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**INSIDE This Issue**



**Lest We Forget. See coverage on pages 3, 7, 8, 9 & 10.**



**Honouring comrades**

LCol Luc Généreux BComd, lays a wreath on behalf of CFB Shilo with BRSM Steven Milton standing at attention at right during Remembrance Day services inside L-25.  
 Photo by Bruce Peever

**Remembering those who went before**

**By LCol Luc Généreux**  
 Base Commander

Every year, during Veterans' Week and on Remembrance Day, we honour those who served and fought for Canada, and especially those who lost their lives. Some went overseas with adventure in their hearts, while others tackled the war as a job they had to get done.

They fought to defeat evil, and to defend their buddies. They fought to bring peace to faraway lands, and to ensure their children would not have to go to war in their turn.

This summer, we marked the 66th anniversary of D-Day, the seaborne invasion of Normandy, on June 6, 1944. It was the biggest military operation the world has ever seen; in one day, some 150,000 soldiers crossed the landing beaches. Among them were 15,000 Canadians.

The peace and freedom we enjoy in Canada came at a high price. Since Confederation in 1867, some two million Canadian soldiers, sailors and air personnel have served overseas, and more than 110,000 of them lost their lives.

Every year, Veterans' Affairs Canada chooses a theme for Veterans' Week. In 2010, we are asked to take the remembrance challenge. Your challenge is to make remembrance more than something you feel, make it something you do.

Canadians are deployed in Afghanistan right now on another NATO mission, as part of a coalition of 41 countries. Our forces are there at the request of the Afghan government to help the people rebuild their country. Since January 2002, over 20,000 Canadian soldiers have served in Afghanistan. One hundred and fifty-two (as of Nov. 10, 2010) have

lost their lives there in the line of duty, including 34 since last Remembrance Day.

Canada has a strong and proud military heritage. This week, and especially on November 11, we remember the service of our veterans past and present, and think about what it means to us. One way to show respect is to wear a poppy, traditional symbol of the fallen.

If you see a veteran wearing his or her medals, you could introduce yourself, ask a few questions. Their stories are well worth hearing. Or you could attend your local Remembrance Day ceremony. On the 11th day of the 11th month at 11 o'clock in the morning, we stop and keep silence for two minutes — a pittance of time — to think about our veterans, and those who never lived to be recognized as veterans.

It is the very least we can do. Lest we forget.

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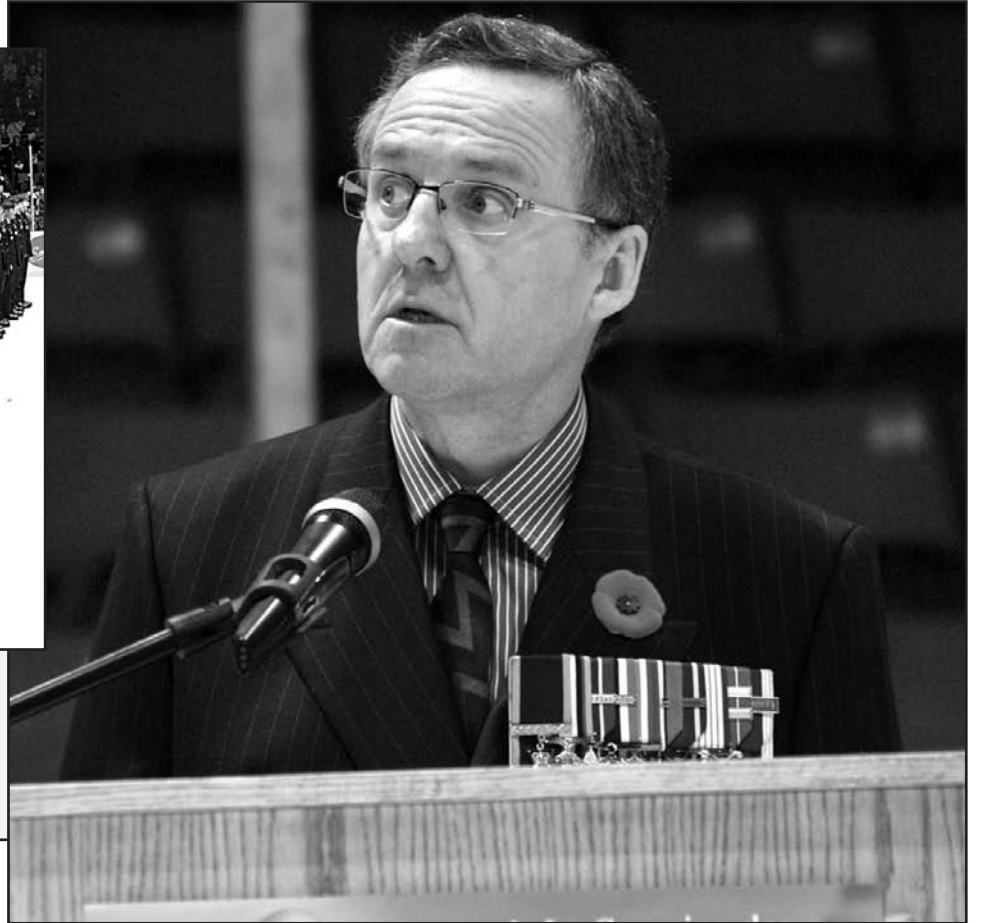
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# We Remember 2010



Thousands were in attendance at the Westman Place in Brandon on Nov. 11. At right, Brigadier-General J.J. Selbie, O.M.M., C.D. (Late RCHA and RCA) Retired delivers the keynote Remembrance Day address while soldiers from CFB Shilo stand at attention, above.  
 Photos by Quinn Roberts



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# 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.



On Nov. 6, army, sea and air cadets formed up at 26th Field Regiment to help Bonnie Korzeniowski, Manitoba's Special Envoy for Military Affairs, read the very first Manitoba Proclamation for Cadet Day. Signed and sealed by Premier Greg Selinger, the proclamation was accepted on behalf of cadets in Manitoba by Captain Kel Smith from Virden.

Photo by Quinn Roberts

## Letter to the Editor

### Legacy Army newsreels at Brandon library

Dear Editor,

This year marks the 65th anniversary of the end of the Second World War.

