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Volume 47 Issue 24

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December 11, 2008

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## Giving back to community



Photo by Quinn Roberts

On December 2, Len Islafsen, United Way 2008 campaign chair, received a cheque for over \$19,000 as the bulk of the donations collected during the Shilo campaign. According to WO Crowder, Shilo campaign chair, many more donations are still being tallied. For details, see page 3.

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# Afghan officials thank Canadian PRT

## NATO - ISAF

The Sarposa Prison break in June 2008 was a set back for Afghan and Canadian officials in efforts to bring the facility up to international standards and for the perception of security in Kandahar city.

However, Afghan and Canadian officials have rallied from the incident and moved forward.

In recognition of Canada's contribution in supporting training, mentoring and infrastructure development at the prison, the Ministry of Justice presented members of ISAF's Kan-

dahar Provincial Construction Team (KPRT) with an award.

"Building the capacity of the corrections sector is important to Afghans. We want to thank the Canadians from the KPRT for everything they have done to support us," said Colonel Abdullah Balwar, director of Sarposa Prison.

"The prison staff are eager to learn and want to improve their skills. Through the training and mentoring the Canadian officials have delivered my staff has significantly increased their level of professionalism."

Colonel Balwar presented the awards Nov. 27 to four members of the Correctional Service of Canada, two members from the Department of Foreign Affairs and International Trade, and two members from the Canadian Forces.

"After the prison break we re-grouped and moved quickly to re-build damaged infrastructure, address security requirements, strengthen training for the Afghan staff and develop contingency planning," said Elissa Golberg, Canada's representative in Kandahar.

"Since the incident, fo-

cussed efforts have resulted in significant progress. I am very proud of what our team has accomplished."

In June 2008, the Canadian government announced an additional \$4 million in support of the reconstruction of Sarposa Prison. Up to \$2 million directly supported urgently needed repairs resulting from the attack, including the reconstruction of the prison gates, walls and towers.

The remaining funds were allocated to a variety of initiatives including upgrades to the infirmary, electrical installations and



flooring, purchase of uniforms and training supplies, the delivery of training and mentoring in human rights, and funding for operations and maintenance.

Canada is in Afghanistan to help Afghans rebuild their country with the aim

of establishing a stable, democratic and self-sufficient society.

More than 50 other nations and dozens of international organizations are contributing to this aim, at the request of the democratically-elected Afghan government.

# Major exercises a success in Kandahar

## Capt Sonia Dumouchel-Connock Joint Task Force Afghanistan

The Afghan National Army (ANA) and units of the International Security Assistance Force (ISAF) have successfully completed three important deliberate operations in the Kandahar Province districts of Zharey, Panjwayi and Maywand. Operation MUTAFIQ TANDER 6, Operation JANUBI TAPU 1, and Operation JOOSH KARAY — launched independently in mid-November — were synchronized to confuse insurgents, degrade their capabilities and leave them few options for escape. "Increasingly, the insurgents were simply hiding key equipment and fleeing when Afghan and ISAF forces arrived in their safe havens," explained Major Fraser Auld, the chief planning officer of Task Force Kandahar. "It was critical, therefore, to maximise the element of surprise and to attempt to cut off insurgent escape routes. These operations were designed to do just that."

In the eastern Band-E Timor area of Maywand District, the ANA and elements of the 22 Infantry (2nd Battalion, 2nd Regiment, 1st Infantry Division, United States Army) successfully completed Operation JOOSH KARAY. Together, the Afghan and American soldiers put a blocking force in place to deny the insurgents access to

withdrawal routes, and conducted patrols to gain a better understanding of local population patterns and gather specific information about the nature of the insurgency in the area.

To the southeast in Panjwayi District, elements of the 3rd Battalion, The Royal Canadian Regiment Battle Group carried out Operation MUTAFIQ TANDER 6, which involved aggressive patrolling and preventing insurgents from withdrawing into the desert.

To the north, the Regional Command (South) Reserve Battle Group, 42 Royal Marine Commando, conducted an airmobile assault into Zharey District as part of Operation JANUBI TAPU 1. Coupled with the simultaneous activity to the southeast and west, this operation effectively confused the insurgents and reduced their escape options even more. A number of insurgents were killed or captured, and large caches of weapons, equipment and narcotics were seized. Each operation was a success in its own right, and their synchronized execution resulted in a major disruption that overwhelmed the insurgents in an area where they normally enjoy a degree of freedom of movement. The Afghan forces suffered only a few casualties, and the ISAF units had no serious casualties.

