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3 September, 2009

## A Forces to be reckoned with



Gen Walt Natynczk had lunch in the field with LFWA TC det - BIQ in the Range and Training area during his visit to Shilo on September 1. "The big game right now is Afghanistan and we have shown the world we are making progress," he said in a town hall later that afternoon. Accompanying him on his trip was his wife Leslie who toured the Community Centre facility, the Shilo Military Family Resource Centre and connected with officials at the Canadian Forces Housing Agency. Full story on page 3.

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# Come out to Shilo's 2009 Terry Fox Run

**Kristen Lucyshyn**  
Recreation Assistant

CFB Shilo's 29<sup>th</sup> Annual Terry Fox Run will be held on Friday, September 11, 2009 at the Community Centre Annex, Building L-25. Registration is from 8:15-9:00 am with the opening ceremonies beginning at 9:15 am followed by a group led warm-up and the official race commencing at 9:30 am.

Participants can choose to walk, run, or bike the 5 km route (one lap) or the 10 km route (2 laps). The run will be followed by a BBQ at 11:00 am in Building L-25 for all participants.

Raffle tickets for prizes and Terry Fox t-shirts will be sold from Sept 8-10 in the CANEX mall from 10:00-1:00 pm and will also be sold on Sept 11

with all proceeds going to the Terry Fox Foundation. Raffle tickets are 3 for \$1 for general prizes and \$1 per ticket for the grand prize. Draws will be made at 11:00am during the BBQ.

Last year, the Shilo Community raised over \$4000 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, Manitoba, and raised in Port Coquitlam, British Columbia, a community near Vancouver on Canada's west

coast. An active teenager involved in many sports, Terry 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, Terry 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.

After 18 months and running over 5,000 kilometres to prepare, Terry started his run in St. John's, Newfoundland on April 12, 1980 with little fanfare. Although it was difficult to garner attention in the



photo by Quinn Roberts

Participants stretch in preparation for the 2008 Terry Fox Run in Shilo last September.

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 September 1st, after 143 days and 5,373 kilometres (3,339 miles), Terry was forced to stop running outside of Thunder Bay, Ontario because cancer

had appeared in his lungs. An entire nation was stunned and saddened. Terry passed away on June 28, 1981 at the age 22.

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

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#### AM

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in front of McDonald's restaurant

6:30 - Depart Town Centre in front of Royal Bank

Drop off - CANEX Mall, Shilo

#### PM

4:00 pm - Depart CANEX Mall

L-102 - Headquarters

L-105 - Flatlands Dining Hall

P101 - CE

L-158 - Hospital

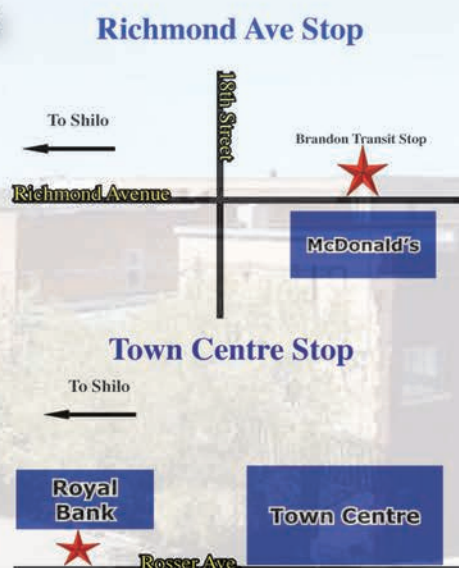
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A117 - 731 Signals Sqn.

G-400 - Base Maintenance

Drop off - Town Centre

Drop off - Richmond & 18th location



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## Ready for your future?

**Lt T.L. Dettrich**  
Base Personnel Selection Officer

Are you approaching your retirement or thinking about a second career outside the CF? The Second Career Assistance Network (SCAN) Seminar is your recipe for success!

Some members of the CF join the civilian work-force following their military service; others choose to hang up their uniform and retire. We address this major transition by providing information and guidance to CF members and their spouses about how to effectively manage career changes or retirement.

This fall's SCAN Seminar which includes one day of Medical Release briefs will be held on October 14-16 at the Multi-Purpose Training Facility (MPTF), Bldg C-106.

Director Military Careers Administration (DMCA), CWO J.P. Paquette and Director Canadian Forces Pension Services Robert Crépeau DCFPS will facilitate sessions on the financial and administrative aspects of release.

SISIP Financial Services will be returning to discuss financial planning and insurance coverage after release. Doug Paterson, QC

from Paterson, Paterson, Wyman & Abel will be providing valuable information on wills and estate planning, power of attorneys, as well as litigation. Frank Strickland, Right Management will be taking an in-depth look at the Job Placement Program. Representatives from Brookfield Global and the Release Section will brief participants on current regulations and entitlements and Janessa Champagne, Education Coordinator will once again cover Education Reimbursements.

Day three will focus on medical release and will feature Marc Faubert, RTW Coord, IPSC Ottawa District from The Centre who will discuss transition services, vocational rehabilitation and clarify the multi-services and benefits they offer.

This seminar promises to be packed full of useful information that you will not want to miss. We invite you and your spouse to register by calling the BPSO office at 204-765-3000 ext 3086, or registering on-line by visiting <http://cfbasu.shilo.mil.ca/cfbshilo/g1/bpsolo/scan.htm>. Please complete and submit the registration form no later than October 7, 2009. Seating is limited, so be sure to reserve your seats early. Dress is appro-



# General and Mrs. Natynczyk visit Shilo

**Karen Griffin**  
Shilo Stag

It was coming up on the third anniversary of Operation Medusa on September 1 when Gen and Mrs. Natynczyk visited Shilo to tour the base, talk with members and their families and see what our troops are doing to prepare for their participation in operations in Afghanistan and the 2010 winter olympics.

A rousing show of hands at MPTF proved that most of Shilo is engrossed in training for a multitude of operations at home and abroad.

With so many responsibilities and duties, Natynczyk emphasized the importance of operations at home as well as abroad.

"There is a home game and there is an away game. There won't be an away game unless we win the home games."

In the past decade, those home games included the 1997 Manitoba floods where soldiers worked tirelessly to protect homes from flooding. In 1998, it was the ice storm that left thousands of vulnerable residents of Quebec and Ontario without power in the dead of winter.

"It was then that Canadians realised that they needed an armed force."

"The nineties were the decade of darkness," he said, speaking to a town hall crowd of members and civilian employees from across the base.

"We've moved so far in three years and since that time, we've become the

new force, the professional force," added Natynczyk.

Since replacing Gen Rick Hillier and becoming the CDS in July of 2008, Natynczyk spoke of his own thirty-four year career experience.

"I remember in 1996, sitting in a driveway in Kingston thinking of ways we could cut back."

With a present force of over 55,000, he mentioned his current challenges involve recruiting and retaining up to 70,000 Canadian Forces members.

Arriving just after 9am, Natynczyk and his wife did separate tours to cram as much into their day as possible.

Leslie Natynczyk spent the morning with some of the spouses from Shilo units and enjoyed a luncheon with the Military Family Resource Centre.

In the afternoon she visited with Canadian Forces Housing Agency (CFHA) to discuss housing needs and conditions in Shilo.

General Walt Natynczyk is originally from Winnipeg and joined the Canadian Forces in 1975 after spending five years as an Air Cadet. He has served in numerous regimental command positions at all levels from tank troop leader up to commanding officer of the Royal Canadian Dragoons.

General Natynczyk's operational experience consists of 4 years on NATO duty in Germany; six months of UN peacekeeping duties in Cyprus (1984); a one-year-long mission with the United Nations in



photo by Gnr Shannon Trimm

**Gen Walt Natynczyk speaks with members of IRCHA unit lines during his September 1 visit to Shilo. Members of C Battery will begin deploying within the next few weeks to Afghanistan.**

the Former Yugoslavia as Sector South-West Chief of Operations in Bosnia and Herzegovina (1994) with British forces, then as the Chief of Land Operations, UNPROFOR HQ in Zagreb, Croatia.

