





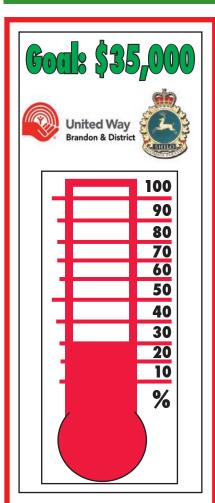
Mon-Fri 9-9 Sat 9-6 Sun 12-5

Volume 50 Issue 21

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Serving Shilo, Sprucewoods & Douglas since 1947

October 27, 2011



# Please note



Daylight Saving Time is ending. Fall back one hour to Central Standard Time on Sunday, Nov. 6.

# Help extended to evicted civilians

**By Bruce Peever** Shilo Stag

Calling current civilian tenants the best ever, LCol Richard Goodyear said he didn't want to sign eviction notices that expel them from their RHUs next spring.

The BComd made those comments at an hour-long information session Oct. 19 at Base Headquarters. About a dozen members of the 13 evicted families were in attendance. These families were informed by registered letter in late September that they would have to vacate their RHUs by March 31, 2012 in order to free up housing space for military members.

Saying it was a Canada-wide decision, LCol Goodyear explained there was not much he could do to make the situation better for civilians in Shilo. For the reasons why, see his explanation in the Oct. 13 edition of the *Shilo Stag*.

edition of the *Shilo Stag*.

"We do recognize the disruption this will have on families. I didn't expect this and I didn't want to have to do this (sign eviction notices). But I am left with no choice," he says.

Adding he wants to give as much time as possible, those with children attending Base schools have an extension to the end of the current school year. The BComd also stated his willingness to take into account

other extenuating circumstances.

"It is extremely unfortunate that we had to make this decision. The policies are not ours, they are national. The fact is, a lot of our military families don't have sufficient room. More and more of our military families are saying they can't afford to move off the Base," LCol Goodyear

Along with the BComd, CFHA Manager Jodi Laba and BRSM Steven Milton were on hand to answer questions. Padre Earl Klotz, who is Chaplain Team Leader at Shilo, offered his team's services to those just wanting to talk.

"If you are thinking you have some

See **EVICTION** page 2

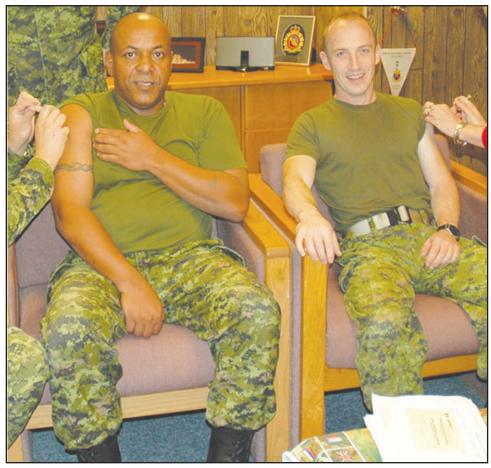


Photo by Quinn Roberts

From left, BRSM Steven Milton joins LCol Richard Goodyear, BComd on the hot seat as each receives his influenza vaccination on Oct. 21. Military members are reminded of the flu shot clinic which runs from 1 to 3 p.m. each Wednesday at 11 CF Health Service Centre.

### Spooky times in Shilo this weekend

Halloween is going to be spooktacular with a couple of big events guaranteed to curl your toes.

First up, CANEX is back with its Haunted Halloween on Friday, Oct. 28. As in past years, patrons can take a spooky stroll through a section of the mall, scared out of their wits by an alarming assortment of costumed actors. Run in conjunction with the Shilo MFRC, the event goes Friday from 10 a.m. to 2 p.m., then again from 4 to 6 p.m. You can get more info by calling 765-2343.

Then on Halloween night, Monday, Oct. 31, be sure to include 1 London Drive as a treat stop. LCol Richard Goodyear has opened up his Base Commander's yard to thrill seekers aged seven years and up from 6 to 8 p.m.

The BComd has young children himself and wants to provide this service to the Shilo community, according to FS&R staff, the event organizers.

It is hoped this Haunted House will become an annual event.

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Monday October 31 ~ 4 pm to 6 pm



# **Bullseyes for 2PPCLI in international sniper competition**

#### By Sgt Josh Purc

Every Gagetown hosts the Canadian International Concentration Sniper (CISC) with more than 30 teams participating include military, police, ERT and our international allies. teams Sniper invited to attend a 10 day concentration with multiple events which simulate the evergrowing challenges that are encountered on the modern battlefield of our soldiers and police forces of today.

To prevent skill fade, snipers must maintain a continuation training program focusing on the basic fundamentals of our job. With that being said, snipers must also research the everevolving trade new developments in technology of equipment and lessons learned from both military and police forces operating today.

To overcome this challenge, 2PPCLI



A keen eye and a steady hand can pay dividends when vying for top honours in the CISC and USAISC sniper competitions.

completed a five-week training plan in an effort to prepare the sniper group for the CISC and the US Army Sniper International Competition (USAISC) held this fall. Training began focusing on the basics and a chance for teams to become familiar with their designated

shooter/spotter teams. At this point the Sniper Gp was able to concentrate its focus on application shooting since a sniper will rarely find himself in the perfect prone position with ample amounts of time to eliminate targets. Training focused on a series of application

shooting varying from buildings, offset, alternate positions and stress shoots under time constraints.

