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# Shilo Stag

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## INSIDE This Issue



Army Cadets on Base start  
Nov. 13. Page 2



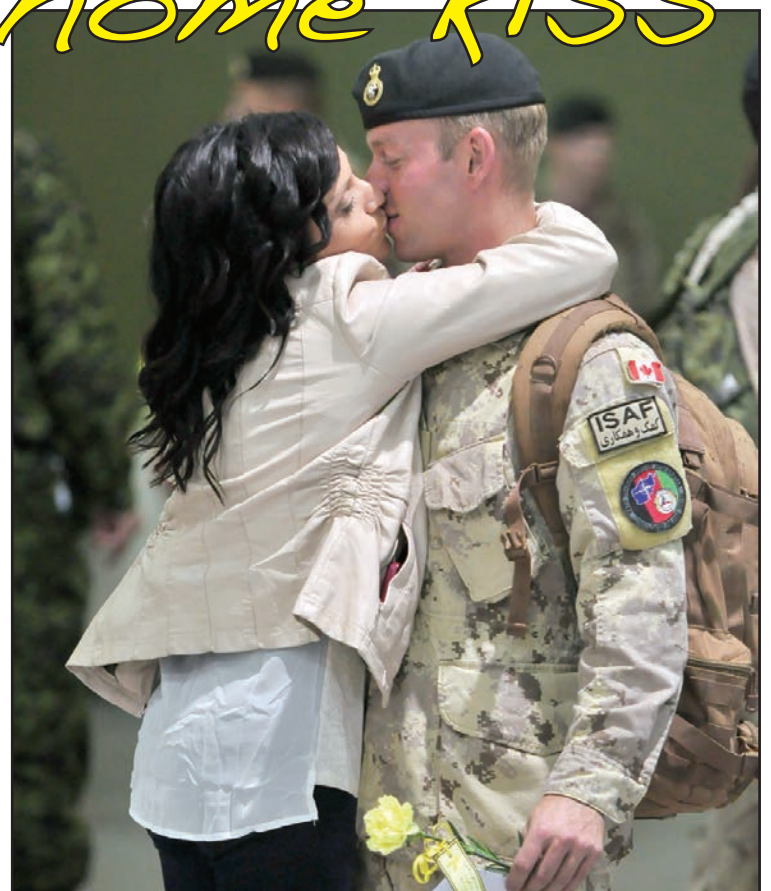
Soldiers learn from instruc-  
tor Melissa Green. Page 3



Kingston Avenue paving  
repairs underway. Page 8



For more on the three Afghanistan chaulks, see page 6  
Photos by Jules Xavier



*Welcome home kiss*



# Indoor Safe Trick Or Treating

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# Army cadets program on Base starts in November

## Shilo Stag

The 2520 Royal Canadian Army Cadet Corp - 71 Battery Royal Canadian Artillery are gearing up for a new season of training, activities and expeditions at CFB Shilo.

And 2520 RCACC CO Capt Rob Lussier is ready for the new cadet season.

"I'm excited to jump into our second year at CFB Shilo with the new leadership in place," he said. "All our instructors and staff members working with the Shilo cadets are from here on Base. This is only our second year in Shilo."

He added, "But every year our staffing team gets better and we're looking forward to working together to pull off a great year for the youth whose families live on Base and in the surrounding communities."

"We have always appreciated the enthusiastic and professional support the CAF members have provided to our Brandon corps by way of training, mentoring and volunteering their time. It's a win-win program here on Base."

If you are between the ages of 12 and 18, and crave exciting outdoor activities where you can test personal limits, both as individuals and as team members, join at any time during the training season.

Army cadets develop abilities in the use of map and compass, GPS technology, orienteering, first-aid, camping and survival skills.

Cadets from 2520 RCACC are involved in numerous community and ceremonial military events which allow them to connect to their Canadian and military heritage, thus inspiring a deep appreciation and sense of pride for Canada and her



rich history.

In addition to their specialty training, Army Cadets in both the CFB Shilo and Brandon locations may become involved in other exciting activities like competitive Olympic-style marksmanship and biathlon, sports competitions, cultural outings, and volunteering in community events.

Furthermore, cadets have great opportunities to travel to different parts of Canada through the Cadet Summer Training Centre programs during the months of July and August.

The cadet program is ideal for teenagers interested in the adventures of the outdoors, with Canada being the perfect playground for exactly that during the summer months.

Potential cadets who are interested in learning more about the cadet program are invited to attend an open house Nov. 6 from 7 to 9 p.m. at the MPTF building on Portsmouth Road at CFB Shilo.

Training at the Shilo location will start Nov. 13.

If you are interested, you are welcome to join 2520 RCACC - 71 Bty RCA Cadets at either of the two locations at any time during the training season; the MPTF building on the Base or at the Brandon Armoury at 1116 Victoria Ave.

Parade nights are Wednesday 6:30 to 9 p.m. at both locations.

For more information on signing up contact Capt Lussier at 204-720-1494.

For more info on the cadet program visit [www.cadets.ca](http://www.cadets.ca).

Army Cadet CO Capt Rob Lussier looks on as CFB Shilo-based army cadets hone their shooting skills. Capt Lussier is looking to recruit on the Base, with parade nights at the MPTF every Wednesday from 6:30 to 9 p.m. starting Nov. 13.