"As a result of these operational successes, we

strongly demonstrated that our forces are willing and capable of targeting insurgents and eliminating their safe havens," said Lieutenant-Colonel Charlie Stickland, the commanding officer of 42 Royal Marine Commando. "The enemies of Afghanistan were dealt a harsh blow last week as the Afghan and ISAF forces rooted out 600 kg of homemade explosives, 3.8 km of command wire, numerous anti-personnel mines, 107-mm rockets, small arms and ammunition, 500 kg of hashish, and insurgent notebooks with key data." ISAF is working closely with the national security

forces of Afghanistan to protect the citizens of Kandahar Province. At the core of our operations is the desire to shield the population from terrorist atrocities. We will continue to work with the people of Afghanistan to improve security so that reconstruction and development can be accelerated and the people of Kandahar can live without fear.

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# Thanks to United Way supporters

**WO L.B. Crowder**  
**United Way Campaign**  
**Co-Chair**

I would like to thank all that gave to the United Way Campaign and the volunteers that worked so hard to make it happen.

Your efforts have been able to raise \$19,190 this year.

There has been a flurry of activity driven by the news that we didn't reach our goal this year.

I will provide a future update with a revised total once complete.

Thanks again to all that participated.



Photo by Quinn Roberts

Members of the Shilo community gathered for the presentation to the United Way. Through penny drives and small local fundraising efforts, over \$19,000 was awarded to the United Way of Brandon. The Shilo Military Family Resource Centre is one of many non-profit organizations who receive funding from the campaigns.



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### 2008 United Way Factoids and Brief Statements

1. One child defined poverty as, "Lying to your teacher that you forgot your lunch at home." For families living in poverty, having access to a secure source of food can be one of the greatest challenges. United Way supports programs that provide food for families and education about smart shopping and nutritious meal preparation.
2. The 2008 Community Campaign goal is to raise \$560,000 for United Way to invest in programs and services to help people throughout Brandon & District.
3. Only half of teens feel safe at school. Two-thirds of females and nearly half of all males report being verbally harassed in the past year. United Way supports after-school and mentoring programs for children and youth, providing a safe place with positive role models.
4. New immigrant families face challenges beyond simple language barriers, including isolation and poverty to name a few. United Way supports programs focused on helping immigrant families find the help they need, when they need it.
5. Many immigrant seniors face language and cultural barriers. United Way supports seniors' drop-in centres and social programs that provide opportunities to seniors to be connected to their community.
6. Each of us is likely to be touched by a disability over the course of our lifetime either personally, or as a caregiver to a family member, or through experiences of friends or co-workers. United Way supports early intervention and support services for individuals and their families struggling to cope with a disability.
7. Four out of five single parent families are headed by women and families headed by a single mom are four times more likely to live in poverty than a two-parent family. United Way supports programs that help provide the basics for families living in poverty, like food. \*\*It's important to remember that many single parent families are not living in poverty.
8. More than half of seniors over 75 live with a disability (ref: Govt Canada-Services for Seniors). United Way supports early intervention and support services for individuals and their families struggling with a disability

\*source [www.brandonuw.ca/factoids](http://www.brandonuw.ca/factoids)



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# Traditions holding strong



**Bdr Montgomery, J.L.**  
HQ Svcs Bty

On December 5, the First Regiment, Royal Canadian Horse Artillery (1RCHA) carried on a military tradition that dates back more than 130 years, known as the Kingston Cup.

A and B Batteries were formed in October 1871, with A Battery stationed in Kingston, Ontario, and B Battery in Quebec City.

A and B Battery fought every year for the title of the famous Kingston Cup. These two teams would play field hockey on the frozen waters of Lake Ontario on 4 December, "St. Barbara's Day," the patron saint of the Artillery. The story has been recounted that an officer one day had an idea to play the game on skates, and that this was one of the first recorded games of ice hockey.

About 56 years after the first games, in 1929, a citizen of Kingston watched the teams play, and decided they needed a formal cup and donated the trophy, known as the famous Kingston Cup.

B Battery once again, for the fifth year in a row won the Kingston cup, this time in overtime 5-3.

The other cup up for the taking was the Hugsweier cup.

