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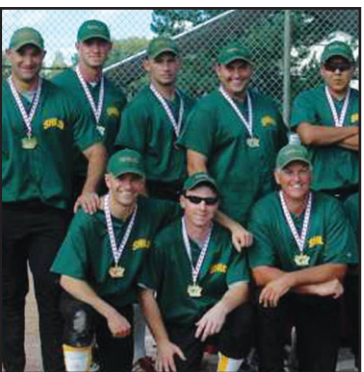
INSIDE This Issue



Shilo involvement in Pacific Partnership. Story on pg. 5.



Welcome Guide for newcomers. See pages 9 — 12.



Men's Slo-Pitch squad off to regionals. See page 14.



Ammonia leak

Shilo Emergency Services personnel, including fire, ambulance and Military Police were quick on the scene Aug. 30 to deal with a suspected ammonia leak in a refrigeration unit at the Gunner Arena. Two workers inside the arena who were performing maintenance were evacuated. There were no injuries. The investigation continues.

Photos by Bruce Peever



Pledge your support for Sept. 10 Terry Fox Run

By Kristen Lucyshyn

CFB Shilo's 30th Annual Terry Fox Run will be held on Friday, Sept. 10 at the Community Centre Annex, Building L-25.

Registration that day is from 8:15 to 9 a.m. with opening ceremonies beginning at 9:15 a.m. followed by a group led warm-up and the official race commencing at 9:30 a.m.

Participants can choose to walk, run, or bike the five km route (one lap) or the 10 km route (two laps). The run will be followed by a barbecue at 11 a.m. in L-25 for all participants.

Raffle tickets for prizes and Terry Fox

t-shirts will be sold between now and Sept. 9 in the CANEX mall from 10 a.m. to 1 p.m. and will also be sold on Sept. 10 with all proceeds going to the Terry Fox Foundation. Raffle tickets are three for \$1. Draws will be made at 11 a.m. during the barbecue.

Last year, the Shilo community raised over \$4,000 for cancer research and we hope to raise even more this year! Pledge forms are available at the GSH, the Fitness Centre, and the Community Centre. We need your support! For more information on the Terry Fox Run, please contact the Recreation Office at 765-3000 ext 3317 or 3588.

Terry Fox was born in Winnipeg and

raised in Port Coquitlam, a community near Vancouver on Canada's west coast. An active teenager involved in many sports, Fox was only 18 years old when he was diagnosed with osteogenic sarcoma (bone cancer) and forced to have his right leg amputated 15 centimetres (six inches) above the knee in 1977.

While in hospital, the future hero was so overcome by the suffering of other cancer patients, many of them young children, that he decided to run across Canada to raise money for cancer research. He would call his journey the Marathon of Hope.

See **FOX RUN** page 2

go Success Shows *Fall Home Show* September 9 - 11

go for the shopping stay for the fun **Shoppers MALL** 

Fox Run From the front

After 18 months and running over 5,000 kilometres (3,107 miles) to prepare, Fox started his run in St. John's, N.L. on April 12, 1980 with little fanfare. Although it was difficult to garner attention in the beginning, enthusiasm soon grew, and the money collected along his route began to mount. He ran 42 kilometres (26 miles) a day through Canada's Atlantic provinces, Quebec and Ontario.

However, on Sept. 1, after 143 days and 5,373 kilometres (3,339 miles), Fox was forced to stop running outside of Thunder Bay, ON because cancer had appeared in his lungs. An entire nation was stunned and saddened.

Terry Fox passed away on June 28, 1981 at the age 22.

The heroic Canadian was gone, but his legacy was just beginning.

Kristen Lucyshyn is a Recreation Administrative Assistant with FS&R.

From the Terry Fox Run at CFB Shilo in September, 2009 are clockwise from right, Base leadership warming up, Fitness Instructor Melissa Griffiths leading the pre-run stretching, and a pair of youngsters enjoy some time out on the course.

File photos



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Motorcyclists ride into Shilo

Military Police motorcyclists from across Canada rode into Shilo on Aug. 24 as part of the second annual MP Motorcycle Relay Ride. The ride raises money for the Military Police Fund for Blind Children, which was founded in 1957. Above left, riders are served hot dogs and hamburgers at a barbecue at L-25. At right, the bikes were lined up outside L-25 as the riders enjoyed their barbecue.

Photos by Sara Cumming



Handling operational stress injuries

Most soldiers return thinking it's all over. 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 sol-

diers 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.

Meetings take place from Sept. to Dec. and again from Jan. to June.

For more information on dates and meeting location contact Fred Connor, Peer Support Coordinator.

Phone: 204-765-3000 ext.4186.

Email: Frederick.connor@osiss.ca.

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

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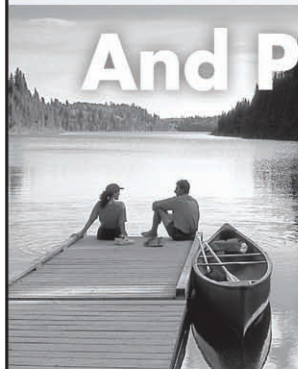
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Letters & Opinions



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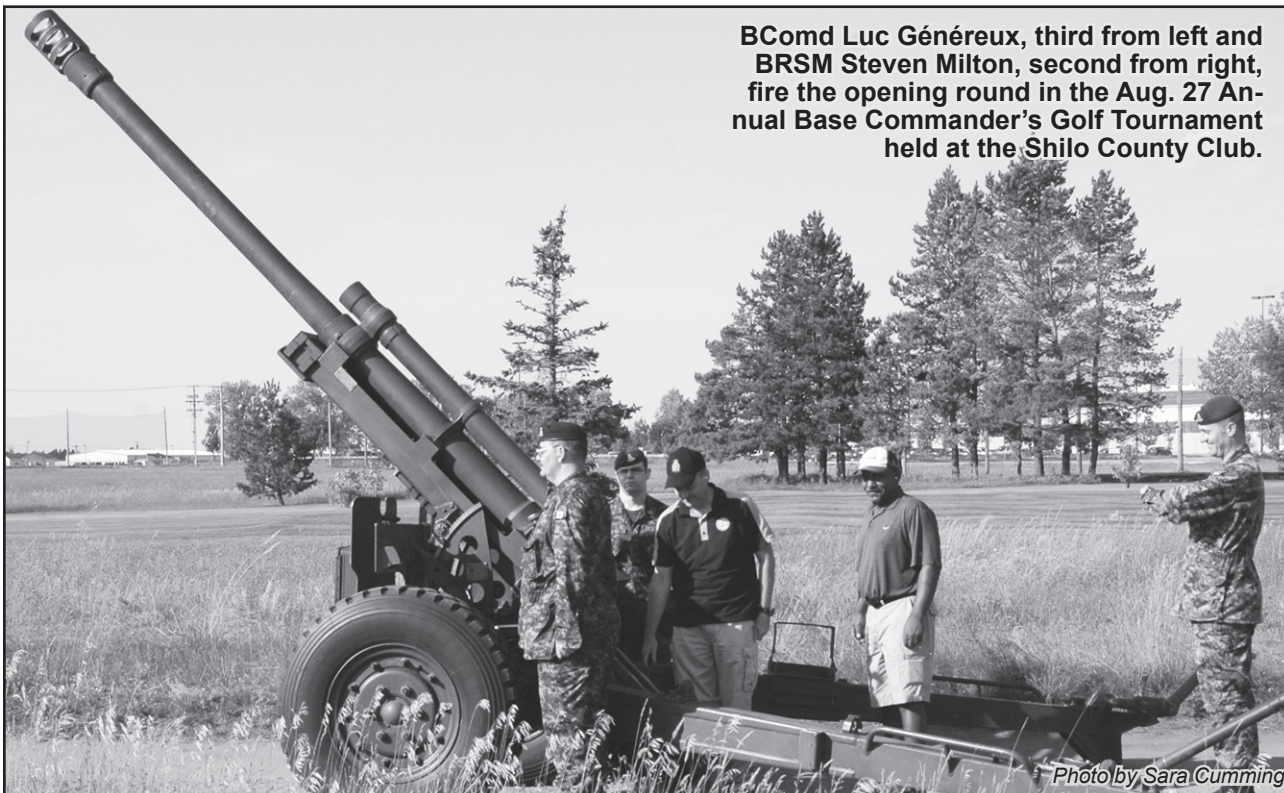
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The Shilo Stag is produced every second Thursday. Deadline for submissions is the Thursday prior to the week of publication.

