animal Control Officer (ACO Dog Catcher) at Spring Park Kennel (728-6653), a by-laws officer (phone number through myself) and CFHA (proper pet fencing, how many pets can I have, etc.)

At times we forget to follow the rules (human and animal alike). Through the BSO, you have a way to voice your concerns. We refer to this as Incident Reporting, which I will talk about shortly.

Who do I call?

For animal attacks/bite call the MPs and get medical attention. For **strays** call the MPs, who will refer you. For **wildlife** call the MPs, who will possibly refer you to Natural resources (726-6445

during the day and 1-800-782-0076 at night). For all other complaints (pet feces problems, unregistered pets, continuous noise, etc) call the SCC at 765-300 ext 3588 or myself at 765-4778, or email me at wjesso2003@yahoo.ca.

Incident Reporting

When an incident is reported, initial contact will be made with all parties involved by either the MPs, ACO or our staff. This is done to ensure all parties are kept safe (human/furry) and the incident is hopefully not repeated. First and foremost, depending on the severity we should attempt the **Neighbourly Approach** (neighbour to neighbour). Then we begin the Incident Reporting system. Incidents may be in the form of MP Reports, ACO Report or simply a phone call to myself or the SCC.

Incident One

Involved parties will be visited to get a few facts and we inform all of our rules/regulations. If we have a safety issue, other agencies will become involved.

Incident Two

Involved parties . . . , but now it would seem there is definitely a problem with pet control.

Incident Three

Involved parties . . . , this is now the person(s) involved - last chance. The Unit Adjutant is engaged and the issue must be corrected immediately.

Incident Four

The Mayor through the Base Administration Officer (G1) engages the BComd.

The BComd / MPs / ACO reserves the right at anytime to escalate the incident reporting system, especially when safety is involved.

As you can see many opportunities are provided to ensure all (furry and non) are treated in a fair manner, with safety our number one concern! As a community we are doing a fair job with regard to Pet Control - thanks to many great owners! Our furry friends are loyal and faithful members of our family and we don't have them nearly long enough in our lives - take the time and enjoy them! Until next time.

Correction

In the 2009 National Canadian Forces Members Home Buying Guide, Janet MacLeod's cell number was incorrect. Please find the correct information below.

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A woman wearing a burqa walks past a Canadian soldier in Afghanistan. USAID has held 66 seminars on various women's rights issues, and 2,858 individuals have attended.

Seminars open discussion on women's rights

DNews

Advancing gender equality and ensuring women's rights is essential to the formation of a safe, prosperous Afghanistan that provides opportunities for advancement to all of its citizens.

To build public knowledge about women's rights under Islam, USAID's rule of law project has held 66 seminars on related topics throughout Afghanistan, bringing together 2,858 individuals in discussions on women's rights. Debate is encouraged, and participants learn from legal experts, women's rights activists, religious scholars, and each other. The final seminar was recently held in Kabul, during which participants discussed women's rights in divorce.

This program has empowered women and provided

them with the confidence to defend their own rights. As one woman commented, "Coming to Women's Rights Under Islam public discussion was the best day of the month for me. I am now equipped with knowledge I can use to promote women's rights."

The conversations also changed how men view the rights of their wives within the family. One participant, having learned that the mahr (dowry) was the right of the bride, reported, "After the discussion on mahr, I went home and gave the amount that I had promised to my wife 15 years ago as her mahr."

The U.S. Agency for International Development (USAID) in Afghanistan uses American taxpayer dollars to help Afghanistan and its people to build a peaceful, prosperous, and democratic state.

Equity group celebrates IWD

Sara Cumming
Shilo Stag

CFB/ASU Shilo Employment Equity and Diversity Advisory Group (SEED AG) will recognize International Women's Day (March 8) with a coffee break and light lunch on March 6. The break, which will feature a presentation by WO Sylvia Durand on women in the Canadian Forces, starts at 10 am at the Community Centre.

International Women's Day was created in 1977 after the UN called on its member states to choose a day for women's rights and international peace. Canada's theme this year is "Strong Leadership. Strong Women. Strong World: Equality." The theme, according to the Status of Women Canada website, reflects "the Government's firm belief that increasing women's participation and access to leadership roles and opportunities will help women and girls reach their full potential and help build a more prosperous Canada."