He commanded the Royal Canadian Dragoons in domestic operations during the Winnipeg floods of 1997 as well as in the Ottawa region during the 1998 Ice Storm, and he served as the Canadian Contingent Commander in Bosnia-Herzegovina in 1998.

He became the third Canadian to serve as Deputy Commanding General, III Corps in Fort Hood, Texas and deployed with III Corps

to Baghdad, Iraq in 2004, serving first as the Deputy Director of Strategy, Policy and Plans and subsequently as the Deputy Commanding General of the Multi-National Corps. Upon his return to Canada, he assumed command of the Land Force Doctrine and Training System. He was subsequently appointed Chief of Transformation where he was responsible for implementation of the force restructuring and the enabling processes and policies.

He has fulfilled various staff appointments including serving as Squadron Commander at the Royal Military College (Kingston, ON), on the Army Head-

quarters staff (St. Hubert, Quebec), and in Ottawa as Assistant Director to the National Defence Headquarters Secretariat, J3 Plans and Operations during the period of CF deployments to Kosovo, Bosnia, East Timor and Ethiopia-Eritrea, and most recently as the Vice Chief of the Defence Staff. General Natynczyk was promoted to his present rank on July 2, 2008, when he assumed his duties as Chief of the Defence Staff.

General Natynczyk holds a Business Administration Degree from Royal Roads Military College and Collège militaire royal and is a graduate of the Canadian Forces Command and Staff

College, the U.K. All Arms Tactics Course and the U.S. Army War College.

## Write to Us!

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# September 10 is World Suicide Prevention Day

September 10, 2009  
**World Suicide Prevention Day**  
 Suicide Prevention in Different Cultures

## Anne Todd Health Promotion

September 10 is World Suicide Prevention Day. Suicide is a tragic loss of life and is more common than most people realize. It affects everyone who knows the victim and has a profound impact on the morale of all CF members and their families who are aware of the event. Over the past 10 years, there has been an average of 11 suicides per year within the Regular Force. There are fewer suicides within the CF than within the general Canadian population. Yet, for something as devastating as suicide, even one is too many.

Suicide is a complex issue. Most people who attempt suicide do not want to die. Evidence shows that if a person is prevented from dying by suicide, he or she is very thankful afterwards. Not every suicide is preventable, but research suggests that eight out of 10 people who take their own life give definite clues before doing so. Suicide

hints or threats must be addressed.

If you think someone is seriously contemplating suicide, there are some things that you can do.

ASK the individual directly if they are thinking of suicide. LISTEN to what they have to say without judging. BELIEVE what the individual says and take all threats of suicide seriously. REASSURE the person that help is available. ACT immediately. Make contact with others to ensure the person's safety. Don't try to deal with the situation entirely by yourself. Medical staff, mental health staff, a chaplain, or the individual's commanding officer are all people you can quickly turn to for help.

Did you know?

Every year, over 1 million people around the world die by suicide – one death every two seconds.

Suicide deaths account for more than half of all the violent deaths in the world – more than all wars and

homicides combined.

Every year, millions more people attempt suicide.

Every year, even more people – the family and friends – are bereaved, with the impact of the loss sometimes lasting a lifetime.

What can you do?

Be a friend. Sometimes the feeling that he or she is all alone is overwhelming for someone thinking of suicide. Being there and listening is a gift that can make a difference.

Learn about suicide prevention. Drop by the Mental Health Clinic or Health Promotion office, or visit: [www.livingworks.net](http://www.livingworks.net), [www.suicideprevention.ca](http://www.suicideprevention.ca) or [www.iasp.info](http://www.iasp.info).

Attend the "Building Hope out of Turmoil and Tragedy" Conference sponsored by the Canadian Association of Suicide Prevention October 22 – 24, 2009 in Brandon, MB <http://www.casp-acps.ca/conferences.asp>.

Register for the Applied Suicide Intervention Skills Training (ASIST) Workshop (Dec 8 & 9) in Shilo by calling 3868 or emailing [lacey.collier@forces.gc.ca](mailto:lacey.collier@forces.gc.ca).



photo submitted by Anne Todd

## Health Promotion tips of the month

### Anne Todd Health Promotion

**Active Living:** Take some time to warm-up before exercising. This should involve stretching, walking or jogging just to get your tissues ready to work. Discuss this with your fitness staff to ensure you are using proper warm-up techniques.

**Nutritional Wellness:** Use "Healthy Eating with Canada's Food Guide" as your roadmap to good health. You can also personalize your plan at [www.myfoodguide.ca](http://www.myfoodguide.ca).

**Social Wellness:** Make connections. Good rela-

tionships with close family members, friends and others are important. Accept help and support from those who care about you.

Use "Healthy Eating with Canada's Food Guide" as your roadmap to good health.

**Addictions Awareness and Prevention:** The Low Risk Drinking Guidelines

provide advice for healthy adults of legal drinking age. Women who drink less than 9 standard drinks per week, and men who drink less

than 14 standard drinks per week are at lower risk of early death than those who either abstain, or consume more than this. A standard drink is 13.6 mg of alcohol which is found in one 12 oz/341 ml beer (5% alcohol), 5 oz/142 ml wine (12% alcohol) or 1.5 oz/43 ml hard liquor (40% alcohol).

## Is your unit up for the Ultimate Challenge?



### Anne Todd Health Promotion

The second annual CFB Shilo Ultimate Challenge will take place rain or shine on Friday, September 25. 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 ten will meet at the Community Centre Annex, Bldg L-25, for registration at 0830, with a quick warm-up by the *ultimate* fitness staff, and then off to face their most *ultimate* challenges to date!

There are eight stations in total which are designed to test mental and physical strength and endurance. Only the toughest and brightest will prevail: How well do you know the base and the people who work here? Are your driving skills up to standard? How much do you know about safe levels of alcohol consumption? Will you short-circuit on the fit-

ness trail? How well do you know your alphabet? Will the course be too much of an obstacle for you? How do you like your potatoes? How are your patience and/or anger management practices?

Why are we doing this, you ask? The CDS Health and Physical Fitness Strategy is celebrating its first 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 comrades-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, Melissa Griffiths at [melissa.griffiths@forces.gc.ca](mailto:melissa.griffiths@forces.gc.ca) or local 3899. To register a team, email [lacey.collier@forces.gc.ca](mailto:lacey.collier@forces.gc.ca) by September 21.

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# Out and about in Shilo



photo by Sara Cumming

Brette LeBlanc fills up her truck with free gas at the Canex gas bar on August 28. MTS was giving away \$40 of free gas to the first 40 cars as part of a promotion for their Total Home Phone Package, which costs (naturally) \$40 a month.



photo by Quinn Roberts

Maj Chuck Larocque speaks to members of the Rotary Club of Brandon during their visit to Shilo last Tuesday. This year, for the Club's annual visit, members were given a tour of the Community Centre to get a feel for the Base's organizations that provide support to the soldiers and their families.



photo by Sara Cumming

Above: Maj Harold King of the Shilo Faith Centre gives a cheque to Danielle Gagnon-Davis, coordinator at the Helping Hands Centre of Brandon. The padres donated \$1000, as well as quite a few boxes of food, to Helping Hands Soup Kitchen. Helping Hands provides a hot lunch, five days a week, to the needy in Brandon. The charity is currently in a financial crisis, partly due to the declining economy. As the economy gets worse, the number of cash and food donations goes down, but the number of needy people seeking a meal goes up. Helping Hands serves lunch to a minimum of 180 people per day, and those numbers are rising. For more information, or to make a donation, call Helping Hands at 727-4635 or email hhbrandon@gmail.com.



photo by Sara Cumming

Above: Cameron Haggerty, who is retiring December 30 from Base Construction Engineering after 33 years, rode his horse Rosie into the CE building to announce his retirement. Haggerty has been riding horses for 50 years, and training them for 40. Haggerty jokingly told his boss, "There's only room for one horse's behind here, so I'm retiring."