The lore behind the Hugsweier Cup is that in 1985-86 a BC man was watching a game between A and B Batteries. While watching the teams struggle, an idea had come to mind. He wanted to take Regimental Hockey to a much higher level. This became a premiere

*Above left, competition was fierce as the goaltender from C Bty puts up a good defense.  
Below, C Bty gets a run for the money in the afternoon.  
Far right, C battery is awarded the Hugsweier Cup.*



regimental hockey match, and a silver trophy, named after the back gate in Lahr, Germany, was presented to the winner of this game. Just like the Kingston Cup, it was presented annually, on the day of the Saint.



The Hugsweier Cup is not the oldest Regimental hockey trophy, but is still truly significant. When Z Bty was disbanded in 1991, the honour of competing for the title was passed to Headquarters and Services Battery, which now competes annually with C Battery.

The Hugsweier

Cup was won again this year by C Battery, with a score of 4-2.

Other scores of Friday's games included the gunners and bombardiers defeating the master bombardiers in overtime, 5-4. Finally, the old skate remains in the Commanding Officer's office as a reminder of the 6-3 defeat of the officers by the senior non-commissioned officers.

The tournament was a hit and an enjoyable wind down heading into the holiday season.

**MANITOBA'S EMPLOYMENT STANDARDS**

**Construction Industry  
Minimum Wages to Increase  
January 1, 2009**

New minimum wage schedules for the Heavy Construction sector are effective January 1, 2009.

Wage schedules in the Industrial, Commercial and Institutional Sector (ICI) will increase June 1, 2009 resulting in a province-wide minimum wage schedule for the sector.

Contact the Employment Standards Branch for more information, or visit our website:

[manitoba.ca/labour/standards](http://manitoba.ca/labour/standards)

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Employment Standards Branch  
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Toll free in Manitoba: 1-800-821-4307  
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**Scoreboard**

**Kingston Cup winners**

**B Battery**

**Hugsweier Cup Champs**

**C Battery**

**HQ vs. SVCs Bty 4-2**

**Gunners beat**

**Bombardiers**

**5-4**

**Sr. NCOs topped Officers**

**6-3**

Home	9:54	Visitor
3		4
GOAL	GOAL	
Penalty	www.pcscscoreboards.com	Penalty
5	2	12
SHOTS ON GOAL	PERIOD	SHOTS ON GOAL
Player Penalty		Player Penalty
65 6:54		13 1:10
49 5:23		

# LAV IIIs refitted to showroom quality

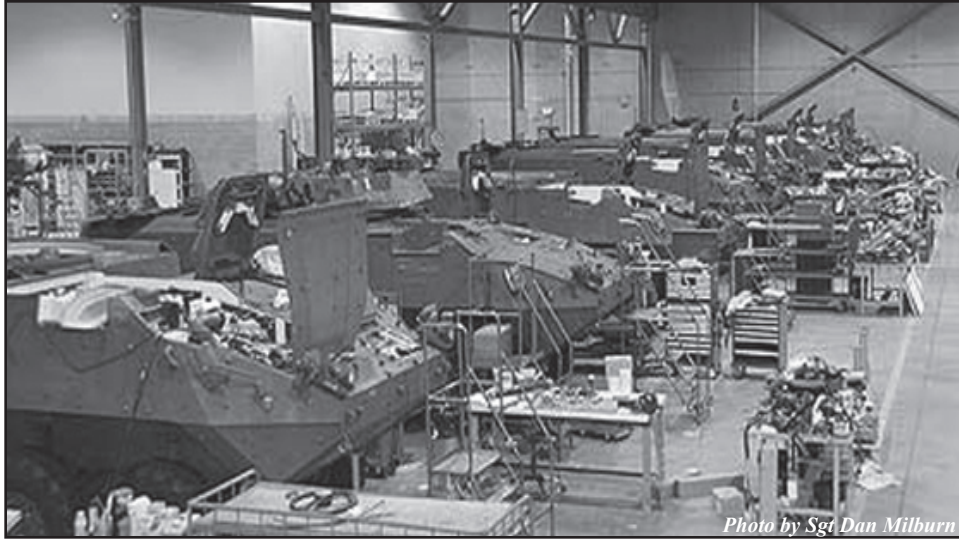


Photo by Sgt Dan Milburn

The LAV IIIs are housed inside GDLS's. All LAV IIIs are road tested before and after the refit.