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.



BComd Luc Généreux, third from left and BRSM Steven Milton, second from right, fire the opening round in the Aug. 27 Annual Base Commander's Golf Tournament held at the Shilo County Club.

Photo by Sara Cumming

Letter to the Editor

Do your part to lessen Lyme disease

Dear Editor

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

Sincerely,
Dr. Terry Galloway
University of Manitoba

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Shilo corporal contributes to Pacific Partnership

By Lt (N)
Chris Shannon

A group of Canadian Forces health care providers recently deployed to Southeast Asia for the Indonesian phase of Pacific Partnership 2010. They are part of a joint disaster preparedness training exercise aboard the American Navy hospital ship USNS Mercy (T-AH 19) as well as the Royal Australian Navy heavy landing craft, the HMAS Labuan (L128) and HMAS Tarakan (L129).

Seventeen regular and reserve force personnel from across Canada are participating in Pacific Partnership 2010, including physicians, dentists, nurses, physiotherapists, medical and dental technicians. They took over from the first Canadian team, who deployed to Cambodia and Vietnam in May and June.

During the Indonesian phase of Pacific Partnership 2010 more than 30,000 patients were seen in the operating rooms and wards of USNS Mercy, as well as on numerous medical and dental civil action program sites throughout the predominantly rural Spice Islands of Maluku and North Maluku Provinces.

Without exception, the Canadian Forces members who participated were excited they could provide assistance to those with limited access to medical and dental care.

"This has truly been a tremendous experience," said Dental Technician Cpl Shannon Robertson, who personally assisted with more than 500 dental procedures and examinations. "Being able to come halfway around the world and provide care for these wonderful people has been, without a doubt one of the pin-



Cpl Shannon Robertson (centre), a dental technician from 1 Dental Unit in Shilo, Manitoba, walks among grave markers at the Ambon War Cemetery in Ambon, Indonesia, where CF personnel took part in a memorial service with the Australia contingent of Pacific Partnership 2010.

Photo credit: DND/CF

nacles of my life."

Pacific Partnership originated following the 2004 Indian Ocean tsunami that claimed the lives of more than

225,000 people. What began simply as an exercise to plan and enact multinational and multiservice disaster relief has become an enduring

symbol of international goodwill and cooperation.

Dozens of cross-cultural learning and teaching sessions, or

subject matter expert exchanges, were undertaken throughout Indonesia, at schools, hospitals, and villages. As the Canadian troops demonstrated their skills and techniques, they "were warmly welcomed by the local population, many recognized the maple leaf on our uniforms," said LCol Paul Charlebois, an Internal Medicine specialist from 1 Canadian Field Hospital (detachment Halifax) who is deployed as the senior Canadian Officer on USNS Mercy.

This experience has also allowed the Canadian military to forge strong ties with other partner nations. One of these experiences involved a somber memorial service at the Ambon War Cemetery with the Australian contingent.

More than 2,000 allied personnel are buried

there, including Australian, British, Dutch and Canadian servicemen. The well-manicured memorial is the final resting place for those from many nations who fought during the Japanese invasion of Ambon, Indonesia.

The cemetery also honours those Allied prisoners-of-war who suffered in the Japanese prison camp that stood on the site.

A group of CF members visited this cemetery, and paused to pay their respects at the graves of two Canadian Airmen, Flight Sergeant Ronald Neal and Cpl Charles Moore.

This group will be returning home in early September.

Lt (N) Chris Shannon is a CF Administrative Officer aboard the USNS Mercy.

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The
Public
Utilities
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Reminder Notice Of Public Hearing

Applicant: Manitoba Public Insurance Corporation

HEARING:

The Public Utilities Board (Board) will hold a public hearing of an application from Manitoba Public Insurance Corporation (MPI) for approval of rates and premiums for compulsory vehicle and driver insurance as of March 1, 2011. The hearing would take place at the Board's Hearing Room, 4th Floor, 330 Portage Avenue, Winnipeg, MB (commencing at 9:00 a.m.) on October 5, 2010.

RATE IMPACT:

The Corporation is requesting approval for basic Autopac vehicle and drivers licence rates effective March 1, 2011, which, if approved, would result in an overall decrease in MPI's basic premium revenue of 4.0% (excluding the impact of vehicle upgrades and an increased overall driver and vehicle population). As well, MPI proposes a 12.9% rebate of 2009/2010 vehicle premiums, upon the approval of the Board to be paid in MPI's 2011/12 fiscal year.

Actual vehicle and driver premiums and licence fees would vary depending on claim and driving experience, insurance use, territory and vehicle rate group. Full particulars, including the rate impact and application, can be found on the Manitoba Public Insurance website www.mpi.mb.ca.

PARTICIPATION:

Parties wishing to submit a brief or to express comments at the hearing should contact the Board Secretary by no later than September 17, 2010.

GENERAL INFORMATION:

Interested parties should take note that the Board does not have jurisdiction over the MPI lines of business denoted as Extension or SRE, or as to MPI's Driver and Vehicle Licensing operation.

Persons seeking further information as to MPI's application or with respect to the Board's process should notify the Board Secretary. As well, interested parties may examine MPI's application and supporting materials, either at the offices of the Corporation or on its website, or the Board's office.

DATED this 16th day of July, 2010.

G. Gaudreau CMA

Secretary
The Public Utilities Board



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In our Sept. 16 issue of the *Stag* ...



The Chemist Cupboard Pharmacy has been serving CFB Shilo for the past five years out of the same location in the CANEX Mall. However changes are coming Sept. 13 with extended hours Monday to Friday, coupled with that trusted, same-day service on prescriptions. Pharmacist/Owner Terry Dubyts (pictured above) says she wants to build on the friendships she has enjoyed with the military community. For the complete story, see our next issue.



