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INSIDE This Issue



Gruelling march aided by Dutch love. Story on page 2.



Our soldiers find the target. Coverage on page 10.



Meet the Base padres. See page 15.

Blown insulator cuts power to Base, area

By Bruce Peever
 Shilo Stag

A blown insulator, weakened by an earlier lightning strike, is to blame for a power outage that shut down parts of CFB Shilo and surrounding area on Sept. 10.

Manitoba Hydro says some 100 individual customers in Shilo, Sprucewoods and Douglas had partial electricity from 2:15 to 3:20 p.m. last Friday. Glenn Schnieder, General Manager of Public Affairs said the downed insulator was located somewhere within the affected area.

"Our initial assessment shows that an insulator failed, probably from a prior lightning strike, and resulted in one power line coming down. I have no details on specifically where that pole was located. There are, however, no reports of injuries," Schnieder reports.

The Manitoba Hydro spokesman went on to say lightning strikes often weaken electrical components and then moderate winds can cause those components to fail completely.

In Shilo, emergency response vehicle sirens could be heard throughout the base that afternoon while many civilian staff were sent home for an early start on the weekend. Many came home to hear appliances beeping and electrical fixtures not working on the reduced power. Yet few reports of damaged electrical units were made to Manitoba Hydro's regional head office in Brandon.

"Your call over damages was the first," District Supervisor Jeff Fulcher told the *Stag* Monday morning. Anyone with issues from that power outage should call the regional office at 1-888-624-9376.

"Generally if there is a power outage or partial power caused by a lightning strike it is considered an Act of God. If an appliance or anything plugged in at your home is damaged, we usually can't accept responsibility. It would be different if our equipment failed on its own," Fulcher says.

CFB / ASU SHILO

30th Annual CFB Shilo Terry Fox Run



Military members and civilians of all ages took part in CFB Shilo's 30th Annual Terry Fox Run on Sept. 10. Starting off at Building L-25, participants had the choice to walk or run either a 5km or 10km route. For more photographs turn to page 12. Also, be sure to pick up the next issue of the *Stag* to find out the total of all money raised.
 Photos by Quinn Roberts



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Dutch love for Canadians still evident in gruelling Nijmegen march

By MCpl J.E. Hartling

Conducted annually in the Netherlands, the Nijmegen international four-day march is a rigorous and prestigious event that draws approximately 45,000 marchers from 50 countries and is witnessed by over one million spectators.

Canada has participated in this event since 1952. The 94th Nijmegen March was held July 20 - 23 and military participants were required to complete the four-day 160-km (4 x 40-km) march wearing CADPAT and carry a rucksack with a minimum load of 10 kg.

Nijmegen training started here April 5, 2010. The team consisted of two soldiers from the Second Battalion of the Princess Patricia's Canadian Light Infantry (2PPCLI), three from 1Royal Canadian Horse Artillery and one member of Area Support Unit Shilo. The two members from 2PPCLI were Master Corporal Jody Hartling and Private Brent Peters.

Training started off with short marches of 10 km the first week. The second week it jumped into 15 km and 20 km marches, and



Submitted photos
Above, on the march through one of the many towns and communities of Belgium is the 1CMBG Nijmegen team. At left, the group poses in front of the Vimy Memorial in France.



then moved up to 20 km and 40 km marches up until deployment. The remaining two days of the week were spent with PSP staff doing spin classes and core/circuit training workouts focusing on legs which proved to be very helpful.

By the first week of July most of the team had racked up over 650

km and were very well prepared to be put to the test.

The team arrived in Eindhoven on July 17 and members jumped on buses en route to Camp Heumensoord in the city of Nijmegen. After getting a quick lay of the ground we were cut loose to go explore the city.

The next day we made the four-hour drive to Vimy Ridge, where we were greeted by students from Canada who had been studying military history in the area for the past three months. The students took us on a very insightful tour of the site through the tunnels and trenches from the battle,

focusing on employment of Canadian troops and tactics they used to take Vimy Ridge.

The next day the marching began. Reveille was at 3:30 a.m. and we stepped off at 5 a.m. Not knowing what to expect we began marching


along the route, but then at around 5:30 we walked around a corner and there were hundreds of locals lining the streets waiting to greet us. This overwhelming support carried on throughout the four days.

The welcome we received in every village we walked into was overwhelming. The most memorable day for us was the third day when we marched into the town of Groesbeek, where we had the privilege of paying respects to our fallen brothers at the Canadian War Cemetery. Walking through the rows of the 2,338 Canadian soldiers buried there I found a soldier who was only 16 years old. I laid my poppy on his grave, geared up and carried on for the remaining 15 kms of the day.

For me this was a once in a lifetime opportunity. It was a very proud four days to be wearing the Canadian uniform, and a reminder of how grateful the people of the Netherlands are for the sacrifices of the Canadian soldier.

J. E. Hartling is a Master Corporal, Recce Pl with 2PPCLI.

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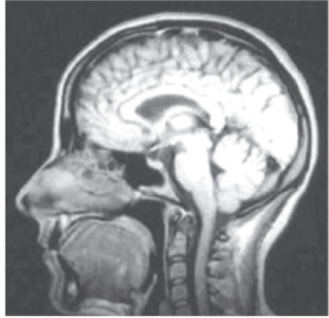
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University of Manitoba research group in collaboration with the Veterans Affairs of Canada Operational Stress Injury Clinic in Winnipeg, MB is seeking volunteers to participate in a project aimed at improving our understanding of how traumatic experiences of military personnel influence emotional responding when viewing positive, negative and neutral images.

Your role: participate in an interview, complete questionnaires, and may or may not take part in a functional Magnetic Resonance Imaging (fMRI) picture viewing assessment.

