

SHILO STAG

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Volume 48 Issue 21

Serving Shilo, Sprucewoods & Douglas since 1947

29 October, 2009

Kickoff to 2009 United Way Campaign



Photo by Cara Czech

The 2009 United Way campaign is officially underway at CFB Shilo, following this flag raising ceremony Oct. 15 outside the Shilo Community Centre. Performing the honours at the flag pole are from left to right, Capt Lori Pottkamper, United Way Campaign Chair Barry Cullen, Chuck Larocque and BComd LCol Luc Généreux.

INDOOR TRICK OR TREATING
OCTOBER 31ST
6PM

Shoppers MALL

HAPPY HALLOWEEN!

Flag raising kicks off United Way campaign

Cara Czech
Shilo Stag

Members of the community gathered on Oct. 15 outside the Shilo Community Centre to launch the United Way's 2009 campaign with a ceremonial flag raising. BComd LCol Luc Généreux was present, as well as United Way representative Barry Cullen.

The United Way of Brandon is one of 125 United Ways across Canada, responding to a wide variety of human needs on a local and national scale. Specifically in Brandon, the United Way is involved in many vital community projects.

The United Way's Food for Thought program has provided 280 children in 15 different schools with breakfast and snacks, helping students perform



Photo by Cara Czech
Raising the UW flag are from left, Capt Lori Pottkamper and LCol Luc Généreux, BComd.

better in class. The feed Brandon families by organization also helps providing them with over

6,799 food hampers this year alone. The United Way also provides less fortunate local children with backpacks, school supplies and winter coats. Another integral community program that United Way supports is the continuation and maintenance of Brandon's YMCA and YWCA.

This year, United Way is hoping to reach its goal of one million dollars.

"This year the need is great," said Chuck Larocque, chair of the United Way board of directors as well as the CFB Shilo Base Personnel Services Officer.

The Shilo community has a long history of working with the United Way, and has been participating in annual charity campaigns since 1976.

"The relationship between Brandon and Shilo has always been great,"

explained the United Way's Cullen.

After the Base Commander and United Way rep said a few words, the official flag, displaying the United Way emblem, was raised on the mast outside the Community Centre. Attendees gathered after the ceremony for a \$2 hot dog lunch at L-25, with proceeds benefiting the funding drive.

Fundraising events within the community will be organized by a committee of representatives from the base and carried out by members of Shilo's military units.

Events planned for the near future include allowing casual dress Fridays with each person who wishes to dress in civilian clothing making a small donation.

Another fundraising drive that's sure to be popular is a vehicle tune-up service, run by Base Maintenance. On

November 6 and 7, vehicle owners can have their car's oil and tires changed for the price of a donation to the program.

One of the primary funding mechanisms for the Shilo's United Way campaign is the implementation of a payroll donation program. For the duration of the fundraising campaign, CFB employees and military members are being asked to donate a small portion of their weekly paycheques to the United Way. "If everyone gave just a bit, we could reach \$1 million easily," said Cullen.

As an added incentive to give, anyone contributing to the campaign will be entered in a draw to win a trip for two to Veraderra, Cuba.

For more information on the United Way and how you can help out, visit www.brandonuw.ca.

Money to enhance community activities

Mike McEwan
PSP Manager

A few years ago Westman Communications Group purchased the rights to provide cable TV and Internet services to the Shilo Community. In doing so, they have significantly improved the services previously available within our community. As well, they have recently introduced phone service.

These are achievements in the realm of information technology that was simply out of our reach to offer internally. We just did not have the financial or technical ability that Westman Communications Group (WCG) brings to the table. In negotiating our agreement, WCG CEO Dave Baxter stressed that their company is very community oriented and specifically in Shilo, are highly supportive of our soldiers and their families. He wanted to somehow contribute to the well-being of the Shilo community as a way of thanking them for their support.

As a result WCG donates



Photo by Sara Cumming
From left, PSP Manager Mike McEwan; BComd LCol Luc Généreux; Dave Baxter, CEO Westman Communications Group; BCWO Stephen Walsh and Neil Thompson, Marketing Director WCG.

annually a sum of money based on the number of WCG subscribers in the community. This way when they succeed, so do we as a community. This money is placed in the Base Fund General Account and is used toward various community programs and activities. This year's total is in excess of \$8,800.

On behalf of the Base Commander and the entire Shilo community I take this opportunity to publicly thank Westman Communi-

cations Group for their kind generosity and excellent community spirit and as-

sure them that these funds will be put to very good use in our community.

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A participating supplier of the CFIRP program.

New editor welcomed at the Stag

Bruce Peever has been hired as the new Managing Editor of the Shilo Stag.

Bruce brings with him some 24 years in the newspaper industry in Ontario, serving as publisher, editor and reporter of daily and weekly newspapers. He comes here from Woodstock, ON where he had launched his own Ontario Community Newspapers Association member newspaper which unfortunately succumbed to recent hard economic times in that region.

In taking on this new challenge, Bruce does not want to reinvent the wheel, but does want to expand on the Stag tradition going back to 1947. The Stag always has, and always will be, the best source for army news in Manitoba.