2PPCLI sent two sniper teams to attend the 15th annual CISC in early September and one team to attend the

USAISC in October. As a result of the training and the effort put forth from the snipers, 2PPCLI finished within the top 10 teams in the CISC and placed seventh overall out of 32 teams at the USAISC competitions this year. This was the

first time a Canadian team has placed within the top 10 at the USAISC.

I look forward to helping train and prepare the next sniper teams for the 2012 CISC and USAISC competitions.

Sgt Josh Purc is a 2PPCLI Unit Master Sniper.

#### Eviction From the front

compassion issues, you can come talk to us. Also, you never know, but we might be able to offer a solution ... You should not have to go through this yourself," Padre Klotz states.

Laba provided each family with a package housing outlining options in Brandon, the RM of Cornwallis and surrounding areas. Additional material is available at the CFHA office. She also suggested those who find alternate housing to let her office know in order that RHU inspections can proceed.

BRSM Milton implored civilians to do their due diligence when finding a new home. He encouraged the use of research into the best

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Brandon, MB Fax: 204-728-0055 EMAIL:LOOKMUSIC@WESTMAN.WAVE.CA rates from banks, real estate agents, landlords and more.

closing, LCol Goodyear reiterated his promise to help.

"You guys have been

great tenants and great for the community. You civilians are an integral part of Shilo. I get all that ... Feel free to ask for our help. At any point you can find your way



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# Having a baby?

Healthy Baby community programs provide support to pregnant women, new parents and their babies

Being pregnant and having a baby changes your life. It can be an exciting and challenging time, especially for new parents. That's why the Healthy Baby community programs were developed.

Healthy Baby community programs are friendly, informal programs that provide you with support, information and resources before and after you have your baby.

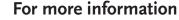
#### At a Healthy Baby group, you can:

- · Learn about your pregnancy and your baby's development Get parenting support and infant development information
  - · Learn about healthy nutrition and healthy lifestyle options

  - Connect with other parents

#### The Manitoba Prenatal Benefit will:

- · Provide you with a monthly cheque if your net family income is less than \$32,000 a year
- · Help you buy healthy foods that provide good nutrition for you and your growing baby



To learn more about the Healthy Baby program or to find out about locations of Healthy Baby groups, please call:

> 945-1301 (in Winnipeg) **1-888-848-0140** (outside Winnipeg) www.manitoba.ca/healthychild

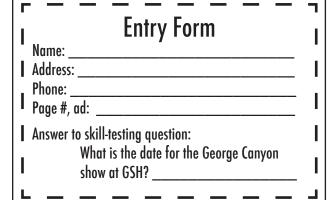
or contact your local public health office.





# Where's

Somewhere on the pages of this *Shilo Stag* is a picture of Willy, the Wheat Kings mascot. Tell us on what page, in what particular advertisement Willy was found and correctly answer the following skill-testing question for your chance to win two tickets to an **upcoming Wheat Kings** home game.



Cut out your entry form and fax it to 765-3814, scan it and email it to stag@mts.net or drop it off at the Stag's office inside the Community Centre. Draw will be made on the Monday prior to game day.

### Start saving now with a FREE Power Smart Water & Energy Saver Kit.

The Power Smart\* Water & Energy Saver Kit can save you approximately \$27 per year on your residential energy bill.

#### Each kit contains:

- Low-flow showerheads;
- Low-flow faucet aerators;
- Water heater pipe wrap;
- Teflon tape;
- Water heater temperature gauge;
- Refrigerator/freezer thermometer.

To order your kit, visit **ecofitt.ca/mbhydro** or call 1-877-ECO-FITT (1-877-326-3488).



\*Manitoba Hydro is a licensee of the Trademark and Official Mark

## Soldier On team in Air Force Run

#### By Carolynn Derksen

Soldier On Team members participated in the third annual Air Force Run. MCpl Adam Cyr (Shilo), Cpl Frank Énjalbert (Val Cartier), Cpl Andy Social (Edmonton), and Pte Tom Krzeminski (Winnipeg) took their places at the start line on May 29, 2011.

The cool, misty day was perfect for the event. This year the event broke records for raising funds for the Military Family Fund and Soldier On Fund.

Cpl Enjalbert has been running for a purpose. His time on the road eases the burden of PTSD so he finds running to be therapeutic. At this event, he also found it to be exhilarating since he was able to improve his 10 kilometre time by three minutes. His wife, Cpl Isabelle Lapointe, was at the finish line to share the proud and exciting moment.

At the pasta dinner the evening before, Cpl Social told participants of the benefits he has experienced participating in Soldier On events. He tries to motivate others since he knows first hand how important it is to stay



Soldier On team members proved they have what it takes by participating in the third annual Air Force Run back in May.
Submitted photo

Rick Ball was also part of the evening's presentation. Ball is the world's fastest single leg amputee marathon runner. He spoke of how his desire to compete in a marathon gave him the drive to pursue an

active recovery from his accident and to prove that there are no limits. This aptly echoes the mission of Soldier On/ Sans Limites which provides opportunities for ill and injured CF personnel and former personnel to attain and maintain a healthy and active lifestyle through physical fitness and sport.

Carolynn Derksen is a Regional Adapted Fitness *Specialist at CFB Shilo.* 

### Watch out for deer ticks

Lyme disease is caused by a bacterial infection that people can get from the bite of an infected blacklegged (deer) tick.