As a member of the War Amps Child Amputee (CHAMP) Program and its Operation Legacy, a group of committed young people who are dedicated to preserving Canada's military heritage, I would like to highlight this anniversary by making the public aware of the Canadian Army Newsreels being released on DVD by the War Amps.

In cooperation with Library and Archives Canada, the War Amps is making the complete set of the Canadian Army Newsreels available to the public for the first time, as part of its Military Heritage Series.

Featuring more than 20 hours of footage, this six-DVD set contains 106 newsreels filmed and produced by the Canadian Army Film Unit. Army cameramen documented Canadian troops in training and on the front lines. They scoped the world on major events;

including the invasion of Sicily and D-Day.

Members of Operation Legacy are donating the Canadian Army Newsreels to their local libraries to help spread the message of remembrance to their communities across Canada. I recently donated a copy to the Brandon Public Library that can be borrowed by residents of Brandon and the surrounding area.

A vignette about the Canadian Army Film Unit, and samples of the newsreels, can be viewed on the War Amps YouTube channel at youtube.com/user/warampsofcanada, or at waramps.ca.

The newsreels and all documentaries in the War Amps Canadian Military Heritage Series are available at a cost-recovery price by calling 1 800 250-3030 or visiting waramps.ca.

Sincerely,  
Olivia Auriat  
Operation Legacy Member  
Brandon

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# Computers bring battlefield manoeuvring indoors

By Bruce Peever  
Shilo Stag

Getting more bang for a real buck is among the benefits of virtual reality training now underway at CFB Shilo.

It also doesn't hurt the computer-generated scenario looks a lot like 'Call of Duty', giving that video-gaming feel to some serious training exercises.

A two-week long Computer Assisted Exercise Training course is being held at the Simulation Centre LFWA. During the first week of November members of 1RCHA trained with the simulators while the following week, it was 2PPCLI's turn. Later, computer assisted training will head to LFWA headquarters in Edmonton. It will all be part of a major exercise WINGED WARRIOR in 2011.

Ross Robinson, a contractor with Calian Technologies, is overseeing the computer-assisted training. He notes this training involves conventional warfare with tanks, armoured vehicles and air power.



Co-ordinates are plotted and radioed in from an observer at right to commanding officers in the command centre, above left, during the



Photos by Bruce Peever

Computer Assisted Training Exercise held at the Simulation Centre on Dorking Road.

This is training for the 'next war', he says, now that Canada is winding down its commitment to Afghanistan.

Inside the Simulation Centre, a large open area has soldiers training with civilian teachers, radioing in enemy movements and locations. In a separate room are headquarters staff who issue orders. Some take on the role of 'good guys' with others

chart the moves of the 'bad guys'. In another room are civilian staff overseeing both armies.

"This is a very cost effective way to be training military staff," Robinson informs. "The computer generates scenarios using individual soldiers or platoons, and adds in artillery."

"Our client, in this case 1RCHA, tells us what

they want to achieve, what scenario they want and we build it to their specs. All our civilian trainers are ex military so they know the principles and doctrine," Robinson adds.

Playing the role of God, that is overseeing both armies in a separate room, is Calian contractor Dan O'Keefe. He can track movements of both armies instantaneously

—opposing armies don't see each other until it's too late. At any time he could fire if either of the two sides comes within range.

"We don't judge right from wrong in the movements, that's up to the commanding officers. But it is an amazing tool. If you don't get it right you can do it over and over," O'Keefe states.

LCol Tim Young, CO

1RCHA, says computer-assisted training is the fiscally responsible thing to do.

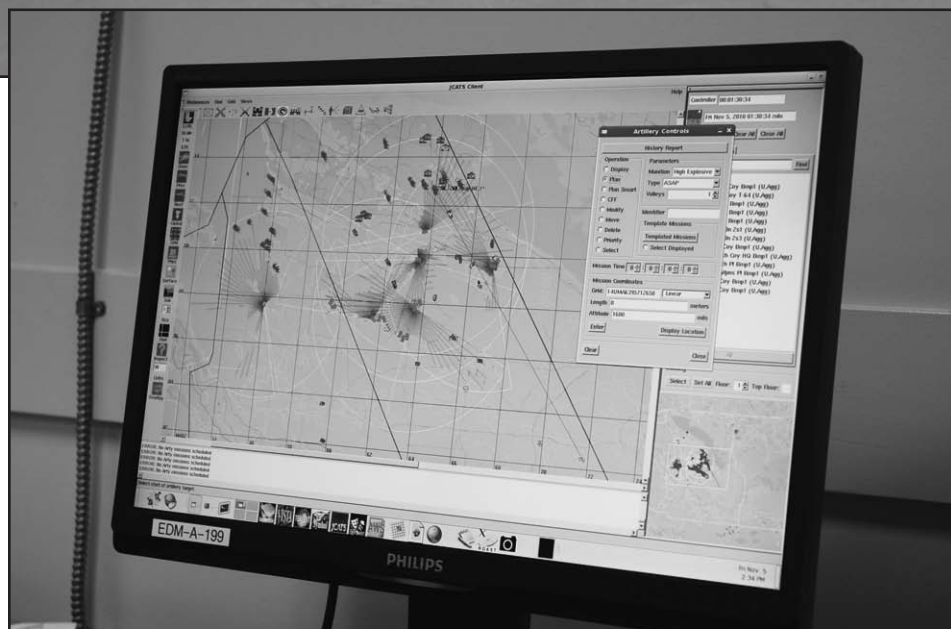
"We are getting better use out of our tax dollars. When you look at the cost of firing one 105mm round of about \$500 compared to this, it's huge savings," he notes.

Using an analogy from the Second World War, LCol Young told of an Italian Brigadier General who had called in a 688-gun attack firing 3,000 rounds at one German installation. That kind of fire power would be next to impossible to replicate anywhere in 2010 except on a computer screen.

"Today, it would be hard to group together 600 big guns, but with this process we can tactically attack with artillery. Our junior ranks don't get to do that normally," he says.