Photo by Jules Xavier

## FOR SALE

The following buildings:

G9, G10, G11, G12, RH54, RH63, RH65, RH66,  
N148, N125, N138, and L159

are offered for sale and removal from Canadian Forces Base Shilo.

Offers to purchase either individual or groups of buildings are invited.

Offers must be received no later than 3 p.m., November 7, 2013 and can be submitted to:

Base Engineer, Engineering Services  
Building P101, Canadian Forces Base Shilo  
P.O. Box 5000 Station Main  
Shilo, MB  
ROK 2A0

Sales are subject to condition of sale which may be obtained from the Base Property Office, Kim Walker at 204-765-3000 ext. 3385.

Electronic photos of building exteriors are available.

Interested parties are required to obtain all necessary municipal permits for the removal and relocation of any or all the above noted structures.

Inspection prior to submitting an offer is mandatory.

Site visits for inspections will be held October 30 at 1 p.m. for buildings located on the Base and October 31 at 8 a.m. for buildings located on the Ranges.

Range safety briefing and temporary access waivers will be required for parties interested in Range buildings RH54, RH63, RH65, and RH66.

Interested parties are to assemble at CFB Shilo Building P101 at the aforementioned times. Offer to purchase forms will be distributed during the site visit.

**The highest or any offer will not necessarily be accepted.**

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Shilo fitness and sports instructor Melissa Green takes a break — using an idle weight for a seat — during the combat fitness competition held earlier this year at the GSH. Expecting in this photo, she gave birth to a baby boy Nolan Evan Oct. 22.

Photo by Jules Xavier

## Fitness-sports instructor brings enthusiasm to her classes

### Jillian Driessen

#### Shilo Stag

They are an integral part of the support staff in Shilo — they're often seen out and about at community events — but most are unaware of what Shilo's fitness staff do on a day-to-day basis.

"I'm a fitness and sports instructor," says Melissa Green. "A normal day is split between teaching fitness classes, both military and civilian, as well as fitness testing. We also run many programs throughout the community that we are needed for such a youth weight training or teaching PLQ courses."

The fitness cell, consisting of five employees, spends most days servicing both military and civilian GSH members.

Military members are the fitness cell's priority — staff like Green are involved at the GSH in their daily physical training, fitness testing, and often times their instruction.

"We teach the fitness component on PLQ courses. Privates and corporals need to learn to instruct and lead fitness classes," explains Green.

Even with military members as the highest priority, much of the fitness cell's day is dedicated to the civilian patrons who frequent the GSH.

On average, Green teaches about three classes each day and the fitness staff are responsible for running five to six in total.

Many classes appeal to the military and civilian populations alike.

"Recently, I have enjoyed teaching yoga. It has been popular. Spin classes, weighted cardio, incline running, crossfit, and circuit training are really popular right now as well," says Green of the most popular options offered at GSH.

**'We teach the fitness component on PLQ courses. Privates and corporals need to learn to instruct and lead fitness classes.'**

**— Melissa Green**

Outside of fitness classes, assessments, and training the fitness staff can be seen at community recreation events as well often serving as first aiders.

"Terry Fox Run, for example, is a Rec event," she explains. "The fitness staff are just used as support in any areas needed. We set up water stations, help with registration, and we provide first aid service as well."

"We are the ones biking behind runners on days like this [Terry Fox]. The ambulance and med techs are here as well. We deal with minor injuries, but we can call for [assistance on] major injuries."

Despite being two different departments operating from the same building, there is a strong connection between recreation and fitness staff, according to Green.

"If you get to the gym and you're looking for physical activity you will get it from somewhere. We work together."

Fitness staff are also found at sporting events on the Base. Green also has qualifications as an athletic therapist and offers her services to Base, regional, and national level sporting events. She worked with players involved in the regional slo-pitch tournament hosted by CFB Shilo earlier this summer.

With small numbers, the fitness staff in Shilo find themselves busy. With qualified staff, they're also rather effective despite their small number.

"With the five of us here we meet the needs," says Green of the fitness staff.

For further information or to contact the fitness staff, call fitness co-ordinator Ginger Lamoureux at local 3899.

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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@mymts.net](mailto:stag@mymts.net), dropped off at the Stag office located in CANEX 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.

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Facebook by visiting:<http://www.facebook.com/ShiloSTAG>

LGen Stuart Beare, Commander of Canadian Joint Operations Command talks to Canadian soldiers stationed at Camp Alamo, Kabul, Afghanistan. Photo supplied

## Soldiers show professionalism on mission

**LGen Stuart Beare**  
Special

It has been almost four months since the first members of Op ATTENTION Rotation (Roto) 3 arrived in Kabul to deliver the Canadian Armed Forces' (CAF) final contribution to our mission, to our partners and to the people of Afghanistan.

After months of working with our 32 international partners as advisors and mentors to the Afghan National Security Forces (ANSF), it is now time for us to begin to undertake the activities that will ultimately enable full transition and drawdown of the Canadian Contribution to the Training Mission in Afghanistan (CCTM-A) effort.

As you know we are now seeing the return of some of our people to Canada and the pack up and recovery of our equipment while we continue to invest in our Afghan partner's capacities through those who will remain engaged in that mission until its termination.

More than 260 members of Roto 3 of CCTM-A will return to Canada this month.

Additional personnel will follow and will return to Canada in December and January, so that by the end of March 2014, all CAF personnel deployed to Afghanistan will have returned to Canada.