Manitobans can reduce contact with deer ticks by avoiding tall-grass habitats or wooded areas, wearing long pants and a long-sleeved shirt, tucking in clothing, using an appropriate repellent (it should state 'for use against ticks' on the product label), looking for and removing ticks as soon as possible.

For more information about Lyme disease, its symptoms and how to prevent it, visit our website at www.manitoba.ca/health/lyme/

#### You can help

You can help in the study of Lyme disease in Manitoba by collecting and submitting deer ticks for research purposes:

- To Deer ticks are smaller than the more common wood tick. Unlike wood ticks, they do not have white markings on their
- If you find a deer tick, remove it slowly from skin or clothing using tweezers and steady pressure; avoid twisting. Cleanse area with soap and water or a disinfectant.
- The Place the tick in a small, crush-proof container (for example, a second sec pill bottle) with a piece of slightly damp paper towel (to help keep the tick alive).
- Firmly tape the lid shut.
- Check the pictures and additional information on the website to determine if your tick might be a deer tick.
- 🛸 Hand-deliver or mail the sample to the address below. If mailing, place the container in a sealed plastic bag then in a cardboard box labeled: RESEARCH SPECIMENS - FRAGILE -HANDLE WITH CARE
- Include your name, telephone number and information about where, when and on whom (e.g. a dog, a person) the tick was found. Deliver or mail to:

Dr. Terry Galloway, Department of Entomology Animal Science/ Entomology Building, Room 214 Fort Garry Campus, University of Manitoba Winnipeg MB R3T 2N2

(Office hours: 8:30 am – 4:30 pm, Monday to Friday)



# **Letters & Opinions**



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

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

#### Submitting articles and photos for print:

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



Submitted photo

There is now a missing persons board in the entrance to Bldg L-134, the Military Police Platoon. This board is updated with all of the province's young missing persons and was created by Cpl Frank Paonessa. Posing above are Cpl Jennifer Amiro on the left and Cpl Paonessa.

I have it is positive effect where you run for office, again some very with the Editor.

## Afghanistan should be on War Memorial

Dear Editor

The Royal Canadian Legion would like to see the same inscription on the National War Memorial as the one on the Seventh Book of Remembrance. This would be instead of individual conflicts etched there as suggested by some people.

"We think that an inscription that covers the sacrifices made in all wars or missions would be acceptable to most people instead of etching in the individual wars or missions," says Patricia Varga, the Dominion President of the Royal Canadian Legion. "It would also pay homage to those that gave their lives in the past for Canada or those who may give their lives in the future."

Her comments on the etching on the National War Memorial were prompted by those who wish to have Afghanistan inscribed there. "I know that the First World War, Second World War and Korea are inscribed on the National War Memorial right now," she states. "But how do we remember all those who have sacrificed in the service of our country since Korea? The National War Memorial is not time sensitive and should recognize all of the sacrifices that Canadian men and women have made on behalf of the country. That is why we are in favour of the Seventh Book of Remembrance inscription."

The Seventh Book of Remembrance notes that it is dedicated to all those who have died 'In the Service of Canada.'

Sincerely, Bob Butt The Royal Canadian Legion Ottawa

# 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 ANAF - 31 14th St.

#### **Shilo**

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

#### **Carberry**

East Side Service Carberry Legion

#### **Douglas**

General Store

#### Minnedosa

Minnedosa Legion

#### **Sprucewoods**

The Shilo Inn (Crang's) 340 Esso Station

#### **Wawanesa**

Lucky Dollar



#### October 31, 1968

A contest was launched to design a new emblem for CFB Shilo as part of a Canadian Forces Headquarter's challenge for each Base Commander. Provided was a badge frame with a crown, circle of maple leaves and the word Shilo at the bottom, with an inside circle to be finished. The contest here in Shilo was open to all servicemen, their dependents and civilian employees with the winning designer awarded \$25. The emblem is the one we currently use with a stag or male deer in the middle circle.

A non-denominational Remembrance Day service was being planned inside General Strange Hall on Nov. 11 at 10 a.m., with a Commemoration Service at the Canoe River Memorial Cenotaph following at 10:58 a.m. Dependants and others were welcomed to attend both events. Traffic was restricted in front of the cenotaph and hall to allow a march past.

At the Maple Leaf Theatre in Brandon, The Sand Pebbles with Steve McQueen and Candice Bergen was on the big screen, along with What's So Bad about Feeling Good, with George Peppard and Mary Tyler Moore.

The Base Shilo Prairie Schooners square dancing club held its general meeting and anniversary dance on Oct. 21. The club formed in 1966 with 34 members; featured 56 members one year later and had 61 dancers and two honourary members in 1968.

Base Transportation was expressing concern over the amount of fowl language written on its vehicles. "The vehicles of this Base are constantly in the public eye, on our highways, and it not only gives this section a bad name, but generally it gives the Base as a whole a black eye. So, boys and girls, or whoever it is, please stop writing the foul language on the vehicles," notes the Transportation Topics section.

Safeway in Brandon was selling three pounds of bananas for 49 cents, and a 10-pound bag of sugar for 79 cents. Sirloin steaks were priced at \$1.19 per pound with boneless round steak selling at 99 cents per pound.

The Canadian Forces Parachute Packing, Maintenance and Airdrop Unit celebrated its 18th anniversary in Shilo under the name of the 28 Central Ordinance Depot.

Drivers were being warned to be aware on the roads tonight ... Little goblins should be seen and not hurt.