"There is a diverse military community. We want to profile those people, places and attractions that make CFB Shilo unique. We want

our readers and advertisers to know we will strive to promote this base in the best possible light. We will also shed a tear with the whole base family when that time comes," he says.

Bruce is currently living on base while awaiting the sale of his home in Ontario. Once that sale is complete he and his wife Susan and 10-year-old son Brendan will make this region their

permanent home.

Please drop by and say hello to the whole gang at the Stag office in the Community Centre. You can also email us at stag@mts.net.

Right: Bruce Peever, the new Managing Editor of the Shilo Stag has moved to Shilo from Woodstock, Ontario. Bruce has 24 years in the newspaper and publishing industry.



Get the shot, not the flu!

And this year, there are **2**

1 H1N1 Flu Shot

The H1N1 flu shot will be available at no charge to all Manitobans and enough vaccine has been ordered for everyone who needs or wants the shot.

H1N1 flu shot clinics will begin across the province during the next few weeks. Vaccine will arrive in stages and the early clinics will be for Manitobans who should get the shot first.

Who Should Get the First H1N1 Flu Shots?

- Children aged six months to under five years old
- Anyone of Aboriginal ancestry (First Nations, Métis or Inuit)
- Disadvantaged individuals (for example, homeless)
- People living in remote areas
- People under 65 with a chronic medical condition or other risks, including severe obesity, substance abuse or alcoholism
- Anyone with a weakened immune system or those who live with or care for them
- Those who live with or care for infants under six months old
- Single parents or anyone solely responsible for a dependent
- Health care workers and medical first responders
- Pregnant women*

* In November, a shot for **pregnant women** will be available. If you are pregnant, you can wait until that shot arrives or you can talk to your health care provider now about the possibility of getting an earlier shot.

As more vaccine arrives, the H1N1 shot will be offered at flu shot clinics to other Manitobans who need or want it. Later, it will also be available from family doctors and other health care providers.

2 Seasonal Flu Shot

Seasonal flu shot clinics have already been held for Manitobans who are most at risk for seasonal flu. Once H1N1 flu shot clinics start, seasonal flu shots may also be available at these clinics or from your health care provider.

Manitobans 65 and over should also get a pneumococcal shot at the same time as the seasonal flu shot. Most adults only need one pneumococcal shot in their lifetime.

For more information

Check with your Regional Health Authority to find out when H1N1 flu shot clinics will be held in your area or for more information visit: manitoba.ca.

Manitoba 



Don't forget to turn back your clock this weekend! Daylight Savings ends Sunday Nov. 1 at 2 a.m.

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Horrorifying Halloween happenings!



Photo by Bruce Peever

Clockwise from top: Madelaine, age 8, and Sherry Ricard carve a Halloween cat at the MFRC; Trick-or-treaters collect candy from the offices in the Shilo Community Centre; Delores Olafson poses with a freaky frankenstein at Home Fires in the CANEX mall; Preschoolers decorate their treat bags at the daycare's Halloween party.



Photo by Cara Czech



Photo by Cara Czech



Photo by Cara Czech

Halloween magic at CANEX

On October 30, the CANEX mall will be hosting Halloween themed activities for trick or treaters in the Shilo area. From 10 am to 2 pm the CANEX offices will be transformed into a haunted house, and will be open to anyone who is brave enough to enter. Those who survive the ghoulish tour will be rewarded with

a goodie bag of treats. Too cold outside to go door to door? The CANEX will also allow children to go business-to-business, collecting treats. As well as a haunted house, CANEX will also be holding a pumpkin-carving contest in the mall. Bring your horrifying creations to the mall before noon on October 28

to 30. The best pumpkins will be judged by staff of the local community newspaper, the Shilo Stag, who will award first, second and third prize. If you're prepared for a ghastly and gruesome good time, then bring the whole family to the Canex mall on October 30 for some free and fun Halloween horrors.



Photo by Sara Cumming

Hitting their stride

Two crew members from the HMCS Winnipeg run along the Trans-Canada Highway on October 21 during the ship's annual fundraising run to their namesake city. Ten crew members, along with runners from Shilo, ran to benefit the Firefighters' Burn Fund. The ran began at the Saskatchewan-Manitoba border and ended in Winnipeg.



HALLOWEEN PARTY!

The El Prado Club
(Jr. Ranks Mess)
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Saturday, October 31st
9:30 pm

Doors open at 8:00 pm
Admission: non-perishable
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Midnight Snacks
Prizes for Best Costumes
Open to all Ranks and Civilians
Call 3395 for more info



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
- For more information about a Healthy Baby program in your area, please call:

For more information

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



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Healthy Baby applications can be dropped off or sent to our new address

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Winnipeg, Manitoba R3A 0E2
Phone: 945-2266



Blood drive a success

Sara Cumming
Shilo Stag

Canadian Blood Services held a blood donation clinic in Shilo at the MPTF on October 23, and it proved to be very successful.