The CJOC (Canadian Joint Operations Command) family is grateful to each of you for your commitment and dedication to your mission, to your partners, and to the legacy that precedes you.

The professionalism that you have shown while supporting, coaching and mentoring the ANSF is truly remarkable.

Our collective efforts during the past decade have helped them develop to a point where they are able to provide security for their own people.

They have shown that they are ready. They are respected by their own people and they are a credible and capable force.

Today, some 350,000 ANSF members are the uniformed defenders of Afghans. The Afghan National Army is the most respected national institution in the

country, followed closely by the Afghan National Police.

Today, 90 per cent of training is being delivered by Afghans and the ANSF has had lead responsibility for security nationwide since June.

I could not be more proud of the work that you all have done and are doing.

Whether it included mentoring advanced combat skills to Afghan units, to medical teams helping develop a more proficient health care system, to serving as advisors at very high levels within the Afghan Ministry of the Interior and the Ministry of Defence, we have all worked hard to help create a better future for the people of Afghanistan by training and advising Afghan security forces.

As your mission now includes transition and drawdown, we must not forget our comrades who gave their lives in this country nor the sacrifices that our international partners and Afghans themselves continue to endure.

Their collective sacrifice is one of the many things that push us forward to persist in what we are doing today, while we invest in conditions that allow our partners to endure tomorrow.

As I said in June, for many of you this deployment will be shorter than those you have experienced before, but I want to again reiterate that it is no less important. We have reached a critical juncture as we arrive at the first significant reduction in the number of Canadian military personnel in the training mission.

As our contribution to the ISAF mission draws to a close, do take time to reflect on your contribution to this incredible campaign.

You have worked hard to create a better future and to allow that future to be sustained ultimately by Afghans themselves.

For those of you returning to Canada, I wish you a safe journey and a warm welcome home.

For those remaining in Afghanistan, keep up the great work. We are all proud of you. We will see you soon.

LGen Stuart Beare is Commander Canadian Joint Operations Command

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# PPCLI soldier fought at Battle of Kapyong Monument erected for Sgt Tommy Prince

## Shilo Stag

A special ceremony took place Oct. 6 to honour Sgt Tommy Prince — one of Canada's most decorated aboriginal soldiers and PPCLI soldier who fought at the Battle of Kapyong — with the placement of a new monument.

The ceremony was held at the Sgt Tommy Prince Veterans Park located at the intersection of Battery Street and Selkirk Avenue in Winnipeg.

The new monument replaces one that had been vandalized.

In attendance for the ceremony was Don Mackey, a former Military Police officer. Mackey has dedicated the past 16 years in keeping the memory and deeds of Tommy Prince before the public and has raised the funding for this and other tributes to Sgt Prince.

This was the last official duty for Mackey as chair of the Sgt Tommy Prince MM Memorial Fund. Now 81 years of age and in poor health, he retired after this last duty.

Mackey was instrumental in the formation of the Sgt Tommy Prince Veterans Park, the formation of the Sgt Tommy Prince Cadet Corps, the establishment of a memorial at the Freight House, the home of the Cadet Corps, a mural dedicated to Tommy Prince on a building on Tommy Prince Street and displays at the Sgt Tommy Prince School on the Brokenhead First Nation and at the Sir Sam Steele Legion on Salter Street.

Thomas George Prince was born in 1915 and was a citizen of the Brokenhead First Nation located about 80 kilometres north of Winnipeg. He received his education at the Elkhorn Industrial School, where he developed a strong interest in the military through his participation in the school's Cadet Corps.

With the start of the Second World War, Prince voluntarily embarked upon what would become a distinguished military career. He enlisted in 1940 and served with the Royal Canadian Engineers, the 1st Canadian Parachute Battalion and the 1st Canadian Special Service Battalion, a com-

ponent of the famed "Devil's Brigade."

His courage and disregard for his own personal safety inspired his comrades, earning him the Military Medal for "exceptional bravery" and the Silver Star (United States) for "gallantry in action."

These medals were presented to Prince by King George VI at an investiture at Buckingham Palace in London in 1945.

Prince also served with the Princess Patricia's Canadian Light Infantry (PPCLI) during the Korean War in which he was awarded the Korean, United Nations and the Canadian Volunteer Service medals.

Much of his service was spent on the front lines and in enemy territory and he was among those that fought at the now-celebrated Battle of Kapyong for which the PPCLI was awarded the United States Presidential citation.

Before Prince died in 1977 at the age of 62, he received two more honours.

In August of 1975 the PPCLI gave him a special salute and citation at the Brokenhead Reserve.



Sgt Tommy Prince



**Remember those who fell, sacrificing their lives so you could be free after two world wars, as well as battles in Korea and Afghanistan.**

For our Nov. 7 Remembrance Day edition, your Base newspaper would like to share stories, photos, and letters from the First and Second World Wars involving the men and women of CFB Shilo and area who went overseas. This could be your grandfather or great-uncle who fought in the trenches of France or Belgium in what became known as the Great War. Or your dad or grandfather who fought the Japanese in the Pacific campaign or the Germans in the liberation of Holland. What about an uncle or son — did they see action in Korea with 2PPCLI? What about the more recent Afghanistan war? We're also looking for submissions with the advent of 2014, as PPCLI celebrates its centennial. And the centenary of the First World War. Dust off the family album and drop off your war treasures at the Stag. Deadline is Oct. 31.