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If interested please call the study coordinator at
 204-975-7728

New hours among changes at Chemist's Cupboard

By Bruce Peever
Shilo Stag

The astutely-minded will have noticed changes this week to the Chemist's Cupboard located inside the CANEX Mall. And while those changes made Sept. 13 should have minimal effect on customers, it does potentially mean a better bottom line for the pharmacy in these challenging times.

Terry Dubyts, Owner and Pharmacist of the Chemist's Cupboard, says a shortage of pharmacists province-wide has led to a crisis for small pharmacy owners. She says small operators like herself just can't compete with big chain stores who can offer signing bonuses and other incentives to new staff. Dubyts herself lost one staff member to those tactics earlier this year and has not been able to fill that position.

"I have been unable to find a pharmacist and I have been looking for the past three months with no leads," Dubyts informs.

Operated for the past



Photo by Bruce Peever

Changes are happening at the Chemist's Cupboard with Owner/Pharmacist Terry Dubyts extending the hours of operation and hiring one staff person. Same day service on the filling of prescriptions will continue.

Pharmacy changes

- New hours. Now open Monday to Friday from 9:30 a.m. to 5:30 p.m.
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five years in the same location between Salon Serenity and Forbidden Flavours, the Chemist's Cupboard offers a full line of cough and cold medications, pain relief, bandages and other common necessities found in the average drug store. Extended hours means the pharmacy is now open 9:30 a.m. to 5:30 p.m., Monday to Friday. The pharmacy used to be open only Monday to Thursday.

With another pharmacy under her wing in Glenboro, Dubyts decided to hire a clerk to staff the Shilo location. That means same-day service on prescriptions will continue.

"We will still have a good over the counter selection here. If it's not

here my clerk can call me and we'll get it in," the pharmacist states.

Effective this week, these changes will continue until April. At that time Dubyts will determine the future of the Shilo location.

"This community has always been right for me. I want to be here for my loyal customers as I have built a friendship with them," Dubyts says.

"To me this has always been more than just a business — and that is why I can't just close the door and walk away. This pharmacy provides a valuable service as there are many people who can't or don't want to drive into Brandon to get a prescription filled," the pharmacy owner adds.



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Letters & Opinions



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

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

Submitting articles and photos for print:

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



Photo by Sara Cumming

Maj Andrew Lilley, CO of 731 Signal Squadron presents the Communications and Electronics' Branch Annual Education Bursary to Jocelyn Doppler. They are joined by MWO Doppler, father of the recipient and MWO Dixon, 731 Sigs Sqn SSM. The bursary provides financial assistance toward post secondary education of eligible family members within the C&E Branch.

Letter to the Editor

Photographer captured important memories

Dear Editor,

Let me take this opportunity to express my sincere appreciation to the staff of the *Shilo Stag*, particularly Quinn Roberts, for their support to the DP 1 Field Artillery Officer Course, Module 1 on Aug. 25 and 26.

As CFB Shilo has a shortage of trained military photo technicians, it can be very difficult to obtain a quality course photo. As this is a key career course, instrumental in the development of junior officers, it is often regarded as one of the most important courses in a young artillery officer's career.

The memories collected and friendships forged on

this course are deserving of being commemorated with an appropriate photograph. Thanks to the support received by the staff of the *Shilo Stag*, the candidates on this course received a photograph worthy of the effort they have put forth this summer.

Again, thank you for contributing to the overall quality of this course.

Sincerely,
 Capt B.C. Insley
 Course Officer - DP1.1 1003
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Lucky Dollar



Photo by Bruce Peever

Col Scott Kennedy, the new 1ASG Comd, was welcomed to CFB Shilo on Sept. 9 with an early morning quarter guard followed by a day of meetings.

Donate your books to Rotary Club sale

The Rotary Club of Brandon will present its annual fall book sale September 23, 24 and 25 at the Town Centre in Brandon.

The first book sale was held in September, 2003. Since then, the Rotary Club of Brandon has raised over \$150,000. This is a major fund raising project for the club and proceeds of this project aid in the funding of many

community projects.

This project could not exist without the spectacular support of all Westman citizens who continually donate their books. There is still time to drop books off at the Rotary book collection boxes located throughout the City of Brandon at supporting businesses including: The Town Centre, SuperStore, Co-op Marketplace, Walmart,

and Sobeys' Westend.

More than 60,000 books will be up for grabs at the sale with doors opening Thursday, Sept. 23 from 9:30 a.m. to 8 p.m. Hours on Friday, Sept. 24 will be from 9:30 a.m. to 6 p.m. and from 9 a.m. to 3 p.m. again on Saturday, Sept. 25.

Any questions or inquiries may be directed to Barry Hartley at 573-9618.

CANEX Backyard BBQ contest winner

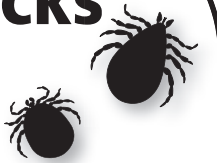


Submitted photo

Congratulations to Pte Ryan Bull of 2PPCLI, the 2010 winner of the CANEX Backyard BBQ promotion. Ryan won a Sterling gas barbecue, TankTrader's propane tank, 10 rib eye steaks, two bags of chips from both Old Dutch and Frito Lay's, and two cases of Coca Cola product, along with all the fixin's. Although there were many entries again this year, Ryan only entered once with a CANEX receipt attached to his ballot. This goes to show it only takes one to win! Thanks to our major sponsor, Brandon Coca Cola, for their generous support, as well as to everyone who entered the annual contest.

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 mosquito repellent, 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:

- Deer ticks are smaller than the more common wood tick. Unlike wood ticks, they do not have white markings on their bodies.
- 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.
- Place the tick in a small, crush-proof container (for example, a 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 (ex: a dog, a person) the tick was found. Deliver or mail to:

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Major General Howard pays a visit to CFB/ASU Shilo



MGen Al Howard, Assistant Chief of the Land Staff, paid a visit to CFB/ASU Shilo on Sept. 9. At Base HQ he was greeted by a quarter-guard salute leading up to a review of troops and an official welcome by senior Base staff. Later on that same day MGen Howard spent time in the field with members of 1RCHA.