Annual DND photo contest returns in October

By Ryan Cane

Kyle Jackson loves photography for a variety of reasons — the travel, the people and the technical side.

"I simply enjoy it as a creative outlet," he says. "Where I am free to create the images that I want, and share them with others."

Jackson was last year's DND Photography Contest amateur photographer of the year, and a passionate annual participant.

The DND Photography Contest celebrates the artistic, dramatic and thought provoking views of CF photographers and images they capture.

The contest is open to current members of DND/CF and their families, retired members of DND/CF as well as NPF employees. Divided into professional and amateur categories, the event is known for its integrity among photography

professionals while being inviting to amateurs and first-timers. More than \$20,000 in

inspired by other photographers. He says that developing an eye for great images involves lots of practice,

anyone interested in photography to enter the contest each October, for the drive for improvement it brings,



Submitted photo
Kyle Jackson is pictured in Antarctica where he captured his award winning 'Gentoo Penguin' photograph from the 2009 DND Photography Contest.

prizes will be awarded in both professional and amateur categories including photographer of the year, best in show and the Deputy Minister's award.

Jackson encourages others to participate and to look at the nine different categories that photos can be submitted. He recommends getting

studying the results, and trying again.

"Whether it's the expression and body language in a portrait, the intense action of a sporting event, or the awe-inspiring forces of nature at work, it's the links to our emotions that carry impact." Jackson says. "I highly encourage

the sense of belonging to a greater community, and for the simple enjoyment of it."


For information and rules, go to www.cfpsa.com/dndphotocontest.

Ryan Cane is National Recreation Manager/Director General Personnel and Family Support Services.



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Shake the salt habit - slow down on sodium

By Anne Todd

Sodium has been getting a lot of attention in the media lately, and it's far overdue! The average Canadian adult consumes 3,400 mg sodium daily, far more than Health Canada's recommendation of 2,300 mg per day.

In 2004, the Tolerable Upper Limit (TUL) for sodium was set at 2,300 mg per day for people aged 14 years and over. The TUL is the highest average daily intake likely to pose no risk of adverse health effects, and should not be exceeded. The 2004 Canadian Community Health Survey results show that among people aged nine to 70, over 85 per cent of men and between 63 per cent and 83 per cent of women had sodium intakes exceeding the TUL. The recommended Adequate Intake for sodium (which translates into what you actually need each day) is 1,500 mg per day.

So why all the fuss? There is a vast body of evidence linking high sodium intake to high blood pressure,



Your Health
Anne Todd

which is the leading preventable risk factor for death worldwide. High blood pressure is the major cause of cardiovascular disease and a risk factor for stroke and kidney disease. There is also evidence to suggest that a diet high in sodium is a risk factor for osteoporosis, stomach cancer and asthma.

Most of our sodium intake comes from fast and/or convenience foods. It is estimated that commercially processed foods account for 77 per cent of the sodium intake. Table salt provides 2,300 mg sodium per teaspoon, so if you are in the habit of using the salt shaker, you might be



Cutting your daily intake of salt could reduce your blood pressure.

consuming far more sodium than you realize. Read labels to compare products for sodium content. You will be surprised!

For instance, prepared Knorr Cream of Chicken packaged soup mix provides 1,067 mg per cup (one ladle)... many people would fill their soup bowl and consume closer to two cups! A 43 gram pack-

age of Old Dutch Salt 'n Vinegar potato chips provides 770 mg sodium. A Supersized Big Mac meal at McDonalds will provide 1,535 mg sodium. The list goes on.

The taste for salt is an acquired one, which can be modified by gradually reducing the amount you consume. If you suddenly severe-

ly restrict your sodium intake, you will probably find your food to be tasteless, and will be reaching for the salt shaker right away. Here are 10 tips to help you lower your sodium intake:

1. Avoid using salt at the table and use as little as possible in your cooking.
2. Eat fresh foods most of the time. Prepare home-cooked meals. Look for quick, easy, lower salt recipes and plan your meals ahead of time.
3. Season foods with lemon or lime juice, vinegars, wine, fresh garlic, herbs and spices instead of salt. Do not use spices that contain salt such as garlic salt or seasoning salt.
4. Read food labels for sodium content. A low sodium choice for most foods would be 200 mg sodium or less per serving.
5. Choose foods labeled "low sodium" or "no salt added".
6. Limit portions and how often you eat processed foods such as: soups, "instant" versions of foods, pro-

cessed cheese slices and spreads, processed, cured or smoked meats, canned vegetables, meats and fish, and tomato and vegetable juices.

7. Limit salted snack foods such as chips, crackers, popcorn and nuts.

8. Limit pickles, pickled foods, relishes, salsa, dips, chutney, sauerkraut and olives.


9. Use small quantities of higher salt condiments such as ketchup, mustard, soy sauce, salad dressings, barbecue and other sauces.

10. Eat out less often, and when you do, ask your server if menu items can be prepared without salt and that sauces and dressings be served on the side.

For more information, check out these websites: www.sodium101.ca and www.heartandstroke.ca.

References: Sodium Reduction Strategy for Canada, July 2010, Health Canada; Dietitians of Canada, 2008.

Anne Todd is the Health Promotion Director for Shilo.




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Image: Department of National Defence


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Young soldiers learn how to drive, fire LAV IIIs

By Lt Ben Wong

With the recent success of Op Podium and the Vancouver 2010 Winter Olympics behind them, the soldiers of Second Battalion, Princess Patricia's Canadian Light Infantry are capitalizing on the lull in operations to refresh and rebuild some of their soldier skills. Foremost amongst these skills is the Battalion's LAV III skill set.

The LAV III or Light Armoured Vehicle III is the armoured personnel carrier employed by the Canadian Forces. It features a 350 horsepower Caterpillar diesel engine and the impressive M242 25mm Chain Gun, amongst an array of other armaments that make the LAV III a versatile, robust infantry fighting vehicle.

Currently, Bravo Company, 2PPCLI, is conducting two simultaneous courses designed to train young soldiers in the operation of the LAV III. The first course is the LAV III Driver Course and the second is the 25mm Turret Operator Course. Together these courses give soldiers the ability to move and fight with the LAV III on the battlefield.

The LAV III Driver Course is a four-week course during which candidates will cover all necessary skill sets that soldiers require to both drive and maintain the LAV III. The course is divided into several parts.

During the first part of the course, candidates cover basic maintenance routines, towing, vehicle recovery, and general



Members of Bravo Company, 2PPCLI have been taking part in two separate LAV III training courses that teaches the finer points of driving and turret operation. Both courses were four weeks in duration and included driving along the Trans Canada Highway, maintenance and vehicle recovery, along with simulated and real firing out on the CFB Shilo Range.

Submitted photos

troubleshooting that will help the drivers keep their vehicles running during day to day garrison training as well as in theatres of operation.

The second phase is focused on basic driving skills which include driving the LAV III around the base, in urban areas and on highways. This course tests the driver's skills by driving on the Trans-Canada Highway as well as in the urban areas around Minnedosa and



Brandon.