**Cliff Cullen, MLA**  
**Spruce Woods Constituency**

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Website: www.cliffcullen.com

Visit [www.facebook.com/ShiloSTAG/](http://www.facebook.com/ShiloSTAG/)

## Where's Willie?

Somewhere on the pages of this *Shilo Stag* is a picture of Willie, the Wheat Kings mascot.

Tell us on what page, in what particular advertisement Willie was found and correctly answer the following skill-testing question for your chance to win two tickets to an upcoming Wheat Kings home game in Brandon.



### Entry Form

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Page #, ad: \_\_\_\_\_  
Answer to skill-testing question:  
Who is the Commanding Officer for the Shilo-based Army Cadets? \_\_\_\_\_

Cut out your entry form and fax it to 204-765-3814, scan it and e-mail it to [stag@mymts.net](mailto:stag@mymts.net) or drop it off at the Stag's office at CANEX. Draw will be made on the Monday prior to game day.



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Volunteer with Shilo & Area Operation Red Nose this holiday season!

Volunteers are needed the following dates:

November 29 and 30

December 6, 7, 10, 11, 12, 13, 14 and 31.

All evenings will run 8 p.m. – 3 a.m. with hours beginning at 2 p.m. December 10, 11, and 12.

Additional volunteers are required for December 10, 11, 12, and 31.

Volunteers will be supplied meals and reimbursed their fuel costs!

Apply today!

[facebook.com/ShiloCommunityPolice](http://facebook.com/ShiloCommunityPolice)



# SOLDIERS RETURN HOME



I've waited 99 days for this moment now come kiss me  
Master Cpl Perry



JULES XAVIER PHOTOS

Stag focused on three Afghan chaulks





BComd LCol Stephen Joudrey was taught how to prepare a hydrant for use.



Stag staffer Jillian Driessen, fitness instructor Paul Thompson and G4 Maj Jeff Chapman help with hose retrieval during their morning firefighting experience.



**Jillian Driessen**  
Shilo Stag

Shilo Emergency Services once again offered up its Fire Ops 101 program to a group of seven CFB Shilo participants.

The program's aim is to offer military members and civilian employees alike an opportunity to don bunker gear and participate in firefighting exercises ranging from vehicle extraction to fire rescue — with actual smoke, flames and heat.

Breaking the participants into two teams, the Emergency Services staff took each group through the steps of fighting a fire — from hydrant hook-up to packing the truck at the end.

"This will give you a good idea of what we do," said Fire Chief Dennis Hurley to the seven participants as they prepared for their ultimate firefighting experi-

# Fire Ops 101 introduces participants to firefighting skills



ence.

Each of the seven participants also had an opportunity to try their hand using the Jaws of Life to cut away a section of a car wreck.

The main event for the participants, however, was the chance to enter the burn tower in full bunker gear to rescue "Randy", the firefighting dummy, and to smother the roaring flames lit by the on-hand staff.

The task was described as challenging by most participants upon their exit. The burn tower is dark and smoke-filled.

When donning heavy bunker gear, breathing apparatuses, and carrying an array of firefighting and rescue tools, the task becomes that much more challenging for "firefighters" with minimal experience.

The participants described an array of challenges throughout the scenario. The searing heat, minimal visibility, and the challenge of manoeuvring hoses and equipment were common commentary upon ex-

iting the tower.

The participants of the program, including this Stag reporter, and BComd LCol Stephen Joudrey, did not go into the tower completely blind. Before entering the simulation, all seven were taken through the tower from top to bottom to see the features and the layout of the tower — an advantage not granted to firefighters exposed to actual emergencies.

Throughout the exercise, accompanying firefighters also took the time to explain each and every step of extinguishing flames and navigating through the tower with dramatically reduced visibility.

Following the exercise, all seven participants returned to Emergency Services with the smell of firefighting seeped into their clothes and soaked with perspiration.

They also returned with a better understanding of what Shilo's firefighters are subjected to in emergency scenarios.

## Jules Xavier Photos



Clutching an axe, Capt Ryan Sheppard, CFB Shilo's G1, posed for his Fire Ops 101 diploma photograph following a morning of honing his firefighting skills.



Health Promotion director Shelly Moore was all smiles after leaving the burn tower, here having help with the removal of her breathing apparatus.



"Firefighter" Capt Jennie Judge strikes a pose in front of the truck following her experience in the burn tower.



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# Bulk garbage removal reduced to twice per year

**Jillian Driessen**  
Shilo Stag

Major changes for Shilo's bulk garbage removal were announced during an Oct. 17 Shilo Community Council (SCC) meeting.

"At every other Base in Canada the residents are fortunate to have bulk garbage pick-up twice a year — once in the spring and again in the fall. Most of those Bases do not have a dump as close as we do in Shilo," explained the SCC's mayor, Maj Reg Sharpe.

"With staffing levels as they currently are, there is no way to maintain bulk garbage pick-up 12 times a year. The last monthly bulk garbage pick-up will be November."

He added, "Moving forward, bulk garbage will be picked up the Tuesday following Victoria Day weekend in May and the Tuesday following Thanksgiving in October."

The dump will remain open each weekday from 8 a.m. to 4 p.m., with Maj Sharpe encouraging RHU residents to take advantage of the regular hours.

With the reduction of bulk garbage pick-

ups, CFHA and the Base will also have better control over infractions, which have the potential to be very serious when bulk garbage is left out on the front lawn of the Base residence.