## Sgt Dan Milburn Army News

The Army's most important fighting vehicle, the Light Armoured Vehicle (LAV III), is being refitted with new improvements and modifications.

GDLS Edmonton has been working on the army's fleet of LAV IIIs since 2006, making improvements including a new modified air brake system and steering system.

Once the LAV IIIs arrive at GDLS they are given an inspection followed by a road test. After pre-inspections and work evaluations

are recorded, the LAV IIIs are stripped down to their bare structure. Everything is removed, including the turret, before it is sent to the refit stage.

The whole process takes approximately 30 days. Once work is completed, the LAVs are reassembled, given a new paint job, and inspected by a member of the Department of National Defence. After a final inspection the LAVs are returned to their units

in showroom condition.

Along with the LAV III refits, GDLS is also responsible for the Bison upgrade. The Bison is being refitted as an armoured mobile repair team vehicle.

GDLS-Canada also manufactures the Stryker Armoured Vehicle used by the United States Army.



# Winter is coming - and Task Force Kandahar is ready!

## BGen Denis Thompson Joint Task Force Afghanistan

Over the last few weeks there has been a change in the air here in Kandahar Province. Clouds are appearing in the sky, the temperatures are approaching what Canadians might actually consider habitable, and we even had a brief rain shower a few mornings ago. All this means one thing: winter is coming — and so is a shift in our approach to operations here in Kandahar. But before I get to that, I want to quickly take stock of our deployment to date — a state of affairs, if you will. We've

faced some interesting challenges: Sarpoza, Arghandab, a shift in insurgent tactics, and a perception by many that the security situation is deteriorating in Afghanistan. Yesterday's events in Kabul underscore this, and many in the international community are acknowledging that we must continue to put serious thought and effort into our approach to these problems. For every challenge however, there are successes that we don't hear enough about. This summer we were able to significantly disrupt the insurgents' com-

mand and control network. Many of their mid and senior level commanders were neutralized, including several key IED experts. We also seized multiple IED facilities, weapons caches, and supply nodes. Eliminating their leadership and disrupting their supply lines has a lasting effect on insurgents' ability to operate in the province. Afghan national security forces continue to make progress. One of our mentored kandaks is assessed to have the highest level of operational readiness of any in the country. This unit is now conducting successful

operations in Helmand Province, where the insurgents' ploy to seize Lashkar Gah was soundly repulsed. This is reminiscent of the ANA's quick victory over insurgents in the Arghandab post-Sarpoza, and another indicator of their growing operational capability. The ANP are starting from further behind, but are making substantial progress as well. Of note is the fact that Kandahar City enjoyed relative calm during Independence Day celebrations, Ramadan, Eid, and several recent gatherings in the environs of the city. The big problem, of course,

has been the recent spate of assassinations and attacks, but I have been told that the [Afghan] National Directorate of Security has recently arrested three individuals believed responsible for several of these murders. Winter is fast approaching, and Task Force Kandahar is focusing on two things. First, we're going to deepen the level of security in key areas in Kandahar Province, areas where the majority of the population resides: Kandahar City, the districts of Dand, Daman and Arghandab, and portions of Zharey and Panjwayi. Our aim is to increase local perception of security in these areas, and set the conditions for economic growth and the reconstruction and development work my colleague Elissa will speak about momentarily. Second, we are going to take the fight to the insurgents in areas they consider to be "safe havens." We have a distinct advantage in that we can continue to conduct operations throughout the cold winter months, while the insurgents are typically limited in the scope of their activities. In the past, many fled to Pakistan during the win-

ter season, but increased anti-insurgent operations along the border region are making this less attractive. My intent therefore, is to deny the insurgents the ability to rest, re-supply, and reconstitute their leadership in Kandahar Province this winter. Doing this will force them further from population centres, limit their ability to conduct large-scale operations, and make it increasingly difficult for them to terrorize the population. We recently conducted a successful troop rotation, which occurred without major incident. The new units have been on the ground for several weeks now, and I can tell you I am highly impressed with the work of our soldiers thus far. I am highlighting some of their many successes today, not to convince you that everything is rosy in Kandahar Province, but to underscore the excellent effort put forth on a daily basis by members of Task Force Kandahar. I firmly believe they are making a difference here, in spite of difficult conditions, and I want Canadians to know that they have every reason to be very proud.