Bruce Shavers, Canadian Blood Services' Community Development Coordinator for the Westman Region, said the blood drive saw 86 potential donors come through the door, and 60 units (completed donations) collected.

"Since each donation has the potential to help save three lives, this means as many as 180 patients may be assisted by this clinic," Shavers explained.

Lt Ellery Burton, Base Maintenance Officer, was one of the event's organizers and said he was very impressed with the turnout.

"I was at the event all day and it was pretty remarkable to see that people were willing to come in and help out others," Burton remarked. "I wasn't really sure what to expect in terms of numbers, so we just took the time to properly plan, organize and advertise the event, which was all that we could control. The rest was achieved by Cpl LeBel, Terry Jefferies, the staff at Canadian Blood Services and the graciousness of the people in the area. It was

a really encouraging and motivating event to be part of."

"Lt Burton and his team did a terrific job in terms of empowering and motivating people and encouraging them to come out, and reaching out to the whole community here, with all the various units," Shavers said. "I know that's a big job and a tough challenge sometimes."

Shavers said donor turnout at previous clinics in Shilo was "relatively poor."

"We've had as few as 29 donors attending and as many as 71," Shavers explained. "So (this) clinic was record-breaking, with 86 donors attending. With an unpredictable flu season upon us and the seasonal holidays just around the corner, this event has helped us ramp up our inventory to meet hospital demand in Manitoba, and elsewhere in Canada where needed."

Shilo's Chief of Staff, Maj Neil Gregory, donated blood at the clinic and stressed how necessary donating is.

"I think it's important that we as a military community make this one of our regular contributions," Gregory said. "This is another way in which military folks have an opportunity to show support to the community."

Shavers said he and the Canadian Blood Services organization are grateful to Lt

Burton and his team.

"(They) took the lead on this initiative and worked hard to make it a success," Shavers said. "Their effort to reach out to the whole Shilo community was very evident in the number of donors who came to the clinic from a wide variety of units on base, as well as the civilian community."

Blood recipients aren't the only group who will benefit from the blood drive. Base Maintenance organized a barbecue over the lunch hour, which was popular with the donors who hadn't had lunch. The barbecue raised \$200 and proceeds went to the United Way.

"It was nice to be able to see something special happening," Burton said. "It's a nice feeling to know that we helped people."

Shavers emphasized the importance of partnerships between Canadian Blood Services and places like Shilo.

"On behalf of the Canadians who will benefit from your efforts, thank you," he said. "Your contributions will mean a lifetime to patients and their families."

If you missed the donation clinic and would still like to donate, call 1-888-2DONATE or visit www.blood.ca to find your nearest donation clinic.

