

DO NOT CFB Shilo  
**Pay!**  
 Until March 2012  
**PLUS! NO MONEY DOWN**  
**NOT EVEN THE TAXES!**  
\*O.A.C. On the CANEX No Interest Credit Plan  
 September 30 to December 31 2011

# Shilo Stag

Your source for Army News in Manitoba

**Don't pay for 15 MONTHS!**  
**0 DOWN! 0 INTEREST!**  
**OAC**  
**FREE DELIVERY TO CFB SHILO!**

FURNITURE & APPLIANCES  
 3635 Victoria Ave 727-4444  
 Mon-Fri 9-9 Sat 9-6 Sun 12-5

## WORK BETWEEN PLAY.

Flexible hours.  
 We're hiring.

Enrol in our **Tax Training School**, the most comprehensive tax training program in Canada, and start a career that lets you live life your way.

As one of our tax professionals you could enjoy the benefits of **seasonal full or part-time work** and flexible hours. Classes start mid-September.

Register online at [hrblock.ca](http://hrblock.ca)  
 or call 1-877-32BLOCK (322-5625)

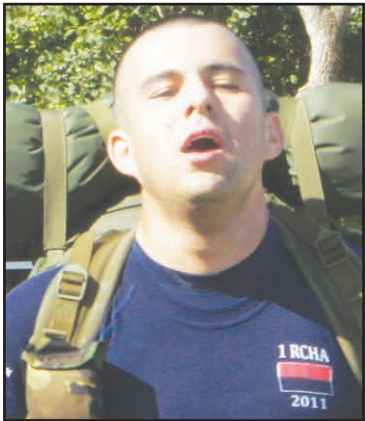


Enrolment restrictions may apply. Enrolment in, or completion of, the H&R Block Tax Training School is neither an offer nor a guarantee of employment. This course is not intended for, nor open to any persons who are either currently employed by or seeking employment with any professional tax preparation company or organization other than H&R Block.

### INSIDE This Issue



Guide dog is autistic boy's best friend. See page 3.



Only the tough need enter Mtn Man. Story on page 15.

## Be smart – call Knightline when tying one on

By Bruce Peever  
 Shilo Stag

Impaired driving is becoming epidemic in Shilo and Base leaders have launched a bold new campaign to combat it.

A new agreement has been signed with Knightline Express/Shilo Taxi that guarantees the best rates for revellers going into and returning from Brandon. A new taxi staging area is set up at the Shilo Automotive Repair Centre across from CANEX with vehicles there every night. And the only number you need to know 24/7 is 717-6570.

"The service is officially in place right now," said PSP Manager Mike McEwan on Sept. 19. "There should be no more excuses."

Military Police say increased rates of impaired driving in Shilo creates a risk for all members of the community,

"With everything on Base within walking distance and the availability of the Shilo Taxi, there simply is no reason to drive impaired. Those who drive while impaired face an automatic driver license suspension, an impounded vehicle and



Knightline Express/Shilo Taxi owner Bob Knight stands in front of his taxi stand located at the Shilo Automotive Repair Centre. Call the taxi service at 717-6570 if you're too impaired to drive.

Photo by Bruce Peever

various legal and administration fees, all of which can add up to thousands of dollars," wrote Platoon Commander Dane Nicholson in the Sept. 15 issue of the *Shilo Stag*.

McEwan adds Knightline is the only taxi company that can legally transport fares to and from Shilo.

"It's an insurance issue and not all taxi companies operating in Brandon are licensed for outside of Brandon. If you're in one of those other taxis and you're in an accident out here, you are not covered. All Knightline taxis are insured for Shilo, Brandon and all of Manitoba," the PSP Manager outlines.

Along with the taxi service, Knightline also provides full airport shuttle service, bus service between Brandon and Shilo, charter bus service and a special events courtesy bus service.

### United Way kicks off Monday

Last year, CFB Shilo was the largest single contributor in the Brandon United Way campaign.

Our chance to do even better in 2011 kicks off this Monday, Oct. 3.

The Base Commander's Mile for United Way is the lead event with a one mile run leaving the Community

Centre right at 7:45 a.m. This will be followed at 8:15 a.m. by a ribbon cutting ceremony and featuring cake. Donations will be accepted and a silent auction to be offered. All proceeds will benefit the CFB Shilo United Way campaign.

For more info please call local 3317.

See TAXI page 2

# Charity Bazaar

Saturday October 1 Support our community!

GO FOR THE SHOPPING STAY FOR THE FUN

Celebrating 40 Years!  
  
[www.shoppersmallbrandon.com](http://www.shoppersmallbrandon.com)

# Barrier-free 3 bedroom RHU now open in Shilo



The 2,410 square foot barrier free house on Kingston Ave. officially opened Sept. 20 with a ribbon cutting ceremony at left, an address by LCol Richard Goodyear, BComd at right, and a tour of inside amenities including spacious bathrooms, below.

*Photos by Quinn Roberts*



## MB election next week

The Manitoba provincial election is being held Tuesday, Oct. 4.  
 For CFB Shilo residents, Election Day polls at Bldg L-25 will be open from 8 a.m. to 8 p.m.  
 Proof of Manitoba residency, either in the form of ID card or utility bill with your home address, etc., may be required.

## Taxi

**From the front**

Shilo messes are also getting on board with the anti-impaired driving message. Messes and Institutes Manager Patsy Marion says her team will be posting the Knightline Taxi phone number predominately in each building along with taking other measures to curb the high rate of impaired driving.

"We will be talking to customers about using designated drivers and supporting the local cab service. We have to make everyone more DUI conscience," Marion states.



*Photo by Quinn Roberts*  
 Padre Kevin Olive led a memorial service in prayer for WO Bryce Piukkala of 2PPCLI. Family and friends filled the MPTF on Aug. 29 for the memorial. WO Piukkala had served three overseas tours of duty during his 13-year career with the CF.



## Last round fired Friday

Shilo residents are advised of minor traffic interruption and noise Sept. 30 as the Royal Canadian Artillery commemorates the retirement of BGen EB Beno.

One 'last round' will be fired Friday, Sept. 30 between 11:30 a.m. and noon from behind the Officers' Mess. There will be traffic control on Horsham Road at that time and there will be a loud bang when the howitzer fires.

# THINK LOCAL THINK WESTOBA

**LIVING AND WORKING IN YOUR COMMUNITY**

**Westoba**  
 Credit Union Ltd  
*First in Our Community*

571.2928  
 1.877.WESTOBA  
 westoba.com

# RCA Museum plays central role in author's book series

By Bruce Peever  
Shilo Stag

He may be 80 and a recipient of the Order of Canada. Author Paul Almond also proves it's never too old to change careers.

Almond stopped by the RCA Museum on Sept. 19 as part of a national book tour promoting an eight-part historical fiction series based on his own family. The museum plays a central role in the later books as Almond's father fought in the First World War.

For years Almond was a television and film director, earning himself a Lifetime Achievement Award by the Directors' Guild of Canada. He started writing the books years later from his summer home in Gaspé, QC.

"They cover the period from 1800 to 2000. The first book centres around my great grandfather who fought in the Battle of Trafalgar with Admiral Lord Nelson. He deserted and in the second book he came to Canada with the United Empire Loyalists. He built a farmhouse in Gaspé which I still live in during the summer. I spend the winters now in Malibu, CA," Almond states.

The third book in the Alford Family Saga looks at the family's life in the east coast leading up to the fourth and fifth books detailing the Boer War in 1896. The author points out not only was the Boer War the first in which Canadian troops fought together, but it is also the last war in which letters home are completely uncensored.