The Brandon Consumers Co-operative was advertising a washer-spin dryer that could wash and spin-dry 24 pounds of clothes in under 30 minutes. The \$149 machine promised some clothes would come out dry enough to iron.

### RIDE checks anywhere, anytime

Base personnel are reminded that Military Police will be conducting Base-wide RIDE (Reduce Impaired Driving Everywhere) checks at any time in any location. CF members, civilians and their families are encouraged to use a designated driver or call a taxi after consuming alcohol.

Arrive alive, don't drink and drive.



October is Women's History Month and the Minister for Status of Women announced that the theme for this month is Women in Canadian Military Forces: A Proud Legacy. Mission Transition Task Force women came together at Kandahar Airfield in Afghanistan to celebrate their bravery, dedication and leadership as soldiers, sailors and air women.

# It's flu season...

# Get the shot, not the flu!

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 four 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

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 public health nurse, doctor, pharmacist or call Health Links-Info Santé at 788-8200 or toll-free 1-888-315-9257.

manitoba.ca



• health care workers and

• people who are severely

overweight or obese

individuals of Aboriginal ancestry

first responders

## Wounded soldiers enjoy Faces of Freedom hunting trip

#### By MCpl Darrell Rostek

The Faces of Freedom Hunt was conceived and organized by Col Steele (U.S. Army Retired) and Chris Heald of Manitoba Wildlife in the vicinity of Minnedosa.

The intent of this activity was twofold: to highlight the sacrifices made by our two proud nations in the fight for freedom, and to provide a venue for wounded Canadian and American soldiers to come together with a view to healing through shared experiences and generate Espirit de Corps.

It was around 3:45 a.m. when we first woke up and started movement around the camp; this was a good indication all would have to get up in around 30 minutes, pack the truck and get moving. By the time all the decoys and the lines were set up we had time to have one hot cup of coffee before the ducks and geese started to fly over.

With the warm weather it seemed like 7 a.m. could not come soon enough so we could get on with the first hunt of the day. This being my first duck hunt I really did not know what to expect, but just meeting our American counterparts made the trip worthwhile.

Sgt Justin Feagin is a below the knee amputee and SSgt David Beck was shot a total of five times throughout his multiple tours in Iraq and Afghanistan. Canadian Cpl Steve Stoezs was involved in three separate IED strikes, and I was involved in one strike. The injuries we sustained



Submitted photo

American SSgt David Beck on the left and MCpl Darrell Rostek of 2PPCLI on the right show off their haul during a Faces of Freedom hunting trip near Minnedosa.

never hampered our enthusiasm or dampened our morale when we were together.

Extra perks

Along with the duck hunt the Manitoba Wildlife Federation (MWF) and Delta Waterfowl took us to a gala dinner and a Bombers game, where, once the Americans got over the three down rule, they quickly got into the spirit of things and became fans of the CFL.

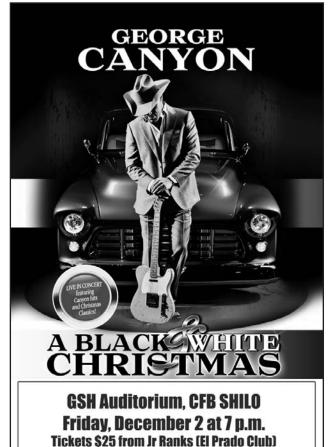
One of the highlights of the trip for me was going out with U.S. Col Steele and hunting with his black lab retriever. It was amazing watching him and his dog work as a team to bring back the ducks to the boat — one of the many things that made this trip very memorable.

For more information

Phone: 204-837-7812

log onto www. deltawaterfowl.org/media/deltanews/110926-veterans.php or http://mwf.mb.ca/2011/06/29/faces-of-freedom-wounded-veterans-hunt/.

MCpl Darrell Rostek is a member of 2PPCLI stationed at CFB Shilo.



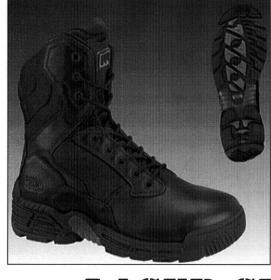
Tickets on sale to General Public on 22 November

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# Why are you so angry?

#### By Padre Albert Lee

A family was sitting in the living room. A son asked his father, "Dad, can you please tell me how the Second World War got started?" The father

answered, "Son, it all began in Italy..."

The mother interrupted and said, "No! You are wrong! The Second World War started because of Germany..." The father was so angry and said, "Am I teaching our son or are you?" The mother answered, "I'm trying to correct you..." The father got up from his seat, walked out the door and the door. The mother hagen corrections slammed the door. The mother began screaming and said, "Why are you so mad?" The son stood beside his mom and said, "Mom, it's okay. I think I know how the Second World War got started."

Anger is among the most frequent problems we see in modern culture. It seems its expression is on the rise. Today, in North America, we have people shooting at each other on the highway in order to take out their rage which results in someone ending up being sent to jail or worse.

Medical research has found that anger also causes physical problems, such as heart attacks, high blood pressure, stress, etc. Anger for many people is an uncontrollable emotion. A bad temper has resulted in embittering life, breaking up communities, destroying relationships, devastating homes and taking the bloom off childhood. In short, the influence of bad tempers stands all by itself, alone. Ironically, anger can often do more harm to the person who expresses it than to the person who is on the receiving end of it. Someone once said, "Anger is an acid that can do more harm to the vessel in which it is stored than to the person on whom it is poured." Therefore, there are reasons to learn how to defeat the giant of anger.