Because it is computer generated, the exercise can easily be repeated if the desired end result is not achieved. Again, redoing the operation is far easier inside the Simulation Centre than it is out on the field. To that end, LCol Young notes the computer training is a complement to actual field training to be performed in late November.

"Right now most don't understand tactical firing, but later this month they will be doing it for real," the CO says. "This is all about practise and lots of our people are learning and achieving a level of competency. You get the raw basics here and then later in the field you add the intangibles to make the training complete. This is a good stepping stone."



Above, soldiers train alongside their civilian instructors in the main operations room. Soldiers take on the roles of combative armies, with each unaware of the other's movements until it's too late. At left is the monitor in a separate control room showing both armies and their movements.

Photos by Bruce Peever



# 60th anniversary of Canoe River tragedy on Nov. 20

**By Bruce Peever**  
Shilo Stag

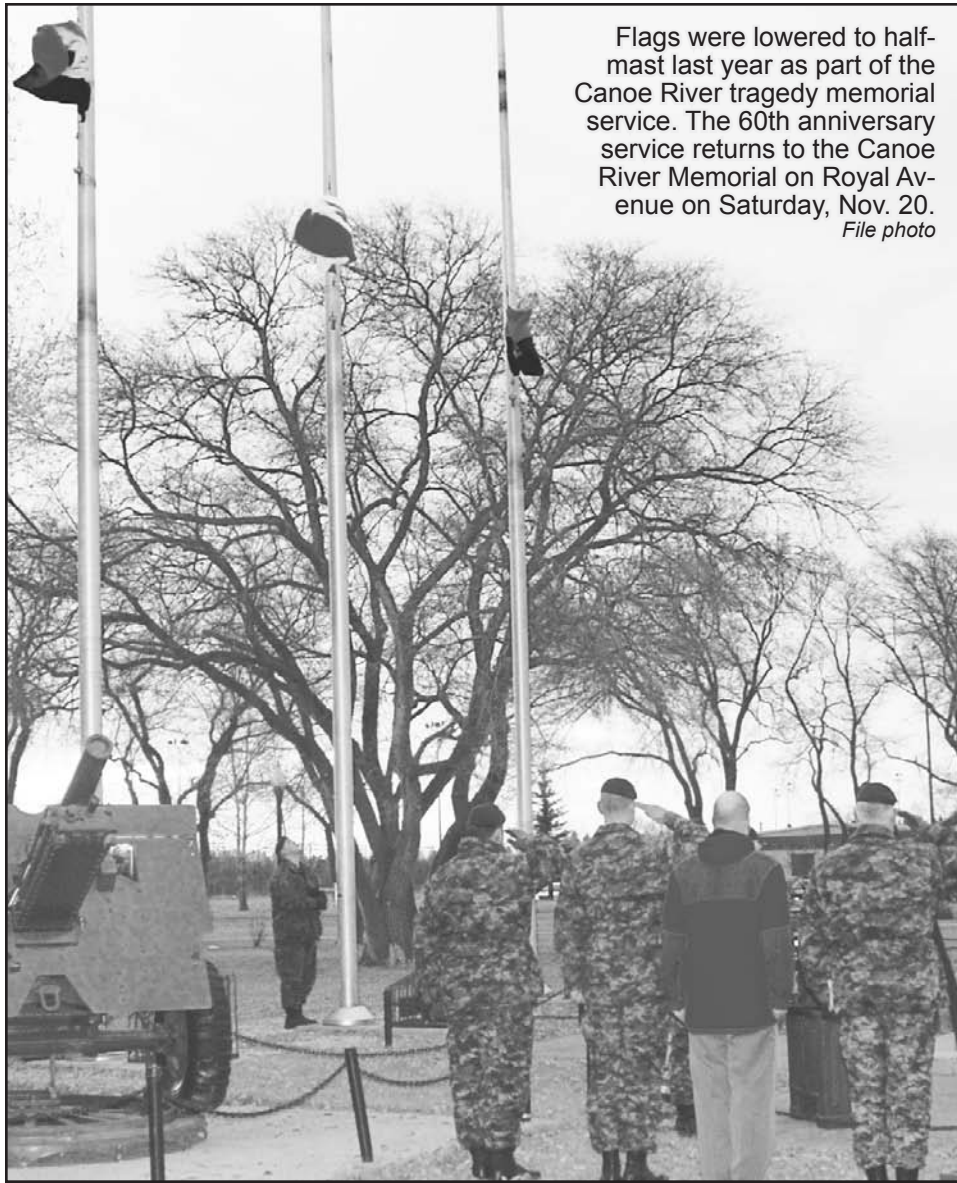
Heads will again be bowed at the Canoe River Memorial on Saturday, Nov. 20 in marking the 60th anniversary of the Canoe River tragedy.

The ceremony, which starts at 8 a.m. will mean the temporary closure of Royal Avenue early that morning.

Spectators are asked to be seated by 7:50 a.m. for the approximate 30-minute ceremony. It will include a history, lament and Last Post, along with two minutes of silence and Reveille. Laying wreaths will be Korean Veterans, the Royal Regiment of Canadian Artillery and 2RCHA.

It was back on Nov. 21, 1950 when a wooden troop train carrying 2RCHA soldiers from CFB Shilo collided head on with a passenger train near Canoe River, BC. Seventeen soldiers lost their lives, along with two engineers and two brakemen in each locomotive.

According to Regt Maj Rob Hart of RCA, the CFB Shilo tribute will follow a similar one performed Sept. 11 in Valemount, BC. Members of 2RCHA from CFB Petawawa, along with several



Flags were lowered to half-mast last year as part of the Canoe River tragedy memorial service. The 60th anniversary service returns to the Canoe River Memorial on Royal Avenue on Saturday, Nov. 20. *File photo*

Korean Veterans, were in attendance that day to mark the events of 60 years ago.

In a report published by Veterans Affairs Canada, the Canoe River collision all those years

ago is thought to be due to a misunderstanding. "The eastbound passenger train expected

to meet a troop train at Cedarside, east of where the collision occurred, while the westbound troop train expected to meet the passenger train at Gosnell which is west of the scene of the accident. The two trains met on a very sharp curve and although both were travelling at moderate speeds, neither saw the other until almost the moment of impact.