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# Website helps reservists find work

Mary Ellen Green  
Lookout Newspaper

A new website, created by a reservist for reservists, is helping Canadian Forces part-time members find reserve-friendly civilian employers.

[www.civiside.com](http://www.civiside.com) is the brainchild of 2Lt Ken Seville, a logistics officer with 23 Service Battalion

in Hamilton, ON.

He saw a need for reserve-friendly employers, after seeing members of his, and other units, leave the military due to unsupportive bosses.

Civi-Side deems employers willing to give reservists at least two weeks off annually for training "reserve friendly." Seville said many employers refuse time off

or force their employees to use their vacation time for training, which can lead to serious burnout and their possible departure from the Forces.

"A naval reservist might need the whole summer off for training, and it could be a serious challenge finding an employer who not only recognizes the benefits of hiring reservists, but also

offers enough flexibility for the reservists to maintain their commitment to the Canadian Forces,"

Seville said.

The soldier hopes to reduce attrition.

"I realized that if we could connect our young reservists graduating from college and university (around 3,000 annually) with reserve-friendly em-

ployers, we could largely eliminate our reserve attrition problem inside of five years."

The website works like other popular employment websites; it's free for reservists to post their resume, and employers pay a fee once they make a hire.

Though the service is in its infancy, Seville said, "The response has been

positive from both reservists and employers. Reservists see the value of finding a reserve-friendly employer right out of the starting gate, and employers like the idea of sourcing young graduates who are hardworking team-players."

For more information, visit [www.civiside.com](http://www.civiside.com).

## Deployment issues

Mary Ellen Green  
Lookout Newspaper

When a military member is deployed to a war zone, they often leave behind children who must deal with having a mother or father in combat.

To help parents ease their children's stress and explain the complexities of war is "When Mom or Dad Goes to War", an online TV show dedicated to the multifaceted topic.

Filmed at CFB Petawa-

wa in October, the show is an in-depth look at what children face when either of their parents is deployed in a war-torn country, and risks their life everyday.

Host Cheryl Jackson speaks with military children, parents, psychologists and teachers. Guests include Charmaine Tedford, a single mother who lost her husband in Afghanistan; Michelle Belec, a children's deployment support program coordinator at the CFB Petawawa Military Family Resource Centre,

and Veletia Richards, a teacher at Pinecrest Public School at CFB Petawawa.

The show is available online at [www.tvoparents.com/yourvoice](http://www.tvoparents.com/yourvoice). There are other resources available on the page, including polls, bios and helpful tips for children dealing with stress. There's also a forum where parents can discuss the topic amongst themselves.

Your Voice is an online parenting program by TVOParents, Ontario's public educational media organization.



File photo

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Term for this position is January to end-May or early-June annually. Hours vary each week with a minimum of 20 hours some weeks and overtime required in others. Training is provided.

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Email: [Earl.VanRenselaar@mnp.ca](mailto:Earl.VanRenselaar@mnp.ca)

**Deadline for applications is Friday, December 19, 2008.**

\*We thank all those that apply. Only those selected for an interview will be contacted.



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&  
Happy New Year*



*Happy  
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Season  
Gree



Season's Greetings

from all of us at **DOCKS**  
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## Base Commander's Holiday Message

This past year has been no exception to the high operational tempo that we have been experiencing over the last few years. It has been an extremely busy and successful year for all. I fully recognize that many people have put forth significant effort to "make things happen". The end result of your efforts and dedication ensured that the best possible support was afforded to those families who had loved ones deployed to Afghanistan.



In addition to this vital task of Family Support, all training that continued in Shilo was extremely well supported. I appreciate the toll it has taken on everyone to ensure we provided the best possible support to all. I would like to thank all units and agencies on Base for their support, cooperation and perseverance. I commend the entire Shilo Defence Team for a job well done!

As we approach the upcoming holiday season, we should take time to reflect on this past year and think of those who have just returned from Afghanistan. I welcome the 2 PPCLI Battle Group back home. We are very proud of every Battle Group member.

Enjoy the holidays; spend time with your families and friends, relax and recharge your batteries. You all deserve it. I wish you and your families the very best. Have fun and be safe - Don't drink and drive. Seasons Greetings and Happy New Year!