I asked an old couple how they maintained their 50 years of marriage. The gentleman said, "A lot of patience, self-control, and exercise." I asked him to explain. He said, "Every time when I am about to blow up, I immediately go for a walk and sometimes I go for a long walk ... that is how I get my exercise." I think that is called wisdom. It will

slow down your anger.

Is there someone today at whom you are angry? Slay the giant or talk to your padres. Remember: A tender action of forgiving love is a weapon the giant of anger cannot withstand.

### Ex SHIPWRECK takes Sea Cadets to rural MB

#### By R. Knight

Wow, that was a blast. On a September weekend in Alexander we, the Royal Canadian Sea Cadet Corp Swiftsure, had a fun time learning skills and learning about each other.

After meeting at our officer, Lt (N) Gaboury's, acreage we had a competition, friendly girls against the guys, to see who could set up more tents faster. The girls won.

Later that morning we walked to the Alexander fire hall, laughing and chatting the whole way. Upon arriving, we were all excited about the aspect of playing (safely) with fire. We were taught about fire extinguishers and what P.A.S.S. stands for: P is for pull the pin, A is to aim for the base of the fire, S is to squeeze the trigger, and S is to sweep left to right. We all got to extinguish a fire. There was lots of laughing as our chief got up to put out the fire only to have the power turned up. Then another cadet started his turn by saying, "I bet I can do it faster than you did," only to have the Fire Chief turn the fire simulator on high. His turn was the longest.

Back at the acreage, after a lunch of military rations, we had two more classes. The first was fire building. I'm not sure but I think the grass my team used was faulty because our fire wouldn't light, but

that's okay, our second fire lit just fine. Second, we learned about shelter building and a lot about which was just the right spot. Thankfully we had good leadership because if we hadn't and it had rained we would have been very wet - brrr.

Then the inevitable happened; our ship 'sank', taking the officers down with it. All the junior cadets were left in the hands of the senior cadets. Of course the officers were supervising but we had to pretend that they were invisible. We think that some of the seniors were a little crazy; they were talking to these 'ghosts', but that's okay, it was all part of the fun.

During the night while the juniors were in their tents, supposed to be asleep, the senior cadets kept the night watch while keeping warm by the fire (the second fire thankfully). While trying to keep the noise down the set of people on watch were able to get to know each other a little

The next morning everyone was chilled

but that didn't last long thanks to our vigorous physical training session. Then all too soon it was time to clean up. Everyone was left wishing there was more fun to be had but excited to continue training on a regular basis.

If you would like to

join us or just check us out, come visit us on Monday evenings from 6:30 to 9:30 p.m. at the Brandon Armoury.

Petty Officer 2nd Class R. Knight is a member of the Royal Canadian Sea Cadet Corp Swiftsure in

Please don't drink and drive!

# Indoor Shopping Extravagan1a!



#### November $5 \sim 7 - 10$ p.m. El Prado Club (Jr. Ranks)

Vendors include:

Arbonne, Mary Kay, Passion Parties, Tomboy Tools, Pampered Chef, Little Tree Hugger, Discovery Toys, Princess for a Day, Partylite, Uppercase Living, Steeped Tea, Tupperware, Livvy & Miss Priss, Lia Sophia, Stella & Dot, Grand Canyon, Sunset Gourmet, Bonnie's Cakes, Epicure, Jockey Clothing, J9 Designs (shoes) and more!



#### **Good news for Manitoba producers**

### **Increased Compensation** for Wildlife Damage

Strong coverage just got stronger

As of April 1, 2011, compensation for wildlife losses under the Wildlife Damage Compensation Program increased from 80% to 90% and as of April 1, 2012, you will receive 100% compensation for losses due to wildlife damage.

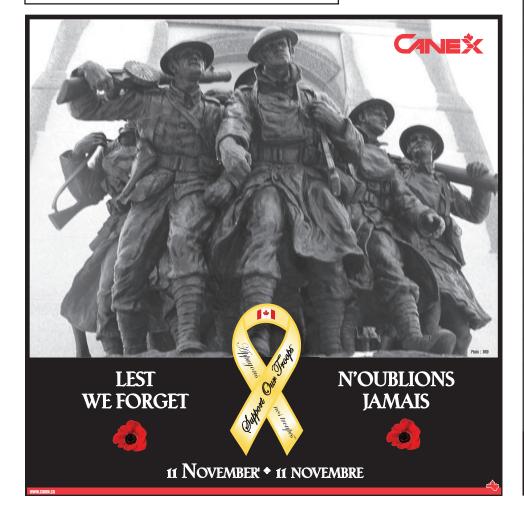
#### What's eligible?

All Manitoba livestock and crop producers are eligible for the Wildlife Damage Compensation Program. The program covers damage caused by ducks, geese, sandhill cranes, bears, deer, elk, moose, bison, wolves, cougars, covotes and foxes. It covers damage to crops, including stored forage and bee products, or livestock that has been attacked.

#### Talk to your MASC representative

If you have experienced losses due to wildlife, please contact your MASC representative within three days. Compensation is provided by the provincial and federal governments.

To learn more about the Wildlife Damage Compensation Program, contact your MASC insurance office or visit masc.mb.ca.













# Sports & Recreation





# making runs a success

It was a beautiful sunny morning on Friday, Sept. 9 as over 700 participants took part in the Terry Fox/Army Run. Over \$3,000 was raised for the Terry Fox Foundation for cancer research.