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The Memory Project is a national bilingual program of The Dominion Institute that trains veterans on the best techniques to share their stories with youth. The veteran volunteers visit schools and organizations in their local communities to talk with youth about their wartime experiences. The Memory Project Digital Archive, an online database that houses the oral histories and artifacts of over 1000 Canadian veterans, complements the Speakers' Bureau.



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# The SISIP experience... through the years

Marie Navarro  
SISIP

**It is 1984:** "I was in the Rehab centre thinking: where am I going to live now, what am I going to do for work? I have to get work; I can't just sit staring out the window for the rest of my life! Then a SISIP Financial Services (SISIP FS) Rehab Coordinator came to see me and we discussed what SISIP FS is all about."

At this point in his life, after a car accident left the former military aircraft technician a quadriplegic, Lawrence Aucoin found the support he needed, thanks to the SISIP FS Long Term

Disability (LTD) and Vocational Rehabilitation Program (VRP). "Being a quadriplegic, it is impossible to be in a community and support yourself without some kind of income and SISIP FS is always there." When he required a new vehicle, SISIP FS facilitated an interest-free loan and paid for the modifications to his new car:

"It is hard to believe how big a factor a motor vehicle can be in your life, the freedom to go where you want... and these people kept me going!"

**By 1994:** "Even though I am totally independent [now] and live on my own

in the community, when I need something, I call and they [SISIP FS] do everything in their power to help me. I had to rebuild my life and in order to rebuild your life, you need the tools; SISIP FS has been there to provide me with those tools."

**It is 2007:** A Private stares in dismay at his first cell phone invoice: \$158,000 in extra charges for only one month's use; he had connected his cell phone to his computer, using it as a modem to access the internet, incurring extra costs beyond the \$10.00/ month plan. In his most desperate hour, he too turned to SISIP

FS. His financial counsellor contacted the cell phone provider and was able to reduce the bill by 90% during a preliminary exchange. This still left the distraught Private with a \$15,800 debt, which he could reimburse over the course of 1 year, at a 26% interest rate! The financial counsellor persevered and, pointing out that general policy requires the company to set up a credit limit for new clients – and that this had obviously been overlooked – made them agree to further reduce the balance to a mere \$2,000. Not content with this result, the financial counsellor reviewed

the contract yet again with the company official, requesting they show where the contract stipulated that extra charges could be incurred. Unable to comply with her request, the agent agreed to write-off the balance completely and to send a written confirmation stating that the matter had been settled. Finally, the financial counsellor took the added precaution of setting up her client with a \$500 credit limit to protect him in the future!

**It is 2009:** ...and so it has been, since 1969, for countless Canadian Forces (CF) members in their time of need: through LTD, VRP

and many of life's financial pitfalls in between, SISIP FS professionals (insurance reps, financial counsellors and financial planners) have not hesitated to go that extra mile. Unwavering support, guidance, and a little extra, that is what we celebrate. In the words of SISIP FS President André Bouchard: "We look back on these 40 years – through the changes and enhancements to our programs, products and services – and celebrate our anniversary with pride as we look forward to 40 more years providing financial solutions and *servant those who serve!*"

## Les Services financiers du SF RARM au fil des ans

Marie Navarro  
SISIP

**Nous sommes en 1984 :** « J'étais au centre de réadaptation et je pensais : Où vais-je vivre maintenant? Où vais-je travailler? Je dois trouver du travail... je ne peux passer le reste de ma vie assis ici à regarder par la fenêtre! Ensuite, un coordonnateur en réadaptation des Services financiers du RARM (SF RARM) est venu me voir et nous avons discuté de ce qu'ils faisaient. »

À ce stade de sa vie, après un accident d'auto qui a laissé l'ancien technicien d'aéronefs militaires quadriplegic à vie, Lawrence Aucoin trouva le soutien dont il avait besoin grâce

au programme d'Assurance invalidité prolongée (AIP) et au Programme de réadaptation professionnelle (PRP) des SF RARM. « En tant que quadriplegic, il est impossible de faire partie d'une communauté et de subsister sans un revenu quel qu'il soit, mais les SF RARM sont toujours là. » Lorsqu'il a eut besoin d'un nouveau véhicule, les SF RARM lui ont facilité l'obtention d'un prêt sans intérêt et ils ont payé pour faire adapter l'auto à ses besoins. « Vous ne pouvez imaginer l'importance d'un véhicule, combien cela peut changer votre vie : j'ai la liberté d'aller où je veux... et c'est grâce à ces gens! »

**En 1994 :** « Même si

je suis entièrement indépendant [maintenant] et que je vis à mon compte dans la communauté, lorsque j'ai besoin de quelque chose, je les appelle et ils [les SF RARM] font tout ce qui est en leur pouvoir pour m'aider. J'ai dû rebâtir ma vie, mais pour ce faire, il faut des outils ; les SF RARM étaient là pour me les fournir. »

**Nous sommes en 2007 :** Un soldat reste figé d'étonnement devant la première facture de son nouveau cellulaire : 158 000 \$ de frais supplémentaires pour un seul mois d'utilisation! Il s'avère qu'en branchant son cellulaire à son ordinateur, afin de l'utiliser comme modem pour naviguer

sur Internet, il avait encouru des frais imprévus, bien au-delà des 10.00 \$ mensuels prévus au plan. Au comble du désespoir, il se tourne vers les SF RARM. Sa conseillère financière se met en rapport avec le fournisseur du service cellulaire en question et réussit, lors de ce premier contact, à réduire la facture de 90 %. Le soldat désespéré n'y échappe tout de même pas : il lui reste une dette de 15 800 \$, qu'il doit rembourser sur une période d'un an, à un taux de 26 %! La conseillère financière persévère et, en s'appuyant sur la politique générale de la compagnie, qui se doit d'établir une limite de crédit pour ses nouveaux

clients – ce qui ne s'était évidemment pas fait – elle parvient à diminuer le solde davantage, à seulement 2 000 \$. Toujours insatisfaite, la conseillère financière repasse de nouveau le contrat au peigne fin; elle insiste auprès du représentant officiel de la compagnie pour qu'on lui indique la clause stipulant l'imputation de frais supplémentaires à un client. Ne pouvant donner suite à sa demande, le représentant convient alors de radier la dette au complet et d'envoyer une lettre de confirmation à cet effet. En guise de protection pour l'avenir, la conseillère financière fait établir une limite de crédit de 500 \$ pour son client!

**Nous sommes en 2009 :** ...et il en est ainsi depuis 1969, pour grand nombre de membres des Forces canadiennes (FC), lorsqu'ils traversent des moments

difficiles; que se soit à travers l'AIP, le PRP ou les nombreux soucis financiers qui se présentent le long du chemin, les professionnels des SF RARM (représentants en assurance, conseillers financiers et planificateurs financiers) n'ont jamais hésité à pousser les limites. Un soutien inébranlable, des conseils et un petit quelque chose en plus, voilà ce que nous célébrons. Pour citer le président des SF RARM, André Bouchard : « En passant en revue les 40 dernières années – avec tous les changements et les améliorations à nos programmes, ainsi que nos produits et services – nous célébrons notre anniversaire avec fierté et c'est avec enthousiasme que nous attendons les quarante années à suivre, afin de continuer à offrir des solutions financières, toujours à *votre service!* »



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# BRAVE RAM gets C Battery primed and ready

Sara Cumming  
Shilo Stag

**1**RCHA's C Battery (Bty) is almost at the end of their 'road to war', having finished Exercise BRAVE RAM last week and with troops set to begin deploying to Afghanistan in September.