Photos by Bruce Peever and Lt Brodie Watson of 1RCHA



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The Shilo Branch of Westoba Credit Union will have extended hours on the following dates:

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LFWA again dominates national championships

By Capt Ryan Bowerman

Throughout the Dominion of Canada's Rifle Association (DCRA) 142-year history, thousands of Canadian Forces personnel, foreign forces, RCMP, ERT and civilians have tested their skill in the DCRA's National Service Conditions Championship (NSCC).

For the second year in a row the Land Force Western Area Combat Shooting Team (LFWA-CST), under the direction of Capt Joe Jasper, has used the DCRA's challenging combat pistol and rifle matches to sharpen their skills in preparation for the Canadian Small Arm Competitions (CFSAC) held annually at Connaught Ranges in Ottawa, Ont.

LFWA-CST, consisting of two, 16-man teams — one primary reserve and the other regular force — displayed their skill by outshooting all other CF/RCMP entries during the 11 service pistol match's conducted from Aug. 23 to Sept. 3. Leading the scoreboard was Bdr David Merrick a dynamic pistol shooter from Lethbridge, AB, who won six matches. MCpl Danylyshyn of Vancouver BC walked away with two match wins and tied for third, while Capt Bowerman, Cpl Sims and Cpl Valentine all had one win apiece.

During the 18 service rifle matches the team tested its shooting ability in inconsistent 15-20 km hour wind



At top is the (LFWA-CST) Land Force Western Area Combat Shooting Team, proudly showing off the trophy. Directly above is the LFWA-CST chairing MCpl Kyle Roder. At left is Pte Greeley firing a 500m Service rifle match.

Photos by Capt Ryan Bowerman, Linda Millar and MCpl Ian Millar.

fall of shot consistently the LFWA-CST won 15 of 18 matches in the CF/RCMP class.

In addition to the service rifle match wins members of the LFWA-CST won the following trophies. Head coach WO Dave Oakie of Victoria, BC received the Gascoigne Cup for his performance in open class and Capt Joe Jasper won the Barlow trophy for highest (serving) commissioned officer combined score. As well. Capt Jasper, Cpl Murphy, Bdr Merreck and MCpl Soon earned the British Shield for their excellent shooting and teamwork during the falling plate match.

This article would not be complete without mention of MCpl Kyle Roder from Vancouver BC and his exceptional skill at arms. A returning member of the 2009 LFWA-CST, he was chaired as the Top CF/RCMP service rifle shooter of NSCC 2010. Well done, Kyle.

To view specific NSCC 2010 match details and to learn more of the DCRA history and upcoming matches please visit www.dkra.ca/nscc_resultspage.htm.

Capt Ryan Bowerman is a member of 2PPCLI.

gusts, rainstorms and being matched against internationally known shooters. The matches which incorporate snap shooting, deliberate applications from 100 - 500 meters and rundowns were developed by the DCRA to test the skills and drills of the shooter. Judging wind, lead and

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Where: Community Centre Annex (Bldg L25)
Date: 16 October
Doors open: 6 p.m.
Meal served: 7-9 p.m. (included in entry fee)
German Music: 6-8 p.m.
Music: Rock and Country music by Diamonds and Dirt, and Look Music, from 8 p.m. - 1 a.m.
Cost: \$15.00 (max 500 tickets to be sold)

Rock and Country
Diamonds and Dirt
Meal included: German Cuisine
German Schnapps and Draft beer available for purchase.

Door prizes / Best Costume Awards:
1st place \$200, 2nd place \$100, 3rd place \$50
Tickets available at the following locations: CANEX, Obermaier's Sausage & Meats, Tender Cuts Meat & Deli, Forbidden Flavours Shilo, 340 Esso, and Douglas General Store
Group table bookings welcome. Call 765-3000 ext 3073.
All proceeds go to the United Way.

Free Knightline Transportation
Buses depart Brandon Shoppers Mall 5:00 & 7:00 pm and Town Centre (8th and Rossar) 5:45 & 7:45 pm, return 10:00 pm & 1:00 am
Taxi available at reduced rates - reserve/book at 729-8549
Taxi available at drop off points at local rates.

Katy's Kookies

EAT TO LOSE

Keeping your metabolism at an all time high can be challenging even at the best of times. One way to keep the body fueled and fired up for your long day ahead is to eat 5-6 meals a day including protein. Protein feeds the muscles, complex carbs fuel the body with energy, good fats feed the brain and fiber keeps your insides healthy and free of toxins.

Combine all these wonderful things together and you have a powerful combination to keep you satiated and feeling great. You will eat less junk and lose more body fat. Exercise is a key factor in keeping the body in harmony. Feed to replenish and refuel to lose!!!

Katy's Kookies All Natural Protein Bars have the perfect combination along with the whole foods you love and enjoy. Power in a Protein Bar!!