The third phase of the course is the tactical driving portion during which candidates learn about driving under operational and combat conditions. This phase was conducted in the CFB Shilo training area where candidates learned how to drive off-road as well as how to manoeuvre their vehicles in formations to give them the best protection.

After completion of this course candidates

will assume roles as LAV III drivers in each of 2PPCLI's two mechanized companies.

Turret training

The LAV III Turret Operator course is also a two-week course designed to teach candidates the fundamentals of armoured gunnery and how to employ the various armaments of the LAV III Turret. This too is structured in a progressive manner beginning with basic

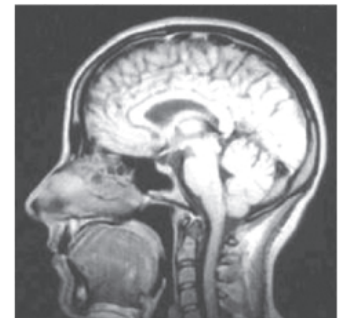
maintenance, drills, and safety classes on

the various armaments. Once the candidates have mastered these skills they begin to learn how to operate the weapons in combat situations where they are required to identify and engage targets.

Training begins with practices on the chalkboard in the classroom, and then progresses to the CGT which is a simulator used to simulate the operation of the LAV III turret. The CGT is almost like a video game and is very effective at honing soldiers' skills before they head to the range to fire their armaments for real. The culmination of this course is a three-day range where candidates are required to engage a number of targets using all the armaments of the LAV III turret when the vehicle is both static and moving. Upon completion, the junior candidates will become LAV III gunners in the two mechanized companies and the senior soldiers will go on to the LAV III Crew Commander course where they will learn to command the LAV III and its crew.

Lt Ben Wong is a 5PI Comd, 2 PPCLI.

MILITARY PERSONNEL Volunteers Needed for Research Study



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.

Benefits: You will help us understand emotional processing in the brain as well as receive a research stipend and travel expenses for out-of-towners.

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

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Welcome

Your guide to the Shilo area

Brandon is a progressive community nestled along the Assiniboine River in the heart of Southwestern Manitoba. Brandon continues to prosper without forsaking the high "Quality of Life" residents work diligently to maintain. Advances in transportation and technology have created an enormously enticing situation for the city's residents.

Career training is readily available through one of the top-notch training institutions located in Brandon: Brandon University, Assiniboine Community College, The Manitoba Emergency Services College, The Learning Company, Robertson College, University of Manitoba four-year satellite nursing program and Agriculture
See BRANDON page 11

Health Promotion *welcomes you* to Shilo!

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Reviewing Officer LCol Shane Schreiber, CO 2PPCLI looks over the troops at the DP1 Infantry course graduation held Aug. 25 at L-25.

Photo by Quinn Roberts

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- HomeFire Café 765-5000
- Royal LePage 765-2876
- Shilo Automotive 765-2143
- Shilo Taxi 729-8549 or 571-6570
- SISIP Financial Services 765-4675
- The Chemist's Cupboard Pharmacy, 765-2520
- We Sell Showcase 726-8899
- Westoba Credit Union 765-6350
- Health Promotions 765-3000 ext. 3867



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Welcome

Your guide to the Shilo area



BRANDON (from page 10) and Agri-Food Canada Research Centre.

Brandon boasts an excellent array of shopping facilities with two major shopping centres, large department stores and a mix of smaller unique shops. Our restaurants are some of the finest in Manitoba and offer something for all tastes and budgets.

Cultural, recreational and entertainment opportunities abound. Indulge your cultural tastes with a theatre or concert visit, maybe even a stroll around the Art Gallery. The gallery presents national and international exhibitions and works by regional artists featured in the gift shop.

See **BRANDON** page 12

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Friday 10 a.m. - 2 a.m.
Saturday 3 p.m. - 1 a.m.

WO & Sgts Mess
Tuesday & Wednesday 4-7 p.m.
Thursday 4-9 p.m.
Friday 4-11 p.m.

Officers Mess
Friday 3:30-10 p.m.

Welcoming you to the Shilo area

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Brandon

Welcome Your guide to the Shilo area



BRANDON (from page 11)

Brandon is great for the outdoor enthusiast. The Assiniboine Riverbank winds its way through the City. The "Red Willow Trail" pedestrian bridge links together a mixture of attractive walkways, cycling routes, nature reserves and picnic spots.

Sport Stores

Hours of Operation
Monday to Friday: 7:30am - 12pm; 1 - 4pm
Sports Equipment: 765-3000 ext.3541
Facility Bookings: 765-3000 ext.3315

General Strange Hall

Website: www.cfcommunitygateway.com

The GSH is a place where people of all ages can come to compete, learn, exercise, relax, meet and enjoy a healthy and active lifestyle.

Your GSH card grants you admission to public swimming, public skating, and daily use of the gymnasium, racquet courts, cardio room and weight room. Those 16 & under are not allowed in the weight room and cardio room until they have successfully completed the youth weight training program. Drop by GSH to get your card today!

Operating Hours

Monday – Friday: 6 a.m. - 9:45 p.m.
Saturdays: 9 a.m. – 9:45 p.m.
Sundays & Stat Holidays: noon - 9:45 p.m.
Contact Info: 765-3000 ext 3889

Shilo MFRC

(Located at the Shilo Community Centre)

Monday to Thursday: 8 a.m. - 9 p.m.
Friday: 8 a.m. - 4:30 p.m.
General Reception: 765 – 3000 ext. 3352
Website: www.shilomfrc.ca

Community Recreation Office

Website: www.cfcommunitygateway.com

Hours of Operation

Monday – Friday: 7:30 a.m. - noon & 1 p.m. - 4 p.m.
Community Recreation Coordinator: 765-3000 ext 3317
Community Recreation Assistant: 765-3000 ext 3588

Occasional Childcare Hours

(Located at the Shilo Community Centre)

Monday – Thursday: 9 a.m. – 4 p.m.; 5 – 9 p.m.

Friday: 9 a.m. – noon; 1 – 4 p.m.

Closed the last Friday of the month

Booking during regular hours: 765-3000 ext 3341 or 3352

Need a Doctor?

When seeking a family physician, call the Family Doctor Connection Program Line at 1-866-690-8260 or 1-204-786-7111 for a listing of physicians in your community who are accepting new patients. Physician profiles can be viewed online at www.cpsm.mb.ca/profiles/searchprofile/.

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Avoid a tragedy by storing firearms safely at home

Firearm ownership is fairly common in rural households in Canada, where guns are used for hunting, sport and wildlife control. By and large, most Canadian firearm owners have long guns — a study in the Canadian Journal of Emergency Medicine shows about three-quarters have a rifle, and two-thirds a shotgun.

Almost always, these firearms are kept at home when not in use — which is why the Canada Safety Council is concerned about safe storage.

“Most gun-related deaths and injuries happen in and around the home,” says Canada Safety Council President Jack Smith.

A child playing with a loaded gun and inadvertently shooting a playmate is one of the most preventable

tragedies.