"Exercise BRAVE RAM was the final training event, mainly for the artillery and the Joint Tactical Air Controllers [JTACs] prior to our deployment with Task Force 3-09 in the fall," said Maj Shawn Fortin, Battery Commander of C Bty.

The exercise consisted of C Bty using both 105mm LG1 Howitzers and 155mm M777 Howitzers to shoot live rounds at specific targets in the field. Jets were also brought in from Cold Lake, AB, and bombers from Minot, North Dakota to drop live bombs on specific targets. The Cold Lake jets were also supported by refueling

craft from Winnipeg, MB. Most of the exercise took place on the ranges in Shilo, although some elements of C Bty went to Wainwright, AB in support of 1PPCLI out of Edmonton.

The battery had already completed their individual and collective training, and Exercise BRAVE RAM was considered refresher training.

"Because there's been such a gap in the time frame from us finishing our training to our deployment, it was felt that we should go out and do a refresher skills exercise," explained Maj Fortin. "So this was an opportunity to get out, use our mortars, use our howitzers, and our various small arms ammunition, to make sure our skills are fresh in our minds prior to our deployment."

Capt Adam Bradley, Troop Commander of C Bty's Z Troop, said his troop spent a lot of time in the field during Exer-



photo by Ymanne Staples

LCol Luc Généreux, BComd, pulls the lanyard on an M777 Howitzer during Exercise BRAVE RAM.

cise BRAVE RAM.

"It's been pretty frequent lately, whether we're supporting the FACs [Forward Air Con-

trollers, another name for JTACs] or supporting the FOOs [Forward Observation Officers], we've been out pretty often."

Fortin said the refresher training is important so the soldiers' skills become second nature.

"If they get into situa-

tions overseas, the guys are able to react appropriately and in effect, help save their lives and others."



photo by Ymanne Staples

*Left: Members of E Troop load the M777 Howitzer just prior to firing. Right: (from left) LCol T.R. Young, CO of 1RCHA, LCol Luc Généreux, BComd, CWO Stephen Walsh, and MWO C.L. Gibson, BSM HQ and Services Bty, watch from King OP while artillery explodes in the field. The BComd spent an afternoon in the field with C Bty during Exercise BRAVE RAM. The exercise consisted of C Bty using both 105mm LG1 Howitzers and 155mm M777 Howitzers to shoot live rounds at specific targets in the field.*



photo by Sara Cumming

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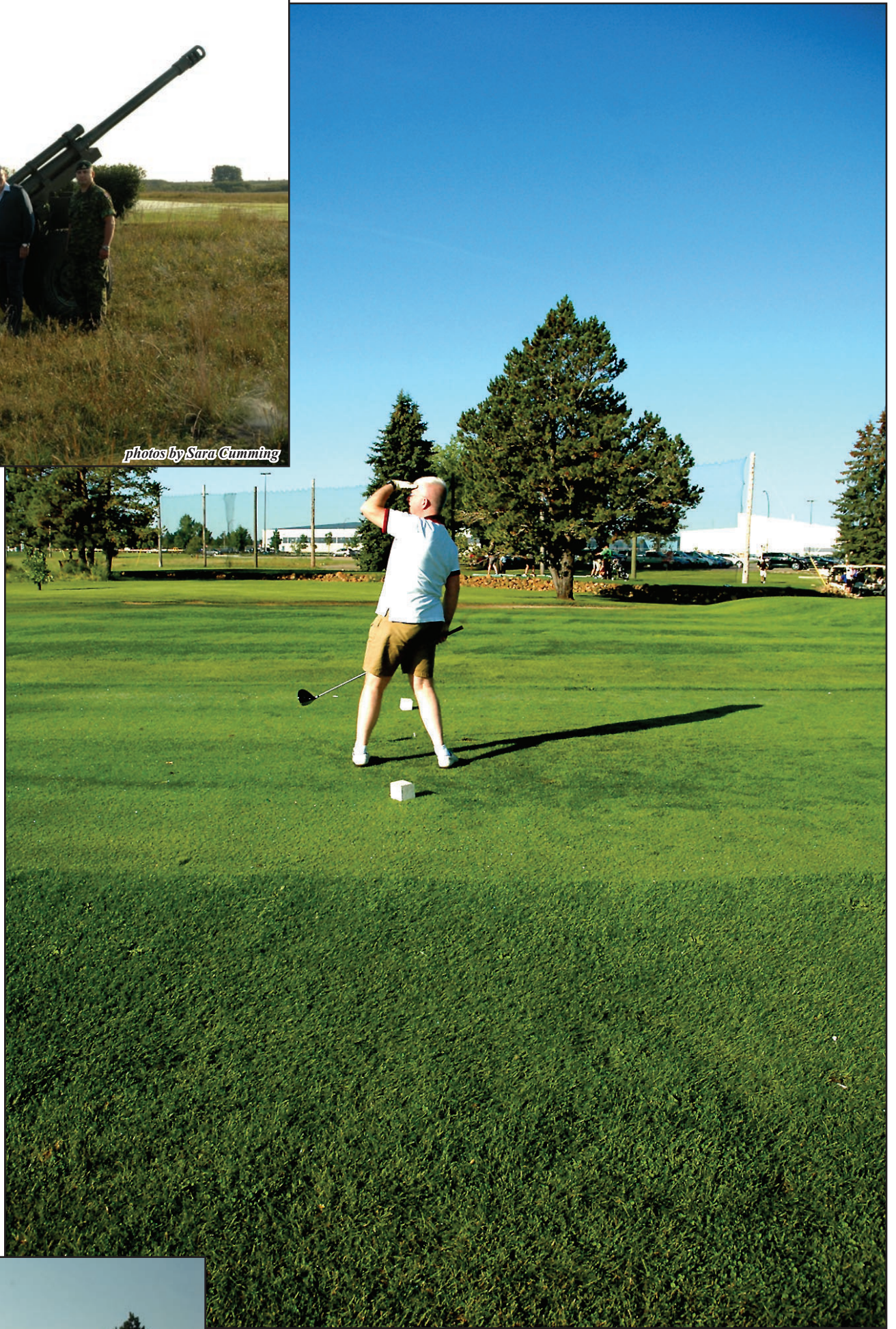
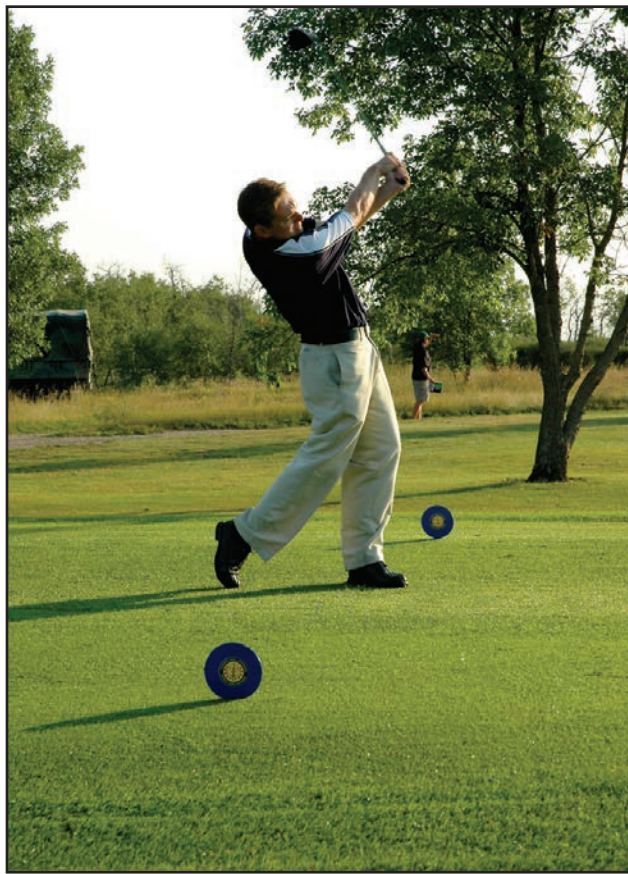


# National teams tee off at Shilo



photos by Sara Cumming

Clockwise from top: MGen Daniel Gosselin, Patron of CF Golf, prepares to fire the gun to kick off the 2009 National CF Golf Tournament on August 31; Maj Neil Gregory watches his shot in the early morning sun during a practice round August 30; MGen Gosselin, right, addresses the crowd during the opening ceremonies August 31; and Dave Scinocca, golf pro at the Shilo Golf and Country Club, tees off with the first swing of the tournament.