Starting with a letter issued by CFHA requesting the removal of the bulk items, the infraction notices escalate if the resident chooses to leave the items on their yard.

The next step is informing the member's chain of command, followed by the final level of infraction having the notification sent to the Base Commander, who can impose an eviction on a resident who is non-compliant.

This process is the same for all RHU violations. The final monthly bulk garbage pick-up will be Nov. 4. The first bulk garbage pick-up in 2014 will take place May 20.

March-out bulk pick-up remains unaffected and can be arranged through CFHA. Regular trash disposal and recycling is also unaffected by the change in bulk pick-up.

Concerns can be brought to ward councillors, who can bring them to the council's attention. Check the Community Gateway website or the latest *At A Glance* magazine for councillors and their contact information.

Other business discussed at the monthly meeting included:

- Recently, vandalism has been an issue in the RHU area. Several recycling and garbage bins have been tipped as well as markers for paving removed.

"At the end of the day, it is all vandalism," said Maj Reg Sharpe. "Residents are responsible for their actions and the actions of their children — vandalism will not be tolerated from children, teenagers, or adults."

All reports of vandalism should be passed to the Military Police.

- A recent change in speed limits on Royal Avenue and Patricia Road have been well-adopted by the community.

- Parking on Royal Avenue will no longer be permitted at any time. There are bike lanes on Royal Avenue in both directions. Parking in bike lanes is prohibited. Tickets can be issued to those who continue to park blocking bike lanes.

- The bike lane on Patricia Road will be removed next spring. The road is not wide enough to properly accommodate bike lanes in both directions. The singular bike lane, therefore, must be removed.

Bikes will still be permitted to travel on Patricia Road, but there will not be a designated lane. Motorists are reminded to be mindful of cyclists.

- Nov. 1 marks the beginning of winter parking regulations at CFB

Shilo. No parking will be permitted overnight on any street. This date is also the deadline for storing RVs and trailers that are currently in the RHU area.

Access to the Dustbowl is free and paperwork can be obtained at the GSH. RHU residents are encouraged to make use of the free storage.

- Base Transport will begin snow and ice removal as the weather changes. Please be patient with the clearing of streets.

- Fitness Sports and Recreation has several upcoming programs. A Halloween yard contest will be judged Oct. 31. No registration is required. The department is also once again hosting Little Big One Craft Sale & Trade Show. Contact Kristen Lucyshyn at 3588 for more information.

- The Trews will be playing the GSH auditorium Nov. 29. Tickets are available at CANEX for \$25. For the defence team, the tickets will be available for \$15.

- CFHA's most recent disposal project of 14 PMQs is nearing completion.

"Our disposal project is substantially complete. The houses are down and the garages are relocated. It was successful," said Jodi Laba.

CFHA also announced the approval of phases one and two of its construction plan.

"The Army has agreed to fund the first two phases of construction. We hope for 12 semi-detached units in phase one," explained Laba. "The planning phase is in progress. The next phase is the project going to tender. We could see ground breaking in 2015."

- The Government of Canada has announced its wish to test all buildings for radon. This will include housing units. Occupants may receive a letter with further information regarding the project.

- The Base's community garden had a successful season.

Plans are underway for the 2014 season, with plots available. A waiting list will also be established.

"If you know of anyone who is interested have them contact me at the MFRC," said community garden co-ordinator Karen Burton. Call her at local 3161.

- The unpaved section of Kingston Avenue will be paved in the coming weeks.

- Ward 7 rep Sgt Jodi Hudec is leaving the community council. With Hudec's departure, Maj Stephen Burke will move to Ward 7, leaving Wards 1 and 4 without representation. Those interested in volunteering should contact the mayor, Maj Reg Sharpe. Any concerns can be taken to any other ward rep in the interim.

The next gathering of the Shilo Community Council will be held in the Base conference room Nov. 13.

**WHEAT KINGS** **NEXT HOME GAMES** **WHL**

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7 pm

Nov. 8  
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7:30 pm

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For more information, contact the Recreation Office at 204-765-3000 ext 3317/3588.

**ARE YOU SCARED YET... YOU SHOULD BE!**



Work repairing Kingston Avenue is underway, with asphalt going down once the ground is levelled.  
Photo by Jules Xavier



# Get your flu shot — stay healthy this winter

## The flu shot will be offered to all CAF military members

### Michele Edwards

#### Special

Why vaccinate for the flu?

The flu is highly infectious and is a serious viral respiratory infection; it is easily spread from one person to another.

Did you know the virus can be found on hard surfaces including table tops, doorknobs etc., for up to 72 hours or longer?

Flu symptoms can be severe and prolonged and cause individuals to miss days of work or school. The infection stresses the body.

In addition, super infections may occur like pneumonia. Bacterial respiratory infections also are a serious type of infection, and a simultaneous viral and bacterial infection can overwhelm the function of the lungs and the body.

The annual seasonal influenza vaccine is the most effective means to prevent the flu or serious complications of the flu.

Each year, the influenza virus can change slightly, making the vaccine used in previous years ineffective. A new vaccine must therefore be prepared every year that will be effective against the expected type of influenza virus.

The viruses that are used to prepare the vaccine are grown in eggs; however, an egg allergy is no longer considered a contraindication to receiving the vaccine.

Anyone who previously could not have the vaccine due to an egg allergy must receive the vaccine at the medical clinic.

