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Volume 48 Issue 20

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Heritage revisited at Camp Hughes



photo courtesy Tim Smith/Brandon Sun

Jason Darling aims a Lee-Enfield rifle complete with a sword pattern bayonet during a demonstration of the First World War training undertaken by more than 30,000 troops at Camp Hughes west of Carberry during the Camp Hughes Heritage Day on October 4. For full story, turn to page 8.



Shoppers
MALL

Come Home Safely

DSG and MFRC earn 2PPCLI commendations



photos by Cara Czech



On October 5, personnel from the Deployment Support Group (DSG) and the Military Family Resource Centre (MFRC) received commander's commendations signed by LCol G.D. Corbould, CO of the Battle Group on TF 1-08. Both organizations were praised for being "an integral facet to the successful operations of the Second Battalion Princess Patricia's Canadian Light Infantry Rear Party. [They] fluently understood their roles and readily shouldered the heavy burden of supporting the families of deployed soldiers which, thereby, allowed the Rear Party to focus on supporting the deployed Battle Group. The professionalism, long hours, and dedication to duty demonstrated by all members of [these] unit[s] were crucial to supporting families of deployed soldiers and their morale. The tremendous efforts made by all members of the [unit] directly contributed to the success of Task Force 1-08 and should be considered a model for future deployments." Above left: Willemien Van Lankvelt, director of the Shilo MFRC, receives the commendation from LCol James Schreiber, CO of 2PPCLI. Above right: Capt Lonnie Goodfellow of the DSG shakes the hand of LCol Schreiber while receiving the commendation.

Canada Post offering free parcel delivery

Canada Post will again be providing free regular parcel service for family and friends of deployed CF members from October 26, 2009 to January 15, 2010. Parcels will be delivered free of charge from any Canada Post retail outlet to designated CF bases, where they will be forwarded through the CF postal system to CF members overseas.

Additionally, Canada Post will also continue providing free delivery of letters to deployed troops through 2010.

Due to cargo limitations

on military flights, this offer is restricted to those operations served by the Belleville, ON K8N 5W6 address and to any deployed Canadian ship.

Additional mailing guidelines are available at the Write to the Troops link found at www.forces.gc.ca.

To ensure the proper customs declaration forms and correct addressing information, all letters and parcels must be deposited at a Canada Post retail outlet. Mail deposited in street letter boxes will not be delivered.

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COME SEE US AT THE CANEX MALL

Deployed soldiers get surprise visit at FOBs

DNEWS

On September 10, 2009, the soldiers of Combat Team Cobra of the 2nd Battalion Royal 22e Régiment Battle Group welcomed the Team Canada tour visiting all the Forward Operating Bases in Panjwayi District. The group was made up of Canadian athletes and musicians, including hockey players Guy Lafleur and Patrice Brisebois, Peter Della Riva of the Montreal Alouettes in the good old days, the Ultimate Fighting Championship star Pat Coté, the band Finger Eleven and singer Bruce Cockburn. When they arrived, our guests were directed to the range at the patrol base, where the members of CT Cobra waited to introduce them to the light weapons of an infantry

platoon and to conduct a little demonstration of tactical fire. Team Canada took their fill of the C7 and the C6, and then returned the favour with a mini-concert by Ricky Paquette, Bruce Cockburn and Finger Eleven. Touring with Team Canada was General Walter Natynczyk, the Chief of Defence Staff, who seized the opportunity to present coins to several members of the patrol base in recognition of the excellent work they are doing in Panjwayi District. The soldiers of CT Cobra and Patrol Base Sperwan Ghar would like to thank the stars who took the time to visit us. We had a great afternoon with excellent music in the company of distinguished guests who permitted us to take a break and feel as if we were back home.



photos by Cpl/Hatfield, Cie C du GT-2R22eR

Two members of the band Finger Eleven, who came to Afghanistan with Team Canada to support the soldiers of Rotation 7, perform for the troops.

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Guy Lafleur draws a bead on a Figure 11 target.

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Engineering Services members commended

Lori Truscott
Shilo PA

Two members of CFB Shilo Engineering Services were recently honoured by the Base Commander. On September 4, Mr. Wesley Van Weert received a Chief of Defence Staff Commendation and Mr. Brett Sinclair received the CFB Shilo Civilian of the Quarter Award.

On March 16, 2008, Mr. Van Weert, then a member of 2PPCLI, expertly provided first aid to injured soldiers following an IED explosion. Being a former paramedic, he used his training to take charge of the situation and ensured

all the injured were given first aid. Mr. Van Weert was working in Engineering Services as a storeman at the time of the presentation. He has since left the section to return to school.

Mr. Sinclair, a carpenter, built the horse jump that was donated by CFB Shilo to the Provincial Exhibition of Manitoba for the 2009 Royal Manitoba Winter Fair. The horse jump was excellently crafted. Mr. Sinclair demonstrated the skill and professionalism that will provide a reminder of the base's involvement for many years to follow.



Photos by Lori Truscott



Above left: Mr. Brett Sinclair receives the CFB Shilo Civilian of the Quarter Award from LCol Luc G n reux. Above right: Mr. Wesley Van Weert is awarded the Chief of Defence Staff Commendation.

Supporting Our Troops



**GARY
DOER**

Premier of Manitoba



**DREW
CALDWELL**

MLA for Brandon East

Engineering students meet army reservists

Cpl Bill Gomm
38 CBG

The Fort Garry Horse (FGH) sponsored the University of Manitoba Engineering Society's (UMES) first-year students during September's orientation week.

"What we're doing here today is working with the UMES, which in essence, is the student council for the engineering students," said LCol Dave Atwell, Commanding Officer of the FGH.

"We've partnered with the student council to help them provide a better experience during the orientation week for first year engineer students, but at the same time, allow us to deliver a message to those students: What the army reserves are and why they're different from the rest of the army."

To get a taste of military life, the students were provided with Individual Meal Packs (IMPs) for lunch.

"I had the beans," said Matt Borody, a first year Electrical Engineering student. "I thought it was good. I got a good dessert; fruit salad I think? It was just like a fruit cup so I enjoyed that."

Following lunch, the students were given instruction on the various songs sung by the UMES and then taken on a tour of the campus, while having to loudly sing their newly-learned songs.

Arriving back at their class, they then took part in an engineering competition based on the designing and building of a scale-model rope bridge in teams. The competition was designed by Army Reserve combat engineers from 31 Field Engineer Squadron.

"We're in a design competition...building aerial bridges to transport a small load over a two metre distance," said Borody. "It was a lot of fun, a good challenge for a starting young engineer to work out some stuff with a

bunch of people."

Between five to seven students approached the soldiers at the back during the day to talk about life in the Reserves as well as what was involved with joining.

"I think it's going very well," said LCol Atwell. "We were here yesterday. We had the stand set up and the soldiers got to talk to all of the 200 first-year students."

Based on how well this event turns out, LCol Atwell will determine what to do next year. Branching out to other faculties such as Red River College is one possibility.

"We want to try something different in order to get the message out for recruiting," said LCol Atwell. "We find that the same old-same old hasn't necessarily gotten us the numbers we need in the past, so, we're going to try something different, something new and see how it works."



photo by Cpl Bill Gomm

Matt Borody, left, along with other first year engineering students, assembles a tripod that will be part of model Rope Bridge.

How will you protect your immune system?



photo courtesy News Canada

Occasional minor stress can be a benefit to your health, keeping your immune system stimulated and alert.

News Canada

Have you been putting in a lot of extra hours? Are you getting by on too little sleep and taking on too much stress? If so, you may be setting your immune system up for a fall. Occasional minor stress can be a benefit to your health, keeping your immune system stimulated and alert. However, chronic and excessive stress can suppress immune function,

increasing your vulnerability to illness and infections. Stress causes an increase in a hormone called cortisol, which can lead to a reduction in white blood cells and increased susceptibility to infections.

Stress can also lead to poor nutrition. During fast-paced, high stress times, it is common to miss out on proper nutrition because you reach for more convenient and generally pro-

cessed foods. Just when your body needs more nutritional support, you often provide it with less.

What to do? Trying your best to maximize sleep and eat nutritional meals is a good start. Additionally, natural health products are available to help support your immune system during challenging times.

Yeast beta-glucan is a newcomer to supplements, but a very familiar

substance to your immune system – it acts as an immune stimulant, preparing your immune system for action. Yeast beta glucan supplementation has been shown to help reduce the risk of the common cold when used preventatively by those under stress. In Canada, this ingredient is known as Wellmune and can now be found in supplements on its own and in combination with other stress or immune supporting ingredients. More information is available online at www.sisu.com.

Vitamin C is believed to play a vital role in the health and function of the adrenal gland and additional intake of vitamin C is beneficial when you're exposed to significant stress.

Rhodiola, the herbal "superstar" adaptogen, is a substance that helps the body adapt to stress. It is safe, effective, and has been shown to help improve mental performance and reduce stress induced fatigue.

To summarize, too much stress can hamper the performance of your immune system. Good sleep and nutrition are the cornerstones of good immune health. For extra immune health support, vitamin C, rhodiola and yeast beta glucans such as Wellmune, can help improve your ability to resist infection and illness during stressful times.

Dr. Serenity Aberdour is a naturopathic physician with a general family practice in Vancouver BC. She is a regular contributor to natural health magazines, has provided seminars to a variety of audiences on the benefits of natural medicine and is manager of science and education at Sisu Inc.