"Those letters were great to read," Almond states.

The First World War is captured in the sixth book and follows the author's uncle who worked as a chaplain and his father who served in the artillery. The seventh in the series discusses the Great Depression.

"I skip the Second



Author Paul Almond poses with RCA Museum Director Marc George beside this First World War 4.5 inch Howitzer.

Photo by Quinn Roberts

World War in Book 8 as I was too young and aware of it only through what I saw on television. The last book does look at the Golden Years of Television and my role in motion pictures and films," he says.

#### RCA Museum's role

According to RCA Museum Director Marc George, it was exciting working on the books due to the high level of historical accuracy required. He and his museum staff first got involved with the books some two years ago.

"He is very meticulous in providing a historical account. It is a fictional story using historical facts. We provided extensive assistance to Paul to ensure that the book was historically accurate," George states.

"He did send me a

draft after each chapter, I would propose some corrections for inaccuracies, it would go back and forth, I would have one last look at it and then it would go off to six proofreaders," the museum director adds.

The Stag's Quinn Roberts, who is also

CFB Shilo's Base Photographer, set up studio lights and reflectors for a portrait that may be used on the last book's dust jacket. The picture was taken in front of a 4.5 inch Howitzer similar to one his dad used as a soldier in the First World War.

## Where's Willy?

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



### Entry Form

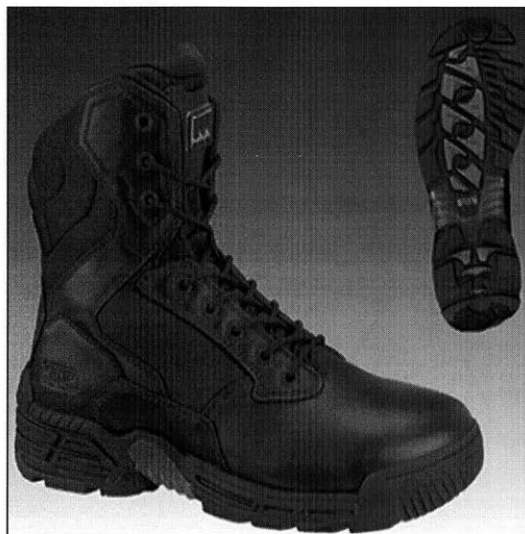
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Page #, ad: \_\_\_\_\_

Answer to skill-testing question:

When is the Manitoba provincial election? \_\_\_\_\_

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

## Magnum Boots Have Arrived!



### LASER SECURITY LTD.

Open Monday - Friday 10-6 • Saturday 10-4  
Unit 9-2082 Ness Avenue @ Mt. Royal

Phone: 204-837-7812

WINNIPEG

Fax: 204-837-7820

# Guild

INSURANCE BROKERS Inc.

DND Military Program

Go To

[www.guildinsurance.ca](http://www.guildinsurance.ca)

for details

# Letters & Opinions



Volume 50 • Issue 19

Regular Circulation: 3,000

Delivered by The Shilo Scouts & Girl Guides

Printed bi-weekly by  
Struth Publishing, Killarney MB



**General Manager** Mike McEwan ext. 3073  
**Managing Editor** Bruce Peever ext. 3093  
**Asst. Editor** Sara Cumming ext. 3013  
**Graphic Artist/** Quinn Roberts ext. 6008  
**Base Photographer**  
**Advertising Rep.** Dorothy Heaman, 761-7750  
**Public Affairs Officer** Lori Truscott ext. 3813

Fax: 204-765-3814 Email: stag@mts.net

Mailing Address:

Box 5000, Stn Main

CFB Shilo, Manitoba, R0K 2A0

*This newspaper is issued by authority of LCol Richard Good-year, Base Commander, CFB Shilo. The views expressed herein are not necessarily those of the Department of National Defence or of the Editorial Staff. The Editorial Staff reserves the right to edit, to abridge, to reject copy or advertising to adhere to the policy, as outlined in CFAO 57-5, and for clarity and/or content.*

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.



MWO Rene Bell has been participating in Terry Fox Runs ever since the first one 30 years ago. This wall inside her office at HQ shows the dedication MWO Bell has for cancer research and the need to find a cure — ideals Terry Fox himself instilled.

Photo by Quinn Roberts

## Letter to the Editor

### Two Shilo kids meet Bobby Orr in Brandon

Dear Editor,

Hockey legend Bobby Orr brought the Chevrolet Safe and Fun hockey program to Brandon, MB recently and Owen Larocque and Cyrus Lingrell, both from CFB Shilo, were participants.

The Safe and Fun hockey program is a grassroots initiative for children between the ages of five and eight years designed to foster growth of the two core safe and fun values of respect and responsibility.

Participants are treated to on-ice fun activities with Orr, along with an off-ice program as well.

Parents also get involved, as Hockey Canada does a presentation specifically designed for those moms and dads new to the hockey scene.

For more information on Chevrolet Safe and Fun hockey, log onto [www.chevrolet hockey.ca](http://www.chevrolet hockey.ca).

Sincerely,  
**Dr. Vern Stenlund**  
 Associate Professor  
 Faculty of Education  
 University of Windsor

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

**Brandon**

Safeway - Corral Centre  
 Safeway - Shoppers Mall  
 Brandon Armoury  
 Women's Resource Centre -  
 Town Centre Mall  
 Royal Cdn Legion #3  
 Sobey's  
 • 1645B 18th Street  
 • 3409 Victoria Ave  
 Forbidden Flavours  
 • 1060 18th Street  
 ANAF - 31 14th St.

**Shilo**

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

**Carberry**

East Side Service  
 Carberry Legion

**Douglas**

General Store

**Minnedosa**

Minnedosa Legion

**Sprucewoods**

The Shilo Inn (Crang's)  
 340 Esso Station

**Wawanesa**

Lucky Dollar



# From our archives

September 26, 1968

Effective Oct. 1, 1968 the Canadian Forces Exchange System (CANEX) is to become part of the Director-General Personnel Support Program (DG PSP). For the past 12 months, CANEX was responsible for recreation, welfare and retail within the Canadian Forces. With the change, CANEX will continue to offer retail, with PSP looking over such responsibilities as the Armed Forces Movie Guild, Armed Forces radio stations in Canada and Europe, libraries and a news service.

\*\*\*

At the Maple Leaf Theatre, Katharine Hepburn and Sidney Poitier were starring in *Guess Who's Coming to Dinner* with performances Thursday, Friday and Saturday nights and a matinee on Sunday. Admission was \$1.25 for adults, \$1 for students and 50 cents for children.

\*\*\*

Fire Safety Week was being observed throughout Shilo. The fire hall was hosting an open house with coffee and donuts, while fire trucks paraded through the residential area each day at 10 a.m. and 3 p.m. PMQs were also inspected while military and civilian staff were each treated to fire prevention films shown at General Strange Hall.

\*\*\*

Proctor Field at Camp Shilo was alive with Buffalo aircraft loaded with tri-walled containers and cargo-dropping parachutes. This week's run was the first of many planned between Shilo and the newly formed Canadian Airborne Regiment stationed at Edmonton.

\*\*\*

Brandon Chrysler-Dodge had for sale a 1967 Chrysler Newport with V-8, automatic, and fully equipped with radio, power steering, power brakes and whitewall tires, all for \$3,095.

\*\*\*

The Yankees showed power at the plate by defeating the Orioles 8-4 in the Shilo Little League championship game, major division. In the minor league, the Giants beat the Orioles 10-5.