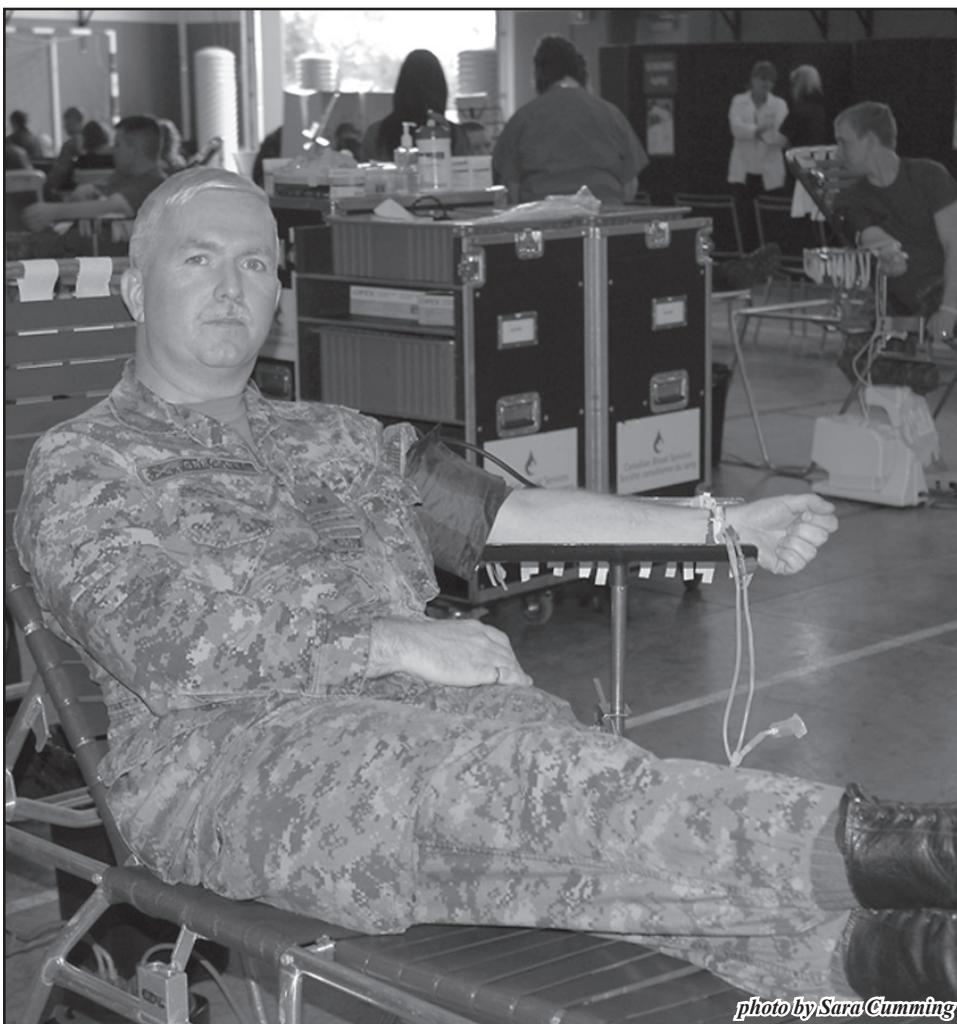


photo by Sara Cumming

Maj Neil Gregory, Shilo's Chief of Staff, prepares to give blood at the donation clinic on October 23. Canadian Blood Services collected 60 units of blood. Each donation can be broken down into different components, so the blood drive could potentially save 180 lives.

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Base Commander gets H1N1 vaccine



photo by Cara Czech

Base Surgeon Maj Kevin Pennock, left, and BComd LCol Luc Généreux receive their H1N1 flu vaccine shots at 11 Health Services on October 27. In light of the predicted H1N1 pandemic, members of the Shilo community are encouraged to get the vaccination. "The vaccination is the most effective way to protect yourself from this virus," said Pennock. The base will be running large scale vaccination clinics for military members, by unit, starting the first week of November. Soldiers will be given pertinent information relating to the H1N1 virus, and thereafter will have the choice whether they want the vaccination. Military personnel must bring their travel immunization record, or "needle book." Civilians who would like to be immunized can contact the Brandon Regional Health Authority at 571-8374.

Canada Post offering free parcel delivery

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

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

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

Additional mailing

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

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

Write to Us!

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



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We at Applebee's® would like to show our sincere gratitude for your honourable service with a FREE ENTRÉE* on Remembrance Day, November 11, 2009.



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Brandon

1204 18th Street

*One complimentary entrée per person who presents proof of military service. Available November 11, 2009. Dine-in only from a selection of six signature entrées. Beverages and gratuity not included.

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Classic car in legacy project nearing completion

Bruce Peever
Shilo Stag

Forget delays in receiving parts, conflicts with work schedules and a challenging military life. A dedicated group of Shilo soldiers continue to preserve the memory of a fallen comrade while restoring that soldier's automotive love of the past.

Since Remembrance Day 2008, members of the CFB Shilo Auto Club have been working to restore a 1968 Dodge Barracuda S that had belonged to Mike Seggie. Seggie, a member of TF 1-08 was killed Sept. 3 2008 in Afghanistan. His best friend was Mark Ejdrygiewicz (Edge) and they had discussed a car restoration. When Mike didn't come back, Mark took the project on himself.

Father Jim Seggie of Winnipeg has nothing but praise for members of the auto club, many of whom give up snippets of free time to work on the car.

"We have a group here who are volunteering their time and effort to restore this car in the way Mike would have wanted. It's a real testament to what our soldiers are. Not many would take on something like this, donating their time and means to this project," the elder Seggie noted.

The father adds no one has kept track of the hours volunteered, saying the time was immaterial. Often, he travels in from Winnipeg to spend time on the car with the guys. What was important, he said, was how the work reflected well on friendships.

"What really counts is that all of us have been doing something for a fallen comrade," Jim stated.

Area businesses have also joined auto club members in seeing this project succeed. A powerful audio system, along with suspension exhaust, transmission and the boring out of the engine block have or will be donated.

MCpl Michael Mulvihill adds while the team hoped to have the car restored by this one-year anniversary, the push is now to have it completed for World of Wheels next March in Winnipeg.

"We had several months delay in getting some parts. But it's coming along

well now and I hope to be reassembling next week," Mulvihill pointed out.

Once it is finished, Jim said he would be proud to show it off both in Winnipeg and at Cruise Nights in Brandon.

Clockwise from upper right: Auto club members from left including Neal Armstrong, Jeff Fehr, Michael Mulvihill and Jim Seggie peer underneath the 1968 Dodge Barracuda; how the Barracuda looked before it was torn apart by auto club members; and below Jim Seggie grinds down some suspension parts.



Photo by Bruce Peever



Photo by Bruce Peever



Submitted photo

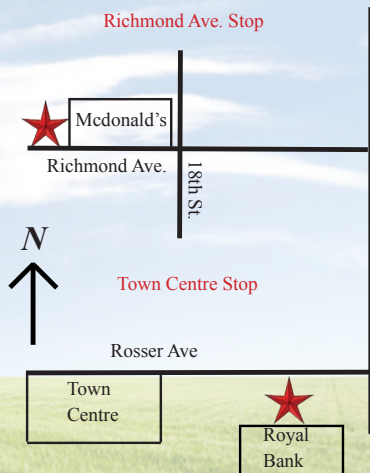
CFB/ASU Shilo - Worker's Bus Schedule

Morning Pick-Up:

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

Drop Off:

- CANEX
- Base HQ
- Flatlands Dining Hall
- CE
- Base Hospital
- 2 PPCLI
- 731 Sig Sqn
- Base Maintenance
- Base Transport



Afternoon Pick-Up:

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

Drop off:

- 20th and Richmond Ave.
- 22nd and Queens Ave.
- 25th and McTavish Ave.
- Town Center on Rosser Ave.