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Take a Stand Against Family Violence

If you are experiencing or witnessing family violence... seek help!

Shilo Military Police: 765-3000 ext 3337

Where to go for support in the CF:

Chaplains (ext 3044)

Base Mental Health Clinic / Shilo Family Violence Crisis Team (ext 3177)

Medical Officers (ext 3153)

CF Members Assistance Program (24/7 Free and Confidential resource) 1-800-268-7708

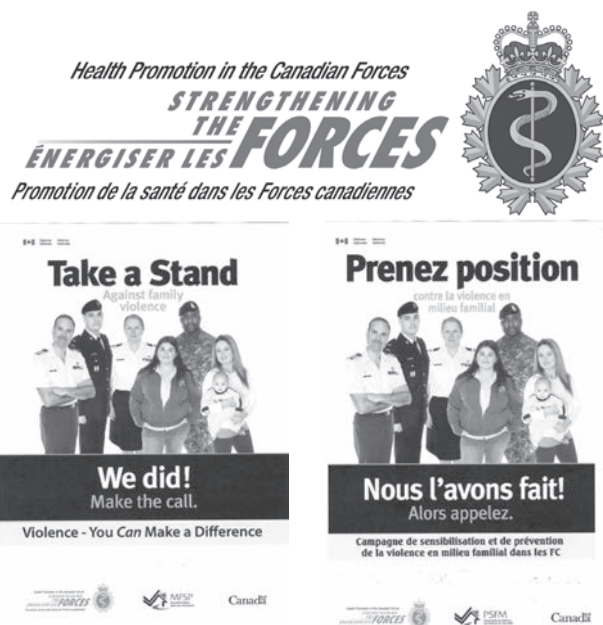
Where to go for support outside the CF:

Shilo Military Family Resource Centre 765-3000 ext 3352

Brandon Regional Health Centre 578-4000

Westman Women's Shelter 727-3644

Child and Family Services of Western Manitoba 726-6030



Prenez position contre le violence en milieu familial

Si vous êtes victime de violence familiale ou que vous en êtes témoin, ...demandez de l'aide!

Police Militaire de Shilo : 765-3000 poste 3337

Où obtenir de l'aide dans les FC:

Services psychosociaux / Équipe d'aide aux victimes de crise familiale (poste 3177)

Bureau de l'aumônier (poste 3044)

Clinique médicale (poste 3153)

Programme d'aide aux membres des FC (PAMFC): 1-800-268-7708

Où obtenir de l'aide à l'extérieur des FC:

Centres de ressources pour les familles militaires (poste 3352)

Maisons d'hébergement / Services d'aide aux victimes : 727-3644

Agences de services sociaux ou d'aide à la famille : 726-6030

Hôpital : 578-4000

Defining family violence, identifying resources

Anne Todd

Health Promotion

What is family violence?

Family violence means an abuse of power within a relationship of family, trust or dependency, and includes many forms of abusive behaviour. In Canada, family violence is a crime.

There Are Many Kinds of Abuse

Physical abuse includes hitting, pulling, pushing, pinching, slapping, shak-

ing, squeezing, arm-twisting, using a weapon, and threatening to assault.

Sexual abuse includes forcing anyone to have sexual relations against their will, any unwanted touching, or kissing. Anyone always has the right to say "no."

Social Abuse includes not giving a person space or privacy, treating them like a servant, controlling what they do, who they see, who they talk to, and where

they go.

Emotional Abuse includes yelling, intimidation, making a person think they are crazy or stupid, insulting, name-calling, blaming, and overpowering her emotions.

Do you think your partner is abusing you?

Does your partner:

Hit, slap, kick, punch, or push you around? Hurt you or threaten to hurt you in other ways? Treat you like a possession, not a

person? Force you to have sex against your wishes? Constantly put you down, make you feel stupid and/or worthless? Make it hard for you to leave? Not let you have your own friends?

The first step is often the hardest. If nothing is done, the abuse will not stop, even if he says that he loves you and promises that it will never happen again.

Help is available. If you think you have been abused:

Call a friend or family member you trust. Be sure it is someone who understands that violence is never okay nor justifiable, that

you are not to blame for abusive behaviour and that your safety and your children's safety must be the top priority. If the person you tell is not supportive, don't stop, keep looking until

you find someone who is. Call the Westman Woman's Shelter at 727-3644 or the Domestic Violence Crisis line at 1-877-977-0007. The woman's shelter can provide safety and support for you and your children as well as helping with your future plans. You don't have to stay at a shelter to get help. You can talk to someone over the phone. They can help you make the choices that are right for you and find the resources you need.

Call the Military police if you live on base at local

3337, or the local police detachment: for Brandon Police call 729-2345, for the RCMP call 726-7500.

Remember, violence is a

crime. It is against the law to physically or sexually assault someone.

Join a support group. You are not alone. Self-help groups, where individuals experiencing abuse

meet, are extremely useful in helping individuals find ways to protect themselves and deal with the emotional, physical and financial changes in their lives. Check with your local shelter or crisis line to find out about support groups in your community.

See a counsellor. Find a counsellor who values your right to freedom from abuse and will work with you, believe you and support your choices and decisions.

Adapted from Material prepared by Denham Gillespie Associates, Social Work Consultants.

Violence is a crime. It is against the law to physically or sexually assault someone.

WESTMAN COMMUNICATIONS GROUP

Call for Nominations

Westman Media Cooperative Ltd. (WMCL) officially announces the Call for Nomination of candidates for election to the Board of Directors. Nominations are now open. All WMCL members, 18 years of age or older are eligible, as outlined in the WMCL Charter Bylaws. Each nominee must be supported by at least two other WMCL members.

Completed nomination applications MUST BE RECEIVED at: Westman Communications Group, 1906 Park Ave, Brandon MB, R7B 0R9 by 5 p.m., Friday, October 16, 2009.

For a nomination application or more information, call 571-7310 or 1-800-665-3337, ext. 2010 or write to the above address.

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Westman Communications Group is the operating name for Westman Media Cooperative Ltd., which provides service throughout Western Manitoba.

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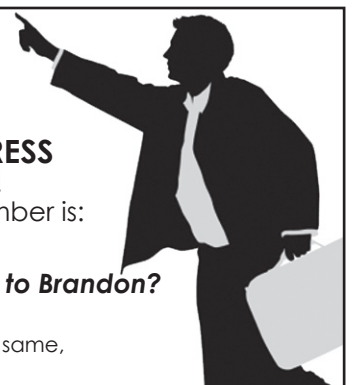
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Positive mental health Feeling stressed?

Anne Todd
Health Promotion

Some things to think about...

Maintaining positive mental health means paying attention to your intellectual, emotional, and spiritual health – as well as your physical health. Some things to think about:

Do you have something intellectually stimulating to do every day? The brain enjoys a work-out, just like the body.

Are you able to recognize the ups and downs in your emotional life and take positive action to restore your balance? This can mean talking out angry feelings instead of exploding, or recognizing sadness and not feeling ashamed of your tears.

Are your relationships, mostly, positive? No one can insulate themselves completely from difficult relationships but are you able to recognize when you are being treated unfairly or unkindly and stand up for yourself?

Do you have loved ones around you who you sup-

port, and who support you? Do you have a friend – or several friends – who you can confide in?

Does your work (or volunteer activities) have meaning for you? Do you feel you are making a contribution? Nothing is ever perfect but are you able to take action in your workplace to address bad treatment or dynamics that are troublesome?

Do you have a role in your community? Do you feel a part of the neighbourhood you live in? Are you a part of other types of “communities” such as those based on interests, identity or spirituality.

Do you know your history and culture? Are you proud of your roots? If, at any time, you have been made to feel ashamed of who you are, have you been able to recognize these feelings and take action to end the cruelty – which may

mean speaking out against bigotry or simply reminding yourself that your people have a proud history and have nothing to be ashamed of.

Do you make time for fun and a good laugh? Do you recognize that playing can be as valuable as working? Can you describe times in your life that were joyous?

Do you have activities in your life that feed your soul. Spiritual fulfillment may come from belonging to an organized religion. Some people make other choices; time spent in nature, listening to music or enjoying the arts.

When things go wrong, as they do in anyone’s life, do you reach out for support. Do you know when an event or circumstance has become too heavy a burden for anyone to carry alone - and you need help? Can you ask for help when you need it?

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Health Promotion in the Canadian Forces

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Anne Todd
Health Promotion

Feeling Stressed?? Help is on the way!!

Strengthening the Forces has recently revised the Stress: Take Charge program. This is a stress management program designed specifically for the Canadian Forces, with input from soldiers, base mental health practitioners, health promotion delivery staff, and subject matter experts from across Canada. Over two days, you will do a detailed self-assessment of your current stress levels and coping strategies, and learn new techniques to manage your stress. Based on the ACT principle, you will learn to **Accept** what is, **Create** a vision of what you want, and **Take** action to make it happen. From learning to recognize thinking patterns that worsen your situation, to improving your time management, to practicing relaxation, the course is designed to build skills you need to keep stress in check and find a healthy balance.

The course is open to any CF member or their spouse. There is no charge to attend. Course dates are: October 27 & 28, or November 25 & 26 from 8:30 am to 4:00 pm, at the Faith Centre. For more information, or to register, drop by the Health Promotion office in the CANEX mall, call 765-3000 ext 3868 or email lacey.collier@forces.gc.ca.