"The injured soldiers were fortunate that civilian medical help arrived quickly; the troop train's medical officer had disembarked in Edmonton. The uninjured gunners, after a short rest and a chance to reorganize, left Wainwright for Fort Lewis on November 29. Fort Lewis in Washington State was selected as the point of embarkation for the Canadians en route to Korea."

## Christmas contests return

Do you have a favourite Christmas memory from a bygone era? How about a knockout recipe for a well loved family treat that is prepared only at this time of year?

The *Shilo Stag* is pleased to announce the return of two special contests that celebrate Christmas. The Christmas Story contest is for local authors who want to write about a favourite memory or story from the past. Stories must be between 300 and 800 words and non fiction in nature.

The other is a Christmas Recipe contest. Dig out those yuletide recipes passed down from past generations that have now become present day favourites. Please do not use recipes that have been published before.

Both contests will be judged by *Stag* staff and winners will be notified in early December. Winners from each category will receive a Christmas Gift Basket provided by area retailers.

The preferred format for sending in stories and recipes is by email at [stag@mts.net](mailto:stag@mts.net). Submissions can also be dropped off at our office inside the Shilo Community Centre. Please include your contact info to reach you for prize purposes.

Deadline for submitted stories and recipes is Friday, Dec. 3. Submissions will be published in our Christmas Special issue coming out Dec. 9.

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# *Remembrance Day 2010*





# We Remember 2010

## Veterans remember their time in Korea

**By Sara Cumming**  
Shilo Stag

The two veterans sit silently as a music video of Terry Kelly's "A Pittance of Time" is played. The audience, a group of Grade 5 students from Forrest Elementary School, is rapt while the video plays, but once it's turned off, their attention turns to the two gentlemen who are now standing in front of them.

Peter Ewasiuk, president of Unit 17 of the Korea Veterans Association (KVA) tells the schoolchildren that they are "the future of our country," and then says he would fight in the war "over and over again" in order to protect their rights and freedoms.

"What was it like in the war?" a child in the audience wants to know.

"Hell," David White, another member of the KVA, quickly answers.

"Rough," Ewasiuk says.

During the Second World War, Ewasiuk, who hails from Sandy Lake, MB, lied about his age and joined the Canadian Forces in 1944 at age 16. He trained in Shilo during the summer of '44, then deployed to England on the New Amsterdam, a ship that carried 5,500 troops. After withstanding incredibly long waits for food and somehow managing to avoid seasickness for the entire journey, Ewasiuk discovered shortly after they arrived at their destination that someone had ratted him out, and he was given an honourable release because of his age.

After rejoining the Forces and being posted to Calgary, Ewasiuk saw

photos of men parachuting out of planes, and decided that was what he wanted to do. His regiment, 1PPCLI, went officially airborne on Jan. 1, 1949. By February Ewasiuk was on his jump course, and on April 1, he got his wings.

Soon he got the news that he was going to Korea.

"I didn't even know where it was," Ewasiuk says. "I had no idea."

He soon found out. Ewasiuk deployed in June 1950 and stayed until December 1951.

"You could smell the country 30 miles out to sea," the talkative Ewasiuk informs. "The whole country was saturated with human manure."

"That's how they grew their rice," White adds.

Aboard a train to Seoul, Ewasiuk discovered more evidence of poverty.

"I went to the washroom, and the washroom was a hole in the floor (of the train)," Ewasiuk says with a laugh.

When a Korean man was hit and killed by the train, Ewasiuk says, his body was quickly scavenged for clothing. The Koreans also regularly dug in the garbage for food.

"They had nothing," he states. "I'd never seen such poverty and starvation in all my life."

The two gentlemen make it very clear that their tour in Korea was worth it.

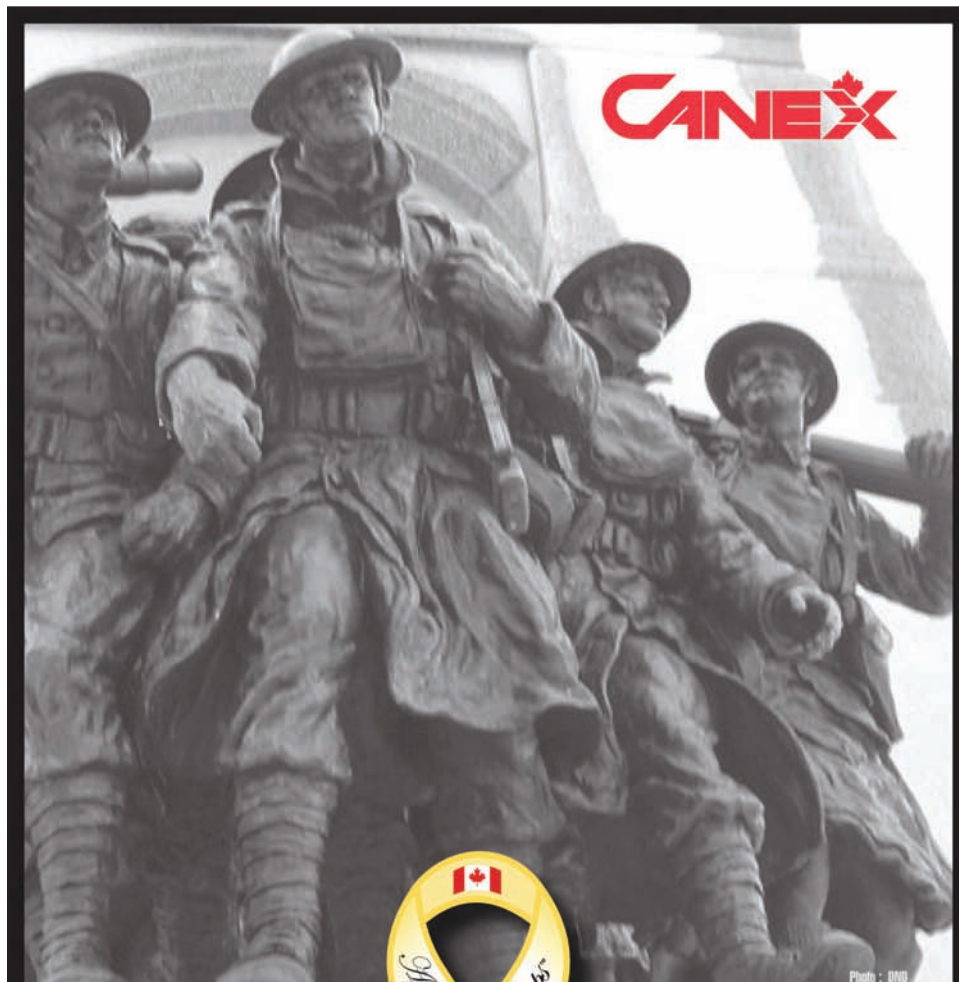
"Even if I had to do it all over again, I would do it," says Ewasiuk.