Participants were treated to a delicious hot dog lunch served by the Shilo Service Club.

A big thank-you goes to Base Fund, SISIP Financial Services, the Shilo Service Club and 2PPCLI for your generous donation and support.

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

Amanda Lazarski Photography CAA Manitoba Canad Inns Brandon Don's Photo **Empire Theatres** Fitness Quest Forbidden Flavours Shilo Maple Leaf Foods My IT Source Nature's Own Massage & Beauty Salon Old Dutch Foods Paul's Hauling Ltd. Shilo Automotive Shilo Service Club Victoria Inn Hotel & Convention Centre Westman Communications Group Wheat City Veterinary Clinic

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

#### Wawanesa Curling

will begin the first week in November. We are looking forward to a busy year again. Ladies, gentlemen, individuals or teams are invited to join. You don't have to be a pro to curl. Come out and enjoy the game. New members are always welcome.

#### Please call the following to register:



Men's: Randy, 824-2537 Ladies: Joyce, 824-2329 or Terresa 824-2827 Friday Night Mixed: Marg Hansen, 824-2036

**Bonspiel Dates:** 

1st 1/2 : Nov. 25 - 27 Men's: 2nd 1/2: Jan. 27 - 29 Special Olympics: Playoff Weekend:

Mar. 10 - 11 Mar. 17 - 18 (Men's & Ladies)

Seniors one day spiel: TBA

For more info call the Community Recreation Office at 765-3000 ext 3317 or 3588

#### GSH Bowling Alley

Tuesdays Mixed League 6:30-9 p.m. Wednesdays Open Bowling 6-8 p.m. Saturdays Kids Bowling 11:30 a.m. - 1:30 p.m. Open Bowling 2-4 p.m.

No bowling Nov. 12 & Dec. 3 Ask about Glow Bowling Birthday Parties!

#### Shilo Theatre Enjoy a DVD movie and popcorn for FREE! Oct. 28: Harry Potter and the Deathly Hallows Part 2 -Rated PG Doors open at 6:15 p.m. Movie starts at 6:30 p.m. For more info, please call the Community Recreation Office at 765-3000 ext 3317/3588

## Sponsors thanked for 5 Pin Bowling is back at GSH Lanes

#### **By Jerry Sayer**

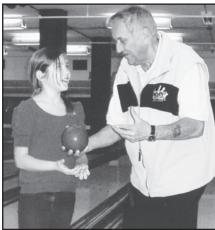
After a three year hiatus of five pin bowling at the GSH, I, as a local five pin enthusiast, have taken upon myself the successful startup of an adult mixed league.

Although all six teams of five players are now full, there is always a need for spare bowlers to play Tuesday nights from 7 to 9 p.m. There is unfortunately the chance that a bowler here or there may have to give up his or her spot due to injury, health or even a transfer, and this is where a spare

would come in handy.

Anyone from CFB
Shilo, Sprucewoods, Cottonwoods or Douglas who are interested in bowling can call me at 763-4944 or call my wife Gisele, who is also League Secretary, at local 3243.

Remember, this is a social and fun league, therefore we are fully



handicapped to make the

#### Youth on the lanes

possible.

bowling, Youth particularly bantam and junior from ages six to 14, have started as well. Youth bowling is every Saturday starting at 11:15 a.m. with three games usually done by 1 p.m.

playing field as fair as

Incredibly there is no registration fee and bowling fees are at the barest minimum. For just

\$5 each Saturday, kids get their shoe rental and three games of bowling, plus expert instruction

Coach Jer-

ry Sayer

explains the

proper grip

bowler Syd-

ney Atleo.

youth

Submitted

photo

and coaching.

There is plenty of room for more youth bowlers. We are pleased to have many parents, including Brad Larocque, Krista Herauf, Marlee Atleo and Richard Schulz, out on Saturdays to assist in many ways. Local bowler Brad Ball, who is also a Oualified Coach as well as a Provincial Singles

title holder, has offered his services in assisting these youth.

For those who don't know me, I am a Qualified Instructor and a Certified Level 2 Coach affiliated with the Coaching Association of Canada. I have won six Provincial Singles titles qualified locally and zone wise to the Provincial Championships for each of the past 39 years. I have also qualified at the Provincial Level, representing Manitoba at 17 Masters National Championships winning several national gold medals as a player and a coach.

For weekly top scores from both the Tuesday Night Adult League and Saturday Youth League, please visit the lanes and check the bulletin board.

Anyone interested in hosting a Birthday Bowling Party can book it through the Recreation Office at local 3317.





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### Be prepared for winter driving

#### By Lt Dane Nicholson

As October comes to a close the temperatures will soon take another drop, and it is time for Canadian drivers everywhere to prepare for the winter. Keeping your car properly equipped and your winter driving skills at the forefront of your mind will ensure a safe time for everyone on the roads.

#### Preparing your vehicle

Ensure that your vehicle is equipped with quality winter tires that are in good condition. These tires can be identified by the snowflake-in-peaked mountain pictograph.

Depending on where you will be traveling you may need to carry chains and have a supply of sand available to add with traction. Be aware of legal requirements to carry chains, particularly if driving outside of Manitoba this winter.

In your trunk it is wise to carry a first aid kit, tow rope/chain, flashlight, winter weight jacket, gloves, toque and boots, booster cables, gas line anti-freeze and a fire extinguisher. Many of these are not seasonal items, but as you add items for the winter it is a good time to check the condition and serviceability of all of your emergency equipment. For longer drives consider winter survival kit as recovery in many parts of the province may take considerable time. Routinely check your fluids, and remember that tires deflate in cold weather so check the pressure regularly! Properly inflated tires allow the safety and efficiency of your vehicle's operation.