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Friends of Camp Hughes holds Heritage Day

Marc George
RCA Museum Director

Camp Hughes is a Provincial Heritage Site located just east of CFB Shilo. It was the original Army training base in Manitoba, in use from 1910 to 1932. During World War I it was the second largest training base in Canada, with over 40,000 soldiers working and training there from 1915-16. In 1916, a set of trenches was constructed to help train the soldiers. Amazingly, the vast system, large enough for an entire battalion of 1,000 men and

including mock German trenches for them to assault, has survived to the present day. The trenches at Camp Hughes are the only surviving examples of First World War training trenches known to exist in North America and they are some of the best preserved trenches from World War I anywhere in the world.

The Friends of Camp Hughes is an organization that has been formed by the Town of Carberry and the Rural Municipality of North Cypress to protect and enhance the heritage value of Camp Hughes.

The Friends includes members from the Military History Society of Manitoba, Parks Canada, CFB Shilo, Carberry and North Cypress. As Director of The RCA Museum, I am the Shilo representative. Approximately 40% of all Manitobans who served in the First World War were trained at Camp Hughes and we can literally walk in their footsteps through the trenches. It is a great place for people to connect with their ancestors and the military heritage of Manitoba.

The Friends held a Heritage Day at Camp Hughes

on October 4 which included displays of artifacts related to the site, re-enactors in period uniforms interacting with visitors, guided tours of the trench system and some very welcome hot coffee and hotdogs. Approximately 200 people came out on a very blustery day, some from as far away as Thunder Bay. All in attendance enjoyed the experience. We want to create more opportunities for people to connect with Camp Hughes. We need community support. People need to see the site to understand its importance and unique

nature. It is like being able to visit the Western Front in 1916. Ultimately, we hope to build a small visitors kiosk and put interpretive panels in place as part of a self-guided walking tour. Right now, unless you are an expert on First World War entrenchments, you really need a guide who knows the site to understand what you are seeing. The Friends of Camp Hughes organization wants to see the site run as a Municipal Park, with enough interpretation that visitors can go out at any time they want and still learn about

what they are seeing.

As part of the plan to increase awareness, The RCA Museum will be including a display on Camp Hughes in our new Manitoba Military History Gallery scheduled to open on May 13, 2010.

For more information about Camp Hughes, individuals can visit or contact The RCA Museum (204-765-3000 extension 3570). For information about the Friends of Camp Hughes, or to make donation, contact Laurie Robson, Economic Development Officer for Carberry/North Cypress at 204-834-6616.

Picking paint that is pet and family friendly

News Canada

Painting, inarguably, is the most economic home makeover. And for any pet-populated household where the roller and brush are being readied to

hit the walls, you may want to take pause for the paws and make sure the paint being used is a smart choice for your pet as well as for all of your family.

Going green—eco-

friendly—in your selection will help assure the safest solution. When it comes to paint, volatile organic compounds (VOCs) are no-nos. Without getting too scientific, VOCs are groups of chemicals often found in conventional paints and other building and decorating materials. Exposure to them can pose health risks. So, a zero-VOC interior paint, like Benjamin Moore's new Natura, is an ideal choice, especially since it remains at zero-VOC even with the addition of the colourants needed to tint it the deepest, most saturated of hues.

Natura enjoys a checklist of other advantages. It is virtually odourless, dries fast, has excellent adhesion and provides a durable finish. What's more, while Natura is sustainable "green," the colour green is just but one of more than 1,800 colour choices avail-



For any pet-populated household where the roller and brush are being readied to hit the walls, you may want to take pause for the paws and make sure the paint being used is a smart choice for your pet as well as for all of your family.

able, plus it can be custom colour-matched to personal specifications.

For any of the millions who open their hearts and homes to pets—Canada's

pet dog population is estimated to be at about 2 million, and the cat count at about 2.3 million—it's reassuring to know there are ways to make their liv-

ing space a safer, and even more colourful, environment.

You can learn more online at www.benjaminmoore.ca.



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The Village of Wawanesa Supports our troops



Wishing you a safe return

Probert and Lenko skate for injured troops

Cara Czech
Shilo Stag

A serious battlefield injury can be devastating to the life of a soldier, with many daunting challenges also arising during the long recovery process. Founded in September of 2006, Wounded Warriors is a Canadian organization that delivers quality of life, financial and moral assistance to wounded Canadian soldiers. The organization helps by providing injured troops with programs that give them valuable tools and work towards making their recovery quicker and easier to cope with both emotionally and financially.

The organization, founded by Captain Wayne Johnston, was created after he witnessed the bravery and struggle of a close friend who was nearly fatally wounded in a suicide bombing in Afghanistan.

“What we’re about is be-

ing a funding mechanism for soldiers with both visible and non-visible injuries,” Capt Johnston stated in an interview from his office in Toronto.

Wounded Warriors also provides ‘quality of life’ items to the soldier, assuring that the injured troop will not be without necessary items while they recuperate.

A non-profit organization, Wounded Warriors relies completely on the assistance of donations and charity drives.

Wounded Warriors has recently received a large sponsorship through their involvement with the CBC and its newest television show, Battle of the Blades.

The reality television show premiered live on October fourth to record viewers across Canada. The premise of the show is similar to popular programs like Dancing with the Stars, with one

big twist; the contestants on the show are ex-NHL players who will compete with former professional figure skaters. The players are put into teams of two and will have to perform their choreographed routines each week on national television. Viewers then go online to vote for their favorite pairs to advance to the next round. The teams will compete for a chance to win \$100,000, which will be awarded to a charity of their choosing. Famous hockey players competing for the cash prize include Bob Probert, Claude Lemieux, Stéphane Richer, Tie Domi, Craig Simpson, Ron Duguay, Glenn Anderson and Ken Daneyko.

Wounded Warriors has a chance at benefiting from the prize money as Bob Probert and his partner Kristina Lenko have selected them as their charity of choice.

“Many of the teams split their charity choices, but Kristina and Bob both decided to offer their support to Wounded Warriors. Bob has actually visited Afghanistan a few times. They really get how important it is to support our troops,” said Johnston of the skating duo.

Battle of the Blades premiered on Sunday to a record 1.95 million viewers, the CBC’s second highest premier for a Canadian produced television program. Airing live from Toronto’s Maple Leaf Gardens, the event was attended by over 3,000 hockey and figure skating fans.

Co-hosted by Ron MacLean and Kurt Browning, the show also boasts a panel of expert celebrity judges including Sandra Bezic, Dick

Button and even a special guest judge appearance by Don Cherry.

Born in Windsor, ON, Bob Probert played forward for the Detroit Red Wings from 1985 to 1994 and the Chicago Blackhawks from 1994 until his retirement in 2004. Probert was well known during his career for being a tough player and quick to enter into vicious brawls on the rink. Probert was dubbed one half of the “Bruise Brothers” with then-Red Wing teammate Joe Kocur, during the late 80s and early 90s. Probert was voted to the 87-88 Campbell Conference all star team and holds the Detroit Red Wings franchise record for career penalty minutes and finished fourth on the NHL’s all-time list with 3,300 penalty minutes.

One of Probert’s most famous rivals in what many consider some of hockey’s greatest brawls is Tie Domi, who is also a contestant on the show.

Probert’s figure skating partner, Kristina Lenko, is a native of Meadow Lake, Saskatchewan and has had a long career within the professional figure skating world. Lenko began ice-skating at the age of nine and moved to Edmonton to compete professionally at the age of 16. Lenko competed at the national level for one season before retiring in 2004. In November of 2005 Lenko performed in the United Kingdom on the television show Dancing on Ice where she came in second. She also competed on an Australian version of the show where she was partnered with Jules Lund, a popular Aussie television host.



photo courtesy cbc.ca/battle

Kristina Lenko, Bob Probert and host Ron MacLean await the judges’ verdict on CBC’s newest reality television show, Battle of the Blades. Probert and Lenko were skating for the chance to win \$100,000 for Wounded Warriors.

Unfortunately, on Monday, the night after the show’s debut, viewers voted and decided to eliminate Probert and Lenko from the competition. The duo faced off against Marie-France Dubreuil and Stephane Richer but were unable to avoid elimination.

“Their performance was outstanding. They really came from the heart,” Johnston said of Probert and Lenko’s routine.

Although they are no longer eligible for the \$100,000 dollar prize, Wounded War-

riors will still be given a contribution of \$25,000 from the CBC.

“The \$25,000 will go towards a new program we’re launching this November that gives injured veterans mobility by providing them with motorized segways,” Johnston said when asked where the prize money would be allocated.

For more information on Bob Probert and Kristina Lenko’s charity of choice, visit www.woundedwarriors.ca.

IPSCs provides support to injured CF members

Veterans Affairs Canada

IPSCs provide seamless transition for ill/injured CF members, veterans and families.

Making the transition back to military service or to civilian life can be challenging, but Veterans Affairs Canada (VAC) is there to help. Together with the Department of National Defence (DND), VAC is working to provide seamless, coordinated service to CF members, Veterans and their families through a network of integrated personnel support centres (IPSCs) across the country.

What is an IPSC?

All CF members and their families, particularly the ill and the injured, can use IPSCs to find out about key services provided by VAC and DND. Putting these services in the same location makes things easier for you,

and allows the departments to work closely together.