"We're very proud of serving in the Forces to protect you people," White says to the schoolchildren. "To go someplace and protect what you have here, it's worth every second."



Photo by Sara Cumming

Korean War veterans Peter Ewasiuk, left, and David White speak with Grade 5 students from Forrest Elementary School on Nov. 8.



**CANEX**



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N'OUBLIONS JAMAIS



11 NOVEMBER ♦ 11 NOVEMBRE

# We remember





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# We Remember 2010

## Message from DND Minister

**By Peter G. MacKay**  
Minister of National Defence

This year, Canada mourned the passing of John "Jack" Babcock, our last known veteran of the First World War. His passing signified the end of an era in Canadian military history and, as such, was marked with a solemn ceremony at the National War Memorial on April 9, Vimy Day.

Mr. Babcock's passing illustrates the reason why we need to pause on Remembrance Day to recognize the sacrifices and achievements of our veterans and honour those who have made the ultimate sacrifice in serving their country.

The 620,000 men and women who served in the Canadian Forces in the First World War – of which 67,000 gave their lives and 173,000 were wounded – have now all passed; their voices silent. Every year, the ranks of Second World War and Korean War veterans get smaller. But, their legacy lives on in the values and principles we hold dear; freedom, democracy, the rule of law and human rights.

Their torch has been passed to us, and our solemn duty is to remember they sacrificed their lives for Canada and the world. It is the generations of warriors past who won us our

nationhood, won us our eminent standing on the world stage, and forged a nation of honourable, dedicated and caring people who rise to the defence of the oppressed.

Those brave Canadians of years past earned respect, both at home and abroad, for their dedication and commitment to peace and security. Theirs is a legacy passed on through the years that Canadian Forces members can proudly embrace. I'm humbled and proud to be associated with Canada's brave men and women in uniform who continue to make sacrifices in the name of freedom.

Lest we forget.



Maj Rob Hart, along with MWO Gibson standing at attention, lay the wreath on behalf of 2RCHA Canoe River at Remembrance Day services at CFB Shilo on Nov. 11.

Photo by Bruce Peever

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*Remembrance Day*

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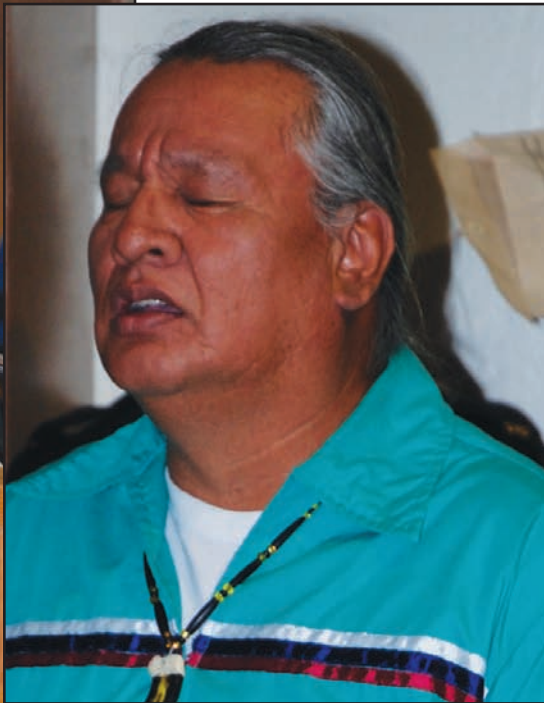
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# We Remember 2010



Padre Harold King at left delivered the Invocation and the Benediction, as well as serving as Guest Speaker during Remembrance Day services at CFB Shilo. Above, the Dakota Prayer was offered by Frank Tacan.

### In Flanders Fields

In Flanders Fields the poppies blow  
Between the crosses row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep,  
though poppies grow  
In Flanders fields.

-Lieutenant Colonel John McCrae,  
MD



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*Lest we forget*



# Defenders Motorcycle Club aids War Amps kids

By Bruce Peever  
Shilo Stag

Members of the Defenders Motorcycle Club have been active locally only one year, but already are 'champs' to area child amputees.

At its monthly meeting Nov. 2 the club — made up of mostly active or retired military personnel and their spouses — presented \$700 to the War Amps CHAMP Child Amputee



Photo by Bruce Peever

Olivia Auriat of Brandon is flanked by Defenders Motorcycle Club members as she accepts this \$700 cheque on behalf of the War Amps CHAMP program.

Program. The donation was made at the ANAF clubhouse in Brandon.

There are 15 members of Chapter 19 and Club President Lawless Barnes says he and his fellow bikers have one goal: to help child amputees.

"As club members we donate money from every ride we make. We also had a poker run in June which raised significant funds. All money raised by us, except for operating expenses, goes

to help CHAMP," Barnes informs.

In accepting the donation, 15-year-old Olivia Auriat of Brandon thanked club members for their generosity. A birth defect resulted in not having a lower left arm and she has been wearing a prosthetic since she was five months old.

"I thank you so much for this donation. You Veterans (and those on active service) have done

so much for amputees. CHAMPS honours vets and vets honour CHAMPS," Auriat states.

She also mentioned the Operation Legacy project, in which War Amp Child Amputees made 20 hours of Canadian Army Newsreels available on a six-DVD set (see Letter to the Editor, page 4). A copy of the Newsreels is now available at the Brandon Public Library.