# Gunners aim to impress Senate committee

By Lt Eric Elloway

Soldiers from A Battery, 1st Regiment, Royal Canadian Horse Artillery (A Bty 1RCHA) were deployed to Canadian Forces Base Wainwright from August 20 to 27 as part of Exercise Maple Defender. During the seven-day exercise, the guns engaged with indirect fire and Close Air Support for a firepower demonstration aimed at illustrating the complexities of a combined arms operations to the Senate Committee on Defence and the Office of the Auditor General.

After extensive rehearsals, A Bty's soldiers fired on two days, engaging targets in depth while A Squadron, Lord Strathcona's Horse (Royal Canadians), destroyed targets with direct fire from Leopard C2 Tanks in intimate support of A Coy, 1PPCLI elements securing an urban objective.

"It was fun representing 1RCHA's firepower for the Brigade... Although we worked hard to get rounds down range, it's always a 'blast' to get every round down range," said Gunner Shaw after the attack. He further commented that it was an awesome opportunity for his detachment to get to fire 55 rounds down range in 20 minutes under the attack's fireplan.

After the demonstration, the VIPs stated that they were very impressed with the attack,



Sgt Robicheau provides positive safety while MBdr Guay orders the firing and loading of the LG1 Mark II howitzer by Bdr Whalen and Gnr Gagnon.

Submitted photo

particularly with the excellent response from the guns. This attack, culminating Exercise MAPLE DEFENDER, demonstrated to VIPs and all in attendance that Canadian soldiers are ready and able to carry the fight to the enemy in the contemporary operating environment.

Lt Eric Elloway is a member of A Bty, 1RCHA based at CFB Shilo.



Submitted photo

Congratulations to MCpl Fred Daoust, this year's winner of CANEX Backyard BBQ contest. MCpl Daoust won a bounty of prizes including a barbecue, propane tank, 10 rib eye steaks, soft drinks, potato chips and all the condiments for a backyard barbecue for 10 hungry friends. Thank you to everyone who entered to win. This year we had a lot more ballots than in previous years, indicating that this promotion will be back again next summer! Presenting the award is CANEX SuperMart Supervisor, Tammie Seward.

## WOLVERINE SUPPLIES

CANADA'S CHOICE RETAILER OF FIREARMS

### Beretta A400 XPLOR

12 Gauge 3 1/2" | 28" BBL | Comes with Kick-Off | Semi-Auto



**FALL SPECIAL \$1850**  
ORIGINAL PRICE \$2020

### Remington 700SPS DM

Bolt Action | Synthetic Stock | Detachable Magazine



Most Calibres Available  
**SALE PRICE \$479**  
ORIGINAL PRICE \$550

### Traditions Pursuit LT Redi-pak

Muzzleloader | Break Open | .50 Calibre | Synthetic Stock



EVERYTHING YOU NEED EXCEPT POWDER & PRIMERS!  
**PACKAGE PRICE \$259**

## FREE SHIPPING ON ALL HANDGUNS

SEPT 1-SEPT 30 - Applies to Non-Sales In-Stock Items Only

Box 729 Virden MB, ROM 2C0 P (204) 748.2454 F (204) 748.1805 E sales@wolverinesupplies.com

OPEN SATURDAYS 9:00am - 1:00pm

wolverinesupplies.com

# Meet the new padre for CFB Shilo

## By Padre Capt Innocent Inienwe

Anyone who sees me walking around and trying to find my way around the base will definitely conclude that this padre must be new. If you think so, you are right.

My name is Padre Innocent Adandom Inienwe. I was born in Abia State, Nigeria about 41 years ago. I immigrated to Canada 10 years ago and I guess many might wonder what brought me from the warm and hot country of Africa to the cold and snowy Canada?

The answer is simple: after my ordination as a priest; I was invited by the Bishop of Peterborough, ON to work in his diocese. You could imagine what it was like for me to see the snow and winter. I remember looking out through the window, seeing some flaky stuff falling down and I asked the secretary what that was and she said snow. I was surprised and asked her, "Does snow fall from the sky? I thought they grew from the ground."

My motivation for joining the CF Chaplain Branch stems from my desire to serve the men and women of the Canadian Forces. I am motivated to serve the young men and women of the Canadian Forces who sacrifice their lives daily to fight for a just cause and to bring liberty, peace and freedom to our world. These young men and women need spiritual, moral and pastoral support. This motivates me everyday.

I enrolled into the Canadian Forces on August 14, 2009, and was commissioned after my basic training. I was posted to CFB Edmonton where I served in different positions as the acting Chapel Life



Coordinator CLC and also as Chaplain for the 1 Combat Engineer Regiment. I was posted

to Canadian Forces Base Shilo as the Chapel Life Coordinator RC Chapel this summer.

I am so happy to be a part of the Shilo team and I am looking forward to bringing my gifts and talents to serve God and Shilo military members and their families.



## Engagement

Shilo Stag staffer and Base Photographer Quinn Roberts of Brandon and Pte Tyler Bonnett of Brampton, ON are pleased to announce their engagement that occurred on Saturday, Sept. 17. The couple plan to marry in front of friends and family in the summer of 2012.

Photo by Liz Roberts



# Jewellery SALE

**CANEX**

**No Interest Credit Plan**

Your choice of **12 • 24 • 36**

Month terms **Plus**

**NO MONEY DOWN  
NOT EVEN THE TAXES!**

*Bellecour*



Shop our wide selection of Canadian diamonds & Canadian made jewellery at

**CFB Shilo**

**18 Oct, 0900-2000**

**19 Oct, 0900-2000**

**20 Oct, 0900-2000**

**LOOK MUSIC SERVICES**

- RECORDED
- DANCE MUSIC
- KARAOKE
- LIGHTING & SOUND RENTALS & SALES
- BAND AGENTS
- SOUND REINFORCEMENT

**DOUG KOOL,**  
OWNER  
**204-726-0794**  
BRANDON, MB  
Fax: 204-728-0055  
EMAIL: LOOKMUSIC@WESTMAN.WAVE.CA

**18-20 Oct. 2011**

**AUTHORIZED PATRONS ONLY**

**ADVERTISED MERCHANDISE POLICY**

Our firm intention is to have every advertised item available for purchase during the period of the promotion. If, for any reason, an item is not in stock, we will issue a raincheck (unless "no raincheck available" is specified on an item) on request for the merchandise to be purchased at the sale price as soon as it becomes available, or will offer a similar item at a comparable reduction in price. Due to space limitations, some smaller outlets may not carry all of the items advertised, but they will be pleased to obtain the item through special order.

We reserve the right to limit quantities. While we strive for accuracy in our advertising, errors can occur. In such cases, we reserve the right of correction. Prices & monthly payments shown do not include environmental fees & levies or any other applicable fees, levies, & taxes. Eligible authorized patrons may purchase general merchandise of at least \$199 on the CANEX No Interest Credit Plan, O.A.C. on approved credit. Visit your CANEX store or visit us online at [www.canex.ca](http://www.canex.ca) for all the details.

**www.canex.ca**

# Lions Club give autistic boy's life back with guide dog

By Bruce Peever  
Shilo Stag

Thanks to the Wawanesa Lions Club, a young autistic boy has a new lease on life.

Seven-year-old Alec Dresen was born with Asperger's Disorder, specifically Autism Spectrum Disorder. His mom Allison and dad Tom, a Sergeant with 2PPCLI, knew something was wrong as he got older. The diagnosis came down in March 2010 when Alec was just six.