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

Wawanesa School presents...

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The musical misadventures of a girl named Alice

Dessert Theatre:
Friday, Nov. 20
7:00 p.m.
Wawanesa Hall
(\$18.00)

Dinner Theatre:
Saturday, Nov. 21
7:00 p.m.
Wawanesa Hall
(\$25.00)

Tickets:
Karen Paulson
@ 824-2027



Families gather for troop farewell



Photos by Sara Cumming



Another group of Shilo soldiers departed from the MPTF in the late afternoon on October 20, headed to Afghanistan as part of TF3-09. Clockwise from top left: A soldier shares a goodbye with his significant other; Cpl Livain Doucet, the last soldier to get on the bus, waves goodbye to onlookers calling his name; Lt Keith Woodill shakes the hand of MWO Donald Reid as LCol Luc Généreux, BComd, and Base CWO Stephen Walsh look on; a group of soldiers do a last minute check of their gear before stowing it away.

Free courses for spouses

Jen Dalziel
Director Military Family Services

While Canadian Forces (CF) personnel are away on deployment, why shouldn't their spouses expand their horizons too?

Itplanit Services Corp. is offering the opportunity to do just that. The technology and professional development training company is holding 10 spaces in each of their virtual courses for the spouses of deployed members, free of charge. Itplanit is piloting this new initiative from September-December 2009 in three CF communities with personnel soon-deploying: Edmonton, Moose Jaw and Shilo.

"We decided to do this because we wanted to give back to the community," says George Lobo, Itplanit's Director of Operations. "We already give

back by donating funds to The Snowsuit Fund for underprivileged kids, but this way, we can give something through our business that's unique."

Itplanit focuses on both the technological and personal sides of the workplace, offering courses in four major areas: technology, business skills, IT service management and office productivity. Though the bulk of their courses are offered in a traditional classroom, Itplanit also offers numerous online courses through their eLearnLife program.

"E-learning is new to us, and we're trying to roll it out slowly to make sure we offer a robust selection," says Lobo. Though CF spouses have a full variety of professional backgrounds, Lobo is confident that there are e-courses to polish any résumé, and sharpen the skills of any

worker.

To sign up for the free courses, Edmonton, Shilo and Moose Jaw spouses of deployed members will be referred to Itplanit by the Deployment Support Coordinators at their Military Family Resource Centres. The spouses will then be able to choose from courses in Microsoft Excel, SharePoint, project management, information security and more.

Courses are offered in two to three hour sessions, and are facilitated by a live instructor. Some take only a day or two days to complete, while more in-depth courses are offered in the evenings or mornings over a couple of weeks.

"We've tried to stay as true to a live classroom as possible," says Lobo. "Students log-in to a web portal, and see and hear their instructor live on video. The students can click on a

button to raise their arms to ask questions, and there's a chat function as well. The instructor even has the ability to 'take over' your computer to show you a function you're having trouble with. You're able to see everything that's on the instructor's own desktop."

Itplanit is also responsive when students have questions about applying what they've learned in class to a professional setting. Itplanit welcomes follow-up questions by email, and record their eLearnLife sessions so that students can review their lessons.

"For us, offering this opportunity is a win-win," says Lobo. "We get to fill our classrooms with people who want to learn, and provide our e-learning across the country."

For more information and to view the complete eLearnLife schedule, visit www.itplanit.com.



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Shilo Military Family Resource Centre



Looking for a career?

Garry Reid
Program Coordinator

The 2009 Employment and Education Fair is being held on Wednesday, November 4 from 2 – 7 p.m. in the Shilo Community Centre.

This an event filled with information booths; emphasis is on employment and education opportunities for military families.

The annual Shilo

MFRC Employment and Education Fair attracts potential employers and educational institutions from the Westman area.

The fair provides people with an opportunity to meet representatives from various work environments and educational programs. It allows the participants to explore educational possibilities and receive information on admission requirements

and procedures. Some of the employers at the fair are here to hire so bring a resume!

If you are looking for online schooling; we have that too!

Don't miss out on this event! There are door prizes and lots of great information.

A special treat for the first 40 participants through the doors!

New Family Liaison Coordinator for IPSC

James Knox
Family Liaison Coordinator

Hello everyone! My name is James Knox and I am the new Family Liaison Coordinator at the Integrated Personnel Support Centre. My duties will be to work with the families of ill and injured CF personnel and veterans, through a combination of direct practice and providing referrals to effective resources.

I am eager to commence work in this recently created position, and very much look forward to being of assistance to the community, and to the Forces, in this new capacity.

I was born and raised in Regina, SK and obtained my Bachelor of Social Work degree at the University of Regina.