**Shilo Stag**

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



# Exploring the RCA Museum Curatorial Centre

Sara Cumming  
Shilo Stag

The RCA Museum has taken over building M-101 with their new Curatorial Centre.

"This is a curatorial centre where we work on the collections, rather than a public space," explained Kathleen Christensen, Senior Curator at the museum.

The building is large enough that it will house 64,000 artifacts that had previously been scattered in storage facilities around the base.

"This is the first stage," said Christensen. Various storage units are in the process of being built inside M-101, and Christensen estimates it will take years before the process is complete and all the artifacts have been moved, unpacked, entered into a database and photographed.

There are a few benefits to having the new build-

ing, Christensen said.

"It's all in one place," she said with a laugh. "[Before], we couldn't make use of volunteers as effectively. We're definitely looking for anybody with mechanical interest in these vehicles to work as volunteers."

The new space is also beneficial for the collection. Previously, some of the artifacts had been housed in unheated buildings, so they couldn't be worked on in the winter. M-101 has been outfitted with an exhaust system, carbon dioxide detectors, an air handling unit, and showers.

All health and safety issues have been addressed, and insurance and liability issues have been covered as well.

"It's opened up a lot of potential for addressing the needs and concerns of the collection itself," Christensen said.

The project will have

taken about a decade and cost \$150,000 by the time it is complete, said Marc George, RCA Museum Director, who sees the project as "significant."

"This is the first time that we've had a facility that allows for the proper care for all the artifacts we have," George said.

"It's a vital step in ensuring this massive collection of artifacts will be maintained for future generations."



In the background, several WWII-era vehicles are seen at the RCA Museum Curatorial Centre. In the foreground are the barrels of two cannons from the Boer War. The cannon on the right, a 15 pounder, was used to carry Queen Victoria during her funeral. These are just a few of the approximately 70 guns and vehicles that will be stored and maintained in M-101, in addition to some 64,000 artifacts. Photo by Sara Cumming

## Kandahar PRT operations

Sgt Réal Pelletier  
DNEWS

Camp Nathan Smith, Afghanistan — And here we are, already four months in Kandahar and less and less is truly new to us. The city, the landscape and the people are now more familiar, and we're into the groove. But watch out — it's the old electrician who gets the shock! Everyone is still very aware that we must not drop our guard. With anywhere up to three sorties per day, including operations under the hot sun with soldiers of the Afghan National Army and members of the local police in various parts of Kandahar, the members of Stabilization Company A (Stab A) are now much more confident and alert. Obviously, there is still plenty of work to do, but the soldiers' determination, physical fitness and morale are excellent, and we make the miles go by as we look forward to our return home. Speaking of morale, at Camp Nathan Smith it's all about people.

After long hours of patrolling, we really appreciate the attention we get from the support folks: cooks, drivers, mechanics and our quartermaster. Never counting their hours, they give our guys the best possible service, improving effectiveness for everyone and putting us all in a good mood. Finally, the progress being made in Kandahar City is not always easy to see and take note of, but one thing is for sure: each little thing achieved by our team, even the simple fact that we are out on the streets of the city, gives the people a sense of security and makes the kids smile a bit wider. With the increase in strength soon to come, and the American task force, we are sure that we can reduce the insurgents' reign of terror even more, and ensure a better, safer life for the Afghan people. Certainly, one day we will be able to say that we have contributed to the success and future development of many Afghan children.



Sgt Réal Pelletier and a member of the Afghan National Police conduct a joint patrol in Kandahar City, Afghanistan.



As always, a Canadian presence patrol in Kandahar City draws a crowd of children.

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# Maj Lilley takes over command of 731 Sig Sqn



photos by Sara Cumming

Left: Maj Andrew Lilley, incoming CO of 731 Signals Squadron, shakes the hand of reviewing officer Col Charles Lamarre while outgoing CO Capt Jim Barscello looks on. Above: Col Lamarre inspects the parade.

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# Motorcycle charity group visits museum



*Below: One of the riders from the Friends of Veterans charity ride examines an exhibit at the RCA Museum on August 29. The charity aims to share the stories of Canada's veterans with people across Canada, particularly students.*



*photos by Sara Cumming*

*Friends of Veterans Canada is a charity organization headed up by Randy Young of London, ON. The group has been organizing charity rides across Canada since early August to promote and raise money for their initiative, the National Video-A-Veteran Contest. The charity needs to raise \$150,000 by next May in order to send 20 veterans to Holland.*

**Sara Cumming**  
**Shilo Stag**

Over two dozen motorcyclists roared into Shilo August 30 as part of a charity ride that aims to share the stories of Canada's veterans with people across Canada, particularly students.

Friends of Veterans Canada is a charity organization headed up by Randy Young of London, ON. The group has been organizing charity rides across Canada since early August to promote and raise money for their initiative, the National Video-A-Veteran Contest.

"We're asking students from across the country to videotape the veterans that will be speaking at their classrooms on Remembrance Day," Young said minutes after pulling his bike up to the RCA Museum for a tour.

The contest is aimed at students between grades 5-12.

The organization will pick 20 WWII veteran winners who will get to go to Holland in 2010 for the 65<sup>th</sup> anniversary of the liberation of Holland in the Netherlands.

"[The kids get] the knowledge and the experience of talking to a veteran," Young said. He hopes to enroll 6,000 schools by the time his charity ride is over on Oct 3.

All the videos made will be given to schools and libraries across Canada.

"If we don't save our veterans' stories, they'll be gone," Young explained. "Each month we lose more and more veterans. It's up to us to save these stories and get them for our kids."

Young said his charity is a "labour of love" and that it is his way of paying the veterans back for making a difference in his life as a child. Young has fond memories of

his friendship with a veteran named Harold Lapointe, who was his scout leader in the 70s.

"Growing up in a single parent family, he was the one guy that paid attention," Young said. "We didn't have any money, so he got me a scout uniform, got my brother a scout uniform. Then I became a troop leader, and got into business, and made a life for myself. It could have so easily gone the other way."

Young thinks that veterans who previously didn't talk about the war are now starting to open up.

"I feel that the veterans, especially from WWII, are realizing that they have a story to tell, and they're willing to share it now," he said.

The charity needs to raise \$150,000 by next May in order to send 20 veterans

to Holland. The endeavour is even harder for the group because they don't have any corporate sponsorship.

"Every penny we get gets put in the bank and saved," Young said. "It's expensive to get out there on the road and get these stories."

All financial woes aside, though, Young loves the work that he's doing, so much so that he has his brother running his construction company so he can devote the next five years to his charity.

"Is it prudent to save memories? Are their stories important? The answer is yes," Young said. "Hopefully some kids will get some benefit out of it. That's what it's all about for me."

For more information or to donate money or time, call Randy Young at 519-679-8190 or visit [www.friendsofveterans.ca](http://www.friendsofveterans.ca).