IPSCs are one more step in our quest to ensure that all ill and injured CF members, Veterans and their families have access to care and support where and when they need it. IPSC clientele will now have better, faster, and easier access to information and services, and for those releasing, a more seamless transition to VAC programs and services.

How They Work

VAC's services focus on recovery, rehabilitation and reintegration. This includes:

- identifying your needs as you transition from military to civilian life;
- monitoring your situation to ensure your needs are being met; and
- ensuring you get the services and supports you need from VAC and your community.

Making a Difference

For Ginny Gillen, a VAC area counselor at the IPSC at CFB Edmonton, being located on base is a win-win situation for staff and clientele. "We have a lot of people just dropping in because we're close by, and we like to see that. IPSCs encourage a 'whole team approach' so if I have a question, I don't have to go far to find the answer."

Gillen adds, "Working in the IPSC has given me a greater understanding and awareness of the realities of living as a CF member. Whether we're answering questions, providing the forms a member requires, or getting the services needed

for someone in transition or in crisis, we're here to help."

We're Here to Help

To learn more about how VAC can help you, please visit www.vac-acc.gc.ca or call 1-866-522-2122 (English) or 1-866-522-2022 (French).

Right: Sean McTeague visits with his son Mike while he was recovering at St. John's Rehab in Toronto, Ont. Services like IPSCs and programs like VIP help CF members like Mike McTeague recover from their injuries and return to normal life.



www.woundedwarriors.ca

VIP helps support healthy and independent living

Veterans Affairs Canada

Returning from a tour of duty or transitioning to civilian life can be challenging for Canadian Forces (CF) members, especially if you suffer an injury during service.

To help support your independent and healthy living, Veterans Affairs Canada (VAC) offers the Veterans Independence Program (VIP). The Program can help pay for the assistance you require in your home and community to meet your physical, mental, and social needs.

Who Can Receive Assistance Through VIP?

Still-serving and retired CF members who have a disability entitlement may

be eligible for assistance through VIP if their needs relate to that entitlement and services are not available to them through the Department of National Defence. Primary caregivers and certain survivors may also continue to receive certain VIP services if the Veteran passes away, or is admitted to a long-term care facility, if there is a continued need for it.

The Veterans Independence Program offers help in many ways:

Home Care

- Personal care
- Help with daily care needs

- Health and support services

Help provided by health

professionals

- Access to nutrition
- Help with costs related to accessing a healthy diet

- Housekeeping

Help with routine household tasks

- Grounds maintenance

Help with groundskeeping activities

Ambulatory Care

Help with health and social services such as health assessments and day support programs

Home Adaptations

Help to facilitate better access and mobility in the home such as ramps and widening of doorways

Intermediate Care

Help with costs for long-term care when a recipient

can no longer stay at home

How VIP Works

To find out if you are eligible to receive assistance through VIP, VAC will conduct an assessment to determine your health and social needs. A contribution agreement is developed and reviewed yearly, at a minimum, and adjusted to reflect changes in your needs.

All approved services through VIP are based on the agreement.

We're Here to Help

To learn more about the Veterans Independence Program please visit www.vac-acc.gc.ca or call 1-866-522-2122 (English) or 1-866-522-2022 (French).

Come home safely...



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CFB Shilo Troops!

From the staff & management
Brandon Chrysler Dodge



Afghan-ISAF operation disrupts insurgents

DNEWS

With their Canadian mentors from the Operational Mentor and Liaison Team in Task Force Kandahar, soldiers from Kandak 6, 1st Brigade 205 Corps Afghan National Army (ANA) recently participated in Operation SPIN ARWA I, near Howz-e-Madad in Zhari District, in conjunction with the ISAF Regional Battle Group (South), which is based on the Black Watch (3rd Battalion The Royal Regiment of Scotland), and Canadian soldiers from Task Force Kandahar's Counter IED and Psychological Operations teams. The aim of Operation SPIN ARWA I was to disrupt insurgent activity in an area used to mount attacks on ISAF and Afghan tactical infrastructure, and to prepare ambush attacks launched against convoys on Highway 1. The operation began at night with four waves of airmobile insertions, including an airmobile company assault into a hot position. As the troops in the first wave landed, they heard gunfire from helicopters attacking insurgents near their objective. The other two companies and the tactical headquarters of Regional Battle Group (South) landed elsewhere and marched through the night to reach the areas where they were to conduct clearing operations. Once daylight arrived, the British and Afghan troops began to find sizeable quantities of insurgent equipment and supplies, including improvised explosive devices, home-made explosives, small arms, a recoilless rifle, a grenade launcher with gre-

nades, radios and motorcycles. Controlled explosions could be heard all day as insurgent caches and equipment went up in smoke. Although they were caught off guard, the insurgents counter-attacked in several locations. These contacts were quickly silenced by the joint use of manoeuvre, supported by ISAF aviation assets and the RBG(S) mortar platoon, which responded quickly to requests from the companies on the ground. That night, the rifle companies received fresh supplies of water, food, ammunition and whatever else they needed for the next day. Cleared compounds were used for sleeping and to maintain a security perimeter. The second day was more of the same. The troops on the ground cleared objectives in their areas of responsibility, destroying enemy equipment and offensive positions. By nightfall, the units were ready to begin a passage of lines that would move them into nearby ISAF and Afghan strong points to reorganize and prepare to continue clearing their areas of responsibility. Through it all, the Afghan soldiers performed brilliantly. It was Ramadan, a period when they cannot eat or drink during the daylight hours, breaking their fast only twice during each 24-hour period: once immediately after sundown, at around 6:30 pm, and the second time just before first light, at around 3:30 am. Despite these restrictions and the heavy loads they had to carry, the ANA soldiers not only kept up with their ISAF counterparts, they were also responsible for finding most

of the insurgent equipment. They also maintained communications throughout the operation, reporting regularly to their commander, who was co-located with the commander of the Regional Battle Group (South) — an arrangement that facilitated co-ordination and passage of information between the forces. All the soldiers, whatever their nationality, were proud and happy when they reached the strong points. After keeping the insurgents on the run for three days, and dealing them the terrible blow of taking away much of their locally available equipment, the soldiers could sleep in relative safety and prepare for further operations in their areas of responsibility. At that point, the soldiers of Kandak 6 and their Canadian mentors prepared to return to base while Kandak 1 and its mentors took their place for the last three days of the operation. By the end of the first day of Operation SPIN ARWA I, it was already clear that the aim had been achieved: the insurgents were caught off guard and unable to secure their equipment and positions against the speedy advance of ISAF and Afghan forces. They will find their ability to conduct operations in the Howz-e-Madad area seriously degraded for the near future. Meanwhile, the mentors and soldiers of Kandak 6 returned from the operation filled with a sense of accomplishment, having rendered the area safer for ISAF and Afghan troops and, most important, for the people who live there.



photos by Capt Manuel Panchana, ÉLMO

A mortar crew from the Regional Battle Group (South) provides indirect fire in support of troops in contact.



The OMLT Roto 7 mentors of Kandak 6, 1st Brigade 205 Corps ANA.

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Do you have a message for our deployed troops?

Contact The Stag to have your message published.

Email: stag@mts.net
Phone: 765-3000 ext 3013
In person: Our office is located in the Community Centre



Photo by Sara Cumming

Watch those Canex points...

Padre H.J. King
Base Chaplain

....do amazing things!

When you donate your CANEX points to the Padres, those points are used to support and care for a number of different people and projects. Sometimes the points are used to buy groceries and other essentials for CF members and their families who require a helping hand. Often the points are used to reach out and support the local community. Re-

cently, Padre King, the Base Chaplain for Shilo, on behalf of the men and women of CFB Shilo, donated \$250.00 to the O'Kelly School for the morning Breakfast program run there. The principal, (Miss) Donna Kormilo accepted the check on behalf of the School. The Breakfast program currently feeds eight children from the larger community, ensuring that they start "their day of learning in a healthy, cared-for way." So thank you Shilo, and keep those CANEX points coming.

Above left: Padre Harold King presents Miss Donna Kormilo, principal of Shilo's O'Kelly School, with a \$250 cheque that will go towards their morning breakfast program.

Battling the sniffles this fall

News Canada

Many Canadian families will be on the front lines this cold season in the war against stuffiness and sniffing. When children are stuffed up and can't breathe well, they don't sleep well either. When a child is awake, the parents are too, and often the whole family ends up suffering. In the battle against stuffy noses, parents are looking for anything they can do to help their little ones when they're not breathing well.

"Back-to-basics home remedies that our grandmothers touted like gargling with salt water, using a humidifier and drinking hot liquids all help lessen symptoms," says family physician, Dr. Johanne Blais. "Add to your care regime - drug-free nasal strips like Breathe Right Kids to help relieve nasal congestion and increase airflow, so kids can breathe better and sleep better."

Back-to-Basics Care Tips

from Dr. Blais

Feed them fluids - Plenty of fluids, including juices packed with vitamin C

Wrap them in warmth - Chicken soup and chamomile tea combined with warm baths will soothe their small, aching bodies.

Catch some ZZZZZZ's - Children need between nine and 12 hours of sleep every day and even more when they're sick. And after all, sleep is the best medicine.

Breathe easy - For dreaded nasal congestion, use humidifiers, kid-friendly nasal strips like Breathe Right Kids and petroleum jelly to help your little one breathe better and sleep better.