## Planning helps counter fall spending frenzy

By Tricia French

It takes savvy money management to survive the onslaught of fall expenses. The good thing about the soaring expenses between September and December is that they're predictable: Kids always go back to school in September, Thanksgiving is always in October, and Christmas is always on the 25th of December. Fortunately, it's much easier to plan for events you know will happen.

How can you plan to not just survive but thrive? Use these three steps to put together your plan: Review, Reflect and Rework.

First, REVIEW your spending over the same time period last year by looking at receipts, cash withdrawal slips, and bank and credit card statements. We usually underestimate what we spend, so checking your

previous year's spending helps you be accurate and realistic.

Second, REFLECT on whether you'll spend the same amount this year. If you were comfortable with the amount you spent, great! If spending got out of hand, strained your budget, or added to your debt load, then now's the chance to commit to a new spending limit. A spending limit ensures you don't carry costs of those events well into the new year, often costing hundreds of dollars in interest.

Once you've decided what you're going to spend, the final step is to REWORK your budget to set aside money for those expenses. It's much easier to save a little at a time over the year and it's never too late to get into the habit.

Try these reliable strategies for saving for planned expenses. Earmark a bank account

specifically for savings for annual expenses like back-to-school costs, sports registrations, or holiday spending. Start an automatic deposit of a set amount into a savings account each pay using online banking or a pay allotment.

Don't feel you're a good saver? Try these tricks that are hard to sabotage. Buy a gift a month to prepare for birthdays or Christmas. Buy gift certificates or gift cards from retailers throughout the year to help with the increased spending demands

during the holidays. You can even set up an automatic withdrawal with your employer for Canada Savings Bonds and cash them annually to pay for your holiday expenses.

Setting up a system takes a bit of time and practice. Security comes from knowing you can afford what you and your family value without getting into debt.

Tricia French is a Financial Counsellor, SISIP Financial Services, Edmonton.

**Shilo Theatre**  
(Located in the General Strange Hall)

Enjoy a DVD movie and popcorn for FREE!

Nov. 12: *Cats & Dogs: Revenge of Kitty Galore*  
- Rated G

Nov. 19: *The Last Airbender* - Rated PG

Doors open at 6:15 p.m. Movie starts at 6:30 p.m.

For more info, please call the Community Recreation Office at 765-3000 ext 3317/3588

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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.

Benefits: You will help us understand emotional processing in the brain as well as receive a research stipend and travel expenses for out-of-towners.

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# Shilo Military Family Resource Centre



## MFRC welcomes new Adult and Family Counsellor

By Karen Burton

Renée Maillet has joined the staff at the Shilo Military Family Resource Centre. Since Nov. 1 she has been working as the Prevention, Support and Intervention Coordinator three days a week.

Renée is a Registered Psychiatric Nurse, born and raised in Brandon. She is excited about joining the staff at MFRC because she enjoys working with people, being creative and taking part in initiatives that support a vibrant community — all things that we thrive for at the MFRC.

Renée has devoted the majority of her career to working and volunteering in the non-profit sector, supporting families, survivors and caregivers through challenging times across



Photo by Fisch Photography

Renée Maillet

the lifespan. When she is not at work, she enjoys traveling, and has lived overseas for two years while working as a nanny, and then as a teacher of English as a second language. Her most adventurous travels were experienced during a year of community and volunteer service with the entertainment troupe known as 'Up With People'.

Being raised in Manitoba, Renée can appreciate the four seasons and absolutely loves spending time outdoors. However, she admits this applies mostly

from March 30 to Dec. 26 (or minus 10 to plus 30!), with spring being her favourite season. She appreciates watching new life come to the garden each spring,

planting hot peppers and lots of vegetables to create spicy new recipes in fall. She also likes camping, floating in the lake, taking photos of nature (and life in gen-

eral), and spending festive times with family.

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



Photo by Quinn Roberts

Jordan Stewart, winner of the Base Haunted House Contest, has donated his winnings to the Teen Centre to allow teens to purchase extra supplies for their Haunted House in 2011. Thank you, Jordan!

## Jewellery on the cheap

By Garry Reid

If you want to learn how to make jewellery, you won't want to miss a Jewellery Workshop coming up on Wednesday, Dec. 8.

The first of three classes will be held that night and will start off with an introduction coupled with making a lariat and kids jewellery.

Class Two is set for Tuesday, Dec. 14 when you can make chandelier earrings (three models) and a pendant to go with it.

Class Three on Thurs-

day, Dec. 16 will include a seed beads pendant and wire bracelets. From those bracelets you can make a fitted necklace.

All classes run from 6 to 9 p.m. Cost is \$20 for the first class and includes one lariat, one child's necklace, glass beads and more. Prices for the second and third classes will be discussed at the intro session.

If interested you must register by noon on Friday, Nov. 26. Stop by the MFRC or call local 3352 for more info.

Garry Reid is Program Co-ordinator at MFRC.

## Upcoming events at the MFRC

Date	Program	Time	Cost	Registration deadline
<b>Special Events</b>				
November 17 & 24	Wheatie Wednesdays	All day	FREE	Enter weekly to win a four ticket package to a Wheat Kings home game. Enter on our website at <a href="http://www.shilomfrc.ca">www.shilomfrc.ca</a> or our facebook
November 19	National Child Day - celebrate with lunch and children's entertainment	11-2pm	FREE	No registration
November 15 - Dec. 12	Christmas Gingerbread Centre piece draw	All day	Contact parents for tickets	Pre-K Buy your raffle tickets before December 12. Draw will be made at the Christmas Jing-a-ling
<b>Adult</b>				
November 17 & 24	French Connections	10-11am	FREE	No registration
November 17	Pro's to preparing	1-4pm or 6-9pm	\$10	Register by noon on Friday, November 12
November 19	French Connections @ Canad Inn	6:30pm	Your cost	Register by noon on Thursday, November 18
November 23	Taste of India cooking class	6-9pm	\$35 includes take home samples	Register by noon on Friday, November 19
November 24	Career Cruising	1-4pm or 6-9pm	\$10	Register by noon on Friday, November 19
November 27	Scrapbooking days	9-5pm	\$2 per person	Register by noon on Wednesday, November 24
<b>Deployment</b>				
November 15	Christmas Card Making	6-9pm	\$5 for deployed and \$10 for non-deployed	Register by noon on Friday, November 12
November 18	Wii-B-Gaming	4:30-5:45pm	FREE for deployed	Register by noon on Wednesday, November 17
November 27	Deployment Playtime	2-5pm	FREE for deployed	Register by noon on Friday, November 26
<b>Youth</b>				
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				
November 12	Movie Night (Toy Story 3)	7:30pm	FREE with Teen Centre membership	No registration
November 26	Movie Night (Cats & Dogs)	7:30pm	FREE with Teen Centre membership	No registration
<b>School Age</b>				
November 17 & 24	Keen Kids	5-6pm	\$1.00 drop in	No registration
November 17 & 24	Kool Kids	6-7pm	\$1.00 drop in	No registration
November 17 & 24	Kooler Kids	7:30-9pm	\$1.00 drop in	No registration
November 18 & 19	Inservice Days	9-12pm & 1-4pm	\$10 per day	Register by noon on Friday, November 12
<b>Preschool</b>				
November 16 & 23	Tumbleweeds (Every Tuesday)	9:30-11:30am	\$1 drop in fee	No registration
November 17 & 24	Relaxation Station	1:30-3:30pm	FREE	Register by the Friday before