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## Shilo Stag

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# Working with our ISAF partners in Afghanistan

## DNEWS

At the end of July 2009, Operation TORA ARWA 5 brought C Squadron of Lord Strathcona's Horse (Royal Canadians) an opportunity to work with the 1st Battalion, 12th Infantry Regiment (1-12 Infantry) of the U.S. Army, and Kandak 2 of the

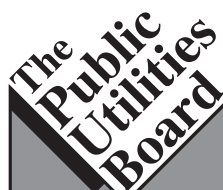
1st Brigade 205 Corps of the Afghan National Army. Conducted in a volatile part of the Panjwayi District, Operation TORA ARWA 5 was designed to prevent the insurgents from moving freely in the area and from developing the networks they need to mount attacks elsewhere.

Two days before crossing the start line, the Canadian, American and Afghan units got together to lay the initial groundwork and begin planning in earnest. Getting to know and understand our coalition partners' call signs, standard operating procedures (SOPs), and ways of

doing business was quite the eye-opener for the Canadians, as I'm sure it was for the Americans. 1-12 Infantry shared the services of Captain Jeremiah Ellis, its Operations Officer, to help C Squadron adapt to American methods, while C Squadron, which had

been in the area before, provided intelligence that prompted a significant revision of the American plans. Working with 1-12 Infantry gave C Squadron an unexpected pleasure: a chance to return to traditional mechanized infantry tactics. In Operation TORA ARWA

5, C Squadron had the precise direct firepower of the Leopard tank to offer, while 1-12 Infantry provided air assets: a B1 bomber, an A-10 Warthog ground-attack fighter, and AH-64 Apache attack helicopters. The Afghans brought the sheer guts and the determination.



## Reminder Notice Of Public Hearing

### Applicant:

## Manitoba Public Insurance Corporation

### HEARING:

The Public Utilities Board (Board) will hold a public hearing of Manitoba Public Insurance Corporation's (MPI) application for 2010/11 premiums and fees at the Board's Hearing Room (4th Floor, 330 Portage Avenue, Winnipeg, Manitoba) commencing at 9:00 a.m. on October 5, 2009.

### APPLICANT:

Pursuant to *The Crown Corporations Public Review and Accountability Act* and *The Public Utilities Board Act*, MPI has applied to the Board for approval of rates and premiums for compulsory vehicle insurance as of March 1, 2010.

### APPLICATION PARTICULARS:

MPI's application proposes:

- No overall change in premium revenue for the insurance year beginning March 1, 2010. Individual rates are subject to experience and other Board-approved adjustments.

### OTHER APPLICATION PARTICULARS:

The Corporation also proposes:

- Combined classification offsets for all vehicles except off-road vehicles, to achieve revenue neutrality.
- Annual experience-based rate adjustments (+15% to -15%) for individual classes, with the exception of mopeds, motor scooters, trailers (\$2,500 or less) and Dealer Moped insurance use.
- Annual experience based adjustment up to 25% for mopeds and motor scooters.
- Capping all rate changes at 20% per year, except rate changes for mopeds and motor scooters, which are capped at 25% per year, as well as Dealer Moped use.
- Dealer Moped rates decrease to equal the rate for All Purpose Moped, with the full indicated experience adjustment, without capping, for the highest rate group in each territory.
- Late fee payments become customer based rather than policy based.

### PARTICIPATION:

Parties wishing to submit a brief or to express comments to the Board, but not wishing to participate in the entire proceeding, should advise the Secretary of the Board of their intention to appear at the public hearing by no later than September 18, 2009.

### GENERAL INFORMATION:

Neither a change in rates nor new rates for services may be introduced without the approval of the Board. In the case of MPI, rates for services mean rate bases and premiums charged for compulsory driver and vehicle insurance. Upon any application to it, the Board may make an Order granting the whole or part of the application, or may grant other relief in addition to or in substitution for that applied for.

Interested parties should take note that the Board does not have jurisdiction over the MPI lines of business denoted as Extension or SRE, nor over MPI's Driver and Vehicle Licensing operation.

The Board's Rules will apply to the conduct of the Hearing. The Rules may be viewed on the Board's website <http://www.pub.gov.mb.ca/> or be obtained on request to the Board, by either emailing ([publicutilities@gov.mb.ca](mailto:publicutilities@gov.mb.ca)), writing or calling the Board Secretary (945-2638 or 1-866-854-3698, toll free).

For full particulars, interested parties may examine MPI's application and supporting materials, either at the Corporation's or the Board's office. Interested parties may contact either the Board Secretary, or:

Manitoba Public Insurance  
Attention: MaryAnn Kempe  
8th Floor, 234 Donald Street  
Winnipeg, Manitoba R3C 4A4  
Telephone: 985-7335 (collect calls accepted)

DATED this 5th day of August, 2009.

H. Singh, Acting Secretary  
The Public Utilities Board



Five days notice required.



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# Shilo Military Family Resource Centre



## Teen Centre Memberships are due

**Garry Reid**  
Program Coordinator

Every September we ask parents to renew the membership for Teens (14-17) and Tweens (12-14) using the Teen Centre. We need to have up to date accurate information in order to ensure we can contact you in case of an emergency. The Teen Centre is a supervised, safe place for teens to hang out. The staff are trained in accordance to Teen Centre Policies and risk management protocol. Parents are still responsible to come in and do an orientation if they have not done one in the past or would like to know more about the place their child frequents.

**Did you know we offer...**

Free membership, but forms must be complete; monthly special activities free or at a nominal rate; weekly movie night with free popcorn; free pool table and foosball; Rock Band; Playstation 2; Dance Dance Revolution; Sing Star; internet access; canteen.

Teens are still responsible for any guests they sign in.

As there are no membership fees, we charge user fees for all events. So for example if we do a bus trip to Winnipeg; our costs are \$150.00 for the bus we charge \$10.00 person with a minimum of 15 for a bus or we take a van with a maximum of 11.

All events are open to all teens; but parents must sign permission forms.

We offer programs and services to teens in Shilo as well as Brandon. Military kids can invite a friend but are responsible for them. Non-military tweens/teens are not allowed on bus because of insurance issues from the Base.

Guests are people who have no paperwork completed.

Please complete this paperwork before the end of September. Membership forms can be obtained at the MFRC reception desk or at the teen centre. More details can be obtained by contacting Garry at local 4557.

## Summer Fun comes to an end



*The Summer Fun kids battle over a game of tug of war while the others cheer them on.*



*Jaden braces himself for a hand full of sand at the Sprucewoods Beach during nature week.*



*photo by Suzanne Linegar*

## Are you Packed for Potential?

**Garry Reid**  
Program Coordinator

Packed for Potential is a new multi opportunity based program rolling out of the MFRC. Packed for Potential is designed to bring you personal success in all corners of your life. The intent is to help you thrive in all areas of your life!

Nine mini sessions are set up for you to take part in. Take one or take all; it is at your convenience! Once you

complete five courses we throw a party and provide you with a portfolio to take you to the next step in your personal growth! You work on a flexible schedule at your own rate; if needed, child care is included for free!

Once you register we give you a passport to help you track your courses and what you achieved. We set up a meeting and administer an interest test

that will assist you in determining your very own training and/or employment path.

The cost? - This is the great part - Only \$10.00/person. This includes all supplies, courses and a party at the end!

For more information or to sign up contact the MFRC today: Garry local 4557 or Christine local 3227. Look on the website and September newsletter for more info!

## Casual daycare staff needed

The applicant must be 18 yrs or older.

Some duties are: interacting with children ages 3 months to 12 years; serving meals; doing activities with children. Hours will vary week to week. Salary is \$9.98 per hour. Flexibility and short notice is an asset.