Maj Neil Gregory, Shilo's Chief of Staff, thinks the coffee break and presentations will give people the opportunity to

talk about the issue of women in the military.

"I think it's going to be really interesting, especially with Warrant Durand's presentation, to look back historically on the contribution that women have made to the defense of Canada, especially in international operations," Gregory said. "That is a really rich part of our military history."

MWO Rene Bell, military chair of the SEED AG, said she is happy with the process the military has adopted for women.

"After serving 27 years in the military, it amazes me how far women have come," Bell said.

Although the focus on March

6 is going to be women's rights, Gregory said other groups are always being championed by the committee.

"All bases [have] an employment equity advisor group to advise the Base Commander specifically on how to eliminate barriers to equitable employment and generate a bit of awareness about the four designated groups," Gregory said, adding that the four groups are aboriginals, people with disabilities, women, and visible minorities.

"When you look at the big scheme, and you look at the mission of the Canadian Forces and the Department of National Defense, it is essential to be able to tap into the talent and

the experience and the education and the training of as wide a group of people as possible," Gregory said. "When you look at it that way, it makes no sense to either exclude or minimize the contribution that any one group can make. It's important to ensure that everybody has an opportunity."

The SEED AG is comprised of both military and civilian members, and includes representation from both major military units in Shilo.

Everyone is welcome to attend the coffee break on March 6. For more information on the Shilo Employment Equity and Diversity Advisory Group, please contact MWO Rene Bell at 765-3000 ext 3033.

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New recruits train on C-9 drills

MCpl Bern LeBlanc
Army News

The crack of machine gun fire sounded as infantry soldiers fired the C-9 light machine gun down range to complete their personal weapons test (PWT) in February.

The soldiers with the Western Area Training Center Detachment Shilo (WATC Det Shilo) completed the test as part of their Development Period One (DPO) basic infantry course.

"This training is important to me to ensure that I can support my section when it comes to battle, because the C-9 is used to put max fire power down range on enemy targets," said Private Arthur Laramie. "They are critical in a section and platoon."

It was the students' first time firing the C-9. Before the soldiers came to the range they went through about 10 hours of classroom work, completed gun drills and passed the C-9 weapons handling test.

The new recruits went

live and worked on grouping and zeroing with 5 and 10-round bursts and ran through different machine gun tests on the range. They also conducted a run down, starting from the 400 m mark in order to learn and familiarize themselves with the C-9.

"The C-9 is a very formidable weapon against the enemy," said new recruit Private Alex Doduk. "Knowing how to use the proper drills can save your buddies and potentially affect the outcome of the mission."

"I did awesome; I passed. It's challenging but definitely achievable if you follow your marksmanship principles," said Pte Doduk, when asked how he did on the PWT.

Light machine gun provides bulk of fire power

This light machine gun is where the section gets the bulk of the fire power. There are normally two in an eight-man section and are used on the flanks when the section is advancing.

The gun's rate of fire is



photo by MCpl Bern LeBlanc

MCpl Sean Seaton watches a new recruit fire the C-9 machine gun. Infantry soldiers fired the C-9 light machine gun down range to complete their personal weapons test (PWT) in February.

700-1000 rounds per minute. It is air-cooled, gas-operated, belt and magazine-fed. The troops like this weapon because of its mobility and accuracy.

Over the course of the C-9 PWT, the new recruits fired 200-300 rounds each from different ranges in different positions.

"If the soldiers are ever

tasked as a C-9 gunner they will have to know the gun drills and how to properly operate the weapon when in battle," said Master Corporal Michael Prokop of 2

PPCLI.

"Even if they aren't tasked as a C-9 gunner, they can pick it up and they'll be able to effectively use it."

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For more information on this opportunity, please contact Cathy Kelly at 1.877.225.4264 x 204 or send your resume to c.kelly@calian.com

For more information about Calian please visit us online at www.calian.jobs



Eat like a champion



Jo-Anne Douglas
Health Promotion

March is Nutrition Month and the theme this year is "Stay Active – Eat Like a Champion."

A fitting theme for our military community, where soldiers need to eat well and exercise so they can stay strong and fit for operational duties.

Here are a couple of "myths" about sports and nutrition:

Myth #1 "I NEED A SPECIAL DIET AND SPORTS SUPPLEMENTS IF I'M EXERCISING REGULARLY."