“Make it impossible for children to access a gun,” advises Smith.

When firearms are not properly stored, other serious safety issues can arise. A depressed or violent person could take an unsecured gun to harm themselves or someone else. Guns could be stolen for criminal use. The availability of firearms is especially dangerous when there is domestic violence. According to a Canadian Centre for Justice Statistics report, almost one-third of spousal homicides are committed with a gun, with rifles being the weapon of choice.

Dr. Alan Drummond, a physician in Perth, ON says long guns are a major concern for doctors in rural areas.

“As a rural emergency physician and coroner,

I can safely say that I’ve never seen a handgun injury,” he says. “I have seen my share of injuries and deaths inflicted by rifles and shotguns. I have felt the pain of investigating a double murder-suicide as a result of escalating domestic violence.”

About 80 per cent of gun-related deaths are suicides, and most of them happen at home. According to Dr. Drummond, suicide is often an impulsive act.

“Keeping guns away from depressed people is essential,” he says. “In assaults and murders I have seen that have involved guns, the perpetrators acted on impulse and the unsafely-stored long gun was readily available.”

According to a study published by the Canadian Medical

Association in 2008, for every person killed with a firearm, an estimated 2.6 are injured — many of them very seriously. The study found that the average length of hospital stay for firearm injuries was 17.7 days, much longer than most other injuries.

What you can do

If you have firearms in your home, the best way to prevent them from being involved in a tragedy is to keep them stored safely — unloaded and securely locked up. Canada Safety Council recommends the following safety tips:

- Ensure firearms are unloaded and locked at all times when stored.
- Attach a secure locking device, such as a trigger lock or cable lock (or remove the bolt) so the gun or rifle cannot be

fired.

• Store ammunition separately and lock it up. While ammunition can be stored in the same container as the firearm, it should be locked up separately. Again, make sure it is difficult to break into.

• Children must not have access to the keys used to lock up firearms and ammunition. Always keep them in a secure and safe place.

When it comes to safety, nothing replaces training. Anyone who uses a gun should take the Canadian Firearms Safety Course. In the Westman area, Greg Steele is a Hunter Safety Instructor and well as an Instructor for the Canadian Firearms Safety Course for Non Restricted and Restricted Firearms. He can be reached at 729 5024.

Submitted by the Canada Safety Council.



GREG STEELE
Canadian Firearms Safety Course
Instructor/Examiner

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Sports & Recreation

Shilo Men's Slo-Pitch team wins 5th Prairie Regional

By Danny Hamilton

The CFB Shilo Stags Men's Slo-Pitch team won its fifth title in six years at the Prairie Regional Slo-Pitch Championship during the week of Aug. 10-12.

The Men's and Women's Regionals were played here in CFB Shilo. Other competing teams in the men's division were from CFB Wainwright, Edmonton Garrison, 4 Wing Cold Lake, 15 Wing Moose Jaw and 17 Wing Winnipeg. Women's division were from 4 Wing Cold Lake, 17 Wing Winnipeg, CFB Edmonton and CFB Shilo.

In the women's division the team from 4 Wing Cold Lake steam-rolled to a perfect 5-0 record to capture the title. The girls from Shilo finished third with a record of 1-3.

In the men's division — after winning the Regionals for the second consecutive year — the Stags rolled to a 19-4, five inning mercy rule over CFB Wainwright. Leading the hitting with four hits and two home runs was 2PPCLI's Pte Matt Wilson. Contributing with solo homeruns were 1RCHA's MBdr Rick Hannam, Bdr Livian Doucet; 2PPCLI's Pte Rob Doliwa; and B Maint's MCpl Joe Bishop and Cpl Jarrod Lindsay.

Game 2 was against 15 Wing. In a closely fought game, the Stags pulled off a 12-11 victory in the bottom of the 7th inning. Pacing the hitting with two home runs each were 2PPCLI's Cpls Andrew Skelhorn and Lindsay. Solo home runs where hit by 2PPCLI's Cpl Nick Kerr, Doliwa



Submitted photo

Members of the CFB Shilo Stags Men's Slo-Pitch team have won their fifth Prairie Regional Championships and now head off to the Nationals in St. Jean, QC Sept. 10 to 15. Standing from left to right are A/BComd Maj N. Gregory, Cpl N. Kerr, Pte M. Wilson, Cpl A. Skelhorn, Bdr L. Doucet, Pte T. Robbins, Pte R. Doliwa, MBdr R. Hannam, Cpl J. Lindsay and BRSM S. Milton. Kneeing are Lt E. Burton, Lt Z. Gatehouse, Mr D. Hamilton, WO J. Power, WO B. LaRocque and MCpl J. Bishop.

and Hannam.

Edmonton Garrison was Shilo's next opponent. The locals ran away with a 14-4 victory. 2PPCLI's Wilson contributed two home runs and Lt Zack Gatehouse, 1RCHA's WO Jay Power, Skelhorn, and Doucet all blasted single home runs each.

Shilo's next game was a semi-final match with 17 Wing Winnipeg. In a hard hitting affair from both sides the Stags prevailed 25-18. Lindsay led the charge with two home runs and solo shots

were hit by B Maint's Lt Ellery Burton, Wilson, Doliwa, Doucet, and Bishop.

The championship game was a battle of the unbeaten teams. CFB Shilo vs 4 Wing Cold Lake, who was trying to avenge last year's loss to Shilo in the final. The Air Force came to play, with solid defence and great hitting. They led through out, never trailing until the last inning. The game itself went to an extra inning with the score tied at 14.

In that extra frame the

International tie breaker rule was enforced. (The rule is the last batter of the previous inning is placed at second base to start the inning.) In Shilo's 8th

inning they placed one of their fastest runners on second base, 1RCHA's Brad LaRocque.

The first two Shilo hitters made outs. The

third hitter, Hannam stroked a single to centre field. LaRocque was safe at home on a bang, bang play. Cold Lake then intentionally walked Wilson (as he had already hit three home runs) to face Skelhorn. Skelhorn proceeded to hit a three run home run to left.

With the Stags up four going into the bottom of the 8th, Cold Lake's response was a walk, two fly-outs and a called third strike to end the game. Stags win 18-14. Hitting solo home runs was Power, Doliwa and Lindsay.

The Stags are now off to the Nationals which are being held at St. Jean, QC Sept. 10 to 15. There they are hoping, like in 2007, to bring back to Shilo a second CF National Slo-Pitch Championship!

Go Stags, Go!

Danny Hamilton is Sports Co-ordinator for CFB Shilo.

Leading the Team



Westoba Credit Union is pleased to welcome
Keith Parry
as our new Branch Manager for our
18th & Kirkcaldy and Shilo branches.


Please stop in at the branch to meet Keith anytime! He looks forward to becoming a member of our community!



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ROLLING RIVER SCHOOL DIVISION
NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that on the following days:
September 15, 16, 17, 20 and 21, 2010
between the hours of
9:00 a.m. and 4:00 p.m.
at the
Rolling River School Division Administration Office
154 Main Street South
Minnedosa, MB

I will receive nominations for the offices of
SCHOOL BOARD TRUSTEE
of the **ROLLING RIVER SCHOOL DIVISION**

The nomination deadline is September 21, 2010 at 4:00 p.m.
Nominations cannot be accepted after this day.