Please send resumes to: Shilo Military Family Resource Centre

Att: Andrea Doubleday

Box 5000 Station Main

Shilo, MB

R0K 2A0

Email: [andrea@shilomfrc.ca](mailto:andrea@shilomfrc.ca)

**Suzanne Linegar**  
School Age Coordinator

Summer Fun day camp comes to an end. It is unbelievable how fast these eight weeks have flown

## Laugh learn

Come and hear Tina Holland, Director of education from the Mood Disorders Association. Tina is a person who has lived with Depression and Bipolar Disorder all of her life. Tina has enjoyed a full and successful life and wishes to share with the audience information to better help them understand these illnesses through her own personal stories. Be prepared to laugh and learn.

September 15, 2009  
7:00 - 9:00pm  
Faith Centre

by. During the last weeks of summer fun we went to the beach and Lower Fort Garry. The last week was filled with exciting events, from Piñatas, get back at the staff day, water balloon burst and so much more. Laughter and excitement was everywhere.

"Totally awesome", "so much fun", "the best summer camp ever", and "fun and hilarious" are some of the things I heard children talking about. One child

even stated, "I enjoyed it and I will be back next year for sure". As the summer winds down it's now time for the children to get ready for another school year and maybe return in 2010 for another eight weeks of Summer Fun!!



## Teen Centre New Hours

Starting September 8

Mondays, Tuesdays and

Thursdays:

Tweens (12-14) 6-8 pm

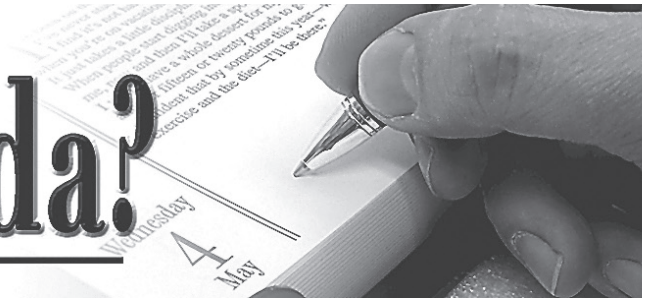
Teens (14-17) 8-10 pm

Fridays: Mixed 6-10 pm

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



# What's on Your Agenda?



## Biking anyone?

Wanna get out of the house and do something different? Wanna ride your mountain bike and explore some new trails? Wanna learn some new skills and take biking to the next level? Wanna learn about bike repairs? If you answer "yes", come on out and ride with us. When: Every Monday and Wednesday @ 1800hrs (day of the week subject to change) Who: Anyone (18+) who owns and rides a mountain bike (road rides might be added) Where: We meet in front of the Canex. Contact Cpl Jean Madore - local 3276, home 765-4495, cell 226-8181. Jean.Madore@forces.gc.ca or anythingaboutbikes@yahoo.ca

## Starting September 8

Dr. Stephan Engelbrecht will be coming to the Shilo Clinic from 9 am - 12 pm. For appointments call 765-2302

## Hope Al-Anon

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

**71 Bty 2520 Royal Canadian Army Cadets** is looking for YOU to join us. Army Cadets is for youth aged 12 to 18. Beginning on September 9, we meet every Wednesday night 1830 hrs at the Brandon Armoury 1116 Victoria Ave. Got questions? Please call Lorna Ball at 728-7665 or email: admin.2520army@cadets.gc.ca

## Shilo Minor Hockey

is looking for an individual enthusiastic about hockey and willing to take on the role of President. We are also looking for anyone who is willing to help out in any way they can. For more information please contact the Recreation Office at 765-3000 ext 3317

## We are accepting donations and nominations

The Creative Doodlers are accepting used computer systems, components, accessories, games and software. We strip down your old systems and rebuild reliable computers. School-age children who don't have a computer system within their household and families that have one computer and two or more children, will qualify to have one donated from us. Call 765-2542

## Squash Club

Please contact the Recreation Office at 765-3000 ext 3317 if you are interested in the creation of a Squash Club. Level: Beginners to Experts

## Shilo Al-Anon

Family Groups (for family and friends of alcoholics) Every Thursday 7 pm Faith Centre Building T119 on Notre Dame Last room on the left For more information call 724-9222 CONFIDENTIAL

## The Brandon & Area Suicide Bereavement Support Group

offers support to those who have experienced the death by suicide by a family member or friend. All are welcome. 4th Wednesday of every month 7:30 pm 217-10th St. (Unit 1) For more information please contact Cherie (727-3202) or Kim (571-4183) or the Manitoba Suicide Line toll free at 1-877-435-7170

## Shilo Community Library

Monday: 6-8:30  
Tuesday & Thursday 9:30-12:30, 1-4, 6-8:30  
Story Time - Thurs @ 1:30

## FREE SafeTALK Workshop

Suicide Alertness For Everyone Thursday, September 10 7-10 pm Elspeth Reid Resource Centre 255-9th Street, Brandon SafeTALK is a LivingWorks program that teaches members of the community to recognize persons with thoughts of suicide and to connect them to suicide first-aid resources. Everyone welcome! To register call Nancy at 571-8355

## Pre-School (Kindergarten) Immunization Clinic

Tues, Sept 8: 1 - 6 pm  
Wed, Sept 9: 10 am - 4 pm  
Please drop in.  
No appointment necessary. Brandon RHA - Public Health Services. Town Centre off Rosser Ave. For more information call 571-8374

## Partners 4 Pints

Canadian Services Blood Donor Clinic  
Wednesdays 10 am - 8 pm  
Thursdays 2 pm - 8 pm  
Town Centre 1-888-236-6283

## Volunteers needed

for fall campaign. Are you available to volunteer in your neighbourhood for two hours during the month of October? The Canadian Diabetes Association (CDA) is now registering door-to-door canvassers to collect donations for its Fall 2009 Residential Campaign. For more information, please call Leah at 204-925-3800 x240 or email leah.wiens@diabetes.ca

## ITF Taekwon-do (Kin-Rin Shilo)

Instructor: Mr. James Caldwell  
Location: Faith Centre T-119 Notre Dame Road  
Fees: \$40 per month + equipment  
Practice Times: 6:00-7:00pm White Belts  
7:00-8:00 pm Colour Belts  
For more information and to register contact 724-6147. Alternate contact: Dwayne Bos 720-4684 or 726-8870  
Classes are done for the summer, but will recommence in September.

## BINGO

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

# CLASSIFIED ADS

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 10, 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.*

## For Sale

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

WAWANESA - Beautiful acreage on the south edge of town. 4.5 acres with another 2.85 acres available, 1288 sqft bungalow with lots of extras, fully developed with walk-out basement. 15 minutes to Shilo & 30 minutes to Brandon. Pride of ownership throughout! This property is a must see. Call Kathy McLean at Century 21 Westman.com at 824-2651.

Beautifully treed half acre lot for sale in Sprucewoods, asking price is 20,000. Feel free to call or email me for pictures at 765-5108 or cell 721-1738 or email kira\_ledarney@hotmail.com.

## For Sale

### House For Sale

5yr old bungalow with detached garage on 5 acres of land, located in Sprucewoods, 2 minutes from base. Home comes with cent. air, cent. vac, air exchanger, alarm system, in ground sprinkler system, fridges, stove, washer and dryer, built in dishwasher. To view call 763-4049. Location 5 Conrad Rd.