J.J. Schneiderbanger  
Lieutenant-Colonel  
Base Commander



## NORAD Tracks Santa web site

The North American Aerospace Defense Command is again getting ready to track Santa! On Dec. 1, the NORAD Tracks Santa (NTS) Web site, [www.noradsanta.org](http://www.noradsanta.org), will go live and feature fun holiday games and activities that will change daily. On Dec. 24, Christmas Eve, NORAD will begin tracking Santa Claus' journey via live video feeds that begin at the following times:

- 3 a.m. Pacific Standard Time
- 4 a.m. Mountain Standard Time
- 5 a.m. Central Standard Time
- 6 a.m. Eastern Standard Time
- 11 a.m. Greenwich Mean Time

The Web site, designed by Booz Allen Hamilton, allows fans of all ages to get up-to-the-minute reports and streaming videos from key stops on Santa's trip around the world. Google software will output live images from NORAD's high-speed digital "Santa Cams," and Google Maps and Google Earth will follow Santa as he travels around the world. All of this information is available in English, French, German, Italian, Japanese, Spanish, and new this year, Chinese. In addition, for the first time, Canada Post will partner with NORAD to ensure children

around the Santa through NTS program assistance of The NORAD program better an errand the Contin mand (COM Colorado S from a local misprinted newspaper mander wh night gave tion request Santa Claus of tracking that was ca it was form marks the RAD track around the The NTS pr ly since fir in 1998. In 10.6 plus m 212 countri tion, the NT pied by 1,0 Eve, answer calls and rec families aro



Best Wishes for the  
Holiday Season and  
Throughout the  
Coming Year

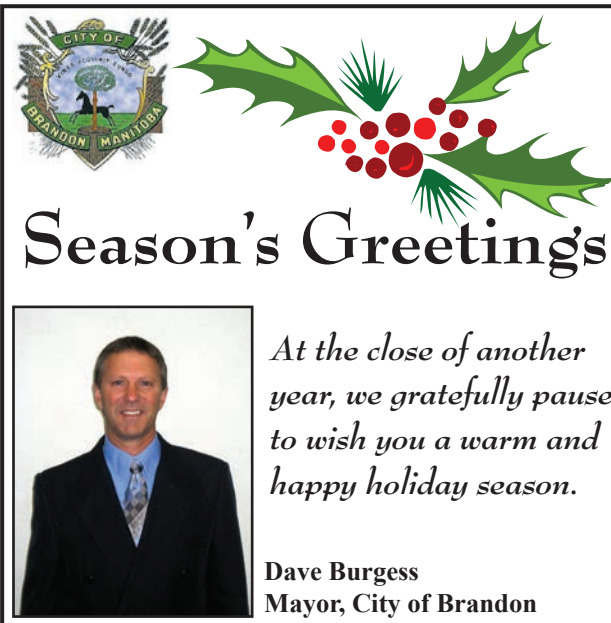


Brandon Salutes



Merry  
Christmas  
& Happy  
New Year!

With heartfelt wishes from  
Duke, Teresa & the  
Friendly Staff of the  
340 Trading Post &  
Dukes Family Restaurant



At the close of another  
year, we gratefully pause  
to wish you a warm and  
happy holiday season.

Dave Burgess  
Mayor, City of Brandon



Good Wishes for  
Christmas & the  
New Year!

From the  
Management &  
Staff of PSP  
Branch Shilo



ons  
tings!



**Hunting for Gifts?**

725-0771

**CAN-NECTION TRAILERS AND OUTDOOR SUPPLY**

Merry Christmas from Doug, Monica, Michael

ATV carts, Boggans, Army Surplus

**Gifts for Hunting!**

3.5 miles north of Brandon on Hwy #10

*Ho Ho Hoping your holiday season is filled with the magic and wonder seen in a child's eyes.*

**The Shilo Men's Club**

## A Christmas message from Shilo Emergency Services

As Christmas approaches, SES is urging residents to think about safety while celebrating. This year – messages have been given an added festive twist.