Busted! For an active lifestyle, focus on tasty and healthy food – follow Canada's Food Guide

which can be picked up at the Health Promotion office or found at www.my-foodguide.ca.

Vegetables, fruit, grain products and milk and alternatives provide carbs to fuel active muscles. Meats and alternatives provide high quality protein to build and repair muscles. Food from all the food groups provides vitamins and minerals. If you are really active you may need to eat more serving from each of the food groups.

Supplements are not needed (and are just costing you a lot of money) if you are eating a variety of foods from the four food groups.

Myth #2 "I NEED TO DRINK AS MUCH WATER AS I POSSIBLY CAN BEFORE, DURING AND AFTER EXERCISE."

Another myth! Think gulps, not gallons. We need water, but don't overdo it. Occasionally people can develop a serious condition known as hyponatremia

(low blood sodium) from drinking way too much water.

It's best to just keep well hydrated all day. Water, milk, soy beverages, 100% fruit juices, and even tea and coffee and some foods count as liquid.

During exercise, drink to replace water lost in sweat. Keep water handy and sip frequently during your workout. When it's hot out, drink more. After exercise, enjoy a glass of water or chocolate milk.

Most of us should consume two litres of water per day; more if you are exercising heavily or if it's hot.



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Shilo Military Family Resource Centre



Chef Sessions for everyone

Linda Beauchemin
Outreach & Information
Coordinator

Company is coming over and you just don't know what you're going to serve. You work all day and don't have a lot of time to prepare, but you really want to

impress them. You have even thought of ordering out and pulling it out of the oven as if you baked it yourself.

You know, you don't need to go to such measures. All you need to do is attend one of MFRC's Chef Sessions and learn

easy and elegant recipes that are fun to make and tasty to eat. The next Chef Session will be on Thursday, March 26 from 7:00-9:00 pm. For only \$20 you will learn how to prepare a main course and dessert. Everything you need to know in order to

shine in your kitchen.

These evenings are fun and interactive. You will also be fed as you taste generous samples of what you have just prepared.

You have until Friday, March 20 to register. Spaces are limited so register early.



Community members learn Pet First Aid

Linda Beauchemin
Outreach & Information
Coordinator

Wow, what a workshop" was the feeling of the participants who attended the Pet First Aid on Wednesday, February 25.

Dr. Jay Thrush covered a variety of areas from - restraining an animal so you don't get bitten to - administering medication (liquid or pills) to - mouth to snout resuscitation and CPR. Did

you know that if you blow in a cat's face they will automatically swallow but it doesn't work on dogs and that once their tongue licks their top lip, the pill is swallowed.

The information was presented in a fun, entertaining way with the help of the three volunteers he brought from home. It was quite entertaining to see the different characters come out of these three animals. No matter how many times the Golden got poked and probed he would

always come back for more. The cat however tried to hide the whole time and the Shih tzu waited patiently by the door for the evening to be over.

In the evaluations, when asked "Should this program be offered again?" the response was unanimous - yes. "A lot of people would benefit." "Very informative and entertaining."

This is sure to be a workshop that will be offered again in the future so keep

your eyes open if you have a furry friend at home and want to learn the ABC's of Pet First Aid.

Dr. Jay Thrush covered a variety of areas from -restraining an animal so you don't get bitten to - administering medication (liquid or pills) to - mouth to snout resuscitation and CPR. Dr. Thrush gets some help from a loyal volunteer to show animal CPR.

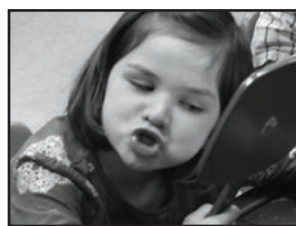


photos by Linda Beauchemin

Looking back at our February events



Jordan carefully cuts green onions to put in the delicious Cheesy Potatoes that the kids in Cooking Up A Storm learned to prepare.



In The Caring Kids Club they learned, with the help of mirrors, what their sad or happy face looks like.



Ding Dong, Avon calling. No it's the Valentine Cookie Gram!



Olivia patiently awaits her turn to receive the treats that Sienna was handing out as part of The Sweet Treat Swap.