### Antler Hills

(2) 5 acres building lots for sale. 15 min from Shilo. Ph (C) 724-6580/834-3760

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

Home for sale in quiet Green Acres Neighbourhood. 1,115 sq ft Bungalow on a 60x123 Lot. 4 Bedrooms, 2 Baths, Finished Basement, Central Air, Garborator, New Dishwasher, New Laminate throughout, New Windows, Many Upgrades, Double Garage, New Door Openers, Shed, Cement Pad and Deck. Fully Fenced Yard. Close to school. Call Tammy at 571-8962 for more info

## Services



### St. Barbara's Protestant Chapel

Sundays @ 1030 with Sunday School & Nursery  
Padre Donnelly - ext 3090  
Padre Bos - ext 3088

### Our Lady of Shilo Roman Catholic Chapel

Sundays 1030 hrs  
Confession 1000 hrs  
Weekday Mass - Tuesday to Friday, 1205 hrs  
Padre McLeod - ext 3089

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

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

## Services

Manitoba Hunter Safety Sept 11 & 12 (1.5 day course) Canadian Firearms Safety Course Sept 13 (one day) Manitoba Hunter Safety Course Sept 20 (one day) Combined Hunter Safety and Canadian Firearms Safety Course Oct 17 & 18 (1.5 day course) For costs, information and to register call Greg 725-1608 or email ggs57@wcgwave.ca. Challenges by appointment.

## Child care

Babysitting services available. Evenings & weekends, simple cooking, no overnighters, no newborns. 763-4162 Kyle

Posting season has arrived and Kids R Kids Licensed Family Daycare has to say goodbye to 4 wonderful kids; but will have 4 openings coming available August 1 2009. The following spots are available - 3 school age, and 1 preschool. CPR and First Aid qualified, Criminal record and child abuse record done, snack and lunch provide. Hours are 7am-4:30pm, for more information please call Kerri @ 765-4626

## For Rent

EDMONTON HOUSE FOR RENT: 4-bedroom 1850 sq. ft home; five minutes to base; hardwood & ceramic tile on open-concept main floor; large kitchen with island & maple cabinets; large bonus room above garage; 3 1/2 bathrooms; fully finished basement; large cedar deck; walking distance to park; family-friendly neighbourhood. Avail. Aug. 1st. \$2000 plus utilities. 12 month lease. Suits family or 2-3 individuals. No smoking, no pets. 780-237-5993. For photos see Edmonton Kijiji Ad ID: 127412191

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

## Wanted

Bilingual part-time job. Private school looking for senior teacher. Adult students. For more information or to send your resume email: claudeag@sympatico.ca

Female personal attendant. No experience needed. Location Shilo. Perm/PT 765-2542

## Wanted

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

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Sgt Prescott Shipway

January 13, 1972 - September 7, 2008

Your six month tour was done.  
 You had three days left to go.  
 We had three soldiers at our door,  
 And we knew you were gone my son.  
 You fought a war started by cowards.  
 You fought a war started by cowards.  
 They hide in the night like rats.  
 They will not show their faces.  
 They hide amongst villages in family places.  
 Their yellow streak covers them.  
 We all know what they are.  
 I cry each time another of our warriors are  
 taken from us and die.  
 Rest in peace my son.  
 We love you, miss you and are very proud of you.  
 Love your mum, dad, sister Samantha, Jason, and  
 nephew Keegan Prescott who you have never met.

# The Afghan election in Zhari

Lt J.F. Lamarche  
2R22eR

The Afghan presidential election was held on 20 August 2009. In a country where the democratic tradition is about as short and intense as can be, Combat Team B and elements of the Afghan national security forces were in charge of ensuring the safety of the population in all the key sectors of Zhari District, our zone of operations west of Kandahar City. Two days before the vote, the insurgents had already launched their campaign of intimidation with sporadic attacks on Afghan police

checkpoints and densely populated spots. As well as kinetic operations, the local people were subjected to many threatening acts designed to discourage them from exercising their right to vote and to marginalize the national government. As B Coy platoon leader Lt Gabriel Chassé said, "It was impressive to see the Afghans go out and vote, despite the rocket attacks

and the threats that weigh on them. They're definitely very brave people." \*The Afghans vote freely\* To respond appropriately to the insurgent threat, the Afghan and coalition forces fanned out through the region to

to open, leaving room for the Afghan National Army and the Afghan police. On voting day, all the Afghan national security forces successfully mobilized and worked together to establish a level of security that was

places finally opened, all the elements were in place to establish a firm, effective presence that would allow the Afghans to vote freely. The polls closed at 5:00 p.m. after an active, but successful, day of isolated attacks dealt with effectively by the forces on the ground. The priority now was counting the vote, and especially transporting the ballot-boxes to Kandahar City. It is clear that certain incidents happened and that the voter turn-out was not the highest across the district but, overall, the election were still a relative success and that anyone could discern the current level of democracy in Afghanistan. As Captain Stéphane Girard put it, "Today, I am very proud to see so many Afghans focussed on a shared objective. By assuring the legitimacy of their own election, they have reached a new level of autonomy." Now, we just have to wait and see who the people have chosen.



Zhari District, Afghanistan, 18 August 2009 — Civilians on their way to the polls are searched at a B Coy checkpoint to reduce the risk of violence on Election Day, 20 August 2009. Photo by Lt J.F. Lamarche, GT 2R22eR

maximize security and reassure the local people. The night before Election Day, Combat Team B took up positions in hottest spots of Zhari District in such a way as to convince the insurgents not to take up arms and ensure the fastest possible reaction time if a rapid deployment was called for. Once in place, the soldiers of B Company had only to wait for the polls

probably the highest ever achieved. When the polling

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 Barb 763-4768  
 Rhonda 763-4614

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 • 3409 Victoria Ave  
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 • 1060 18th Street  
 • 3300 Victoria Ave  
 ANAF - 31 14th St.

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 GSH  
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 All Messes

### Sprucewoods

The Shilo Inn (Crang's)  
 340 Esso Station  
 Dock's Restaurant

### Wawanesa

Lucky Dollar



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## We welcome your suggestions!

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

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

### Submitting articles and photos for print:

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



# Psychological operations at tactical level

Lt Carl-Antoine  
Chaktoura  
2nd Battalion  
Royal 22e Régiment BG

The mission in Afghanistan now has personnel qualified in psychological operations to support the various units

of the task force, of which the 2nd Battalion Royal 22e Régiment Battle Group probably benefits the most from the support delivered by the PSYOPS teams. The various PSYOPS sections are deployed on the ground with the infantry platoons,

living for the most part in Afghan villages, right in the heart of the population.

\*Operators on the ground\*

As well as participating conventionally in operations and taking part in combat — most are infan-

try soldiers — PSYOPS tactical operators are also specialists in “influence activities”. Because of their detailed knowledge of the local culture and customs, they are particularly responsible for forging links with the village residents.

To smooth the progress of operations, they inform and reassure villagers about the reasons for the coalition troops’ presence in their community, and try to win their support. Another important benefit for commanders is the identification

of insurgents and threats to the troops. For example, it is not unusual, during simple conversations, for local residents to indicate the location of arms caches, insurgent positions, and, most of all, improvised explosive devices planted in the area. PSYOPS operators on the ground also collect a great deal of information about the population, which adds an important human perspective to the planning of subsequent operations — a perspective essential to counter-insurgency operations.

\*PSYOPS analysts\*

PSYOPS teams in the field are supported by a “development cell” composed of media experts and analysts who conduct exhaustive studies of population traits. The analysts collate and examine information from all pertinent sources to understand the social dynamic. From their analyses are derived the studies and recommendations the PSYOPS teams need to do their work in a consistently more effective manner.

The tactical operators report as fully as possible to the analysts to ensure that both their databases and their situational knowledge of the “human terrain” are always up to date.

The media specialists are experts in computer graphics and audio-visual technology of every kind. They develop products such as pamphlets, radio spots and billboards to disseminate messages designed to enhance mission effects on the ground. With their products, the media specialists give the PSYOPS teams more tools to help them get their messages out to the people.

Finally, my role as the 2 R22eR Battle Group PSYOPS officer is to contribute to all the stages of planning to ensure that the teams are fully integrated into operations.

My work consists mostly of finding the best way to achieve the commander’s intent, and then I relay his direction to the tactical operators. Working together, the tactical operators, the analysts, the media specialists and I prepare commanders on the ground to approach a village or a District Leader in a way that respects local custom more consistently.

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