"Asperger's Disorder affects each person in different ways, to various degrees of severity. In our case, Alec has a lot of trouble adapting to things socially. He has trouble making and keeping friends as he does not always act appropriately," Allison explains.

She adds Alec would "cause a scene" in a crowded or noisy place due to his sensory issues. He could not deal with simple change, like a substitute teacher in his class. And if that wasn't enough Alec had limited



Photo by Bruce Peever

Life is good for the Dresen family of Wawanesa, now that Esme the Black Lab is a constant companion of seven-year-old Alec who poses with his mom Allison and dad Tom.

friends and playdates. In was through an article in *Parenting* magazine that the family first became aware of the Lions Foundation

of Canada Guide Dog program. Following an application through the Wawanesa Lions Club, eventual acceptance and week-long training for Tom in Oakville, ON, Esme came to live with the family in April 2011. Allison adds the two-year-old Black Lab has been a godsend for her family in just a few months.

"The changes in Alec have been astounding. He has been sleeping later. He has started learning to ride a bike and play baseball and football — something he's never shown any interest in. He gets along better with his friends and asks more and more for playdates. We cannot believe the difference Esme and the Lion's Foundation has made to Alec and to our family," Allison states.

Tom points out the Lions Foundation will periodically check on the family to ensure everything is okay. If for any reason Esme failed to live up to high standards, the dog would theoretically be replaced.

"They do come and check up, there was a trainer here in August, and there is a public safety test Esme had to pass. But she is a very good dog, very well trained and very well behaved," Tom says.

Asked how much the Lions Foundation has benefitted her family, Allison was gushing.

"I think this program is amazing. This dog costs about \$12,000 and we simply could not afford it. But the Lions cover 100 percent of the costs and these costs are huge," she says.

So appreciative of the foundation, the Dresens will be speaking at the Lions District Midwinter Convention coming up in Shilo Feb. 17 to 19, 2012. Bldg L-25 will be the site for several Lions Club presentations and banquets spread over three days.

"We are the first family from this area to be part of this guide dog program and we will be proud to talk about it. If we can raise funds or awareness, that will be our way of giving back," Allison sums up.

## Newly opened KAF Islamic Centre celebrates the end of Ramadan

By Capt Susan Magill

Hundreds of Muslim faithful who work at Kandahar Airfield came together at the end of August to celebrate Eid ul-Fitr, the holiday that marks the end of Ramadan, the holy month of fasting. After going for 29 or 30 days without eating or drinking anything between dawn and sunset, festivities are traditional.

The central location of this year's Eid festivities at the big coalition base was the KAF Islamic Centre, which was opened July 21, 2011 to ensure the faithful at KAF would have a place to pray during Ramadan. Mosques normally see a significant increase in activities and attendance

at this time of year, and the new centre was filled with the devout all through Ramadan.

The KAF Islamic Centre is a considerable improvement on the single room that used to serve the same purpose. "It was necessary to provide KAF-based Muslims with a place to pray in a solemn and reverent atmosphere," explains Base Commander, Brigadier-General Kendall.

Belgium, Canada, France, the United Kingdom and the United States contributed \$35,000 to the cost of renovating the pale yellow building as a prayer and gathering place for the hundreds of faithful who live or work — or live and work — at KAF. It has high

windows to let in the sun and at prayer times the floors are covered with rolled-out carpets.

Colonel Shah, the Chief of Staff at 205 Corps Headquarters, spoke at the opening ceremonies. "We must spread the message outside KAF,

because KAF now has a mosque built by ISAF for Muslims. They are not here to fight the Muslim religion. They are here to help us and give us new chances."

"The KAF Islamic Centre will help promote unity, faith, friendship

and understanding," BGen Kendall adds.

During Ramadan, observant Muslims abstain from food, drink and intimate relations from dawn to sunset, and gather at mosques or other holy places five times daily: at dawn,

at noon, afternoon, at sunset and, finally, for the evening prayer, the main gathering of the day.


Capt Susan Magill is a PAO deployed at KAF with the Mission Transition Task Force.



Photo by Cpl Patrick Drouin

Faithful Muslims from many countries meet at the Islamic Centre at Kandahar Airfield for morning prayers.

YOUR CHILD'S  
EDUCATION  
HAS  
CHANGED...



**Westoba**  
Credit Union Ltd  
*First in Our Community*

571.2928 1.877.WESTOBA

can you afford it?

Be prepared with an RESP!

westoba.com

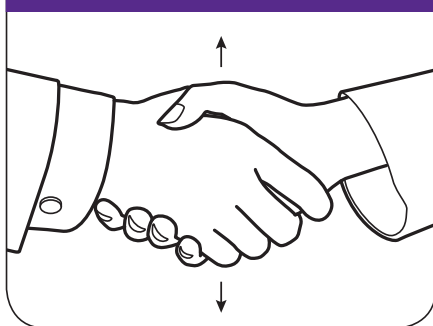
# A step-by-step guide to the secret handshake required for you to receive an exclusive offer on an Infiniti.

## INSTRUCTIONS

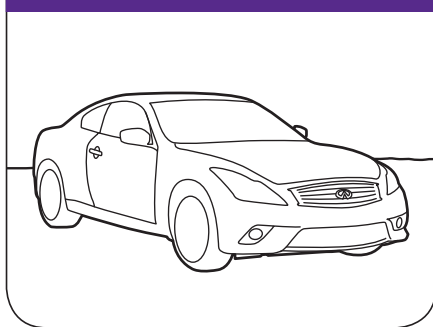
### #1. Extend hand



### #2. Move hand up, down



### #3. Get an Infiniti



As a member of the Department of National Defence, you qualify for an exclusive offer on an Infiniti through the Vehicle Purchase Program. It allows you to get a non-negotiated, no-obligation starting offer. Just register online. Getting into an Infiniti has never been easier.

**Learn more at [cfappreciation.ca](http://cfappreciation.ca) or at [vppcanada.ca](http://vppcanada.ca)**



**INFINITI**

Inspired Performance™

©The INFINITI names, logos, product names, feature names, and slogans are trademarks owned by or licensed to Nissan Motor Co. Ltd., and/or its North American subsidiaries.



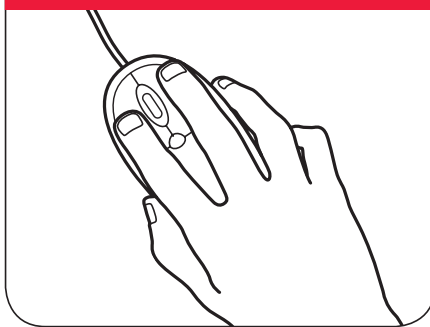


**SHIFT** the way you move

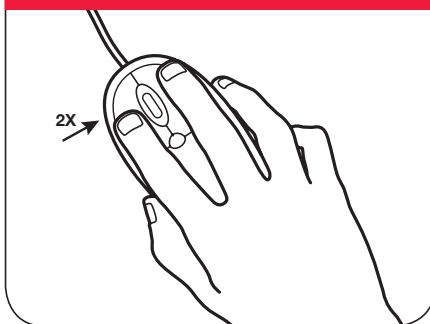
## A step-by-step guide to the online qualification process required for you to receive an exclusive offer on a Nissan.