Defined **LINES**

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Certified Personal Trainer,
Life Coach & IDFA
Figure Pro

728-3340
827 18th St. Brandon, MB R7B 5B8
Katy@GorillaJack.com

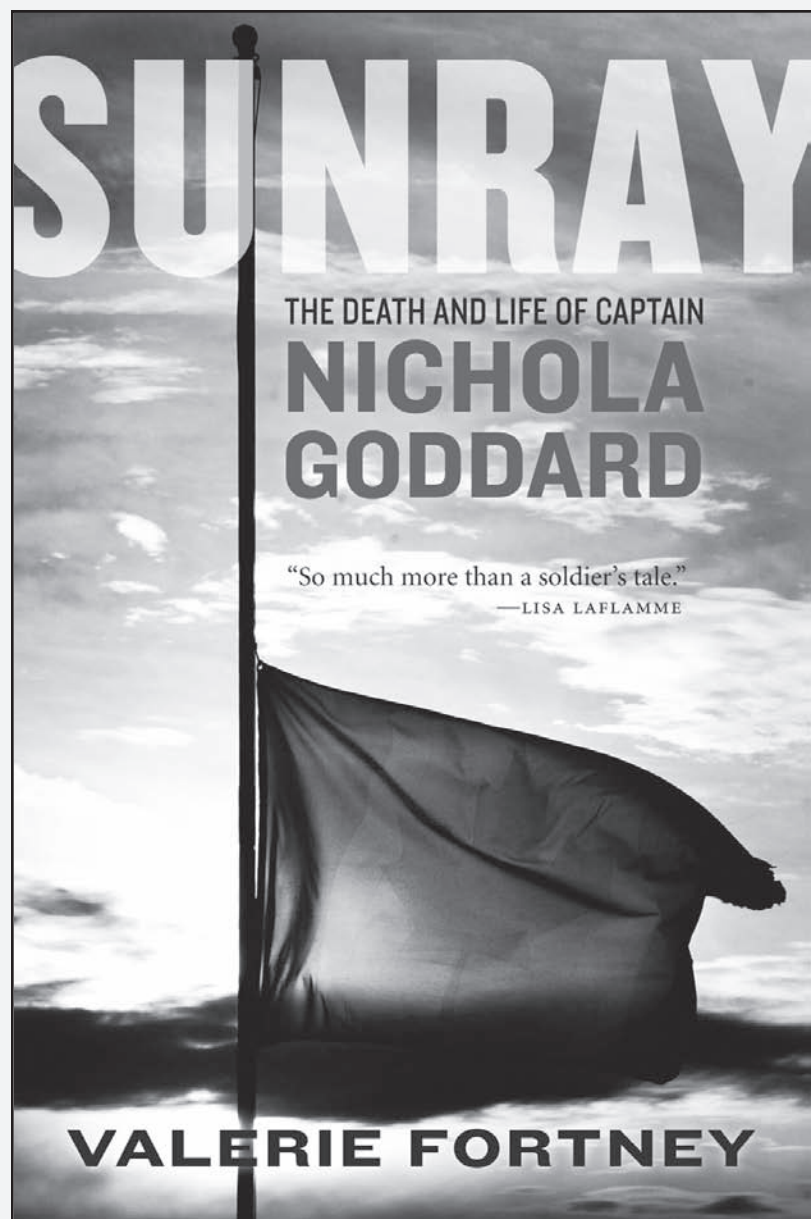
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BOOK REVIEW

SUNRAY a worthwhile read

**Reviewed by
Lori Truscott**

SUNRAY: The Death and Life of Captain Nichola Goddard

Journalist and author Valerie Fortney begins her telling of Captain Nichola Goddard's life by taking the reader to the action in May of 2006, and the reason for writing the book, immediately. One of the biggest moments of the artillery officer's career and what followed are detailed within the first chapter. Subsequent chapters travel back in Nichola's life to weave a story of a woman who from an early age showed that required combination of determination and compassion to be a leader in the Canadian Forces. *SUNRAY: The Death and Life of Captain Nichola Goddard* is as much a story of family and community as it is about one person.

Fortney admittedly wasn't very familiar with the military prior to her decision to write the book. That bias shows through at the book's weaker points. Nichola is portrayed as constantly defending her choice of career. Throughout Nichola's personal growth at RMC and during her posting to 1RCHA here in Shilo Fortney writes of the conflict within and without. Writing as the proverbial outsider does give Fortney unprecedented access to Nichola's childhood and civilian life but she

has a limited understanding of esprit de corps and the camaraderie of soldiering. Fortney's incomplete definition of family restricted her ability to see that Nichola was part of two communities, or families, that were not mutually exclusive. For Nichola, at least, it was quite possible to be part of each and still feel whole. At times, Fortney, the journalist, seems to be not quite understanding her subject matter, but writing the story anyway.

One of the themes in the book is gender and how it did, or did not, affect Nichola's career path. Always the "elephant in the room" throughout her CF experience Nichola herself would not let the fact she was a woman affect her choices. Fortney, however, tries to make the case that it did.

Ultimately, Fortney has brought us a well researched and well told book that is as complete as a biography ever can be. It's extremely difficult to write about the life of someone who is still very fresh in our memories. Any one of us, here in Shilo, who knew Nichola will approach this book with interest, and with a somewhat jaundiced eye. We remember our own version of events and have our own stories to recall. *SUNRAY* is a worthwhile read and we will manage to fill in the gaps in Fortney's tapestry of the events of Nichola's life.

Lori Truscott is Public Affairs Officer for CFB/ASU Shilo.

Learning about the OSISS program

An Operational Stress Injury (OSI) is defined as any persistent psychological difficulty resulting from operational duties performed by a member of the Canadian Forces. The term OSI describes a host of problems, including anxiety, major depression, alcohol or substance abuse and post-traumatic stress disorder (PTSD).

Operational Stress Injuries are very real and have been a part of military history throughout the ages. Today, the increased tempo and high-risk nature of military operations means that service men and women are doing a job that may expose them to high levels of stress or a traumatic event that can cause an OSI. These are not wounds caused by direct enemy fire but wounds that injure the mind and spirit.