Deployment Dinner and Movie ran with family members going to a movie of their choice.



Patricia shares her family tree with other students in the French Course tout en Francais.



Val Caldwell hands over all her "Supernannies" secrets to Dana Thompson.



Charlene and Jeannie listen to Robin Chant talking about Body Talks in the Body Wellness Workshop.



Dr. Jay Thrush carefully demonstrates how to properly administer eye drops to one of his faithful volunteers.



The volcanoes were exploding during the Mad Scientist Inservice Day.



After catching the Shoppers' Trip to Winnipeg, the girls are ready for a hot bath and a quiet evening at home.

Keep your eyes open for more MFRC Events!

The Learning Circle, families getting together

Families getting together to learn! Our parent/child program is back with new and returning topics! Our goal is to promote the parent as the child's first teacher through

structure and exploration for children ages 3-5 years.

This program is FREE and provides healthy snacks for participants.

Free childcare is available for siblings who may be to

young for the program.

Each week will explore new topics and activities.

We meet every Thursday.

Register by calling the MFRC at 765-3000 ext.

3352 or come into the MFRC to register in person. Please leave your number and number of children entering the program.

March

March 5 I Think I Am

March 12 I Love Green

March 19 Earth Day
(Parent Portion Today)

March 26 Whoever You Are

April

April 2 PJ Party

April 9 Hello Ocean

April 16 Cooking Around the World

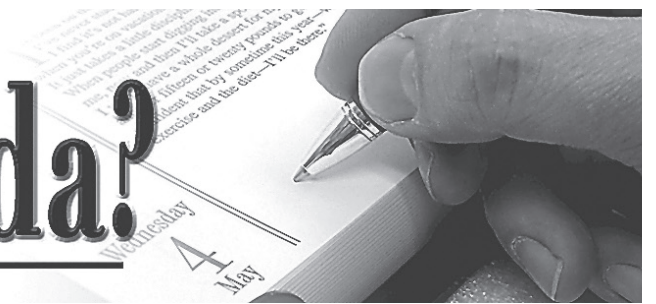
April 23 A Visitor for Bear

(Parent Portion Today)

April 30 A Tiny Seed

www.shilomfrc.ca

What's on Your Agenda?



Need temporary use of a Wheel Chair Ramp or a Medi-Chair? If so the Shilo Men's 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 Men's Club
Serving the Community Since 1968*

Relay For Life 2009

Canadian Cancer Society's Relay For Life is looking for an **Honourary Chairperson** for the event, which takes place on May 29, 2009. The Honourary Chairperson is the liaison between the Relay For Life and the community.

This person would conduct interviews and share their story with Relayers at kick-off and relay night. Nominations for this important position can be called in or emailed. For more information, please contact: Kyla Henderson, Event Chairperson 728-4361 or 573-6435 kylahenderson@hotmail.com; or Rob Lussier, Communications and Marketing Chairperson 571-5911 rlussier@wcgwave.ca

BINGO

Sprucewoods Community Hall every Thursday evening

- Share The Wealth at 6:30pm
- Early Birds at 7:00pm
- \$Win Cash\$
- \$1000 in 52 numbers
- Canteen open!

St. Patrick's Day Celebration and Dance

March 14, 2009
Sprucewoods Community Hall 8pm-1am Corn beef & cabbage, Irish stew & potato biscuits, Grasshopper squares Dance to Irish Varieties, Spot Dances - Free Irish gifts at the door. Celebrate & share some IRISH CHEER! Advance tickets only available from Dan Finn @ 763-8756 or 573-0882 or Joyce DeGroot 763-8811 Cost \$25 per couple

Every one welcome!
T.O.P.S.
(Take Off Pounds Sensibly)
Held at Sprucewoods Community Hall, Tuesdays at 6:00 pm
Contact: Barb Forbes at 763-4768 or Marg Woods at 763-4447

Art Gallery of Southwestern Manitoba
New!! Now offering free guided tours every Thursday, every 1/2 hour from 6 pm - 8 pm. 710 Rosser Ave., 727-1036 or www.agsm.ca

Travel Health Services

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

Acquired Brain Injuries
Caused by stroke, illness, accident, fall or assault
Help us assess what supports you need!
What are your issues in dealing with or supporting someone with a brain injury?
Those affected must be 16-64 years of age and live in the Assiniboine or Brandon RHA regions to participate.
For more info call 578-4500 or go to www.brandonrha.mb.ca

Coming Soon

Pick up your March 19 Stag for the Community Events Guide! Your source for events, programs and exciting community activities.