### INSTRUCTIONS

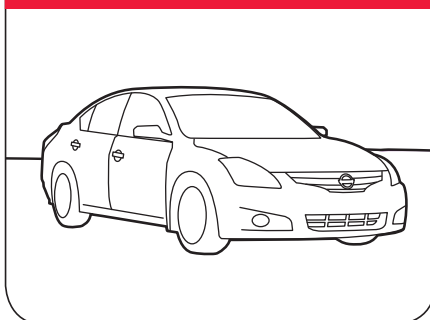
#### #1. Locate mouse



#### #2. Click mouse



#### #3. Get a Nissan



As a member of the Department of National Defence, you qualify for an exclusive offer on a Nissan through the Vehicle Purchase Program. It allows you to get a non-negotiated, no-obligation starting offer. Just register online. Getting into a Nissan is easier than you'd think.

**Learn more at [cfappreciation.ca](http://cfappreciation.ca) or at [vppcanada.ca](http://vppcanada.ca)**

\*The Nissan names, logos, product names, feature names, and slogans are trademarks owned by or licensed to Nissan Canada Inc. and/or its North American subsidiaries.

# SCAN

## SPSC

### **BPSO**

#### **BASE PERSONNEL SELECTION**

**OSPB** Officier de sélection du personnel de la base

The BPSO is hosting a  
**Second Career Assistance Network (SCAN)**  
and **Medical Seminar (Day 3)**  
October 19 - 21, 0800 - 1600 hrs

1 RCHA Theatre, CFB/ASU Shilo

Civilian attire recommended.  
Spouses welcome and encouraged to attend.

---

L'OSPB organise un séminaire sur les services  
de préparation à une seconde carrière (SPSC)  
et de transition pour raisons de santé (3<sup>e</sup> journée)  
Du 19 au 21 octobre De 8 à 16 h

Auditorium du 1 RCHA, USS/BFC Shilo

Tenue civile appropriée.  
Les conjoints et conjointes sont les bienvenus.

**Register at 765-3000 ext. 3086**  
**Inscrivez-vous au 765-3000, poste 3086**



From left, Cpl James Lee and Cpl Lawrence Sparvier, both of 2PPCLI, are the 2011 Intersection Golf regular season champions following this summer's action at the Shilo Golf and Country Club.

Submitted photo

## Last KAF Terry Fox Run ever?

By Capt Thanh Loan Nguyen and Jeffery Lauzier

The Terry Fox Run at Kandahar Airfield, a five-km participation race conducted on Sunday, Sept. 4 attracted 467 dedicated runners from Australia, Canada, the Netherlands, the United Kingdom and the United States. The KAF edition of the run was held well in advance of the National Terry Fox Run in Canada, which was scheduled for Sept. 18.

Preparations for the Terry Fox Run took months, beginning in earnest last July. Volunteers registered runners, collected funds, organized delivery of T-shirts from Canada, obtained prizes, set up the race route with safety stations, and provided water and Tim Hortons refreshments for participants.

When the run was completed, Brigadier-General Chuck Lamarre, MTF Commander, addressed the crowd. "We have raised US\$4,850 for the Terry Fox Foundation, thanks to all of you," he stated. Late donations brought the final amount donated to more than US\$5,000.

The run attracted 371 Canadians, and everyone expected to see them. The surprise was the admiration the Terry Fox Run generated among our allies at KAF, many of whom were inspired by the story of the original 1980 Marathon of Hope.

Lineman Cpl Jean-Philippe Dion of the MTF Headquarters and Signals Squadron set a personal best with a time of 16:37 minutes.

## CANADIAN MP NOTEBOOK

### The Military Police Not that hard to make home safe

Everyone wants their home to be a safe place. This week we will examine some steps that you can take to ensure the continued security of your residence.

While on the Base we benefit from a small community so emergency services can rapidly respond. However, it is important that house numbers are readily visible from the street no matter where you live. Additionally avoid street parking when possible. These measures make an emergency response much easier.

Inside your residence there are several steps that you can take to ensure security. When you are away, ensure all of your doors and windows are secured. If away for an extended period have someone check your residence on a regular basis. If you are living in a RHU this is required by CFHA, and the appropriate document is available at the housing office. Valuables and important paperwork are well kept in a safety deposit box or safe at all times. This protects items and documents from both theft and damage.

Keeping an inventory of serial numbers on electronics, such as televisions, computers, mobile telephones, and digital music players allows any items that may have gone missing to be more easily recovered if found, and claimed against insurance. Many do not take this simple, but highly useful security measure for their own valuables. Taking images of your property every year is also a great way to keep track of what you own in the event that property is lost to theft or an emergency. To make this measure even more effective, keep your inventory lists and photographs at a separate location from your residence.

Take an opportunity to know your neighbours. Just like you they will know what is normal on your street or in your building, and will be one of the best tools available for the security of your home. Working together in communities is the best way to ensure the security of all, and a great chance to meet some new people!

Lastly, ensure that your residence always looks lived in. This means removing newspapers, cutting the lawn, and ensuring general maintenance is conducted on an as needed basis. Failure to do this opens an invitation for security issues to arise at your residence.

We are lucky to live in a safe environment. By taking the simple steps discussed here we can all benefit from the safest neighbourhood possible.

Have a safe week.

#### Military Police Contact Information:

- Emergencies – 911
- Dispatcher (non-emergency) – 204-765-3337
- Platoon Commander, 3339, dane.nicholson@forces.gc.ca
- Identification – 3383

# CANEX

CFB Shilo  
204-765-2343

## This Week's Deals!

Kellogg's®  
Rice Krispies Family Size **2/10<sup>00</sup>**

- 700 g
- Reg. 7.49 ea

**2/5<sup>00</sup>** Christie®  
Mini Oreo

- 225g Limited quantities
- Reg. 3.19 ea

Kraft®  
KD Snack Cups Original **6/5<sup>00</sup>**

- 50 g
- Reg. 1.39 ea

Gold Seal®  
Flaked Light Tuna **2/10<sup>00</sup>**

- 6/170g Limit 2 per customer
- Reg. 1.39 ea

**2/3<sup>00</sup>** Hunts® Snack Pack  
Assorted Flavours

- 4-99g cups While supplies last
- Reg. 2.19 ea

**Pumpkin Pies & Whip Cream!  
Egg Nog Available October 3rd!  
Hurry in Limited Quantities!**

# Take these simple steps to eating more veggies, fruit

For good health and disease prevention, enjoy a colourful variety of vegetables and fruit. Fresh, frozen, canned, and dried all count.

Join the Strengthening the Forces Health Promotion 4n3 challenge ([www.forces.gc.ca/4-3](http://www.forces.gc.ca/4-3)) and track your intake of vegetables and fruits until October 4. There are lots of local prizes to be won!



Your Health  
Anne Todd

## For breakfast

Make your own parfait! Layer sliced apples or frozen berries with low fat or fat-free yogurt and whole grain cereal.

Top toasted whole wheat bread with peanut butter and sliced bananas.

Add vegetables, such as diced tomatoes and onions, to your whole egg or egg white omelet.

## For snacks

Grab some baby carrots, cherry tomatoes or snow peas, a quick rinse and they're good to go!

Easy to carry fruits: apples, pears, oranges, plum — keep these on hand for those moments

when you need a quick snack.

Dried fruit gives you a great energy boost — a quarter cup is all it takes!

## For lunch and dinner

Eat at least two vegetables with dinner.

Add frozen vegetables like peas and broccoli to a casserole or pasta.

Add lots of bok choy, onions, peppers, carrots, and broccoli to your stir fry.

Ask for less cheese and more vegetable toppings on your pizza. Try onions, mushrooms, and bell peppers.