For more information on drug-free alternatives for dealing with children's cold symptoms, speak to your doctor. Contact your doctor if your child's symptoms are severe or they are feeling sicker with each passing day.

Protect yourself and your family from the flu

H1N1 and seasonal flu are expected to be present in the province this fall and winter. The following information will help protect you and your family from the effects of the flu.

Whether you have flu symptoms or not, you should always:

- **Cover your cough** by coughing into your elbow or sleeve, or use a tissue to cover your nose and mouth when coughing or sneezing. Place the tissue in the garbage.
- **Wash your hands** often with soap and water, especially after coughing or sneezing. Hand sanitizers may also be effective.
- **Reduce the spread of germs.** Germs spread the flu and can live on hard surfaces so wash your hands frequently and limit touching your eyes, nose or mouth.
- **Maintain your health** by making healthy food choices, being physically active and getting enough sleep.

If you have flu symptoms, you should:

- **Stay home from school or work until you feel better** and limit unnecessary contact with others.
- **Contact your nearest health care provider** or visit your nearest health care centre if you have risks for severe illness or you are concerned that you may need care - especially if your symptoms are severe or worsening. Early treatment (within 24 to 48 hours) may be very important.
- **Go for emergency medical help or call 911** if you or a family member have shortness of breath or difficulty breathing, severe weakness, are dehydrated or drowsy and confused, or if you have an infant under three months old with a fever.

For more information

For personal health advice, call your health care provider or call Health Links-Info Santé at 788-8200 or 1-888-315-9257.

For more information concerning flu symptoms and risks for severe illness, please refer to the "Could it be the flu?" guide that was mailed to your home recently.

For up-to-date information about H1N1 and the Manitoba government's pandemic plan, please visit the flu website at

manitoba.ca.

Manitoba 

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.

Canadian schools stand up to bullying

News Canada

We all know that bullying is a critical issue for young Canadians, but just after noon Eastern Time on November 20, schools across Canada will join with television stars and take part in an unprecedented effort to stand up to bullying together. Literally.

As part of Family Channel's annual Bullying Awareness Week campaign, this year the kids network is asking students in schools from coast to coast to do the wave together in one mass coordinated effort.

Why the wave? According to Family Channel star Ashley Leggat, who has shared her personal experiences with bullying with thousands of young Canadians during Bullying Awareness Week events, the wave is a fun activity that also functions as an effective metaphor for the power of young people to work together to achieve a common goal.

"If you've done the wave at a sporting event, you know it only works if everyone stands up together – the same goes with putting an end to bullying," said Leggat, star of hit TV series Life With Derek, which is currently being turned into a TV movie, Vacation With Derek. "Like many kids, I was bullied when I was younger. And like many kids, I thought I was alone and that it was just happening to me. I'm hopeful that by standing up as one, young people will know that they're all in this together, and that they have the power to put an end to bullying."

Leggat is joined by other famous young Canadians who are passionate about bullying prevention, including co-star Michael Seater, the cast of popular series The Latest Buzz, and Nico Archambault. Archambault will also appear in Vacation With Derek and is known to millions of young Canadians for winning season one of So You Think You Can Dance Canada.

"As someone who was



Photo courtesy of News Canada

Nico Archambault is known to millions of young Canadians for winning season one of So You Think You Can Dance Canada. Now Nico is teaming up with Family Channel and Canadian schools to combat bullying.

bullied growing up, I know first-hand how important it is to stand up for your friends and classmates," said Archambault, who in addition to appearing at Bullying Awareness Week has designed a t-shirt for purchase, with proceeds from all sales going to support PREVNet, a Canadian research organization specializing in bullying prevention. "Standing up requires courage, but it's important for young people to know that their efforts will make a difference."

Students can pur-

chase the Archambault-designed t-shirt and take part in the wave by signing up their school at www.family.ca. Schools who sign up before October 16 will see their name listed on the Family website and also on Family Channel during the wave effort. The wave will happen on November 20, immediately following a special presentation of a bullying-prevention themed episode of The Latest Buzz (9:30 a.m. PT, 12:30 p.m. ET – consult your local listings for the correct time in your province).



CANEX

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JUDGING WILL TAKE PLACE FRIDAY OCTOBER 30TH AFTERNOON.



Studies show minor stresses to be healthy

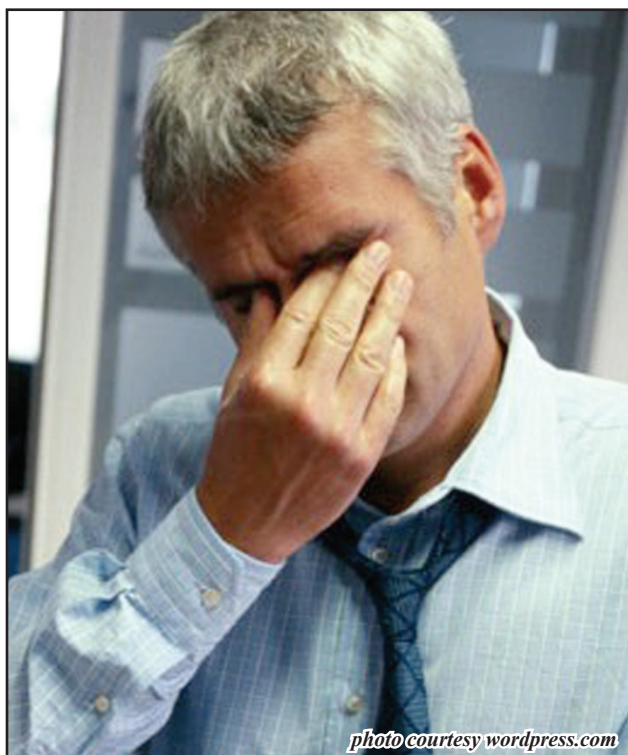


photo courtesy wordpress.com

Left: Previously thought to be negative, new research shows that when effectively managed, stress is both normal and healthy.

News Canada

Dr. Hans Selye, a Canadian researcher and the father of modern stress research, suggests that stress is not necessarily a bad thing. He explains that it is not the “stressor” - the thing that causes stress - that determines the response, both physical and mental. An individual’s reaction to stress determines how bad or good a stressful experience will be.

In his book *The Stress of Life*, Selye explains: “No one can live without experiencing some degree of stress all the time. You may think that only serious disease or intensive physical or mental injury can cause stress. This is false. Crossing a busy intersection, exposure to a draft, or even sheer joy are enough to activate the body’s stress mechanisms to some extent. Stress is not even necessarily bad for you; it is also the spice of life, for any emotion, any activity causes stress. But, of course, your system must be prepared to take it. The same stress which makes one person

sick can be an invigorating experience for another.”

Technically speaking, a stressor can be almost any disturbance to the body or emotions that triggers a number of biological changes producing the “stress response”. A healthy body has effective methods of counteracting everyday stresses, but if stress is extreme, unusual, or long-lasting, these control mechanisms can be overwhelmed and serious health issues can result.

Expect to feel “stressed out” if your diet isn’t the best. Your body needs certain key nutrients to reduce physical and men-

tal reactions to stressful situations. Experts recommend getting enough B vitamins, especially B5, B6, B12 and folic acid (a balanced stress formula of Bs, like B-Calm, is most convenient), omega-3 fatty acids (omega-3s improve brain function and mood), healthy protein (insufficient protein can starve your body), and a good multivitamin/multimineral to prevent nutrient deficiencies.

To boost your ability to handle and even enjoy the stresses of life, eat well, get plenty of sleep and exercise and give your body the nutrients it needs to face another day.

Could it be the flu?

What you should know. What you should do.

H1N1 and seasonal flu are expected in Manitoba this fall and winter. If you feel ill, use the guidelines below to help you decide what to do.

It’s probably not the flu...

If you **have not had a fever** – even if you have one or more of these symptoms:

- sore throat
- runny nose
- stuffy nose

Whether or not it is the flu, you should always pay attention to your symptoms in case they get worse and need medical care.

It could be the flu...

If you have a **fever over 38°C (100.4°F)** that came on suddenly, a **cough** and one or more of these symptoms:

- sore throat
- joint pain
- muscle aches
- tiredness or fatigue

Children may also feel sick to their stomach, vomit or have diarrhea. Elderly people and people with lowered immunity may not have a fever.

If your symptoms are mild and you don’t have risks for severe illness (see below), stay home, treat your fever and other symptoms, drink fluids and rest until you feel well enough to return to work or school. Most people recover from the flu without any problems.

Contact your health care provider...

- If you have **flu symptoms and risks for severe illness** (eg. chronic illness, weakened immune system, obesity, alcoholism, substance abuse, pregnancy, Aboriginal ancestry). Children under five and adults under 65 have been at greater risk for severe H1N1 illness.
- If your **flu symptoms get worse (even if you don’t have risks for severe illness)** or if you are concerned about your health – even if you have already seen your doctor about this illness.
- **Early treatment (within 24 to 48 hours) may be very important.** If you are not able to contact your health care provider for advice or care, you can call **Health Links-Info Santé** at 788-8200 or 1-888-315-9257.

Go for emergency medical help...

If you or a loved one has any of the following symptoms, go directly to an emergency room, nursing station, or health care provider, or call 911:

- shortness of breath or difficulty breathing
- drowsiness or confusion
- severe weakness
- fever in an infant under three months old
- dehydration or no urination for 12 hours

For up-to-date information about H1N1 and the Manitoba government’s pandemic plan, visit the flu website at: manitoba.ca.