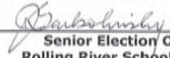
All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority or ward (as the case may be), but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above location, on the date and hours specified, by an agent, or by fax.

To obtain a nomination paper, and / or candidate's declaration of qualification, contact the Senior Election Official at the telephone number listed below.
Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Jean Garbolinsky
Senior Election Official
Rolling River School Division
154 Main Street South
Box 1170
Minnedosa, MB R0J 1E0
jgarbolinsky@rrsd.mb.ca
(Work) 204-867-2754
(Fax) 204-867-2037

Dated at Minnedosa in the Province of Manitoba, on August 23, 2010.


Senior Election Official
Rolling River School Division



Sports & Recreation



Is your unit up for the Ultimate Challenge?

The third annual CFB Shilo Ultimate Challenge will take place rain or shine on Friday, Sept. 24. All units, branches and sections will submit teams to battle it out for bragging rights and other *ultimate* prizes as the *ultimate* team to beat.

Teams of 10 will meet at the Community Centre Annex, Bldg L-25, for registration at 8:30 a.m., with a quick warm-up by the *ultimate* fitness staff, and then off to face their most *ultimate* challenges to date!

There are 10 stations in total, which are designed to test mental and physical strength and endurance. Only the toughest and brightest will prevail: How agile can you be? Are you ready to "play ball"? Are your cycling skills up to standard? Will the course be too much of an obstacle for you? Are you fit to fight a fire? How good is your memory? P.S. Don't forget to lift with your legs.

Why are we doing this, you ask? The CDS

Health and Physical Fitness Strategy is celebrating its anniversary across Canada with all bases and wings offering an event that promotes a culture of health and physical fitness. At CFB Shilo, Fitness, Sports and Recreation, together with Health Promotion, have devised this *ultimate* experience.

The five key messages for the strategy are:

- Health and physical fitness is a leadership responsibility. CF leaders are accountable for the

health and fitness of their unit, while individuals are personally responsible for their health and fitness level.

- Health and physical fitness are essential components of the operational readiness and mission success, particularly in complex operational environments where conditions are mentally and physically demanding.

- The CF is committed to "entrenching a culture of health and physical fitness". This means a CF where all individuals of

the military community (including family members) are physically active, eat well, maintain a healthy weight, and live addiction-free.

- Health and physical fitness are not tasks. They are lifestyle choices with life-enhancing benefits. Healthy and physically fit soldiers have a lower incidence of chronic disease, improved self-confidence, fewer injuries, are better able to withstand stress, and are dependable, capable and effective com-

rades-in-arm.

- The CF will provide the means for all CF personnel including the ill and injured to fully participate in health and physical fitness programs.

For more information, contact the event organizer Ferran Cardinal at ferran.cardinal@forces.gc.ca or local 3653.

To register a team, email lacey.collier@forces.gc.ca by Sept. 20.

Submitted by FS&R and Health Promotion.

Fitness, Sports & Recreation feature muscle: Abdominals

The abdominals or abs (also known as the core) consist of six muscles which run from various points on the ribs to the pelvis. Together they allow the torso to functionally move.

All abdominal muscles provide postural support, but the deeper muscles will provide more direct support for the spine and low back. The different muscles play different roles in each movement of the torso.

The six separate muscles that make up the Abdominals are:

- Transverse abdominus: The deepest of the abdominal muscles. It wraps around the torso and acts as internal back support.

- Rectus Abdominus: The most superficial of the abdominal muscles, responsible for the "6 pack" look on very fit people.

- Internal Obliques: A pair of muscles which are located deep on each side of the torso. They are involved in lateral flexion and rotation of the spine.

- External Obliques: Also a pair of muscles located on the outside of the torso. They cover the internal obliques and will affect posture less because they are further from the spine.

Abdominal muscles play an important part in the exhalation phase of your breath and help to hold organs in place by maintaining internal

pressure.

Strengthening your abs will improve balance and stability, help absorb shock from high impact activity and protect your low back from injury.

Exercise examples:

- Crunch (Rectus abdominus): Lie on your back. Bend your knees at a 90 degree angle with your feet flat on the floor. Place your hands behind your ears and engage your core. Keep your low back pressed into the mat and lift your shoulders off the floor, bringing your chest towards your knees. Lower your torso back down until your shoulders touch the floor, and repeat.

For a harder progression try lifting your feet so that your lower legs are parallel to the floor, or extend them straight up in the air. Add resistance by holding a medicine ball or weighted plate to your chest as you contract. Try rounding your back over a stability ball or bosu ball on the down phase to add a lengthening contraction to the exercise.

- Plank (Transverse abdominals): Place your hands or forearms on floor under your shoulders. Raise your body off of the floor by extending your legs directly behind you and curling your toes under. Some of your body weight should be


on the balls of your feet. Keep your neck, shoulders, hips and feet in a straight line. Contract your core and maintain proper alignment. Do not let your back arch or sag. Hold for 30-60 seconds, relax and repeat. To lower the progression perform this exercise from your knees.

- Bicycle (External obliques): Lie on your back with your hands behind your head. Alternate touching an opposing knee and elbow together in the middle. Extend your free leg and try to leave your free shoulder in contact with the ground. Try this exercise balanced on a bosu to increase the dif-

ficulty.

- Side Plank (Internal obliques): Lie on your side with legs extended. Place one hand or forearm on floor underneath your shoulder to raise your upper body off of the floor and extend the other arm in the air. Stack one foot on top of the other and lift your hips off of the ground. Keep your shoulders, hips and feet in a straight line. Contract your core and maintain proper alignment for 30-60 seconds. To lower the progression split your feet or plant the toe of your top leg on the floor behind your bottom leg.

Submitted by FS&R.



ROLLING RIVER SCHOOL DIVISION

NOTICE OF VOTERS LIST / PERSONAL SECURITY PROTECTION

Notice is hereby given that a copy of the ROLLING RIVER SCHOOL DIVISION VOTERS LIST may be revised at:

Rolling River School Division Administration Office, 154 Main Street South, Minnedosa, MB on September 15, 16 and 17, 2010 between the hours of 9:00 a.m. and 4:00 p.m.

At this time the Senior Election Official will be available to update the voters list by:

- adding the names of voters who are entitled to have their names on the list;
- deleting the names of persons who are not entitled to have their names on the list; and
- making such other correction of errors to the list as required.

SCHOOL TRUSTEE ELECTION VOTER ELIGIBILITY:
A person is eligible to have his or her name added to the ROLLING RIVER SCHOOL DIVISION VOTERS LIST if he or she is:


- 1) a Canadian citizen and at least 18 years of age on election day; and
- 2) a resident of the Rolling River School Division for at least six months prior to election day

APPLICATION FOR PERSONAL SECURITY PROTECTION:
A voter may apply in writing to the Senior Election Official (at the address / fax number below) no later than September 17, 2010 at 4:00 p.m. to have his/her name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application may be submitted in person, by mail or fax and must include your name, address and include proof of identity.