## True or False?

1. Most Canadian Forces Personnel eat enough vegetables and fruit for good health.



2. Fresh, frozen, canned, and dried varieties of vegetables and fruit all count toward your daily recommendation.

3. Eating vegetables and fruit every day as part of a healthy diet can help you fight disease.

4. Green vegetables are the most nutritious.

5. Fruits and vegetables can play a role in weight management.

## Answers

1. FALSE — Despite the many health benefits, less than 20 percent of Canadian Forces Personnel meet Canada's Food Guide Recommendations of seven to 10 servings of vegetables and fruit per day for adults. Are you meeting your needs? Visit [www.forces.gc.ca/4-3](http://www.forces.gc.ca/4-3) to assess and track your vegetable and fruit consumption.

2. TRUE — No matter

what the form, fresh, frozen, canned, dried, juice, all varieties of vegetables and fruit count toward your daily recommendation. Although 100 percent fruit or vegetable juice counts toward your daily recommendation, choose fresh vegetables and fruit more often than juice. You'll get the added benefit of fibre that the fresh vegetables and fruit provide!

3. TRUE — A good source of many essential vitamins and minerals, vegetables and fruit are important in promoting good health. Research consistently shows that compared with people who consume a diet with only small amounts of vegetables and fruit, those who eat more generous amounts as part of a healthy diet are likely to have reduced risk of chronic diseases, including stroke, type 2

diabetes, certain cancers, and perhaps heart disease and high blood pressure.

4. FALSE — No one food contains all the nutrients your body needs. To get a healthy variety, think colour. Eating vegetables and fruit of different colours, including plenty of dark green and orange vegetables (for example, broccoli, romaine lettuce, spinach, carrots, sweet potatoes and winter squash) gives your body a wide range of nutrients, like fibre, folate, potassium, and vitamins A and C.

5. TRUE — Besides having vitamins and minerals that can help protect your health, many vegetables and

fruit are lower in calories and higher in fibre than other foods. Studies have shown that when people eat more low-calorie foods, they naturally eat fewer high-calorie foods. That's because people tend to eat similar amounts of food even when the calories in the food vary. As part of a healthy diet, eating vegetables and fruit instead of high-fat foods may make it easier to control your weight.

This material was adapted from *Centers for Disease Control and Prevention — Three Simple Steps to Eating More Fruits and Vegetables*.

Anne Todd is Health Promotions Director at CFB Shilo.

## RIDE checks anywhere, anytime

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

Arrive alive, don't drink and drive.

# KNIGHT-LINE EXPRESS

We are currently looking for a part-time bookkeeper as well as weekend drivers.

Vehicles are supplied.  
Great way to earn extra cash!

Contact Bob Knight with any questions or to apply at 717-6570 evening phone number 720-2324





# Shilo Military Family Resource Centre



## Join us for National Family Week October 3 - 9

**By Karen Burton**

National Family Week originated in Canada and this year's theme is 'Turning Your Family's Values into Action'. The Shilo MFRC has partnered with the Shilo Library, PSP and Health Promotion to bring you a full week of fun

events that can help your family create lasting family values. The week of events is as follows: Monday - Join the Shilo Library for a special PJ Story Time, 6 - 7 p.m.

Tuesday - The MFRC is hosting an old fashioned bonfire, so bring your lawn chair and enjoy the

fire, 5 p.m. at the Community Centre.

Wednesday - Bring your lunch and learn how eating healthy can be fun for the whole family, noon - 1 p.m. at the Shilo Commu-

nity Centre.

Thursday - Family Game Night at the GSH. Suitable for all ages. Free for GSH card holders or \$3 drop in, 6:30 - 8 p.m.

Friday - Movie night

at the GSH Base Theatre. Rio will be shown and popcorn will be provided. Just bring your own drink! Show starts at 7 p.m.

Saturday and Sunday - Family Swim time at the

Shilo Pool. Free for GSH card holders or \$3 drop in, 12:30 - 4 p.m.

*Karen Burton is the Outreach and Information Coordinator at the Shilo MFRC.*

## Relationship Builder

**By Anne Todd**

Do you and your significant other have arguments that go around in circles and never get resolved? Are you wondering where the fun went in your relationship?

Research has shown that the happiest, most deeply contented couples have four things in common: They share friendship and love in many ways. They treat each other with kindness and respect. Both partners do their part, and they are committed to staying together, even when it is no bed of roses. Generally they handle conflict well and are committed to working as a team.

Stronger Together: Basic Relationship Training is a one-day workshop designed for Canadian Forces members and their significant others. The program is designed to build and nurture happy and strong marriages. The CF version has been adapted to meet the unique needs of military families. There

are proven strategies that can help you preserve a lasting love.

During the workshop, you will learn to recognize when your communication is taking a negative turn, ways to deal with conflict in a safe and respectful manner, to identify issues that get in the way of problem solving, to discover how to restore fun, friendship and commitment, and to recognize the value of forgiveness.

The next workshop will be held on Saturday, Oct. 15 from 8:30 a.m. to 4 p.m. at the Officers' Mess. This workshop is being offered by Base Health Promotion in partnership with the Shilo Military Family Resource Centre (MFRC).

Register early! Free childcare will be provided by the MFRC's Occasional Child Care Program.

For more info or to register, contact Lacey Collier at 204-765-3000 ext. 3868 or lacey.collier@forces.gc.ca.

*Anne Todd is Health Promotion Director at CFB Shilo.*

## Upcoming events at the MFRC

Date	Program	Time	Cost	Registration Deadline
<b>Special Events</b>				
National Family Week - October 3 - 9. Visit our webpage for details on a full week of fun family activities.				
<b>Adult</b>				
October 5 & 12	French Connections	10 - 11 a.m.	FREE	No registration
October 4	Family Costume Swap	5 - 7 p.m.	FREE you bring in your old costumes to swap	No registration
October 4 - December 1	FSL Level 1	6 - 9 p.m.	\$70 (may be refundable)	Register by noon on Friday, September 30
October 5	Social Networking 101	6 - 9 p.m.	\$10	Register by noon on Friday, September 30
October 6	CPR Certification	8 - 12 p.m. & 1 - 4 p.m.	\$70	Register by noon on Friday, September 30
October 4	CPR Re-certification	8 - 12 p.m. or 1 - 4 p.m.	\$45	Register by noon on Friday, September 30
October 15	Scrapbooking Day	9 - 5 p.m.	\$2	Register by noon on Wednesday, October 12
October 19 - November 23	Basic Spanish Course	6 - 8 p.m.	\$40	Register by noon on Friday October 14
<b>Deployment</b>				
The Shilo MFRC Definition of Deployment: Any occasion where your partner is away for 30 days or more on course; IR posting, training or operational duty, regardless of location. Contact Linda at 765-3000 ext 4553 for all deployment activities.				
October 6	Thanksgiving Potluck	5 p.m.	FREE bring your favourite potluck dish	Register by noon on Friday, September 30
October 13	Wii B Gaming	4:30 - 5:45 p.m.	FREE	Register by noon on Wednesday, October 12
October 15	Children's Afternoon	1 - 4 p.m.	FREE	Register by noon on Wednesday, October 12
October 15	Children's Childcare	1 - 4 p.m.	FREE	Register by noon on Wednesday, October 12
<b>Youth</b>				
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: Monday, Tuesday, Thursdays - Tweens (12 - 14 yrs) 6 - 8 p.m. & Teens (14 - 17 yrs) 8 - 10 p.m. Fridays - Tweens & Teens 6 - 10 p.m.				
September 23	Movie Night	7 p.m.	FREE	No registration
<b>School Age</b>				
October 4 - November 22	Cooking up a Storm	4:30 - 6:30 p.m.	\$50 per person	Register by noon on Friday, October 1
October 5 & 12	Keel Kids	5 - 6 p.m.	FREE for September	No Registration
October 5 & 12	Kool Kids	6 - 7 p.m.	FREE for September	No Registration
October 5 & 12	Kooler Kids	7:30 - 9 p.m.	FREE for September	No Registration
<b>Preschool</b>				
October 4 & 11	Tumbleweeds	9:30 - 11:30 a.m.	\$1 drop in fee	No registration
October 5 & 12	Relaxation Station	1:30 - 3:30 p.m.	FREE	Register at the MFRC any-time though out the year.