The effect of trauma on the human mind is well documented from the dawn of civilization. As far back as the 16th century, military doctors have described the psychological effects of nervousness, depression and disturbed sleep resulting from war. It was only due to the vast scale of the psychological injuries of the First World War that forced military doctors to confront the treatment and rehabilitation of Operational Stress Injuries. As serious as an OSI may be for the affected CF member or Veteran, there are also

repercussions for his or her family. In fact, members of the immediate family are often the first to notice the personality changes and unusual behaviors in their loved one. Family members invest considerable effort in trying to understand the injury, stand by his/her side during recovery and work to maintain family stability. Over time, these demands put a different type of stress on family members who, for better or worse, try to adapt to the long-term effects of the injury. As such, it is important that family members also seek help so they can safeguard their own well-being and, in turn, that of their children and the OSI sufferer.

However, the stigma of mental illness is sometimes so strong that military members are often unwilling to admit they are injured, and these injuries can often affect the member's work and home environment. The myth of the invincible soldier, the widespread stigma surrounding mental illness, and the failure to recognize symptoms, sometimes discourage service members and Veterans from seeking help when they begin suffering from problems like disturbed sleep, mood swings, withdrawal, social isolation and loss of interest in routine activities.

Operational Stress Injury Social Support Program

In 2001, a small group of Veterans set up a peer support network composed of staff and volunteers. This network grew and now includes a separate network sup-

porting the families of serving CF members and Veterans suffering from OSIs. These individuals have experienced firsthand what it is like to live with an OSI, or live with someone with an OSI. They have managed to regain their health and are now in a position to help you.

Their first role is to listen. They have been there and they understand your situation, they will respect your privacy and your need for confidentiality. Peer Support Coordinators across the country know how to find you help to regain your health and wellness. They understand that families are providing support to CF members and Veterans suffering from an OSI face many challenges, and may feel the need to talk and seek more information on OSI resources. They can put you into contact with community resources and specially designed OSI programs and services with Veterans Affairs Canada and the Canadian Forces.

How much they can help, and when, is up to you. They can assist you to regain control of your life. Rest assured that all conversations will remain strictly confidential.

Confidential Support Resources available are:

Family Peer Support Coordinator: Christine Howell 765-3000 ext. 4031

Peer Support Coordinator: Fred Connor 765-3000 ext. 4186

www.osiss.ca
1-800-883-6094

Submitted by Christine Howell, Family Peer Support Coordinator.



The Shilo Stag
Your source for army
news in Manitoba

LOOK MUSIC SERVICES

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- OWNER
- 204-726-0794**
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- FAX: 204-728-0055
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**ASSOCIATE
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REQUIRED FOR A
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OFFICE LOCATED IN COBDEN,
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OF DENTISTRY.**

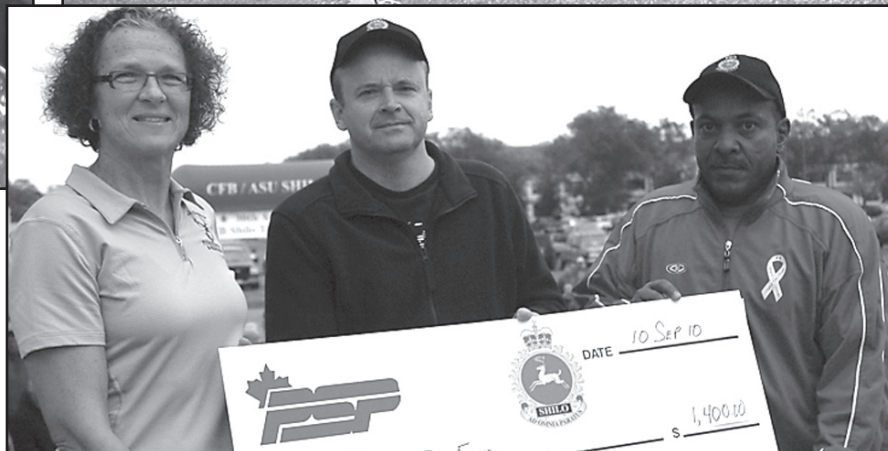
PLEASE CONTACT
gmdthompson@hotmail.com
FOR MORE DETAILS.

  **Sports & Recreation**  

Base shines at 30th annual Terry Fox Run



Hundreds of CF personnel, along with civilians and school children hit the pavement Sept. 10 for the 30th annual Terry Fox Run at CFB/ASU Shilo. Clockwise from above, BComd Luc Généreux says a few closing words, stretching it out, and donations of \$275 from 2PPCLI and \$1,400 from the Shilo Army Run to the Soldier On Fund.



Photos by Quinn Roberts



Foursome take Shilo's annual tournament honours

By FS&R

On Friday, Aug. 27 the Shilo Command Team hosted its fifth Annual Golf Tournament (previously BComd Golf Tournament).

With participants from the Brandon business community, the Shilo military and civilian communities as well as some guests from Calgary, over 100 golfers making up 26 teams officially teed it up. With the rumble of a blank 105 Howitzer being fired by BComd LCol Luc Généreux and the Base RSM, CWO Steven Milton, the tournament was officially started at 10 a.m.

After the last birdies were added, the just misses being bragged about, and the final putt coming to a halt, the



BComd Luc Généreux and BRSM Steven Milton present the winning trophy and prizes to the winning team comprised of Rich Beatty, Barry Brownell, Danny Houde and Mike Borkofsky.
Submitted photo

winning team with a score of 60, 11 under par was Rich Beatty, Barry Brownell, Danny Houde and Mike Borkofsky.

The organizing committee would like to thank the following sponsors: Pat Weir of Roland Weir Realty and Appraisal, Vince Crisanti of Communication Cellular Plus, Dean Peach of Giant Car Wash, Rick of Rick's Restaurant, Dave Scinocca of the Shilo Country Club,

Mike Doucet of the National Sports Office in Ottawa and Dale Bekar from Pacific Blasting and Demolition of Burnaby BC for providing prizes for the tournament.

Send us your sports results!
email:
stag@mts.net

As of Nov. 01/09
We are now...