The vaccine is generally effective against the influenza virus within two weeks of administration.

Flu season can begin in October and last as late as May. October and November are considered the best times to receive the vaccination, but it is still effective when administered later.

To help you understand some of the symptoms associated with the cold or flu some of the symptoms of each condition are listed here:

The Common Cold — Symptoms of the common cold usually begin two to three days after infection and often include:

- Mucus build-up in your nose
- Difficulty breathing through your nose
- Swelling of your sinuses
- Sneezing
- Sore throat
- Cough
- Headache

Fever is usually slight but can climb to 102 degrees Fahrenheit in infants and young children. Cold symptoms can last from two to 14 days, but like most people, you'll probably recover in a week.

If symptoms occur often or last much longer than two weeks, you might have an allergy rather than a cold.

Colds occasionally can lead to bacterial infections of your middle ear or sinuses, requiring treatment with antibiotics.

High fever, significantly swollen glands, severe sinus pain, and a cough that produces mucus, may indicate a complication or more serious illness requiring a visit to your healthcare provider.

The Flu — If you get infected by the flu virus, you will usually start to feel symptoms one to four days later.

You can spread the flu to others before your symptoms start and for another three to four days after your symptoms appear.

The symptoms start very quickly and may include:

- Body aches
- Chills
- Dry cough
- Fever
- Headache

- Sore throat
- Stuffy nose

Typically, the fever begins to decline on the second or third day of the illness. The flu almost never causes symptoms in the stomach and intestines. Flu complications can lead to pneumonia and respiratory failure.

The flu can also worsen chronic conditions such as diabetes; in other words, it can be life threatening.

Some preventive measures: The best way to protect yourself from the flu is to be vaccinated each year in the fall.

Regular hand-washing is another way to help minimize your risk. By washing your hands often, you will reduce your risk of becoming infected.

For further information the following links are provided:

- [www.influenza.cpha.ca](http://www.influenza.cpha.ca)
- [www.cdc.gov](http://www.cdc.gov)

*Michele Edwards is a RN with a BScN*



### Stag artwork

Gunner Arena staff painted the center ice logo by hand before a coating of ice went over the final product — just in time for the 2013-14 hockey season.

*Photo courtesy Gunner Arena Facebook page*

## It's flu season...

# Get the shot, not the flu!

### Protect yourself. Protect your friends and family.

The annual seasonal flu shot is available to all Manitobans at no charge. It will offer protection against three seasonal flu strains.

An annual flu shot is especially important for those at increased risk of serious illness from the flu, their caregivers and close contacts.

#### This includes:

- seniors age 65 or older
- children age six months to five years
- those with chronic illness
- pregnant women
- residents of personal care homes or long-term care facilities
- or as determined by your primary health care provider
- health care workers and first responders
- individuals of Aboriginal ancestry
- people who are severely overweight or obese

If you are 65 or older or have a chronic illness, you should also get a pneumo shot. One pneumo shot may give you a lifetime of protection.

For more information, contact a QuickCare Clinic, public health nurse, doctor, pharmacist or call Health Links-Info Santé at **204-788-8200** or toll-free **1-888-315-9257**.

[manitoba.ca](http://manitoba.ca)







## Wheat King Soldiers

Brandon Wheat Kings players visited CFB Shilo for a team bonding event, with help from 2PPCLI. The Junior A players took part in their fourth annual "soldier for a day" activity, including tackling the obstacle course.

Photo by Jillian Driessen



**HALLOWEEN PARTY**  
**OCTOBER 26**

FEATURING MUSIC BY  
**CROOKED AND DONE**

JOIN US UNTIL 1 A.M.  
PRIZES WILL BE GIVEN FOR BEST  
COSTUME!

ANAVETS UNIT # 10 BRANDON  
31 14TH STREET 727-4747

## Volunteers needed for OP Red Nose

Military members are only four pay periods away from Christmas.

With that, it is time to plan for our sophomore year of Operation Red Nose — we are hoping you will volunteer.

Operation Red Nose is a no-cost, volunteer-operated service which brings drivers and their cars home during the holiday season.

Anyone in the area who does not feel comfortable driving simply calls Operation Red Nose on a night service is offered and a team of three volunteers is dispatched as soon as possible.

The three-person volunteer team is responsible for driving the caller's car home — with two volunteers riding in the front and the car's owner in the back, while the third volunteer follows in their personal car to transport the volunteers back to the Operation Red Nose home base. Those receiving rides often give donations which are returned to youth organizations in the community.

The gas costs for Operation Red Nose volunteers is reimbursed and food is provided. Service nights are Nov. 29, 30, Dec. 6, 7, 10, 11, 12, 13, 14 and 31.

On all service nights shifts are 7:45 p.m. to 3 a.m. Daytime shifts are also being run Dec. 10, 11, and 12 for the unit soldiers appreciation dinners.

The home base for the 2013 Operation Red Nose campaign is moving to the Faith Centre to allow ample room for all volunteers and the great food we

expect.

Also changing for 2013 is the service area of Operation Red Nose.

In addition to Shilo, Douglas, Sprucewoods and Cottonwoods, service will be available to Brandon directly — with no intermediate stops — and Wawanesa. As winter weather can be challenging, service is only offered when safe.

So, interested in volunteering?

There are several options to receive the required forms.