# What's on Your Agenda?



• **Pancake Breakfast** to benefit the United Way. Nov. 18 from 7-9 a.m. at Bldg L-25. Cost: \$3. 100% of proceeds go to the United Way. Everyone welcome!

• **Integrated Personnel Support Centre (IPSC) Open House and United Way BBQ Fundraiser** Friday, Nov. 26, 11:30 a.m. – 1:30 p.m. at Building L106 (North of BHQ). Veterans Affairs, IPSC and OSISS staff would like to invite all military members, families, units and community members to visit them in support of this fundraising event. Hamburger, hot dog, side and a drink for \$5.00. Grey Cup Raffle Board \$2.00 per square. Chicago Black Hawks Jersey Raffle \$2.00 per ticket or 3 for \$5.00. Raffles for sale now at IPSC, Bldg L106. Draws to take place immediately following the BBQ. Proceeds will be donated to the 2010 United Way campaign.

• **Air Command Show Band Christmas Concert** on Dec. 3 at 7 p.m. at Bethel Christian Assembly, 440 Richmond Ave., Brandon. Tickets \$10. Available at Ted Good Music, Ten Thousand Villages or at the door. All proceeds to the Stephen Lewis Foundation Grandmothers to Grandmothers campaign. For more info call Carol at 728-7565.

• **Sprucewoods and Area Lions Club Seniors and Singles Christmas Dinner** Saturday, Dec. 4 at 6 p.m. at the Sprucewoods Community Hall. Cost: free. Must reside in the Sprucewoods, Shilo, Cottonwoods or Douglas areas. Seniors: Must be 60 years of age - spouse or partner does not need to be. Singles: Widow, widower, divorced, single parents without live-in partners. Entertainment: Your friends and neighbours and members of Westman Jams. If you are eligible to attend and have not been invited, call Lion Sharon Brooks at 763-4765.

• **Free Elder Driving Safety Workshop** offered by The Alzheimer Society of Manitoba and Manitoba Public Insurance. Nov. 30 at the Brandon Shrine Club from 7-9 p.m. Open to everyone. Pre-registration is appreciated. For information call 729-8320 and ask to speak to Grace Loewen, Program Coordinator.

• **Brandon Garden Club Meeting** Nov. 17 at 7 p.m. at Seniors For Seniors - 311 Park Ave. East. Please use the north door. Pro-

gram: Hands on workshop - Table Centrepieces. Free to members, \$5 for non-members.

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

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

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

• **New GSH Access Cards** are in effect as of Sept. 13. Old cards will be replaced with a picture ID card. To get your new card, all you have to do is drop by the GSH and talk to the front desk staff. For more info call 765-3000 ext 3889.

• **Visit Daly House Museum** at 122-18th Street, Brandon. The house was built by the first mayor or 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.

## 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!

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

• **The RCA Museum**. Visit this fall and connect with the story behind Remembrance Day. Our temporary exhibition "More Mortars" runs until Mar. 31, 2011. Visit our brand new Manitoba Gallery. Call 765-3000 ext. 3570 for information and to book tours.

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

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

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

### November Fitness Sessions

Please register for one or all sessions by calling Janelle Boyd, Physical Exercise Specialist, 765-3000 ext 3866. There are no costs for sessions.

**EDUCATION SESSIONS** (Military members only)

Tuesdays: 7:30-8:30 a.m.

Taught by Health Promotions Director Anne Todd:

Nov. 16 – Basic Relationship Training

Taught by PSP Staff:

Nov. 23 - Exercise for Stress Release & Relaxation

Nov. 30 - Exercise Adherence

**PRACTICE FITNESS TESTS** (Military members only)

**CF EXPRES Test**

Wednesday, Nov. 24

9 a.m.

Gym C

Registration deadline: Nov. 23

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## Services



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**Roman Catholic Chapel**

*Sundays 1030 hrs*

*Confession 1000 hrs*

*Weekday Mass - Tuesday to*

*Thursday, 1205 hrs*

Padre Boyden – ext 3089

## Obituary

**Douglas Graeme Ward**

October 18, 1944 – October 25, 2010

Passed away peacefully at the Brandon Regional Health Centre on Monday October 25, 2010, at the age of 66 years, Douglas Graeme Ward

## Obituary

of Wawanesa, MB. Doug leaves to mourn his passing his daughter, Rosina Parsons of Brandon, MB, granddaughter Monique and great granddaughter Jewel Ward, both of Shilo, MB, his mother Peggy, brother Peter (Pat), sister-in-law Marge Ward as well as numerous nieces and many friends around the world. Doug was predeceased by his wife Ellen (2009), his father Malcolm, and his brother Donald.