The Counselling Centre
335-9th St. 726-8706
The Abandoned Grandparent group meets the 4th Thursday of every month at St. George's Anglican Church at 7 pm
The Touchstones Grief Support Group, dealing with the loss of a loved one, meets every two weeks on Wed at the counselling centre

World Day of Prayer 2009
World Day of Prayer is a worldwide movement of Christian women of many traditions who come together the first Friday of March to observe a common day of prayer each year. We will join our neighbours in celebrating World Day of Prayer at St. Barbara's Protestant Chapel on Friday, March 6 at 7:00 pm. For more information, call the Faith Centre at 765-3000 ext 3091.

Ceramic Club
Ladies and Gents need a stress release? Come join us for a couple hours of fun and creativity at 20-22 Esquimalt on Tuesdays from 7-10pm or on Sundays from 1-5pm. Lots of projects to choose from and no experience required. All paint and tools are available and qualified teacher on hand. Contact Grace Flynn at 763-4372 or just show up and see what we have to offer. Also we are having a sale of finished assorted ceramics at the Brandon Shoppers Mall on March 27 & 28, 2009. Part of the proceeds from our sale will go to Furry Friends and part to Canadian Guide Dogs.

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

CLASSIFIED ADS

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

*Non-commercial ads only. Free ads restricted to members of the CF, employees of CFB Shilo and the citizens of the surrounding area (Sprucewoods, Douglas and Wawanesa, as well as local rural areas). Free ads will run for a period of two months, but can be extended upon request.

Email: stag@mts.net • Phone 765-3000, ext 3013 • Fax 765-3814

For Sale



1020 sqft Bungalow in great neighbourhood, 2 blocks from K-8 school and 6 blocks from High School. Stucco and cedar ext, single attached garage, large 62x120ft fenced and landscaped lot with back 16x24ft parking pad currently a skating rink. Playstructure, sandbox, sandpoint well and shed included. 3 bedrooms up, 1 down, two full baths (new in 2005 & 2007) and an amazing open family room with gas fireplace, laminate over Dricore underlayment, updated lighting and lots of smart storage. The formal living room and dining room are open and the updated kitchen is bright and fresh. The icing on the cake is the 14x16-3 season sunroom out the back door finished in cedar out and pine in. Lots of pics available. Contact Dave Town @ 729-3552 or davetown@remax.net.

For Sale

Out of Town Homes
Wawanesa 4BR - 1 1/2 storey home - new addition - many recent updates - low taxes MLS 2901316. Treesbank - Older 3BR 1 1/2 storey home on 4 lots - garage - offers considered MLS 2900263. Glenboro - Bungalow - 2+1BR - garage - one owner - well kept home - MLS 2900528. Wawanesa - Bungalow 2BR totally renovated home with good lot - ready to move in MLS 2822772. Wawanesa - Country living - 6.88 acres modern bungalow 4BR - 2 baths - finished basement - good shelter belt - outbuildings are good - 15 miles to Shilo MLS 2902162. For details call Dave Mooney 824-2094 Countryland Realty

Acres for sale
Hobby farm - 6.89 acres - modern 4BR 2 bath bungalow - good shelter belt, steel implement shed, biotec barn - nice yard - 22 miles to Brandon - 15 miles to Shilo - MLS # 2902162 - Countryland Realty Dave Mooney 824-2094

Bungalow in Wawanesa - 2 Bdrm + garage - \$145,000-720-8768 or sendareply2@gmail.com

For Sale

Beautiful River Front Property
7.25 Acres only 10 minutes from Shilo Asking \$75,000 Call 204-724-6719

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

Child care

Childcare Available
Childcare available in my home. I am able to provide flexible hours if needed and am located on the base. If interested please contact Jaime at 765-5144.