### Job Opportunity

A full time ECE II or III (term position)

**Qualifications for positions include:**

- Early Childhood Education Diploma
- Current infant/child CPR and first aid
- Bilingual skills an asset

**Benefits for positions include:**

- Salary range \$16.44-\$19.64
- Benefits (dental, extended health, life insurance)
- Three weeks paid vacation annually
- Paid professional days
- Professional Development allowance
- Yearly Paid Staff Retreat
- T-Shirts supplied
- Free lunch available

**Please send resume including references to:**

Shilo Military Family Resource Centre  
Box 5000 Station Main  
Shilo, MB  
R0K 2A0  
Attention: Andrea Doubleday  
Fax to 765-3859 Email: andrea@shilomfrc.ca  
By September 30, 2011  
More information contact: 765-3000 ext 3351

# What's on Your Agenda?

• **The Quintessence Breastfeeding Challenge 2011** will be held in Brandon on Saturday, Oct. 1 at the Brandon Shopper's Mall. The event celebrates breastfeeding and demonstrates promotion, protection and support for breastfeeding women and their families. Registration is at 10:15 a.m. Participants can enter a free draw for door prizes and will receive a certificate of participation.

• **Douglas Old Fashioned Turkey Bingos** at the Douglas Community Hall. Wednesday nights until Dec. 7. Doors open at 6:30 p.m. Bingo starts at 7 p.m. Ten games of bingo, two share the wealth, breakopens. Admission: \$3 + \$0.50 per card.

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

• **Make a difference in someone's life!** Volunteer on the Klinik Crisis Lines in Brandon. No previous counselling experience is needed. Full training and supervision is provided. Next training session begins Sept. 27. For more information call 571-4182 or visit our website: [www.klinik.mb.ca](http://www.klinik.mb.ca) or [www.ruralsupport.ca](http://www.ruralsupport.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!**

• **The RCA Museum** Temporary Exhibition of Manitoba Gallery held over until Oct. 31. October: Special Remembrance tours available all month. Open with free admission to celebrate Manitoba Culture Days on Oct. 1. Free admission for the Signals Branch birthday on Oct. 21. Open Monday to Friday from 10 a.m. - 5 p.m.

• **#60 Royal Canadian Sea Cadet Corp Swiftsure** is enrolling youth ages 12 to 18 in the Sea Cadet program Learn Marksmanship, Seamanship, Sailing and more at little or no cost. Parades are at the Brandon Armoury 1116 Victoria Ave. Brandon on Mon-

day evenings. For more info contact the Ships Office at 728-3168 or Commanding Officer Lt (N) Evelyn Gaboury at 761-5623.

• **Shotokan Karate** classes Tuesday 6:30-7:30 p.m. at GSH beginning April 5. Three free classes for all beginners. Come and try it out!

## October Fitness Sessions

### SPECIALIST TRAINING CAMP

(Open to all Military Members)  
Every Wednesday in October  
11:45 a.m. - 12:45 p.m.  
Gym C

Registration: Contact Amy Coveney, 765-3000 ext 3652

### PRACTICE TESTS

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

### SAR TECH

Tuesday, Oct. 4  
10 a.m. - noon  
Fitness Testing Office, Gym C, Pool

### EXPRES

Wednesday, Oct. 26  
8:30-9:30 a.m.  
Gym C

[www.rcamuseum.com](http://www.rcamuseum.com)  
Call 204-765-3000 extension 3570  
CFB SHILO

EXPERIENCE HISTORY WITH A BANG!

THE RCA MUSEUM

CANADA'S NATIONAL ARTILLERY MUSEUM



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](http://www.rcamuseum.com)

# CLASSIFIED ADS

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

**Oct. 6 at noon**

*Free ads (non-commercial only)*

*restricted to members of the*

*CF, employees of CFB Shilo and the*

*citizens of the surrounding area.*

Email: [stag@mts.net](mailto:stag@mts.net) • Phone 765-3000, ext 3013 • Fax 765-3814

## Services



**St. Barbara's**

**Protestant Chapel**

Sundays @ 1030 with

Sunday School & Nursery

Padre Lee - ext 3088

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

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](mailto:ggs57@wcgwave.ca). HS & CFSC Sept. 24 & 25 in Virden, Sept. 30 & Oct. 1 in Brandon, and Oct. 15 & 16 in Reston. Eligible students may write one or both exams. Call or email for training calendar.

## Services

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

For military weddings performed in uniform, dress uniform, or mess kit, call Rob Lussier at 571-5911

## Wanted

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

Do you like hiking, camping, crafts, games and working with kids five to 14 years of age, a couple of hours a week? Scouting is looking for you. For information on becoming a leader contact Linda at ext 3396.

Read the Stag and  
increase your IQ

## Out of Town Homes

Wawanesa - New Listing - Solid 3 BR 2 bath bungalow, finished basement, garage, large landscaped lot, ready to move in. Priced at \$147,900. Glenboro - Beautiful 24 acres with 6 BR 2 1/2 bath 3 level home, 3,300 sq. ft., lots of mature trees, scenic. Priced for immediate possession, located on #5 Hwy. For details call Dave Mooney 824-2094 Countryland Realty.

## Farm Help

Hiring motivated individual for permanent position on potato/grain farm operation in Carberry, MB. Must have valid drivers license. Agricultural background & mechanical ability an asset but not necessary. Good work ethics and an interest in learning are key. Wages negotiable, start date as soon as possible. Please contact Gordon or Andrea Graham by phone 204-834-2791 cell 204-724-6515 fax 204-834-2669 or email [bar77farms@goinet.ca](mailto:bar77farms@goinet.ca).

Got a story idea?

Write to us!

[stag@mts.net](mailto:stag@mts.net)

Or drop by our office  
in the Shilo Community Centre

## Advertise with us!

To place an ad, email

[stag@mts.net](mailto:stag@mts.net)

or call 765-3000 ext 3013.



Your source for Army News in Manitoba

## Carriers Wanted

Need to make some extra money  
while getting some exercise?

We are looking for carriers to deliver the Shilo Stag every second  
Thursday. Call or email us for more information!

765-3000 ext. 3013

[stag@mymts.net](mailto:stag@mymts.net)

# 1RCHA proves their mettle in Mountain Man challenge

By Gnr Oliver Powell

September started on the right foot for the 1RCHA Mountain Man team as soldiers overcame all obstacles and had a strong finish.

Mountain Man is a race that tests a soldier to the very core. The race is described by Gnr Potts from C Bty, who ran the race for the first time, as "ruthless and a real gut check."

With more than 300 members from 1 Canadian Mechanized Brigade (1CMBG) competing on Mountain Man, Pte Bar from HQ and Services Bty came third overall, finishing in an incredible time of five hours and 27 minutes. He said the portage was the hardest three kilometres of his life. All competitors are required to carry a 35 pound rucksack for the duration of the race. During the portage the weight increases to 100 pounds which drives team members to the



The strain of a three km portage above, coupled with the rucksack run at right, shows on the face of one 1RCHA competitor.

Submitted photos

edge.