All changes to the voters list must be completed on or before September 21, 2010.

Dated at Minnedosa in the Province of Manitoba, on August 23, 2010.

Jean Garbolinsky
Senior Election Official
Rolling River School Division
154 Main Street South
Box 1170
Minnedosa, MB R0J 1E0
jgarbolinsky@rrsd.mb.ca
(Work) 204-867-2754
(Fax) 204-867-2037


Senior Election Official
Rolling River School Division



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IN MEMORIAM



Cpl Brian Pinksen

CEFCOM

A Canadian soldier who sustained injuries in Afghanistan passed away at Landstuhl Regional Medical Center in Germany on Aug. 30.

Corporal (Cpl) Brian Pinksen from 2nd Battalion, The Royal Newfoundland Regiment, based in Corner Brook Newfoundland, was serving in Afghanistan with the 1st Battalion, The Royal Canadian Regiment Battle Group. Cpl Pinksen sustained his injuries when an improvised explosive device (IED) detonated during a routine patrol in the Panjwa'i District, southwest of Kandahar City at approximately 1:40 p.m., Kandahar time on 22 Aug, 2010.

Cpl Pinksen was treated on scene and evacuated by helicopter to the Role 3 Multi-National Medical Facility at Kandahar Airfield then subsequently moved to the Landstuhl Regional Medical Centre in Germany. He arrived in Ramstein, Germany on 25 August and succumbed to his injuries on Aug. 30 at the Landstuhl Regional Medical Center.

Our thoughts and prayers are with the family and friends of our fallen comrade during this very difficult time. We will not forget Cpl Pinksen's sacrifice as we continue to bring security and hope to the people of Kandahar Province.

Canada in partnership with the government of Afghanistan, the Afghan National Security Forces and ISAF remain committed to improving the security situation in

order to set the conditions for reconstruction and development in the region. Joint Task Force Afghanistan, continues to be fully engaged in an initiative that serves to gradually enhance security, to strengthen governance and to expand the government's authority in key areas of Kandahar Province.



The Shilo Stag
Your source for
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.

Heroes receive commendation

The Base Commander's Commendation was awarded to Blair Levert and Joe Claus (with former Capt Tony Gilks, centre, presenting) for their quick thinking and selfless actions that resulted in the preservation of life. The award was justified in that during the evening of June 26, 2009, while attending an Artillery Reunion social event on base, another attendee suffered a cardiac arrest. Levert and Claus quickly went into action clearing away the crowd and immediately commencing CPR. They continued CPR until the paramedics arrived on scene and took over. They then continued after that to assist with crowd control. The paramedics on the scene and the hospital staff confirmed that their actions were critical in saving the patient's life and conversely, as a direct result of their actions the patient will now make a full recovery. Levert and Claus were presented this award to formally recognize them for what



Blair Levert and Joe Claus each received a Base Commander's Commendation from Tony Gilks, centre, for their actions at an Artillery Reunion event in June 2009. An attendee suffered a cardiac arrest, and the two men performed CPR, saving the man's life.

Photo submitted

can only be termed a heroic act. The awards were presented on behalf of the Shilo community.

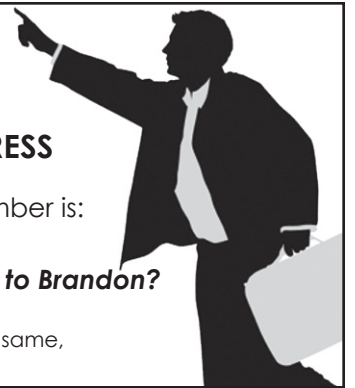
As of Nov. 01/09
We are now...

**SHILO TAXI/
KNIGHTLINE EXPRESS**
Charter Services!

Our new phone number is:
571-6570

**Travelling from Shilo to Brandon?
Our rate is \$40.00!**

All our Shilo rates are the same,
local and long distance!



ROLLING RIVER SCHOOL DIVISION

Rolling River School Division requires potential election workers for the upcoming School Trustee election on **October 27, 2010**. Election experience would be an asset but not required. Training will be provided if necessary.

Interested applicants may forward a resume by **September 24th, 2010 at 3:00 p.m.** to:

Attention: Mrs. Jean Garbolinsky
Senior Election Official
Rolling River School Division
154 Main Street South
Box 1170
Minnedosa, MB ROJ 1E0
E-Mail: jgarbolinsky@rrsd.mb.ca
(if resume is e-mailed, please use MS Word)

www.rcamuseum.com

Call 204-765-3000 extension 3570

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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

Contactez le 204-765-3000 poste 3570

www.rcamuseum.com



WARNING SHILO RANGES

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

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

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

STRAY AMMUNITION AND EXPLOSIVE OBJECTS

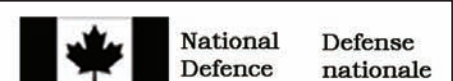
Bombs, grenades, shells, similar explosive objects, and their casings are a hazard to life and limb. Do not pick up or retain such objects as souvenirs. If you have found or have in your possession any object which you believe to be an explosive, notify your local police and arrangements will be made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

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

BY ORDER
Deputy Minister
Department of National Defense

OTTAWA, CANADA
17630-77

Canada



AVERTISSEMENT POLYGONES DE TIR DE SHILO

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

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

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

MUNITIONS ET EXPLOSIFS PERDUS

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

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

Par ordre du
Sous-ministre
Ministère de la Défense nationale

Ottawa, Canada
17630-77



Shilo Military Family Resource Centre



LICENSED HOME DAYCARE INFORMATION SESSION

Wednesday, Oct. 20
6 - 7pm

This session is to provide information to perspective Family Childcare providers on the licensing process and answer any questions providers may have from the local Childcare Coordinator.