I am currently working on my Master of Social Work degree at the University of Calgary through a combination of on-campus and distance learning. My primary area of professional interest is in the field of trauma, specifically Operational Stress Injury/PTSD.

As part of my BSW degree, I undertook my major practicum at the Deer Lodge OSI Clinic in Winnipeg. I also have a high level of interest in the interactions connecting the fields of social work and



Photo by Karen Burton

James Knox - Family Liaison Coordinator

the military in general.

I am also currently serving as a CF Reservist, which I have done for a total of nine years. I previously served in both the Army and Naval Reserves as a Medical Technician. More recently, I rejoined the CF Health Services Reserve (Land element) and am currently training as a Health Care Administrator.

Through a combination of my education, training, and experiences, and with

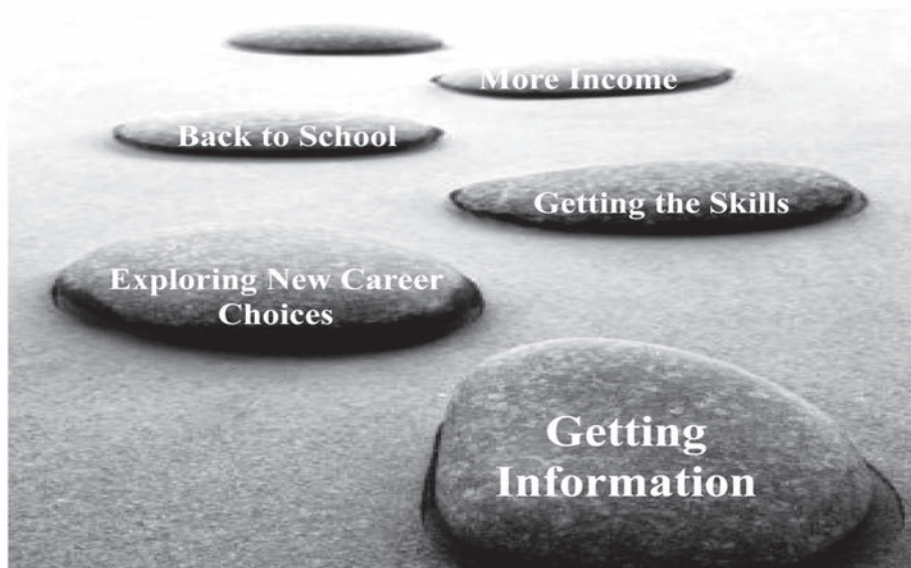
collaborative partnerships both on and off base, I look forward to providing the community of Shilo with top-of-the-line social work services for the families of our troops returning home from operations.

Currently, I can be reached through the MFRC main reception (ext. 3352).

This will change upon the completion of renovations to the IPSC building.

Employment and Education Fair

What's your next step?



Wednesday, November 4th, 2009
2:00 pm-7:00 pm
Shilo Community Centre

For more information contact
Shilo MFRC, Garry Reid
Program Coordinator
765-3000 ext 4557
GARRY.REID2@forces.gc.ca

Packed for Potential courses

Garry Reid
Program Coordinator

Are you looking to increase your skills in every aspect of your life? Then join in the Packed for Potential courses! Coming up:

Journey to employment
You have a great resume and are ready of an interview, now what? Jour-

ney to Employment will explore the different resources for job hunting; including websites, networking, locations and newspapers.

Date: Wednesday November 4

Time: 1-4 p.m. or 6-9 p.m.

Cost: \$10. "Packed for Potential" members

free!

Instructor: Jennifer Roehl

Register at the MFRC (765-3000 ext.3352) by Friday, October 30.

Dining on a Dime

Need to stretch your budget?

Learn how to shop efficiently and prepare a nutritional meal for your

family on a budget.

Date: Thursday November 5

Time: 1:30-3:30 p.m. or 6-8 p.m.

Cost: \$10 "Packed for Potential" members free!

Instructor: Anne Todd
Register at the MFRC (765-3000 ext.3352) by Friday, October 30.

HALLOWEEN DANCE

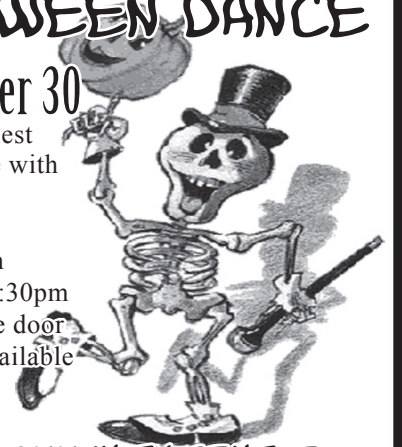
Friday October 30

Put on your spookiest costume and dance with all the ghouls!

Ages 5-8 5:30-7pm

Ages 9-14 7:30 - 9:30pm

Cost is \$2.00 at the door
Canteen will be available



SHILO COMMUNITY CENTRE

What's on Your Agenda?