For personal health advice call your health care provider or call Health Links-Info Santé at 788-8200 or 1-888-315-9257 (toll-free).

Manitoba 

Effective, healthy ways to prepare for or manage stress include:

- Techniques to calm the mind and promote a positive mental attitude.
- A healthy lifestyle, including regular physical exercise.
- A nutritious balanced diet.
- Key dietary and botanical supplements that support health and immunity.



News Canada

Studies show that a combination of healthy diet, regular exercise and simple relaxation techniques can prove beneficial in reducing daily stress.

Terry Fox Run a big success

Kristen Lucyshyn
Recreation Assistant

The 29th Annual Terry Fox Run was held on 11 September 09 and was a huge success thanks to you, our community members! A record-breaking \$4,240.70 was raised for the Terry Fox Foundation for cancer research.

A big thank-you goes to SISIP Financial Services and the Shilo Service Club for their donation of \$500 each and to 2PPCLI for their donation of \$350.00.

Other businesses that donated items to the overall success of the run include:

- All Things Beautiful
- Brandon Source for Sports
- Canad Inns
- Canadian Tire
- CANEX
- Creative Memories
- Diamond Water Express
- Domino's Pizza
- Empire Capitol Theatre

Escape Day Spa
Forbidden Flavours
Shilo

- Hedley's Health Hut
- Health Promotions
- Maple Leaf Foods
- Paul's Hauling Ltd.
- Pepsi Bottling Group
- Pizza Hut
- Rick's Restaurant & Bar
- Remington's Seafood & Steakhouse
- Rogers Video
- Shilo Country Club
- Shoppers Mall
- Thunderbird Bowl
- Victoria Inn

Thank you to Dawn Bat-tams, Lois Burke, Marguerite Paddock, and all Unit OPI's for your hard work. This event would not have been successful without your help.

For more information about the Terry Fox Foundation, please visit www.terryfox.org.

"Even if I don't finish, we need others to continue. It's got to keep going." - Terry Fox, July 10, 1980



1 Health Services Community Health Immunization Program



**Need information about vaccinations, travel
or basic health education?**

Our Community Health Nurse is on duty Monday – Friday 7:30 a.m. to 4:00 p.m.
Walk in services are provided Monday to Friday from 8:00 to 11:00 a.m.
Booked appointments available Monday to Friday from 11:00 a.m. to 3:00 p.m. by calling 3153.

Clearing in or Clearing out? Please bring your immunization booklet with you. Immunization books are also required for Part 1 or Part 2 Medicals – Periodic Health Examination (PHE)

During your appointment the reconciliation of any vaccinations will take place utilizing the CFHIS (Canadian Forces Health Information System) Immunization Program. This will take 15-20 minutes.

Having a permanent record of your vaccination status is very important and with implementation of this program it allows input and access to immunization information from any Clinic throughout the Canadian Forces.

You should be aware that there have been recent changes to some of the core or basic immunizations and all members should ensure they are up to date at all times. This will certainly make deployment requirements less arduous to prepare for.

For further information please contact our Community Health Nurse, Sandra King at local 3507.

Sandra King, CHN
11 Health Services Centre



Image: Department of National Defence

SERVING THOSE WHO SERVED The Royal Canadian Legion Service Bureau Network

- Representation Services
- Advocacy
- Benevolent Assistance

The Legion Service Bureau Command Service Officers are here to serve members of the Canadian Forces, Veterans, RCMP members, and their families while representing their interests in dealings with Veterans Affairs Canada (VAC) and the Veterans Review and Appeal Board (VRAB) in claiming disability benefits under the Pension Act or the New Veterans Charter.

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.



WE CARE!

Call Toll Free at 1-877-534-4666



photo by Diane Hagyard

Your local Community Health Nurse, Sandra King. She can be reached at local 3507.



*Catch the Action at
the next Home Game...*

Oct 16 @ 7:30 vs. Lethbridge Hurricanes

Oct 17 @ 7:30 vs. Kamloops Blazers

For Tickets Call 726-3555 or
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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.

Mountain Man 2009 competitors battle heat

Lt Wright Eruebi
Public Affairs Officer
1 CMBG HQ

The 152 soldiers who completed Exercise Mountain Man on Sept. 3 shared one thing in common: humility in triumph. Thanks to the 30-degree Celsius weather that wrought fatigue and doubt that a few of the competitors feared they might not finish at all. But they did. For example, MS Wade Smith of 1 Combat Engineer Regiment placed first in the race, but he had hoped to arrive an hour sooner but for the heat.

"The weather was a killer out there today," he said. "I started out thinking I could make it in under five hours, but I'm happy!"

Smith's time of 5 hours 45 minutes and 43 seconds was a full hour behind his

personal goal, but it's still 20 minutes better than second place finisher, 3PPCLI's Sgt Wayne Dunphy's. Cpl Lee Heffernan of LdSH (RC) was the top female competitor with a time of 8 hours 47 minutes and 6 seconds.

Although 1 CER claimed first individual spotlight in Smith, 3PPCLI emerged the overall team winner. The Patricia's were well represented thanks to the efforts of Pte John Suchan, Cpl Paulo Duarte, Pte Brendan Brown, Pte Cody Smith, Pte Dan Chirkoff, Sgt Pete Brumwell and MCpl Donovan Ball. The team finished among the top 14 to give 3PPCLI a stranglehold to the title.

The second place was awarded to 2PPCLI and 1 Service Battalion finished in third position.



photos by Lt Wright Eruebi



Above: And away they go! Moments after the Mountain Man race began, 157 competitors surge forward to tackle the gruelling challenge. Left: The third place team for the 2009 Mountain Man competition was 1 Service Battalion, based at CFB Edmonton. Right: All competitors had their rucksacks weighed. The majority of rucksacks were above the required 15 kg because the competitors were concerned they might be disqualified if their load didn't meet the minimum weight requirement.



CFB/ASU Shilo - Worker's Bus Schedule

Morning Pick-Up:
 6:20am - 1915 Richmond Ave (White "CFB Shilo Shuttle" sign)
 6:22am - 22nd and Queens Ave (South East side of intersection)
 6:25am - 25th and McTavish Ave (South West side of intersection)
 6:30am - Town Centre on Rosser Avenue (South side by RBC, White "CFB Shilo Shuttle" Sign)

Drop Off:
 CANEX
 Base HQ
 Flatlands Dining Hall
 CE
 Base Hospital
 2 PPCLI
 731 Sig Sqn
 Base Maintenance
 Base Transport

Drop off:
 20th and Richmond Ave.
 22nd and Queens Ave.
 25th and McTavish Ave.
 Town Center on Rosser Ave.

Afternoon Pick-Up:
 4:00
 Canex
 Base HQ
 Flatlands Dining Hall
 CE
 Base Hospital
 2 PPCLI
 731 Sig Sqn
 Base Maintenance

Town Centre

Royal Bank

**Other drop-off and pick up locations may be accommodated, subject to approval. Please call Base Transport dispatch at 765-3000 ext. 3280 for more information*

O+ B+ AB+ AB-
A+ O- A- B-

Because you're the type to save a life...


Blood Donor Clinic

SHILO ~ Multi-Purpose Training Facility
October 23, 11:30am-3:00pm

Thank you CFB Shilo!

Call 1 888 2 DONATE
to book an appointment.

www.blood.ca


Canadian Blood Services
it's in you to give

1 888 2 DONATE



Shilo Military Family Resource Centre



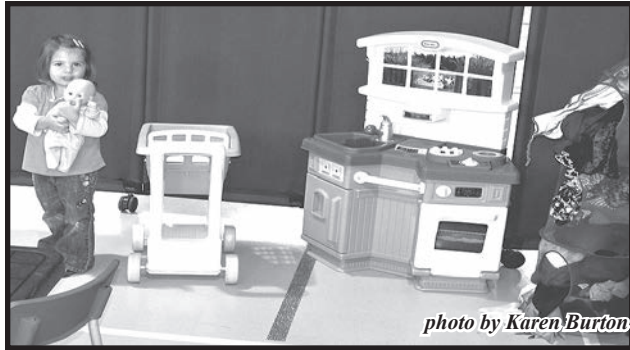
Brandon Occasional Child Care now open

Dana Thompson
Children Services

Do you reside outside of Shilo/Sprucewoods and require Occasional Childcare? Book your child in by phoning the MFRC at 765-3000 ext 3352

This service is located at the Brandon Armories
October Dates
Wed. Oct. 14 9-12pm
Tues. Oct. 20 5-9pm
Wed. Oct. 21 9-12pm
Wed. Oct. 28 9-12
Sat. Oct. 31 12-4pm

November Dates:
Tues. Nov 3 5 - 9pm
Wed. Nov 4 9 - 12pm
Tues. Nov 17 5 - 9pm
Wed. Nov 18 9 - 12pm
Wed. Nov 25 9 - 12pm
No weekend dates will be running in November



Sophie plays with a doll at the Brandon OCC

Don't Miss out on the programs and services of the Shilo MFRC
Join our mailing list

Send an email to keepmeinformed@shilomfrc.ca

MFRC recognized for service to families

Karen Burton
Outreach & Information

Our hard work here at the MFRC has not gone unnoticed by the 2PPCLI Battle Group. On behalf of Lieutenant-Colonel Corbould, Lieutenant Colonel Schreiber, Commanding Officer of 2PPCLI was on hand to present the MFRC staff with a Commendation to recognize the MFRC support to

the families of the soldiers deployed with Task Force 1-08.