When driving anywhere there is a requirement for the windows and mirrors of the vehicle to be clear of obstruction, such as ice. This includes short trips within the confines of CFB Shilo.

#### **Preparing yourself**

Winter driving demands more time to get from Point A to B, no matter how short the trip. It is easy to forget this if we are late for appointments, or not going far, but rushing is even more dangerous when winter road conditions exist. Furthermore visibility be extremely reduced due to fog or precipitation. If traveling



a significant distance, ensure someone knows where you are going and how you are getting there. When you have arrived safely, confirm your location with that person. In the event of an emergency this person will be able to inform emergency services if you have been out of contacted for an unexpectedly long duration.

Extra caution is warranted in intersections, where over 40 percent of Manitoba's serious winter-related traffic accidents occurred. Again, it is important everyone

slows down and pays particular attention to the rules of the road and weather conditions.

This winter also consider carpooling to take extra cars off the road, or using the Worker's Bus if possible.

The CFB Shilo Stormline will be available to provide information on road conditions and the status of the base at (204) 765-3853.

Have a safe winter driving season.

Lt Dane S. Nicholson is Platoon Commander of 1 Military Police Regiment at CFB Shilo.

### RIDE checks anywhere, anytime

Base personnel are reminded that Military Police will be conducting Base-wide RIDE (Reduce Impaired Driving Everywhere) checks at any time in any location. CF members, civilians and their families are encouraged to use a designated driver or call a taxi after consuming alcohol.

Arrive alive, don't drink and drive.



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Visit CANEX Haunted House on Friday Oct 28th from 1000-1400 & 1600-1800

Oct 27 - Nov 9 2011

www.canex.ca

# hat's on Your Agend

- CFB Shilo's Haunted House Oct. 31 from 6-8 p.m. in the Base Commander's Yard (1 London Drive). For ages seven and up. Free! For more information please contact the Recreation Office at 3317/3588.
- Want to play women's volleyball? Come to the GSH on Sundays at 6:30 p.m. All skill levels are welcome and it's free. Adults only please.
- The RCA Museum will be open free of charge on Nov. 11 from 1-5 p.m. All visitors will be entered into a draw for two tickets for the Brandon Wheat Kings Nov. 12 home game. Extend your Remembrance Day and get face to face with the stories, technology, art and heritage of Canada's soldiers.
- Visit Daly House Museum and browse inside a heritage home. In October we are presenting an original exhibit called "Prairie Heroines". This exhibit is in honour of Women's History Month, and explores the achievements of women in Brandon and also showcases the individual achievements of the women's movement in Manitoba in the early 20th century. Hours: Tuesday to Saturday, 10 a.m. to noon and 1-5 p.m. For more info, call 727-1722 or see us on Facebook.
- Douglas Old Fashioned Turkey Bingos at the Douglas Com-

#### BINGO

**Sprucewoods Community Hall** every Thursday evening Share The Wealth at 6:30 p.m.
Early Birds at 7 p.m. \$Win Cash\$ \$1,000 in 52 numbers Canteen open!

munity Hall. Wednesday nights until Dec. 7. Doors open at 6:30 p.m. Bingo starts at 7 p.m. Ten games of bingo, two share the wealth, breakopens. Admission: \$3 + \$0.50 per card.

• 26 Fd Regt RCA/XII Manitoba Dragoons Museum The tiny Reservist Museum with the really long name would like to invite you to come visit us at the Brandon Armoury 1116 Victoria Ave., Brandon, on Tuesdays from 9-11:30 a.m. and 1-4 p.m. Admission is free. Come check out our "on loan" Order of Canada medal as well as thousands of other military artefacts. For more information, please call us at 728-2559 ext. 238.

#### **October Fitness Sessions**

#### SPECIALIST TRAINING CAMP

(Open to all Military Members) Every Wednesday in November 11:45 a.m. - 12:45 p.m. Gym C Registration: Contact Amy Coveney, 765-3000 ext 3652

#### PRACTICE TESTS

(Open to all Military Members) Please register by 10 a.m. one day prior to test. Contact Amy Coveney, 765-3000 ext 3652

#### JTF2

Tuesday, Nov. 1 10 a.m. - noon Track, Combat Fitness Room, Pool

#### **EXPRES**

Wednesday, Nov. 30 8:30-9:30 a.m. Gym C

• Make a difference in someone's life! Volunteer on the Klinic Crisis Lines in Brandon. No previous counselling experience is needed. Full training and supervision is provided. Next training session begins Jan. 10, 2012. For more information call 571-4182 or visit our website: www.ruralsupport.ca.

#### www.rcamuseum.com Call 204-765-3000 extension 3570 **CFB SHILO**

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

Nov. 3 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**

Sundays @ 1030 with Sunday School & Nursery Padre Lee – ext 4537 Padre Olive - ext 6836 Our Lady of Shilo

#### **Roman Catholic Chapel** Sundays 1030 hrs

Confession 1000 hrs Weekday Mass - Tuesday to Thursday, 1205 hrs Padre Inienwe - ext 3381

Greg Steele, Canadian Firearms Safety Course Instructor/ Examiner • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses Held Regularly • Examinations by Appointment • 204-725-1608 • Émail: ggs57@wcgwave.ca. Eligible students may write one or both exams. Call or email for training calendar.