**SHILO TAXI/
KNIGHTLINE EXPRESS**
Charter Services!
Our new phone number is:
729-8549

Travelling from Shilo to Brandon?
Our rate is \$40.00!
All our Shilo rates are the same,
local and long distance!




BRANDON WHEAT Kings
BRING IT ON!

Catch the Action at the next Home Game...

Sept. 24 @ 7:30 vs. Regina Pats

For Tickets Call 726-3555 or visit Ticketmaster.ca
www.wheatkings.com



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

EXPERIENCE HISTORY WITH A BANG!
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LE MUSÉE NATIONAL DE L'ARTILLERIE DU CANADA
LE MUSÉE DE L'ARC
FAITES DE L'HISTOIRE AVEC UN BANG!

BFC SHILO
Contacter le 204-765-3000 poste 3570
www.rcamuseum.com



Shilo Military Family Resource Centre



Do you ever wish you can set aside time with your child to work on projects, make books, learn songs or even practise pre kindergarten skills?

The Learning Circle

is an opportunity to do just that! Join us every Thursday afternoon where you and your child will work together to create, explore, learn and share with others. You will make books to share and memories that will last a lifetime!

Ages 3 - 5 years

Date: Every Thursday

Time: 1:30 - 3:15

Cost: Free (includes healthy snack)

Register by the Friday before each session

Prevention, Support and Intervention Social Worker

This is a ¾ time (22.5 hours per week) position under the direct supervision of the Executive Director that requires the employee to perform responsibilities in the area of counselling and support programming.

Required Qualifications:

- * Post-secondary degree in Social Work or related field with a minimum of 2 years continuous experience in counselling services orientated to family issues.
- * Professional certification with a registered body that monitors quality of service/ ethics etc. e.g.: Guidance & Counselling Association, College of Registered Psychiatric Nursing Association, Manitoba Association of Social Workers etc.
- * Knowledge of brief intervention therapy or solution focused therapy. Preference may be given to candidates with experience with one or more models.
- * Knowledge of evaluation procedures. Preference may be given to candidates with experience in evaluating programs, services, and organizations.
- * Knowledge of the unique challenges of the military lifestyle

Desired Assets:

- * Experience working with self help groups
- * Experience instructing workshops and courses relating to family and personal issues
- * Ability to work as part of a team as well as independently
- * Other certification/ courses and skills related to children/ youth e.g.: Applied Suicide Intervention Skills Training (ASIST), Non-violent Crisis Intervention (NVC) Certificate
- * First Aid/ CPR
- * Working knowledge with the military lifestyle
- * French a definite asset
- * Computer and Internet skills with the ability to research relevant information
- * Willingness to work flexible hours

General Statement of Responsibilities:

- * The counsellor/ coordinator provides short-term counselling and referral services to civilian members of military families. The counsellor/ coordinator also provides preventative education and training and is required to network with military and civilian community resources.
- * The PSI Coordinator ensures yearly professional development training to upkeep skill sets, and maintains certification with registered body.

Terms of reference

Salary: \$ 24.55 - \$ 28.72 hourly
 Anticipated start date: October 14, 2010
 Deadline for applications: September 20, 2010

Please submit resume to:

Willemien Van Lankvelt, Executive Director
 Shilo Military Family Resource Centre
 P.O. Box 5000 Station Main Building T-114
 Shilo, MB R0K 2A0 OR
 Email: WILLEMIEN.VANLANKVELT@forces.gc.ca

Family Counsellor says goodbye to the MFRC

By Roddy Batson



After six years working at the Shilo Military Family Resource Centre it is with mixed feelings that I am announcing my resignation effective Sept. 9.

I truly have enjoyed working within the community and with the people of Shilo. In my early capacity as a Youth Out-

reach worker I worked with many of the youth and families of Shilo in the community, providing counselling services.

In my time in Shilo I have been privileged to see many of them grow from adolescents to active members of society. Since 2006 I have worked in the capacity of Prevention Support and Intervention Coordinator

- Family Counsellor providing intervention and counselling.

I applied for a new position which I successfully acquired at Health Canada. I am thankful for the opportunity and privilege of serving the community of Shilo.

Roddy Batson, R.P.N., B.A., M.Ed. is the outgoing Family Counsellor at the MFRC.

Upcoming events at the MFRC

Date	Program	Time	Cost	Registration deadline
Special Events				
October 13	Natural Play Space Planning Session	5-7pm	Supper provided FREE	No registration
Adult				
September 21 & 28	Thrift Shop	1:30-3pm & 6:30-8pm	& Weekly specials	No registration
September 16 & 23	Thrift Shop	9:30-11am & 6:30-8pm	& Weekly specials	No registration
September 24	WHMIS Training	1-4pm & 6-9pm	or \$30 or part of the pack for potential program	Register by Friday, September 24 at noon
September 25	Scrapbooking Day	9am - 5pm	\$2.00 per person	Register by Wednesday, September 22 at noon
Deployment				
September 18	Children's Deployment Afternoon	1-4pm	FREE	Register by Wednesday, September 15 at noon
September 18	Deployment Child-care	1-4pm	FREE	Register by Wednesday, September 15 at noon
September 24	Glow Bowling	6pm	\$3.00	Register by Thursday, September 23 at noon.
Youth				
Looking for a parent free zone? Drop in to the Teen Centre for Video games, TV, fooseball, high speed internet, musical instruments and much more! Special activities planned throughout the month				
Hours of Operation are: Mondays, Tuesdays & Thursdays: Tweens (12-14yrs) 6-8pm and Teens (14-17yrs) 8-10pm Fridays: Tweens & Teens 6-11pm				
September 24	Movie Night	8:30pm	FREE with Teen Centre Membership	No registration
September	Youth Council	Contact the MFRC	FREE with Teen Centre Membership	Contact the MFRC
School Age				
September 22 & 29	Keen Kids	5-6pm	FREE Trial offer	No registration
September 22 & 29	Kool Kids	6-7pm	FREE Trial offer	No registration
September 22 & 29	Kooler Kids	7:30-9pm	FREE Trail offer	No registration
Preschool				
September 21 & 28	Tumbleweeds (Every Tuesday)	9 : 3 0 - 11:30am	\$1 drop in fee	No registration
September 22 & 29	Relaxation Station	1:30-3:30pm	FREE	Register by the Friday before
September 16, 23 & 30	The Learning Circle	1:30-3:15pm	FREE includes a healthy snack	Register by the Friday before.
September 28	Teddy Bear Picnic	1:30-3:30pm	\$4.00	Register by Wednesday, September 22 at noon

What's on Your Agenda?