**Forrest Elementary School
2nd Annual Craft &
Bake Sale**
November 15
7 Kendrick St Forrest, MB
10 a.m. - 3 p.m.

Scrap Bookers Wanted:

Must enjoy scrapbooking, have an active imagination, own tons of pictures and simply like to have fun. If this is you then I invite you out November 14 to the Sgt & WO Mess for an all day scrapbooking event. For more information call Valerie at 727-2908.

Starting September 8

Dr. Stephan Engelbrecht will be coming to the Shilo Clinic from 9 a.m. - noon. For appointments call 765-2302

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

Fit Body Bootcamps in Shilo

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

Boot Camps are from 5-6 p.m. at the GSH Gym

Cost \$125 for 10 weeks

To reserve your spot or for further details please call or email: Lylas Poulton Personal Training 204-725-1212 or info@lppt.ca

Public Flu Clinic
Wednesday, November 4
10 a.m. - noon
At the MFRC office
Sponsored by: Brandon Regional Health Authority
For more info, visit the Brandon RHA website at www.brandonrha.mb.ca or call Public Health Services 571-8374.

Brandon Garden Club
Seniors for Seniors - 311 Park Ave. E, please use the North Door. Membership fees are \$20 annually/ \$30 annually for couples. Visitors welcome, come to any monthly meeting for only \$2.
For info please call John: 726-5351

Shilo Community Library
Monday: 6-8:30 p.m.
Tuesday & Thursday 9:30 a.m. - 12:30 p.m.
1-4 p.m. 6-8:30 p.m.
Story Time - Thurs @ 1:30 p.m.

**Everyone Welcome!
T.O.P.S.**

(Take Off Pounds Sensibly)
Open House Meeting
Oct 27th 6-7:30 p.m.
Sprucewoods Comm. Hall
Contact: Barb 763-4768
or Betty 763-8854

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

**Annual Senior's Singles
Christmas Dinner**
Sprucewood Community Club Hall
December 5 at 6:30 p.m.
In order to participate you must be: 60 years of age (if a couple-one must be 60)
Singles: Must be single parent, widow or widower (without a live partner)
There is no charge for seniors who qualify.

Contact us to make sure you are on the guestlist. There will be great food and entertainment.

Contacts:
Sharon Brooks 763-4765
Heather Walker 763-4163
or any member of our Lions Club

Christmas Concert
Prairie Grannies are hosting an Air Command Band Christmas Concert on November 27 at 7:30 p.m. held at Bethel Christian Assembly, 440 Richmond Ave. Tickets are \$10 and are available at Marquis Project, Ten Thousand Villages, Ted Good Music, Surridges or at the door. All proceeds will be used to assist grandmothers in Africa care for their orphaned grandchildren.

Computers 4 Kids

Due to all your support we were able to raise enough funds for our Computers 4 Kids program to complete two more computer systems which we will be donating very soon. We may be running another computer raffle before Christmas, if not we will be starting again in the new year...

Thank You All

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

H1N1 Flu Shot Clinics
The first of many H1N1 flu shot clinics will be held in Brandon at the following locations: October 30: 1 - 4 p.m. and 9 - 11 p.m.
MMF South West Region Bingo Hall - 656-6th St.
October 31: 10 a.m. - 4 p.m.
Town Centre (Retail Level)
800 Rosser Ave.

Thank You

I waited until now, when I was in a better frame of mind, to re-read the hundreds of cards and letters of condolence received following Marvin's passing. All I can say is Shilo/Sprucewoods is the best place in the world to live and I love you all!

CFB Shilo's annual Christmas Craft Sale. Sat, Dec 5 10 a.m. - 3 p.m. Community Centre Annex, Bldg L-25. FREE! come experience over 90 different craft tables! Info: Kristen at 765-3000 ext 3588.

Partners 4 Pints

Canadian Services Blood Donor Clinic
Wednesdays 10 a.m. - 8 p.m.
Thursdays 2 p.m. - 8 p.m.
Town Centre 1-888-236-6283.

BINGO

**Sprucewoods Community Hall
every Thursday evening**
• Share The Wealth at 6:30pm
• Early Birds at 7:00pm
\$Win Cash\$
\$1000 in 52 numbers
Canteen open!

CLASSIFIED ADS

**\$10 for first 20 words,
10¢ for each additional word*
Deadline for next issue:
November 5, 12:00 PM**

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

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

For Rent

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

For Sale

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

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

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

For Sale

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

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

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

Services

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

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

Hi my name is Melissa and I am a Mary Kay independent consultant. We have great gifts. I can do pamper sessions, foot spas or if you know what you want I can get it for you. Give me a call at 765-4692.

Services



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

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

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

Services

Oil Change/ Tire Clinic
Presented by G4 Branch of ASU Shilo
Oil change \$5.00 per vehicle. Change, balance, install rotate tires \$5.00 per tire.
Optional Nitrogen Tire inflation \$5.00 per vehicle.
All oil and filters must be supplied by customer. Pol Disposal on site. Charity receipt will be provided upon request.
Oil/Tire Change @ Base Maint Bldg G-400. 6-7 Nov 09 From 8 am to 5pm.
For appt call 3255 or 3286.
Vehicle carwash @ Base Pol Point.
Exterior Wash \$5.00 per vehicle. Interior Vacuum \$5.00 per vehicle.
6-7 Nov 09 From 8 am to 5pm. Carwash Drop-Ins Welcome. Lunchtime BBQ at Base Maintenance. 06 Nov 11:30-1:00pm ALL EVENT PROCEEDS TO UNITED WAY

Wanted

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

Wanted

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

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

Wanted

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

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



photo submitted

Don't suffer in silence. Peer support groups are designed to help you deal with stress.