Funeral Service was held on Friday, Oct. 29, 2010 at 10:00 am in St. Barbara's Protestant Chapel, Shilo, MB with Padre Dwayne Bos officiating. A private family interment took place at the Wawanesa Cemetery. Friends that so desire, memorial donations can be made in Doug's memory to the Brandon Cancer Program 150 McTavish Ave. E., Brandon, MB R7B 2E3

On line condolences can be made by visiting [www.willmorchapel.com](http://www.willmorchapel.com). Jamieson's Funeral Services, Willmor Chapel, Glenboro in care of arrangements. 1-204-827-2480.

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# Use these tips to avoid the trappings of internet addiction

Do you know what is an addiction free 'Internet Lifestyle'?

The word addiction gets thrown around sometimes without a clear understanding of what people are talking about. For some of us, images can come up of people needing to drink in the morning to take the edge off, or living on the streets searching for the next fix. But how does that relate to internet?

Addiction is a broad term that often gets confused with physical dependency (the body needing a fix). However, there are psychological or behavioural addictions as well. Looking at the internet and technology as an area of concern is



**Your Health**  
Anne Todd

still a relatively new field of study so there is not a set language yet on how to describe it. For the purpose of this article, we will just refer to it as a concern with internet.

Concerns with the internet can be broken down into three distinct groups: excessive gaming, sexual



preoccupations and e-mail/ text-messaging. In this day and age it is not like you can just avoid the internet completely and, really, not all internet or technology usage is bad. So, here is a guideline to help you decide if your or someone else's internet use is a 'concern'.

There are four main areas to look at when you are considering your use of internet and other technologies.

1. First is looking at the concept of time.

Questions to ask yourself are:

- Are you staying online longer than you originally intended?

- Do you find that you get so engrossed that you lose track of time?

- Are you neglecting other responsibilities, either at work or home, because of the amount of time online?

2. Second, is the concept of withdrawal. Sometimes people wonder how you can have withdrawal symptoms when it is not a physical dependency, but it does happen. Mind you, the idea of phantom vibrating syndrome is widely reported (when you feel your phone go off and it hasn't), which shows some connection between our body and our technology. Some questions you could ask yourself are:

- Do you feel nervous, anxious, or at a loss when

you are without a piece of technology?

- If a piece of technology (i.e. phone, computer, MP3, gaming systems) were to break or be out of service would you become tense, also would you feel great relief when you were able to access it again?

- Do you feel anxious, depressed and/ or frustrated when internet and/ or text messaging services is not accessible?

3. The third area looks at the concept of tolerance; it includes the need for continuously better technology and/ or more hours of use. Some questions you could ask yourself are:

- Are you spending more money than you can afford in order to get the newest technology?
- Is being online affecting the amount of sleep you are getting?

4. Lastly, is concept of possible negative social repercussions. Some questions you could ask yourself are:

- Have you decreased the amount of time you spend with family/ friends, in order to be online?

- Has staying connected online, kept you from socializing with people in your local area?

- Are your hobbies and interests limited to online activities?

- Have you ever been criticized by someone close to you for the amount of time you spend connected to technology?

- Do you, on a regular basis, go online or message someone else while in a social situation?

These questions are just meant to be used to guide you to explore your internet and technology use or share with someone that you might be worried about. If you think things are starting to be a concern, you can find out where help is available through your Local Health Promotion Office or on our websites: [www.forces.gc.ca/know-sais](http://www.forces.gc.ca/know-sais) and <http://hr.ottawa-hull.mil.ca/health-sante/ps/hpp-pps/aap-sdp/aaaw-asst-eng.asp>.

Anne Todd is Health Promotions Director at CFB Shilo.

## Put bells on your sneakers for arthritis

On Sunday, Nov. 21 at 10 a.m., the Arthritis Society — Manitoba/ Nunavut Division will be hosting the Second Annual Jingle Bell Walk and Run for Arthritis at the Riverbank Discovery Centre in Brandon.

The society's goal this year is to see more than 200 participants from

Brandon and area dressed up in holiday-themed costume or running gear, attaching bells to their shoes. Organizers expect to hear a lot of noise for arthritis!

There are distances for everyone — whether you can only walk or run a short distance or are looking for a longer

run for the day. Various routes are available including one km walk and five km walk/run routes.

For more information, including registration details, call Genny Sacco-Bak at the Arthritis Society, 1-800-321-1433 or email: [gback@mb.arthritis.ca](mailto:gback@mb.arthritis.ca).

# Bake Sale

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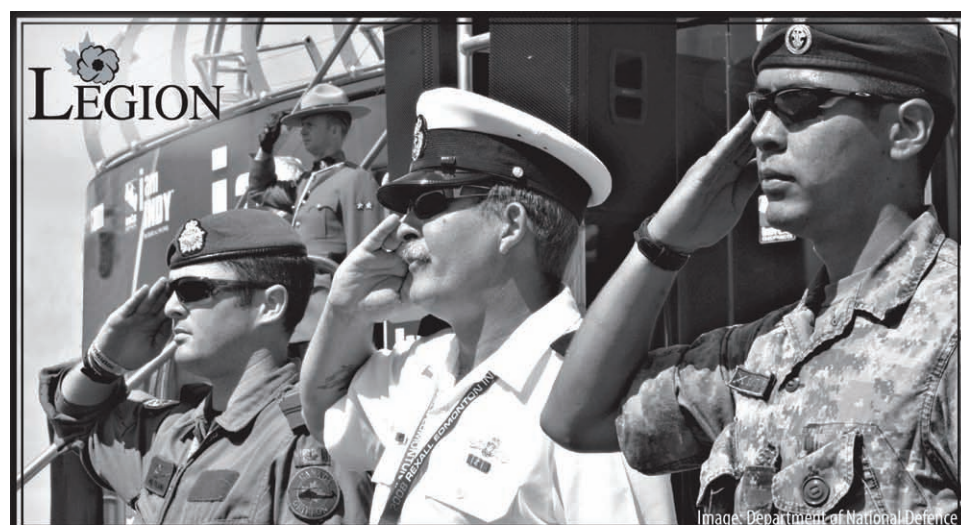
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wait too long because we always sell out!



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The Legion professional Service Officers, whose role is mandated through legislation, provide representation services, advocacy and benevolent assistance FREE OF CHARGE, whether or not you are a Legion member. Visit [www.legion.ca/ServiceBureau](http://www.legion.ca/ServiceBureau).



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