• **Manitoba Down Syndrome Society - Westman Buddy Walk 2010** Sunday, Sept. 26. Registration, food, beverages & entertainment starting at 10 a.m. Walk begins at 11 a.m. Inflatable bouncers - music from the Street Team of 94.7 FM - free hotdog lunch. East End Community Centre, 405 Park St., Brandon. For more information: www.mbdss.ca/westman or email buddywalk@wgc-wave.ca.

• **Operation - Cooking for Soldier On!** Pre-order your cookbook now! This book is a compilation of recipes from military families. Proceeds from the cookbook go to the Soldier On Fund (www.soldieron.ca). Books are purchased for a minimum donation of \$12. Orders must be in by Sept. 20. Books will hopefully be in by Christmas! For more information please contact Katie Wiseman by email at katie.lovingmysoldier@gmail.com or by phone at 765-4874.

• **Shotokan Karate** classes Tuesday 6:30-7:30 p.m. at GSH Gym C. First session begins Sept. 28.

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

• **Manitoba Provincial Plowing Match** Oct. 2 & 3. West of Brandon, south from the junction of #1 and #250, between Alexander and Souris. Juniors at 9 a.m., horse classes at 11 a.m., and senior classes at 1 p.m. No admission.

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

• **Attention Breastfeeding Mothers:** The Quintessence Foundation would like to invite you to the Quintessence World Record Challenge being held on Oct. 2 at the Shoppers Mall in Brandon. The challenge is for the record of most children breastfeeding simultaneously at 11 a.m. local time in a set geographic area as a

percentage of the birth rate. This event is in celebration of World Breastfeeding Week and is a great way to "advertise" and promote breastfeeding. Please arrive at 10:30 a.m. to register. For more information contact Rachel McPhee at 571-8378.

• **Visit Daly House Museum** at 122-18th Street, Brandon. The house was built by the first mayor of Brandon, Thomas Mayne Daly. Your family can step back over 150 years to experience the strict rules of a Victorian time. Visit Mutters General Store, or discover the origins of the city of Brandon. Our hours are 10 a.m. - noon and 1-5 p.m. Tuesday to Saturday.

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

• **The RCA Museum.** Open seven days a week, from 10 a.m. - 5 p.m. Temporary exhibition "More Mortars" runs until Jan. 31, 2011. Winter hours now in effect (open Mon. to Fri. 10 a.m. - 5 p.m., closed weekends and holidays).

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

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

BINGO

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

• **Shilo Community Library** hours are Mondays, 6-8:30 p.m.; Tuesdays and Thursdays, 9:30 a.m. - 12:30 p.m., 1-4 p.m., and 6-8:30 p.m. Story Time is Thursdays at 1:30 p.m.

• **Did you know?** The Base Personnel Selection Office (BPSO), located in Room 204 in Headquarters, has a laptop with Internet access for your use. If you would like to use the laptop to access the Internet, please call local 4078 stating when you would like to come by.

• **Ceramic Club** Ladies and Gents need a stress release? Come join us for a couple hours of fun and creativity at 20-22 Esquimalt on Wednesdays from 7-10pm or on Sundays from 1-5pm. Lots of projects to choose from and no experience required. All paint and tools are available and qualified teacher on hand. Contact Grace Flynn at 763-4372 or just show up and see what we have to offer.

• **Everyone welcome!** T.O.P.S. (Take Off Pounds Sensibly) Held at Sprucewoods Community Hall, Tuesdays at 6 p.m. Contact: Barb at 763-4768 or Betty at 763-8854.

September Fitness Sessions

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

EDUCATION SESSIONS (Military members only)

Tuesdays: 7:30-8:30 a.m.
 Sept. 21 - Stress: Take Charge - Module One (Anne Todd)
 Sept. 28 - Stress: Take Charge - StressMap (Anne Todd)

FITNESS WORKSHOPS

(Military members, DND civilian employees, GSH card holders)
 CF EXPRES Test
 Wednesday, Sept. 22
 9 a.m.
 Gym C
 Registration Deadline: Tuesday, Sept. 21

CLASSIFIED ADS

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

**\$10 for first 20 words,
 10¢ for each additional word*
 Deadline for next issue:
 September 23, 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.*

Services



St. Barbara's

Protestant Chapel

Sundays @ 1030 with

Sunday School & Nursery

Padre King - ext 3381

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 Boyden - ext 3089

Self storage space - U-Haul truck & trailer rentals - boxes - moving supplies 725-0019

Looking for a good used car truck sport utility call Advantage Auto & Trailer 729-8989

Services

Perfect 10 Personal Training available at GSH beginning 10-10-10. For more information, contact Ferran Cardinal at 204.523.0311. Bachelor's of Science in Exercise Science/ Sports Management, Certified Personal Trainer.

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 • Email: ggs57@wgcwave.ca.

Next dates: MHSC October 1 & 2 Brandon. CFSC October 2 Brandon. CRFSC October 3. Call or email for training calendar.