Peer support groups for operational stress injuries

Fred Connor OSISS

Most soldiers return thinking it's all over. You survived war. You can handle anything. BUT you can't sleep; you have bad dreams, and get furious at anything.

What kind of help could you possibly need, why would you be affected? But you are, you are numb, you can't feel, maybe you drink

more than you used to, you want to be alone, you are angry, you are yelling, you are suffering. Why can't I just get over it? You are not fine and need help.

There are many soldiers who have had the same experiences as you and understand your situation; we will respect your privacy and your need for confidentiality. We can put you in contact with community

resources, specially designed OSI programs, services with Veterans Affairs Canada and the Canadian Forces.

How much we help, and when, is up to you. We will listen, suggest a few ideas, and leave the choices to you. We can assist you to regain control of your life.

Peer support groups are designed to support you, assist you in understanding

and coming to terms with your OSI.

You can be a part of the peer group at any time; all you have to do is call.

Meeting Dates: November 4, 7:30 pm and November 18, 7:30 pm.

For information and meeting location contact Fred Connor, Peer Support Coordinator at 204-765-3000 ext 4186 or frederick.connor@osiss.ca.

Do you have a message for our deployed troops?

Contact The Stag to have your message published.

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

Wolverine Supplies

www.wolverinesupplies.com
River Valley Road North, Virden, R0M 2C0
Phone: 748-2454 • Fax: 748-1805

Saturday hours extended in October and November - Open 9:00 a.m. - 4:00 p.m.

<p>Savage 111FCNS w/ Accutrigger Synthetic Stock / Detachable mag \$630</p>	<p>Savage 111FCXP 3 Combo \$469 Bolt action, synthetic stock, detachable mag. All calibres in-stock</p>	<p>Remington 700 SP DM Laminate Stock/Detachable Mag Regular \$899 Sale \$770</p>
<p>Remington 887 Nitro 12g Armour Coated / Pump Action \$460</p>	<p>Bushnell Elite 3200 3-9x40 \$296.95</p>	<p>Bushnell Trophy 3-9x40 \$135</p>
<p>Remington Genesis .50 M/L Starter kit includes scope, case and accessories. \$440</p>	<p>Burriss FullField II 3-9x40 \$299</p>	<p>Laser Range Finders from \$250</p>
<p>Vast selection of in-stock Hunting Ammo! Including most hard to find calibres and gauges.</p>	<p>Rifle cases from \$10</p>	<p>Trail Cameras in-stock! \$126</p>
	<p>Binoculars from \$99</p>	<p>Stoeger P350 12g Max-4 Camo/Pump Action/5 Chokes \$399</p>
	<p>Poly Tech M14 .308 Synthetic Stock/Semi Auto - \$525</p>	<p>Traditions Pursuit .50 M/L Break Open w/4x32 scope Black Stock - \$299 Camo Stock - \$362.50</p>

Rebates available on Remington and Marlin Firearms and Federal hunting ammunition! Hunting licences available!
Muzzle loader supplies in-stock! Slings, cases, locks and more all in-stock!
Come visit us at the Brandon Gun Show!

Great selection of left-hand rifles! Great selection of used rifles and shotguns too!!

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

<p>Brandon Safeway - Corral Centre Safeway - Shoppers Mall Brandon Armoury Women's Resource Centre - Town Centre Mall Royal Cdn Legion #3</p>	<p>Sobey's • 1645B 18th Street • 3409 Victoria Ave Forbidden Flavours • 1060 18th Street • 3300 Victoria Ave ANAF - 31 14th St.</p>	<p>Carberry East Side Service Carberry Legion Douglas General Store Minnedosa Minnedosa Legion</p>	<p>Shilo CANEX Mall Forbidden Flavours Shilo Community Centre GSH Country Club (Rick's) All Messes</p>	<p>Sprucewoods The Shilo Inn (Crang's) 340 Esso Station Dock's Restaurant Wawanesa Lucky Dollar</p>
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This paper is issued by authority of LCol Luc Généreux, Base Commander, CFB Shilo. The views expressed herein are not necessarily those of the Department of National Defence or of the Editorial Staff. The Editorial Staff reserves the right to edit, to abridge, to reject copy or advertising to adhere to the policy, as outlined in CFAO 57-5, and for clarity and/or content.

We welcome your suggestions!

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

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

Submitting articles and photos for print:

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



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Who Serve

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A \$500 CANEX Gift Card!

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*Kingston Retail Store • Greenwood, Trenton, Shilo, Cold Lake and Comox SuperMarts • Bagotville ExpressMart



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