Visit @OpRedNose\_Shilo on Twitter, [www.facebook.com/ShiloCommunityPolice](http://www.facebook.com/ShiloCommunityPolice), CFB Shilo home page for military members or drop by the Military Police guardhouse on at Bldg L134 off of Royal Avenue at any time.

Forms can also be e-mailed on request. Be in touch by e-mailing [shilo\\_OperationRedNose@outlook.com](mailto:shilo_OperationRedNose@outlook.com).

The included forms are a general application, and a criminal records check which must be completed electronically and printed. A photocopy of a valid Canadian driver's license is also required.

All forms, regardless of how completed are returned to the MP guardhouse.

Volunteers must be 18 or older, and be free of serious driving convictions. Operation Red Nose is a great way to give to the community and promote safety. Consider coming out to volunteer.

Capt Dane Nicholson is Platoon Commander 1 Military Police Regiment at CFB Shilo

CANADIAN  
**MP**  
The Military Police  
**NOTEBOOK**

CANEX in conjunction with  
Shilo Community Council are hosting

**A FAMILY PUMPKIN  
CARVING EVENT**

**27 October 2013**  
**from 1300-1600**

Join us at CANEX for refreshments

plus a **FREE** pumpkin to carve on site!

Top 3 entries will win  
CANEX giftcards!

One free pumpkin per family.

Please bring your pumpkin carving tools.

All entries must be submitted by 16:00 on 27 October, winners will be announced on 28 October 2013.

Kids 12 and under must be accompanied by an adult.



## Smooth ride to Wawanesa

Motorists heading south on Hwy 340 might have noticed a smoother ride of late thanks to the new asphalt on a section of the highway that was previously bumpy gravel.

Photo by Jules Xavier



# Career coach can help with fresh perspective

**Christine Helgason**

MFRC Special

The internet is a powerful tool.

If you are looking for information, chances are you will find it.

This applies to people who are developing a resume, fine tuning a cover letter or curious about behavioural

**Guild**  
INSURANCE BROKERS Inc.

**DND Military Insurance Program**

PEACE HILLS INSURANCE

See our website for details  
www.guildinsurance.ca

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

Oct. 25 Turbo, Rated G  
Nov. 1 Grown Ups II, Rated PG  
Nov. 8 The Wolverine, Rated 14A  
Nov. 15 Percy Jackson: Sea of Monsters

Children aged 10 and younger require adult supervision at all times. All movies 6:30 p.m.

Doors open 15 minutes prior to movie start time  
For more info, contact the community recreation office at 204-765-3000 ext 3317/3588

interview questions. The information is there. So, why then would someone want to see an employment counsellor? In the case of the employment and education program at CFB Shilo's MFRC, the answer is simple. You won't be seeing an employment counsellor; you would be working with a career coach.

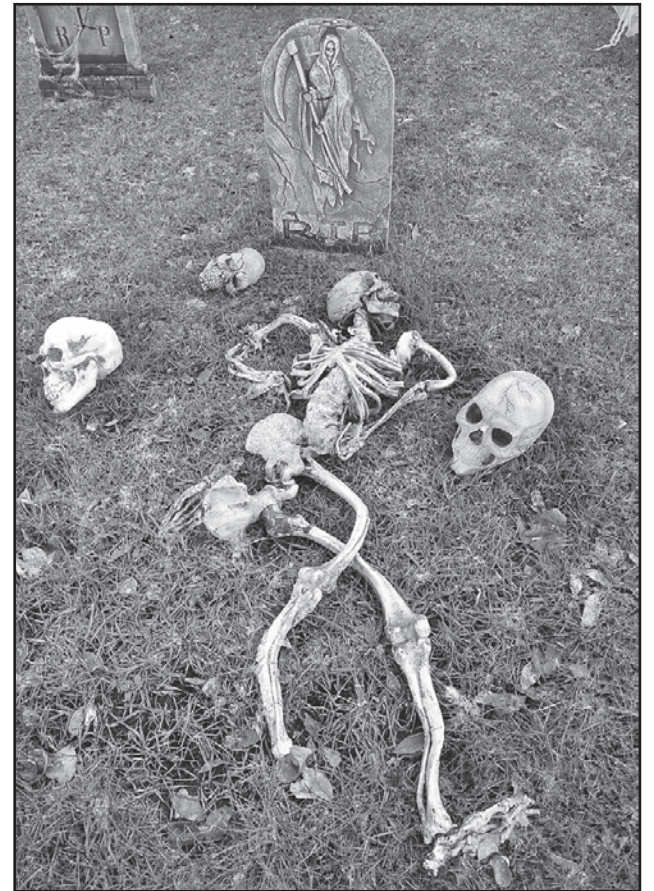
Individuals come for coaching because they are "stuck" in some way and looking for a fresh perspective. They may have the information they need, but require assistance in reframing that information for themselves — the career coach is seen as the reframing agent.

Another way of explaining the coaching model is this attribution from Anne Ritchie in the 1880s: "Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime."