"I have a new saying," said Schreiber. "If you enjoy your freedom thank a veteran's family." The commendation cites the MFRC staff's understanding of providing support to the families of deployed soldiers which thereby allowed the Rear Party to focus on supporting the de-

ployed Battle Group. The staff's professionalism, long hours and dedication to duty demonstrated were also cited as crucial to supporting families of deployed soldiers and their moral. The staff directly contributed to the success of Task Force 1-08 and should be considered a model for future deployments. For pictures of the presentation see page 2.

MFRC counselling services in Brandon

Roddy Batson
Family Counsellor

What is counselling?
Counselling is:

Understanding - to help you make sense of what is happening in your life;
Responsive - to individual's needs; Confidential; Changing - counselling can help you work out what changes you can make and how; Non-judgemental; Listening - having time to talk to someone who listens.
Beginning this November

2009, MFRC Counselling services will be available in Brandon for Shilo military members, families and civilian affiliates who reside in Brandon and area. These services are confidential and provided at the Brandon Armoury by scheduled appointments. We currently have three counsellors on staff at the MFRC each with a separate specialization. To make an appointment or if you require more information please contact

the counsellors directly.
Family Counsellor - Roddy Batson R.P.N., B.A., M.Ed. candidate Phone 765-3000 ext 4106 or email at roddy.batson@forces.gc.ca.
Child and Youth Counsellor - Elaine Ellis, phone 765-3000 ext 3373 or email at ELAINE.ELLIS@forces.gc.ca
Deployment Services - James Knox, phone 765-3000 ext 3352 or email at JAMES.KNOX@forces.gc.ca

Volunteers are needed

Wanda Janssens
Volunteer Coordinator

The Shilo MFRC has Volunteer Opportunities available through the year. If you are interested in helping during our special events or with our regular programming, contact Wanda at 765-3000 ext 4558 or visit our web page at www.shilomfrc.ca

Education and Training

Opportunities

Throughout the year the Shilo MFRC offers education and training opportunities to volunteers who have completed 10 hours or more. If you have ideas or specific training needs Contact Wanda @765-3000 ext4558

Volunteer Coffee and a Chat

Join us for coffee and a chance to chat with other

volunteers.

Date: The second Wednesday of each month.

Times: 10 - 11am at the Shilo Community Centre.

Volunteer Christmas Gathering

It's that wonderful time of year to celebrate Christmas. Please mark your calendars for December 2 from 7:30 till 9:00 pm and join us for a salute to all the MFRC volunteers.

National Military Family Council seeking volunteers

Willemien Van Lankvelt
Executive Director

DMFS is looking for a specialized group of volunteers to serve on the inaugural National Military Family Council. The council will be responsible for leading discussion and providing feedback to the Armed Forces Council on systemic issues for families. This is an exciting opportunity for military families to have their voices heard, and play a key role in CF national

family policy development.

Since Canadian/Military Family Resource Centres work with military families every day, DMFS is asking for your assistance. Here is how: Please read the full length article at www.cfpsa.com/dmfs to get informed about this new initiative. DMFS will be accepting résumés until 2 November 2009.

Bénévoles recherchés pour le Conseil national pour les familles

des militaires

La DSFM recherche des bénévoles spécialisés pour former le premier

Conseil national pour les familles des militaires. Le Conseil aura la responsabilité de diriger les discussions et de formuler des observations au Conseil des Forces armées sur les problèmes systémiques que connaissent les familles. Pour les familles des militaires, il s'agit d'une occasion unique de faire entendre leurs voix et de jouer un rôle clé dans

l'élaboration des politiques sur les familles des membres des Forces canadiennes (FC).

La DSFM demande l'aide des Centres de ressources pour les familles des militaires/canadiens (CRFM/C) puisque ces derniers travaillent quotidiennement avec les familles. Voici comment : Lisez l'article affiché www.aspfc.com/dsfm pour obtenir les détails de cette nouvelle initiative. La DSFM acceptera les curriculum vitæ jusqu'au 2 novembre 2009.

Family Pumpkin Carving and Pizza Party
Bring your family down and carve out a pumpkin.
Participants will receive a pumpkin, carving tools, patterns and pizza!
An adult must supervise children

Date: Sunday, October 25
Time: 5:00pm - 7:00pm
Cost: Free for deployed
\$20 non-deployed
Place: Shilo Community Centre

Register at the MFRC (765-3000 ext.3352) by 12:00pm Wednesday, October 21

www.shilomfrc.ca

What's on Your Agenda?



Daly House Museum & Greg Steele Presents "The Scarlet Force"

The North West Mounted Police was Canada's first Policing Force. They were formed to establish both Sovereignty, and Military presence in the West. They enforced the law and order to both settlers, and aboriginals of the Northwest Territories. They were sent to quell the North-West Rebellion of 1885, they then were sent to serve in the South African Boer War. Come learn their stories through text, images, displays and artefacts at 122 - 18th Street. From 10 am to 5pm. Tuesday to Saturday. info - 727-1722

Shilo Al-Anon
Family Groups (for family and friends of alcoholics) Every Thursday 7pm
Our Lady of Shilo Church
For more information call 724-9222 CONFIDENTIAL

Fit Body Bootcamps in Shilo
Come join, Personal Trainer, Lylas Poulton in an exhilarating 60 min total body workout. This is NOT an aerobics class, this is a BOOTCAMP!
Space is limited and pre-registration is necessary. Sessions will be on Thursday evenings starting Oct 8 through Dec 10, 2009

Boot Camps are from 5-6 pm at the GSH Gym
Cost \$125 for 10 weeks
To reserve your spot or for further details please call or email: Lylas Poulton Personal Training 204-725-1212 or info@lppt.ca

Pet Vaccination Clinic
Sat, 17 Oct 9:00 am -11:30am
Community Centre
Rabies for Dogs & Cats \$25
Dog Distemper \$25
Feline Distemper \$25
Canine kennel cough \$20
For more info contact
Community Rec. Office
765-3000 ext 3317/3588

Brandon Garden Club
Meeting October 21/09
Wednesday 7pm
Seniors for Seniors - 311 Park Ave. E, please use the North Door. Dwayne Friesen from Steinbach Radio, gardening guru, will speak on shade gardening. Membership fees are \$20 annually/ \$30 annually for couples. Visitors welcome, come to any monthly meeting for only \$2.
For info please call John: 726-5351

Everyone Welcome!
T.O.P.S.
(Take Off Pounds Sensibly)
Open House Meeting
Oct 27th 6:00-7:30 pm
Sprucewoods Comm. Hall
Contact: Barb 763-4768
or Betty 763-8854

1st Shilo Scouting
will be holding another **bottle drive** on October 21 at 6 pm. Call 3396 if you are not available and would like pick up. If you have more than three cases and would like pick up at any time, call 3396.

The Brandon & Area Suicide Bereavement Support Group
is for people who have lost a loved one to suicide. All are welcome. 4th Wednesday of every month 7:00-8:30 pm
The group meets at the Manitoba Farm & Rural Stress Line office Unit 1,
217 10th St. Brandon (across from Westoba Credit Union)
571-4183

The Canadian Association for Suicide Prevention
is hosting its annual National Conference in Brandon on October 20-22. We are seeking mature volunteers and donations of art or gift related items for our fundraiser. Please contact Leanne at the Manitoba Farm and Rural Stress Line at 571-4183 or leanne@ruralstress.ca if you are able to contribute.

Biking anyone?
Wanna get out of the house and do something different? Wanna ride your mountain bike and explore some new trails? Wanna learn some new skills and take biking to the next level? Wanna learn about bike repairs? If you answer "yes", come on out and ride with us.
When: Every Monday and Wednesday @ 1800hrs (day of the week subject to change)
Who: Anyone (18+) who owns and rides a mountain bike (road rides might be added)
Where: We meet in front of the Canex. Contact Cpl Jean Madore - local 3276, home 765-4495, cell 226-8181. Jean.Madore@forces.gc.ca or anythingaboutbikes@yahoo.ca

Starting September 8
Dr. Stephan Engelbrecht will be coming to the Shilo Clinic from 9 am - 12 pm. For appointments call 765-2302

Hope Al-Anon
Family Groups (for family and friends of alcoholics)
Every Tuesday 8 pm Knox United Church (back door)
451-18th St. 571-3684

Volunteers needed
for fall campaign. Are you available to volunteer in your neighbourhood for two hours during the month of October? The Canadian Diabetes Association (CDA) is now registering door-to-door canvassers to collect donations for its Fall 2009 Residential Campaign. For more information, please call Leah at 204-925-3800 x240 or email leah.wiens@diabetes.ca

ITF Taekwon-do
Instructor: Mr. James Caldwell
Location: Faith Centre T-119 Notre Dame Road
Fees: \$40 per month + equipment
Practice Times: 6:00-7:00pm White Belts
7:00-8:00 pm Colour Belts
For more information and to register contact 724-6147. Alternate contact: Dwayne Bos 720-4684 or 726-8870

Squash Club
Please contact the Recreation Office at 765-3000 ext 3317 if you are interested in the creation of a Squash Club. Level: Beginners to Experts

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!