I can provide safe and fun care for your kids. I have a Care aide Certificate, First Aid, Food Safe and WHIMIS. I am flexible on hours needed. Call Noelle @ 765-2554

Are you looking for a babysitter or child minder? Then look no further - I am first aid and CPR trained and am available Mon, Tues, Wed, Fri and Sat evenings only. Please call 765-4556

Wanted

St. Barbara's Chapel is looking for Nursery School Attendants to work on Sunday mornings 10:15-11:45 am. Rate of pay is \$7.50 per session. Baby sitting course is preferred but not mandatory. For more information or to apply please contact Padre Bos at ext. 3088. Looking for 2-3 attendants to share the responsibility on contract.

Services

Stress-free shopping! Get gifts for everyone you know or just enjoy a FREE pampering session. Call for an appointment today or shop online. Brice Dodds 765-2868, www.marykay.ca/bdodds

Hi my name is Katie and I am a Tupperware Consultant in the Shilo area! Orders go in EVERY Friday! First person to place an order over \$100 gets a FREE Quick Shake Container!!! To get a catalogue or for more information, please call Katie at 765-4874 or email katie.wiseman@mts.net

Want some photos of you and your soldier? Family, Child and Wedding photos! Great deal. Soldier and Family special - \$20.00. Including photo CD. Call 765-5049

Services

Canadian Firearms Safety Course Instructor/Examiner, Restricted & Non-restricted, Manitoba Hunter Safety Course Instructor Greg Steele
Call for next course dates, challenges by appointment. 725-1608 or ggs57@wcgwave.ca

Arbonne International is proud to be part of the Shilo community. ALL natural, no animal testing, vegan approved skin care products for babies to adults. SAMPLES available. Please call Audrey Brazeau at 765-5180 for more information
"Baking by Crystal" Homemade cakes, cookies, squares, etc. Made to order. Dozens of recipes to choose from. I can also do dessert trays, sandwich trays, and many different theme cakes. Call Crystal 765-2484

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Services



St. Barbara's Protestant Chapel
Sundays @ 1030 with Sunday School & Nursery
Padre Donnelly - ext 3090
Padre Bos - ext 3088
Our Lady of Shilo Roman Catholic Chapel
Sundays 1030 hrs
Confession 1000 hrs
Weekday Mass - Tuesday to Friday, 1205 hrs
Padre McLeod - ext 3089

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Jordan M. Special to the Shilo Stag

Hello again from H'O'Kelly School! It is my pleasure to inform you of all that is going on at school, so here goes:

In the grade 7/8 class, we are working on our projects for Mr. Goran's 3rd science fair at our school. The winner from the O'Kelly fair will go on to the Brandon fair. I will keep you posted. The O'Kelly volunteer

choir has been singing up a storm, and Mrs. Nikolaison has been leading them well. *The Circle of Life*, *Colours of the Wind* and *La Bamba* have kept the choir voices going.

Artist in the school is coming at the end of March. Jay Stoller from Winnipeg will be teaching African drumming.

February 23-27 is I Love to Read week at O'Kelly. The theme is "Pig

out on books". At the kick-off assembly Miss Kormilo did a very entertaining read through "Piggie Pie". We will be dressing as farmers, wearing pig colours, guessing the mystery oinkers, having "drop everything and read" time, and reading through an information book about pigs with our families. The highlight will be the wrap up assembly on Feb. 26 with some songs, draws, and a skit.

Well, that's all from O'Kelly... for now!

Neighbourhood watch



Cmre Syganiec Shilo Military Police

The CFB Shilo Community Watch is aimed at reducing crime in the community. It involves getting to know your neighbours and introducing them to the concept of "Community Watch". The CFB Shilo Community Watch can be summarized as neighbours working together to prevent crime in Shilo before it happens. The Community Watch is not a formalized organization and no volunteers are necessary just concerned citizens looking out for

the well being and safety of their community.

The CFB Shilo Community Watch provides a means of reducing the opportunity for crime to occur through the active participation of citizens residing in either the Residential Housing Units (RHU) or Quarters located within CFB Shilo.

Community Watch Requires:

- A commitment to improve your home security;
- A commitment to be concerned about your neighbour's property as well as your own. After all, a watchful neighbour is the best crime deterrent; and
- A commitment of the residents of CFB Shilo to report to the Military Police any crime that is occurring, as well as any suspicious activity.