Some points included in the role of the coach adapted from the career coach handbook from the Winnipeg Transition Centre are:

- We are here to LISTEN, not to work miracles
- We are here to help you DISCOVER what you are feeling, not to make your feelings go away
- We are here to help you IDENTIFY your OPTIONS, not make decisions for you
- We are here to DISCUSS ACTION STEPS with you, not to take them for you; we are here to help you discover your STRENGTHS, not to rescue you and leave you still feeling helpless
- We are here to help you discover you can HELP YOURSELF, not to take responsibility for you
- We are here to help you to LEARN TO CHOOSE, not to remove the difficult choices from your life
- We are here to PROVIDE SUPPORT for change

If you're in the market for some "reframing" or you would like to learn how to fish, contact Christine Helgason at CFB Shilo's MFRC at 204-765-3000 ext 3227 or use e-mail at christine.helgason@forces.gc.ca



## Scary yards

CFB Shilo's PMQs are starting to take on a Halloween atmosphere as residents begin decorating. Judging for best Halloween decorations is Oct. 31.

Photos by Jules Xavier

# CLASSIFIED ADS

Email: stag@mymts.net • Phone 204-765-3000, ext 3013 • Fax 204-765-3814

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

**October 31 at noon**

Free ads (non-commercial only)  
restricted to members of the  
CF, employees of CFB Shilo and the  
citizens of the surrounding area.

### Services



**St. Barbara's  
Protestant Chapel**

Sunday @ 10:30 a.m. with  
Sunday school & nursery

Padre Lee - ext 3088  
Padre Neil - ext 3090  
Padre Olive - ext 6836  
Padre Costen - ext 3381

**Our Lady of Shilo  
Roman Catholic Chapel**

Sunday 10:30 a.m.

Wednesday 12:05 p.m.

Confession by appointment

Padre Inienwe - ext 3089

**Nad's Simply Clean** For all of your cleaning needs weekly, bi-weekly, and monthly. Also available for offices, contract cleanup and single occasions. Receipts provided. 204-573-1509.

**We buy and sell** good used furniture/appliances and we deal in coins and coin/stamp supplies. People's Market Place, 32-13th St., Brandon, 204-727-4708.

### Services

**Greg Steele, Canadian Firearms Safety Course Instructor/Examiner** • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses offered at least monthly and more often by demand. Nov 1, 2, 3 Brandon and Nov 8, 9, 10 Shilo • Examinations by appointment • 204-725-1608 • E-mail: ggs57@wegwave.ca.

### For Sale

**Ford Focus Winter Tires 205/50R/16 Goodrich** Used this past winter, with about 800 km on the four tires. Regular \$400, for you half-price. Call 204-721-4259.

**Air Conditioner** Looking to keep your PMQ cool for the summer of '14. If so, two-year-old AC must go. Asking \$175. Call 204-721-4259.

### Employment

**Clerk/Cashier** (Part-time), wage \$10.96-12.67  
Visit cfmws.com or contact npfhrshilo@cfmws.com for further details.

### Homes for Sale

**Wawanesa Homes for sale:**

Lovely 1755 sq ft, 3 bedroom, 3 bath bungalow with oversized attached garage. New shingles, geo-thermal heat, main floor laundry on a private, large lot. Enjoy the open kitchen and dining area with garden doors leading to deck. Large master with ensuite and walk-in closet. MLS # 1321476

Great 1160 sq ft 3+1, 2 bath bungalow with insulated double attached garage on a private corner lot. Many updates including windows, bathrooms, flooring and vinyl siding. Air, 2 decks, and an extra single garage for all your storage. MLS # 1315809

Well maintained 104 sq ft 3+1, 2 bath bungalow with insulated and heated double detached garage. Many updates including shingles, carpet, flooring, jet tub, windows, and bathrooms. Situated on large lot with extra storage shed. Close to all amenities. MLS # 1311181

**NOBLE LAKE** - two building lots priced for quick sale. Call Bob Daymond, Sutton Harrison Realty for more info on these excellent homes and lots. 204-571-5918



## Birthday celebration

Chief of Staff (COS) Maj Scott Lloyd did the ceremonial cake cutting during the 45th birthday celebrations for CFB Shilo CANEX. Then manager Rick Keller finished off the cake cutting. Photos by Jillian Driessen



### GSH Bowling Alley

Open bowling for all ages  
Wednesday 6 to 8 p.m.  
Saturday 2 to 4 p.m.

Adult: **\$2.50** per game  
Youth: **\$2.25** per game  
Child: **\$2** per game  
Shoe rental: **75** cents

Prices subject to tax

Ask about **Glow bowling birthday parties!**

For more info call the community recreation office at **204-765-3000** ext **3317** or **3588**

Do you have a story idea?  
Have a photo submission?  
If so, use our e-mail  
stag@mymts.net  
or call  
204-765-3000  
ext. 3093



## Last round fired

During the Junior Officer Course (JOC) held at CFB Shilo, with retirement just around the corner, Maj Gen Alan Howard fired his last round from a M777 on a field adjacent to 1RCHA. Afterwards, he posed for a group photo in front of the M777 after the crew presented him with a keepsake plaque. Carmichael II was part of the JOC group photo (right), with one young artillery officer wearing the polar bear cape for the portrait.

*Photos by Jules Xavier*



# THE TREWS

NOVEMBER 29 - GSH AUDITORIUM  
7:30 P.M.  
DOORS OPEN: 6:30 P.M.  
\$25

TICKETS ON SALE AT CANEX & ALL SHILO MESSES  
FOR TICKET INFORMATION CONTACT PATSY  
204-765-3000 EXT 3735  
SHILOCONCERTTICKETS@HOTMAIL.COM

*Your Base Fund  
in Action*

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\*Eligibility conditions apply. \*Des conditions d'admissibilité s'appliquent.

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