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

Professional computerized bookkeeping available for personal or business. Will pick up/deliver. Call Bristow Bookkeeping Services at 763-8865.

For Sale

WAWANESA - Totally updated 2+1 bungalow, including flooring, windows, kitchen cabinets and bathroom. New garage (36x24) with insulated & heated workshop. Located close to school, hospital & rec centre. 20 minute commute to Shilo. For more info or to view, call Bob Daymond (204) 571-5918 Sutton-Harrison Realty.

Aluminum Garden Shed 9'6"x8'x6' \$250. Kitchen Cupboards - wall, base and 3 drawer unit - 7 units in total with approx. 60" of counter space - GREAT addition to your PMQ or basement suite \$500. 30" Tri-View Medicine Cabinet \$50. Corner TV cabinet with Doors, Solid Wood, 30"x30" (interior dimensions). Available to view at 31 Alfriston or call 765-2989.

WAWANESA 1363 sqft raised bungalow with double attached garage with in-floor heat. 3 + 2 bedrms, 2 full baths, sunken living rm with hardwood flooring, developed basement and fenced yard. (MLS # 1013734) Call Kathy McLean at 824-2651 to view Century 21 Westman.com.

For Sale

GLENBORO - Cheaper than paying rent! Updated 2+1-1 1/2 storey house in quiet town of Glenboro. Updates include windows, siding, exterior doors, electrical, plumbing and kitchen cabinets. Single attached garage on a private large lot close to all amenities. For more info or to view, call Bob Daymond Sutton-Harrison Realty (571-5918).

Very spacious 2,000 sq. ft. bungalow. Huge country kitchen, 5 bedrooms, library, and then there's still the basement! Huge woodworking shop. 1/4 acre 5 minutes from Brandon. All for only \$259,000. Call 761-2342 or 727-7981. Open house Wednesday, Sept. 22 6-8 p.m.

Found

Tree stand. Must know location. Call 728-2995.

Lost

Lost house key on a Mustang key chain. Call 702-0150.

Acres For Sale

GLENBORO - Enjoy country living in this 3 bedroom 1400 sq ft. home situated on 38 scenic acres. Very private, well treed and fenced for horse lovers. Recent updates include shingles, windows and siding. Only 2 miles from Glenboro, easy commute to Shilo and Brandon. For more info or to view, call Bob Daymond Sutton-Harrison Realty (571-5918).



The Shilo Stag -
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 army news in
 Manitoba

Write to us!

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

Get to know the Shilo Chaplain Team



Maj Harold "Foz" King

Local: 3381
Email: Harold.King@forces.gc.ca
Children: Danielle, 26; Alexander, 21; Alyssa, 14; Brianna, 12; Hannah, 6
Hometown: Moncton, NB
Favourite songs: "Stonecutter's Arms" by Tom Cochrane and "Love Song" by Third Day
Favourite TV shows: NCIS and Holmes Inspection
Favourite book: "Gentle Vengeance" by Charles Le Baron
Favourite part of his job: Bringing order out of chaos through faith; helping people to find meaning and substance in their lives.



Capt Kevin Olive

Local: 6836
Email: Kevin.Olive@forces.gc.ca
Hometown: Military brat - no hometown
Favourite song: "Time In A Bottle" by Jim Croce
Favourite TV show: Lost
Favourite book: "Two Wars" by Nate Self
Favourite part of his job: Encouraging members who are journeying through difficult times.



Capt Dwayne Bos

Local: 3088
Email: Dwayne.Bos@forces.gc.ca
Children: Jeremy, 7; Kaitlyn, 5; Addison, 2 weeks
Hometown: Collingwood, ON
Favourite songs: "Friday I'm In Love" by The Cure and "I've Got The Power" by Snap
Favourite TV shows: Smallville and Chopped
Favourite part of his job: Making a difference in

The Shilo Faith Centre is open from 7:30 a.m. to 4 p.m. Monday to Friday. For more information, contact Julie Joannette at main reception by calling local 3091 or emailing Julie.Joannette@forces.gc.ca.
 The Chaplain Team offers counselling, prayer, church services, advice and a listening ear. If you require the services of a Chaplain after hours, call the base duty centre at local 3044.
 Protestant services are Sundays at 10:30 a.m. at St. Barbara's Protestant Chapel. Catholic services are Sundays at 10:30 a.m. at Our Lady of Shilo Roman Catholic Chapel. Confession is at 10 a.m. and Weekday Mass is held Tuesday to Thursday at 12:05 p.m. For more information on services, see the ad on the Stag's What's On Your Agenda? page.

someone's life and being that light that shines in the darkness (Matthew 5:16). I work and serve others, wherever they may be, and I enjoy the times that I am able to be a part of the joys and sorrows of life.



Lt (N) Kelly Boyden

Local: 3089
Email: Kelly.Boyden@forces.gc.ca
Hometown: Ottawa, ON
Favourite song: "Magic" by B.O.B.
Favourite TV show: Glee
Favourite book: "The Thousand Autumns of Jacob de Zoet" by David Mitchell
Favourite part of his job: Baptisms of infant children



Capt Albert Lee

Local: 3088
Children: Titus, 16; Philemon, 14; Silas, 13; Aquila, 12; Priscilla, 10; Lydia, 7; Barnabas, 3
Favourite song: "Be Thou My Vision"
Favourite book: The Bible
Favourite part of his job: Building friendships with people.



Lt (N) Earl S. Klotz

Local: 3090
Children: Jordan, 15; Lydia, 13; Daniel, 10
Hometown: Macklin, SK
Favourite songs: "Fly Like An Eagle"
Favourite book: The Holy Bible
Favourite part of his job: I love the mix of being in the field, offering counselling and supporting spiritual presence and socializing. Chaplaincy is a great profession.

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