> Got a story idea? Write to us! stag@mts.net

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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. 573-1509.

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Raise money for your club or charity. I will purchase any out of province license plates in any condition for \$1 unlimited quantities. Manitoba plates \$0.50 must be in good condition. All special plates i.e. firefighter, police, veteran, etc. good condition \$5 each. Contact Lou at 763-4924.

Do you like hiking, camping, crafts, games and working with kids five to 14 years of age, a couple of hours a week? Scouting is looking for you For information on becoming a leader contact Linda at ext

#### **Roommate Wanted**

Responsible adult in large home near Shilo on 340 Hwy. \$500/month includes utilities, garage, internet. 204-763-4854 Leave message.

> Read the Stag and increase your IQ

# Advertise with us!

To place an ad, email stag@mts.net or call 765-3000 ext 3013.





# Shilo Military Family Resource Centre



# 011 Boot Blitz for Change was a huge success

#### **By Karen Burton**

Thanks to everyone for your support with the 2011 Boot Blitz for Change. With the help of your spare change, we raised \$1,334.60 for the United Way. Special thanks to the following people who made this event such a huge success!

MBdr Mills, PO Walsh, Cpl Simonds, Pte Wieler, Pte Baitey, Lt Lewing-

Lt Burston, Capt Gorveatt, WO Desbien, Bdr Macintosh, Cpl Voisin, Goyous, Elaine Cpl Ellis, Willemien van Lankvelt, Linda Beachemin, Courtney Brister and Leita and Ray at Forbidden Flavours for keeping us warm with coffee, hot chocolate and donuts!

Karen Burton is Outreach and Information Coordinator at Shilo MFRC.

# Hamper program helps military families in need

#### By Renée Maillet

Do you know a milifamily whose Christmas joy may be hindered because of financial hardship? The Shilo MFRC and Chaplain's Emergency Fund is here to help.

On Nov. 14, the annual community toy drive will commence with the aim of ensuring that all military families in need have a magical Christmas. The gift giving holiday tree will be set up in the lobby of the MFRC. Come select a tag from our tree and then help spread the joy of Christmas by bringing back an unwrapped gift for the young boy or girl on your tag. Un-wrapped gifts can be brought back to the MFRC no later than Monday, Dec. 5. Please attach the original tag selected from the tree to your item(s).

This year, Sandy Land Video has generously offered to support this initiative. During the last two weeks of November, donations will be collected at the store and will include proceeds from the Free Film Friday promotion. These funds will then be donated to the Chaplain's Emergency Fund. This will help ensure our holiday hampers are filled with turkey and trimmings for all our families. Be sure to visit

Sandy Land often, and ask how you can help the Hamper Program!

Our Hamper Program is intended to support Canadian Forces Military families. Applications or nomination forms can be picked up at the front desk of the Shilo MFRC. It's not always easy to ask for or accept help, so please be sure to discuss your nomination with the family you wish to refer as we will be following up with them.

To meet the needs of the greater community, the MFRC will be partnering with the Brandon Christmas Cheer Board to ensure the needs of other families living in the Shilo area are able to receive support over the holidays. Please call 727-8933 to inquire about the Christmas Cheer Board application process.

If you know of a family in need, please contact the MFRC at 765-3000 ext. 3373 to register with the Christmas Hamper Program. The deadline for ALL applications is Wednesday, Nov. 30. Everyone deserves a

Christmas full of bounty and good cheer, filled with peace and the love of families sharing in the joy of giving and receiving. Thank you for your support!

Renée Maillet is the Adult and Family Counsellor at the Shilo MFRC.



The 2011 Boot Blitz for Change was quite successful. Volunteers collected \$1,334.60 to donate to the United

Photo by Sara Cumming

# Upcoming events at the l

Special Events Visit our website for upcoming special events Adult November 5 Scrapbooking Day 9 - 5 p.m. \$2 per person Register by noon on Wednesday, November 2 November 14 Christmas Card Making 6 - 8:30 p.m. Register by noon on Friday, \$15 per person November 4 Deployment The Shilo MFRC Definition of Deployment

Any occasion where your partner is away for 30 days or more on course; IR posting, training or operational duty, regardless of location. Contact Linda at 765-3000 ext 4553 for all deployment activities.

October 27 Deployment Coffee Break 7 p.m. FREE for deployed No registration spouses \$5 for spouses of Register by noon on Friday November 14 Christmas Card Making November 4 Youth oking for a parent free zone? Drop in to the Teen Centre for Video games, TV, fooseball, high speed internet, musica.

nstruments and much more! Special activities planned throughout the month Hours of Operation:

Monday, Tuesday, Thursdays - Tweens (12 - 14 yrs) 6 - 8 p.m. & Teens (14 - 17 yrs) 8 - 10 p.m.

Fridays - Tweens & Teens 6 - 10 p.m.

September 23 | Movie Night | 7 p.m. | FREE | No Registration

School Age

October 27 Halloween Dance 5:30-7 p.m. ages \$2 at the door No registration 5-8 yrs 7:30-9 p.m. ages 9-12 yrs

Preschool

FREE Supper pro-November Family Portfolio Project 5-7 p.m. Register by noon on Wednesday, November 2 2,9,16,23,30 vided 9:30-11:30 a.m. November 7 -Spectacular Science \$8 for 4 sessions Register by noon on Wednes-Soup 1:30-3:30 day, November 2

www.familyforce.ca





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