Mountain Man is a four leg race which includes a 30 km

rucksack run, three km portage, 10 km paddle and six km rucksack run to the finish.

This year's success proved 1RCHA has what it takes to do well in Mountain Man. This year they had 23 competitors, which is more than the two previous years combined. 1RCHA is striving to make the team stronger each year.

All members of the 1RCHA team finished the 50 km race. Most 1RCHA team members would agree with the portage's nickname, 'The boulevard of broken dreams.' This is due to the number of discarded canoes littering the race course leading up to the river bed. Each abandoned canoe represented someone who did not complete the race.

"It really tests your mind and body. At that point you're cramping, tired and you are at the point where any little thing will make you want to give up," Bdr Roger Sylvester of B Bty said of the portaging ordeal. The determined bombardier finished the race under six and a

half hours. He plans to compete next year with a goal of improving his overall time.

The CO and the RSM of 1RCHA want to continue to support the Mountain Man team and they wish to promote growth of the team.

1RCHA has a strong and proud history and Mountain Man is an excellent way for 1RCHA to show 1CMBG that we can fight with the best of them.

Gnr Oliver Powell is a member of C Bty, 1RCHA.



Submitted photo

1RCHA did well in the Mountain Man Challenge.



## 100% Funding for Long-Haul Truck Driver Training!

Professional truck driving is an exciting and challenging career, with strong earning potential and great employment prospects. Truck driving offers you freedom and adventure, and the opportunity to travel across Canada and the United States.

Take advantage of free training with one of the most comprehensive truck driver training programs in Canada.

You'll enjoy:

- Paid on-the-job training, including in-class, in-cab and on-the-job instruction.
- Earning potential starting at \$40,000, with the opportunity to earn more.
- A high-demand occupation

For more information, visit [trucking.mb.ca](http://trucking.mb.ca) or call (204) 632-6600 or 1-866-820-1317.

Apply today!



**Shilo Theatre**  
(Located in the General Strange Hall)  
Enjoy a DVD movie and popcorn for FREE!

Sept. 30: Mr. Popper's Penguins - Rated G

Doors open at 6:15 p.m. Movie starts at 6:30 p.m.  
For more info, please call the Community Recreation Office at 765-3000 ext 3317/3588

**GSH Bowling Alley**

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

No bowling Oct. 8, Nov. 12 & Dec. 3  
Ask about Glow Bowling Birthday Parties!

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

THE BEST-SELLING PASSENGER CAR BRAND IN CANADA.<sup>††</sup>

**HYUNDAI**  
**BEST SELLING**  
**SALES EVENT**

THE **2012** MODELS ARE HERE **0%** FINANCING FOR UP TO **60** MONTHS

5 REASONS WHY HYUNDAI IS THE BEST-SELLING CAR BRAND IN CANADA.



Limited model shown

**1 SAFETY**  
**2012 SONATA**  
 5-STAR SAFETY RATING\*

OWN IT **\$187\*** BI-WEEKLY PAYMENT  
 WITH **0%** FINANCING FOR 60 MONTHS  
 NO DOWN PAYMENT SONATA GL 6-SPEED. DELIVERY & DESTINATION INCLUDED.  
 HIGHWAY **57/100 KM 50 MPG\***



**2 PERFORMANCE** **2012 GENESIS COUPE**  
 A NEW CALIBRE OF SMART PERFORMANCE

OWN IT **\$204\*** BI-WEEKLY PAYMENT  
 WITH **0%** FINANCING FOR 60 MONTHS  
 NO DOWN PAYMENT GENESIS COUPE 2.0T 6-SPEED. DELIVERY & DESTINATION INCLUDED.  
 HIGHWAY **6.6/100 KM 43 MPG\***



2.0T model shown



GL model shown

**3 FUEL EFFICIENCY**  
**2012 ACCENT** BEST-IN-CLASS FUEL ECONOMY\*

OWN IT **\$122\*** BI-WEEKLY PAYMENT  
 WITH **2.90%** FINANCING FOR 60 MONTHS  
 NO DOWN PAYMENT ACCENT L 4DR 6-SPEED. DELIVERY & DESTINATION INCLUDED.  
 HIGHWAY **4.8/100 KM 58 MPG\***



Limited model shown

**4 DESIGN** **2012 ELANTRA SEDAN**  
 2011 BEST COMPACT CAR - AUTOPACIFIC VEHICLE SATISFACTION AWARDS\*

OWN IT **\$144\*** BI-WEEKLY PAYMENT  
 WITH **2.90%** FINANCING FOR 60 MONTHS  
 NO DOWN PAYMENT ELANTRA L 6-SPEED. DELIVERY & DESTINATION INCLUDED.  
 HIGHWAY **4.9/100 KM 58 MPG\***



Limited model shown

**5 UTILITY** **2012 SANTA FE 2.4L GL AUTO**  
 2011 BEST-SELLING IMPORT SUV IN CANADA\*

OWN IT **\$218\*** BI-WEEKLY PAYMENT  
 WITH **0%** FINANCING FOR 60 MONTHS  
 NO DOWN PAYMENT SANTA FE 2.4L GL AUTO. DELIVERY & DESTINATION INCLUDED.  
 HIGHWAY **7.2/100 KM 39 MPG\***



Proudly serving the Armed Forces,  
 with the best in customer service  
 Call **ARNOLD BASARABA**  
 1-204-727-1461  
 Cell 1-204-573-2396  
 abasaraba@fowlerhyundai.ca



\*Hyundai names, logo, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. Finance offers available O.A.C. from Hyundai Financial Services based on a new 2012 Sonata GL 6-Speed/2012 Genesis Coupe 2.0T 6-Speed/2012 Accent L 4Dr 6-Speed/2012 Elantra L 6-Speed/2012 Santa Fe 2.4L GL Auto with an annual finance rate of 0.99%/2.99%/3.99%/0% for 60/36/60/60 months. Bi-weekly payment is \$187/\$204/\$122/\$144/\$218. No down payment is required. Cost of borrowing is \$20/\$25/\$15/\$20. Finance offers include Delivery and Destination of \$1,565/\$1,565/\$1,495/\$1,495. Registration, license fees, PPSA and all applicable taxes are excluded. Dealer admin fees and a full tank of gas. Financing example: 2012 Genesis Coupe 2.0T 6-Speed for \$26,494 at 0% per annum equals \$203.57 bi-weekly for 60 months for a total obligation of \$28,494. Cash price is \$28,494. Example price includes Delivery and Destination of \$1,565. Registration, license fees, PPSA and all applicable taxes are excluded. Offer economy comparison based on combined fuel consumption rating for the 2012 Accent 4Dr 6-Speed Manual (5.9L/100km), manufacturer's testing and 2011 ALMAAC combined fuel consumption ratings for the sub-compact vehicle class. Manufacturer's testing and 2011 ALMAAC combined fuel consumption ratings for the compact vehicle class. Manufacturer's testing and 2011 ALMAAC combined fuel consumption ratings for the compact vehicle class. Fuel economy figures are used for comparison purposes only. \*MPG\* refers to a limited time and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited. Dealer order may be required. †Based on the July 2011 ALMAAC report. ††Government 5-Star Safety Ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA) New Car Assessment Program (www.safercar.gov). See your dealer for eligible vehicles and full details of the Government 5-Star Safety Ratings Program.

**5 YEAR WARRANTY** 100,000 KM  
 5-year/100,000 km Comprehensive Limited Warranty  
 5-year/100,000 km Powertrain Warranty  
 5-year/100,000 km Emission Warranty

HyundaiCanada.com