Very few people are in a position to protect their

homes and property all of the time. Whether working, on vacation, business, shopping trips, or even an evening out will leave homes unattended and possibly vulnerable to theft. The CFB Shilo Community Watch will provide a sense of security for individuals or families who leave their homes/residence unattended for any length of time. The Community Watch will also help coordinate the efforts of the Military Police and the community in tracking down criminals. Strong community involvement is encouraged because neighbourhood unity can deter crime. Neighbours joined together to help correct situations that threaten the peace and safety of CFB Shilo.

If you have any questions regarding this or any other Community Relations matters, please contact Commissionaire (Cmre) Syganiec - Military Police Community Relations Rep, at 765-3000 Ext 3378.

Catch the Action at the next Home Game...

Mar 6 @ 7:30 vs. Moose Jaw Warriors
 Mar 11 @ 7:00 vs. Swift Current Broncos
 Mar 14 @ 7:30 vs. Moose Jaw Warriors

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

Public Notice is hereby given that the CFB Shilo Country Club intends to conduct the following Pesticide Control Programs for the 2009 season:

1. To control noxious weeds on the CFB Shilo Golf Course, at CFB Shilo. The projected dates of the application will be from May 1, 2009 to October 15, 2009. The herbicides to be used include:
 - 2-4-D amine
 - Glyphosate
2. To control Turf grass disease, including dollar spot, anthracnose pink and grey snow moulds. The proposed dates of application for these programs will be from May 1 to November 15. The fungicides to be used include:
 - Rovral Green
 - Banner Maxx
 - Daconil 2787
 - Liquid Quintozene

The public may send written submissions or objections within 15 days of the publication to the department below.

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 Suite 160, 123 Main Street
 Winnipeg, MB R3C 1A5

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<p>Brandon Safeway - Corral Centre Safeway - Shoppers Mall Brandon Armoury Women's Resource Centre - Town Centre Mall Royal Cdn Legion #3</p>	<p>Sobey's • 1645B 18th Street • 3409 Victoria Ave Forbidden Flavours • 1060 18th Street • 3300 Victoria Ave ANAF - 31 14th St.</p>	<p>Carberry East Side Service Carberry Legion Douglas General Store Minnedosa Minnedosa Legion</p>	<p>Shilo CANEX Mall Forbidden Flavours Shilo Community Centre GSH Country Club (Rick's) All Messes</p>	<p>Sprucewoods The Shilo Inn (Crang's) 340 Esso Station Dock's Restaurant</p> <p>Wawanesa Lucky Dollar</p>
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Volume 48 • Issue 4

Regular Circulation: 3,000

Delivered by The Shilo Scouts & Girl Guides
 Printed bi-weekly by the
Brandon Sun, Brandon, MB

Contact The Shilo Stag - 204-765-3000 plus ext.

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We welcome your suggestions!

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

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

Submitting articles and photos for print:

- Please submit articles as a MS Word Document.
- Include the author's full name, rank, unit and contact information.
- Include photos with your articles whenever possible, however, do not embed photos in word documents.
- 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.

Cabin fever cured on Family Fun Day

Brenda Cavanagh
Recreation Coordinator

The smiles and the giggles tell the story of a fabulous and fun filled family day at L-25 as over 300 families gathered to burn off some winter energy during Shilo Family Fun Day.

The Scout troop fortified participants by helping serve up delicious stacks of pancakes with syrup and sausages galore.

The sleigh ride turned the chilly day into a winter wonderland of fun as the miniature pony pulled excited kids along.

But the fun didn't stop there. Stations inside gave kids and grown-ups alike the chance to create mad science projects and funny experiments.

Others explored the adventure of geocaching while using their GPS units and got their faces painted

into all sorts of exciting creatures.

Thanks to the following partners for making our day extra special:

- Shilo Area Service Club
- Shilo Cubs
- Mad Science Manitoba
- Terry Marshall at M2Ranch
- Riding Mountain Biosphere Reserve
- Sylvie Pellizari

Top Left- Kennedy Clowater (age 4) is getting her face painted by Sylvie Pellizari.

Bottom Left- Mad Science Manitoba brings smiles to a father and son with a neat science trick.

Top Right- Maj. Berscheid-Kingslides down the blow up slide with her daughter.

Bottom Center- Community members enjoy a sleigh ride around the block with Terry Marshall from M2 Ranch.



photos by Quinn Roberts

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Write to Us!

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

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