CLASSIFIED ADS

**\$10 for first 20 words,
10¢ for each additional word*
Deadline for next issue:
October 22, 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 Rent

2BR apartment for rent in Wawanesa. \$500 + utilities. 824-2248 or 729-7608

For Sale

2001 SIR Mobile home to be moved, open concept design with vaulted ceilings in kitchen and living room, large master bedroom with ensuite, jacuzzi tub, and walk-in closet, spacious kitchen with oak cupboards and walk-in pantry, electric forced air, blocking and skirting included, appliances negotiable, home is in great condition, call for viewing at 763-4139 or cell 724-5072.

For Sale: Small flax straw bales \$3.50 per bale, delivered to Shilo 761-5291 Excellent for dog houses and covering septic tanks.

Out of Town Home for Sale Wawanesa area estate like home 2 yrs old 2208 sq ft plus double attached garage. This beautiful home has 3 bedrooms, 2 bathrooms - unique design, located on 160 acres of rolling wooded land, great scenery and hunting area. For details call Dave Mooney 824-2094 Countryland Realty

For Sale

For sale: Large dog kennel \$100. Kitchen table & two chairs & extension \$75. Computer desk and chair \$75. Small wooden shelf \$20. Black wall unit \$100. Call 765-4556.

Wawanesa 3BR bungalow - finished basement - new garage - asking \$145,000 - willing to deal with agent - call 720-8768 or sendareply2@gmail.com

Star Choice/Shaw Direct Receiver box Motorola DSR 205 Perfect for that extra TV. \$50 call 763-8776 after 4:30

Services

Combined Hunter Safety and Canadian Firearms Safety Course Oct 17 & 18 (1.5 day course) For costs, information and to register call Greg 725-1608 or email ggs57@wgcwave.ca. Challenges by appointment.

Childcare space available immediately. Please contact Rachael Taylor 702-0003 at \$30/ day per child.

Housecleaning svcs. avail. Call Trish @ 763-4507 to make an appt. Criminal record check avail.

Services



St. Barbara's Protestant Chapel
Sundays @ 1030 with Sunday School & Nursery
Rev Wilson - ext 3088
Padre King - ext 3381
Padre Olive - ext 6836
Our Lady of Shilo Roman Catholic Chapel
Sundays 1030 hrs
Confession 1000 hrs
Weekday Mass - Wednesday to Friday, 1205 hrs
Padre Boyden - ext 3089

What is a True Home Business? It has a training program, huge market, unique product and a free evaluation. Most importantly, it needs to move when you do. www.see-it-do-it.com

Advertise with us! Call 765-3000 ext 3013 or email stag@mts.net if you're interested in running a classified ad.

Wanted

St. Barbara's Chapel is seeking a part-time contract worker to lead, plan, coordinate and oversee child and youth programs at the chapel. This position is flexible hours based on a services rendered contract for \$60 per week. Prior experience organizing or leading children and youth activities is beneficial. Person selected must be a Christian and a regular attender in their church, and have knowledge of biblical stories and lessons. A full Statement of Work giving more details into the nature of this position is available from Padre Dave Wilson at the Faith Centre Chaplain Office (ext. 3088) or cell 724-4227. Candidates will be interviewed with the successful candidate beginning work Nov 1, 09 contract will finish at end of fiscal year, March 31, 2010 with possible renewal. Application ends Oct 23.

Nursery Attendant Needed for St. Barbara's Chapel. Hours: 10:00 to 12:00 Every Sunday. First aid course an asset.

Wanted

Our Lady of Shilo Chapel is looking for a full-time music coordinator for Sunday masses. We are looking for someone to sing and play piano and/or guitar. Should be able to engage both younger and older church members. The Position is full-time, beginning the first Sunday in October or as soon as possible. Mass is 10:30 am each Sunday with additional hours on religious holidays. If transportation to CFB Shilo is required, it can be arranged. Pay is \$60 for each Sunday or other engagement. This will in all likelihood be increased to \$100 in the new year. Interested parties may contact Father Kelly directly at: Kelly.Boyden@forces.gc.ca Cell: (204) 573-5035

Swim Coach - The Brandon Bluefins Swim Club is looking for an assistant swim coach. Applicants should have, or be working towards full coaching certification. Details can be found at www.brandon-bluefins.wordpress.com or by calling Barb at 726-4859. Resumes can be sent to Box 21033, West End Post Office, Brandon R7B 3W8

Wanted

Shilo GSH Swimming Pool is looking for casual lifeguards to commence employment immediately. Applicants should be NLS, first aid and CPR qualified. Starting wage is \$10.84-\$12.02, depending on qualifications and experience. Please submit a cover letter and resume to NPF Human Resources, PO Box 5000 Station Main, Shilo, MB R0K 2A0, by fax at (204) 765-3815, by email to naim.dana@cfpsa.com or online at www.cfpsa.com.

Les Amis de La Source Inc. recherche: -un/une EJE (temps plein) -un/une EJE (temps partiel) -un/une cuisinier(ère) (temps partiel). Les candidates doivent démontrer une bonne maîtrise de la langue française. Salaire très compétitif. Veuillez parvenir votre c.v. à: amisla-source@atrium.ca ou Les Amis de la Source Inc. c.p. 118 Shilo (Manitoba) R0K 2A0 Pour plus d'infos. appelez : 765-3000 poste 3618.

FREE to a good home! 4 kittens, 3 black females 1 orange male tabby. Call local 3409 or 765-4975

Manitoba Honours Reserve Forces

Cpl Bill Gomm
38 CBG

Reservists deserve our gratitude, not just for the vital role they play in Canada's peace keeping, peace making and other military and humanitarian missions internationally," said Bonnie Korzeniowski, the MLA for St. James and Manitoba's Special Envoy for Military Affairs.

On September 15, 2009 a resolution was presented at the Manitoba Legislative Assembly to recognize the third Saturday of September as Reserve Forces Day.

"I think it's an outstanding day," said Brigadier-General Eldren Thuen, Director General of the Air Reserve and the Deputy Commander for Mission Support at 1 Canadian Air Division.

"Manitoba is graced with Bonnie Korzeniowski,

her zealous support of the Forces and her support of the reserves has been outstanding as well. She is a class lady who really has the best interests of Manitoba at heart."

After passing the resolution, a few members of the Assembly gathered at the rotunda on the second floor of the Legislature where The Honourable Philip Lee, Lieutenant-Governor of Manitoba spoke.

"It's a pleasure for me to join you in paying tribute to the men and women of Canada's Reserve Forces," said The Honourable Mr. Lee. "From now on, every September, Manitobans will have the opportunity to remember the brave contributions made by members of the Reserves on the battlefield of World Wars, the peace and security missions

around the world and right here in our province."

Included with the announcement of Reserve Forces Day was a display and tribute to Sir William Stephenson, "The Man called Intrepid". The display was put on by members of the Intrepid Society.

"We assisted them in the staging of today's event by having a display on Sir William's activities in World War one," said Colonel (retired) Gary Solar, President of the Intrepid Society.

"It's a progressive display. We are going to have a World War Two display and his work in the industry as well on display."

The Intrepid Society is presently waiting for the City of Winnipeg to approve the renaming of Water Street to Sir William Stephenson Way.

The First World War display for Sir William Stephenson, "The Man Called Intrepid." The Manitoba Legislature presented a resolution to recognize the third Saturday of September as Reserve Forces Day in Manitoba. The resolution recognizes the important role and the value of the members of the Primary Reserve in Manitoba and Canada.



photo by Cpl Bill Gomm



WARNING SHILO RANGES

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

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

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

STRAY AMMUNITION AND EXPLOSIVE OBJECTS

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

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

BY ORDER
Deputy Minister
Department of National Defense

OTTAWA, CANADA
17630-77

Canada



AVERTISSEMENT POLYONES DE TIR DE SHILO

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

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

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

MUNITIONS ET EXPLOSIFS PERDUS

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

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

Par ordre du
Sous-ministre
Ministère de la Défense nationale

Ottawa, Canada
17630-77

Write to Us!

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

Pick up your FREE copy of the at any one of the following locations:

Brandon

Safeway - Corral Centre
Safeway - Shoppers Mall
Brandon Armoury
Women's Resource Centre -
Town Centre Mall
Royal Cdn Legion #3

Sobey's

• 1645B 18th Street
• 3409 Victoria Ave
Forbidden Flavours
• 1060 18th Street
• 3300 Victoria Ave
ANAF - 31 14th St.

Carberry

East Side Service
Carberry Legion
Douglas
General Store
Minnedosa
Minnedosa Legion

Shilo

CANEX Mall
Forbidden Flavours
Shilo Community Centre
GSH
Country Club (Rick's)
All Messes

Sprucewoods

The Shilo Inn (Crang's)
340 Esso Station
Dock's Restaurant

Wawanesa

Lucky Dollar



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This paper is issued by authority of LCol Luc Généreux, Base Commander, CFB Shilo. The views expressed herein are not necessarily those of the Department of National Defence or of the Editorial Staff. The Editorial Staff reserves the right to edit, to abridge, to reject copy or advertising to adhere to the policy, as outlined in CFAO 57-5, and for clarity and/or content.

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.



CANEX

Haunted Halloween

Friday October 30th

Office Tours:

10 am - 2 pm

FREE Treat Bags for every child!