FREE
Register at the MFRC by
Friday, Oct. 8

FREE Spaghetti dinner

**Come out and enjoy a spaghetti dinner on us!
This is a great way to meet new people in your community**

**Wednesday, Sept. 15 4-6pm
Shilo Community Centre**

Upcoming events at the MFRC

Date	Program	Time	Cost	Registration deadline
Special Events				
September 15	Spaghetti Dinner	4 - 6pm	FREE	No registration
September 15	Healthy Family Fair	1 - 6pm	FREE	No registration
Adult				
September 7 & 14	Thrift Shop	1:30-3pm & 6:30-8pm	& Weekly specials	No registration
September 9 & 16	Thrift Shop	9:30-11am & 6:30-8pm	& Weekly specials	No registration
September 15	Relationship Math	7pm	FREE	Register by Wednesday, September 8 at noon
September 22	Get the junk out of your trunk	1-4pm & 6-9pm	& \$10 or part of the pack for potential program	Register by Friday, September 17 at noon
Deployment				
September 8	Dessert at Lady of the Lake	Leave the MFRC at 6pm	Dessert is on the MFRC	Register by Tuesday, September 7 at noon
September 16	Deployment Wii-B-Gaming	4:30-5:45pm	FREE	Register by Wednesday, September 15 at noon
September 18	Children's Deployment Afternoon	1-4pm	FREE	Register by Wednesday, September 15 at noon
September 18	Deployment Childcare	1-4pm	FREE	Register by Wednesday, September 15 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 10	Movie Night	8:30pm	FREE with Teen Centre Membership	No registration
September 7	Youth Council	Contact the MFRC	FREE with Teen Centre Membership	Contact the MFRC
School Age				
Keen, Kool & Kooler Kids is over for the season. See you in September!				
September 15	Keen Kids	5-6pm	FREE Trial offer	No registration
September 15	Kool Kids	6-7pm	FREE Trial offer	No registration
September 15	Kooler Kids	7:30-9pm	FREE Trail offer	No registration
Preschool				
September 13 - October 4	Tikes on Trails	1:30-3:30pm	\$4 includes supplies and journal books	Register by Wednesday, September 8 at noon
September 14	Tumbleweeds (Every Tuesday)	9:30-11:30am	\$1 drop in fee	No registration
September 15	Relaxation Station	1:30-3:30pm	FREE	Register by the Friday before
September 16	The Learning Circle	1:30-3:15pm	FREE includes a healthy snack	Register by Wednesday, September 15 at noon

4th annual Healthy Family Fair

Join the MFRC for this exciting event that will showcase local programs and organizations that promote health and development of families.

Ages & Stage Healthy Smiles and many more!

Wednesday Sept. 15 1 - 6 pm

Shilo Community Centre

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@wcg-wave.ca.

• **Come Join Us!** 71 Bty, 2520 Royal Canadian Army Cadets begins Sept. 8 at Brandon Armoury, 1116 Victoria Ave, Brandon. If you are 12-18 years old and want to register for this free youth program, bring your birth certificate, your Health Care card and your parent. For more information, please call Mrs. Ball at 728-7665.

• **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** will be in effect 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.

• **KiRin ITF Taekwon-Do** Fall session begins Sept. 7. 6 p.m. at Gym C - GSH. Registration is Aug. 31 at the Clubs Registration Evening. Contact Mr. Dwayne Bos at 726-8870 or dwb1974@aol.com for more information.

• **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, for a

taste of Victorian living. This hugely popular historical event is a delightful trip to our Victorian past for all the family, so transport your family on a journey through time to experience a house decked out in Victorian style, as well as the strict rules of that era. Summer hours are 10 a.m. to noon and 1-5 p.m. Monday to Saturday, and 1-4 p.m. Sunday.

• **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. Open with free admission for Labour Day Weekend Sept. 4-6. Winter hours start Sept. 7 (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.

• **Community Garden Plots** Are you interested in gardening? Call the Community Recreation office at 765-3000 ext 3588 to reserve your plot today! All plots are located at the corner of Kings-

ton and Petawawa.

• **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.

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)

Running Techniques

Tuesday, Sept. 7

Noon - 1 p.m.

Track

Instructed by PSP Fitness Staff Member

Register by Friday, Sept. 3

PRACTICE FITNESS TESTS (Military members only)

JTF2

Monday, Sept. 13

1 p.m.

Track, Gym C, Weight Room

Tuesday, Sept. 14

1 p.m.

Basic Military Swimming Standard

Registration Deadline: Friday, Apr. 9 at 4 p.m.

CF EXPRES Test

Wednesday, Sept. 22

9 a.m.

Gym C

Registration Deadline: Tuesday, Sept. 21

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!

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 9, 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@wcgwave.ca.

Next dates: MHSC September 10 & 11 Brandon. CFSC September 11 Brandon. CRFSC September 12. Then October 1, 2, 3. Call or email for training calendar.

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

Advertise with us! Email stag@mts.net to place an ad.

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).

Rural Homes

Stockton - Old Country Store - 2 storey lower level in living quarters full upstairs 4 large lots - garage & shed all for \$40,000. All offers considered. Stockton 1 1/2 storey - 3BR home with carport & large corner lot with trees asking \$49,000. Wawanesa 4BR 2 bath home 2 storey comes with appliances & beautiful large treed. Asking \$90,000 offers considered. Countryland Realty - Dave Mooney 824-2094.

Read the Stag and increase your IQ

Acresages 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).

Wawanesa - Brandon area 17 acres with good 4BR bungalow - finished basement 2 bath very nice condition plus double garage, workshop, 2 implement sheds, good barn - 2 cattle sheds - good water. A nice place - call for details. Countryland Realty - Dave Mooney 824-2094 or 724-6484.

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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.

Shilo firemen cook for Red Cross



Photos by
Bruce
Peever

Shilo Emergency Services staff including Marty Haller with the sunglasses and Dan Barney (above and at right) showed two other teams how to make full scale meals with a camping stove during an outdoor cooking challenge held Aug. 20 at the Brandon Walmart.



CANEX

CFB SHILO Birthday SALE & party



Join us in
celebrating
42 years!

- RIDES
 - GAMES
 - REFRESHMENTS
- Enjoy a taste of the Caribbean with
Jamaican inspired food and drink.
- CAKE

SATURDAY, SEPT 18TH 1200 - 1500 HRS

SALE DATES:
15 - 26 SEPTEMBER 2010

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\$6,000[†]

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 dealer permit # 0254



†\$2,500.00 price reduction available on new 2010 Civic Sedan and Coupe models (excluding Civic DX Sedan, model FA1E2AE4X); \$2,750.00 price reduction available on new 2010 Civic LX Coupe and Sport Sedan models; \$1,500.00 price reduction available on new 2010 Civic Si Sedan and Coupe models; \$3,000.00 price reduction available on new 2010 Accord Sedan and Coupe 4-cylinder models; \$2,500.00 price reduction available on new 2010 Accord Crosstour EX-L 4WD Navi, model TF2H5AKN; \$3,000.00 price reduction available on new 2010 CR-V models; \$4,000.00 price reduction available on new 2010 Insight models; \$5,000.00 price reduction available on new 2010 Ridgeline and Pilot models; \$6,000.00 price reduction available on new 2010 Odyssey models (excluding Odyssey DX, model RL3H1AE which is available with a \$2,000.00 price reduction). Price reduction amounts valid only on cash purchase transactions, and may not be combined with any other offer. Retailer may sell for less. Retailer order / trade may be necessary. Lease example based on new 2010 Civic DX-A MT Sedan, model FA1E2AE4X available through Honda Financial Services on approved credit. 2.4% lease APR for 48 months. Monthly payment (includes freight and PDI) is \$198.00. Down payment or equivalent trade of \$2,518.63, first monthly payment, environmental fees and \$0 security deposit due at lease inception. Total lease obligation is \$13,596.60. Taxes, license, insurance and registration are extra. 96,000 kilometre allowance; charge of \$0.12/km for excess kilometres. Retailer may lease for less. Retailer order / trade may be necessary. †Offers valid from August 4th, 2010 through August 31st, 2010 at participating Honda retailers. Offers valid only for Manitoba residents at Manitoba Honda Dealers locations. See your Honda retailer for full details.