*'Twas the night before Christmas, when all through the house  
Not a creature was stirring, not even a mouse.  
Stockings, cards and presents well away from the fire,  
Christmas lights unplugged, before the family retired.*

*The family were asleep, snug in their beds,  
Doors in the house shut, harder for fire to spread.  
Safety in this house could be commended,  
No lighted candles were left unattended.*

*A smoke alarm hung in the hall, gleaming white,  
Keeping the family safe during the night  
The alarms on each floor, were checked every week,  
By pressing the test button and awaiting a "beep"*

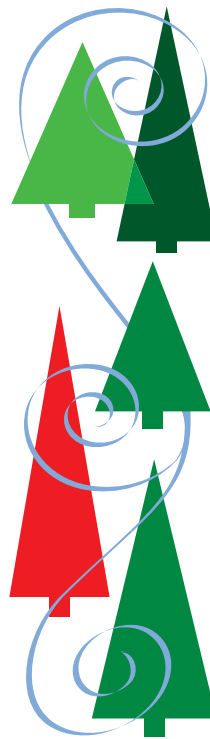
*The kitchen is a place where fires may start,  
But in this Shilo home, the family were smart.  
Cooking was never left on its own,  
Young children never entered the kitchen alone.*

*Plans had been made before Christmas began,  
Party guests would be given a fire escape plan.  
Enjoy festive fun, but make sure you think,  
Fire risks grow when you've had a few drinks.*

*Cigarettes can be a danger if you are tired,  
So don't smoke in bed, it can lead to a fire.  
Think about risks, it makes sense to prepare,  
Handle New Year's Eve fireworks with the utmost of care.*

*Firefighters work at a station nearby,  
Ready and waiting, on that rely.  
But our message above you should always remember,  
To avoid seeing a fire truck at your home this December.*

*Wishing you and your loved ones  
"Merry Christmas and a Fire Safe New Year"*



### Going live

The world can send an email to NORAD through the NTS Web site. The program is carried out with the assistance of many corporate partners. NORAD Tracks Santa (NTS) began on Dec. 24, 1955, after a phone call was made to NORAD's Central Air Defense Command (CAD) Operations Center in Colorado Springs, Colo. The call was from a youngster who dialed a telephone number in a local newspaper advertisement. The command center answered the phone that night and informed the youngster the whereabouts of Santa Claus, a tradition carried on by NORAD when it began in 1958. This Christmas marks the 50th anniversary of NORAD's "No-Nonsense" Santa Claus as he goes around the world delivering presents. The program has grown immensely since it was first presented on the Internet in 2007, the Web site received over 1 billion unique visitors from 190 countries and territories. In addition to the Operations Center, over 12 volunteers on Christmas Eve received nearly 95,000 phone calls and 140,000 emails from around the world.

**Season's Greetings**

Shilo Automotive Services  
Royal Avenue 765-2143

Thanking you for your patronage

**Happy Holidays**

**Shilo Barber Shop**  
Located in the CANEX Mall  
Call 765-4979

North Pole

**Best wishes this holiday season from**

**LIBERTY TAX SERVICE**

TM owned by JTH Tax, Inc., used under license

256 - 10th St. Brandon, MB  
(204) 727-4225

*The gift of love. The gift of peace.  
The gift of happiness.*

*May all these be yours this holiday season.*

**CANADIAN TIRE**

1655 18th Street  
Brandon

**Merry Christmas**

**Home Fire Cafe**  
Located in CANEX Mall


*Holiday Wishes*

Tammy D. Baryluk  
**HUNT MILLER & CO. LLP**  
 ATTORNEYS-AT-LAW  
 Wednesdays 1:30 - 5:00 pm  
 CANEX Mall, CFB Shilo, MB  
 Ph (204) 765-5363 Fx (204) 765-4752  
 148 Eighth Street • Brandon, MB  
 R7A 3X1  
 Ph (204) 727-8491 Fx (204) 727-4350  
*A participating supplier of the CFIRP program.*

*Merry Christmas from the Staff at Shilo Inn*

**'Crang's'**  
**Shilo Road**  
 for delivery call 765-2157

*Merry Christmas*



**THE CREATIVE DOODLERS**  
 "Professional Computer Service With a Personal Touch"  
 sales@thecreativedoodlers.com (204) 765-2542 www.thecreativedoodlers.com

**BRANDON R.V. & Leisure**  
 660 HIGHLAND AVE., TRANS CAN. HWY.  
 BRANDON, MB  
 PHONE (204) 727-6773  
 www.brandonrv.com

*Wishing you and your families a Merry Christmas*



*Season's Greetings from...*  
**Troika Treasures**  
 800 Rosser Avenue Brandon

*Wishing you a wonderful Christmas and a prosperous New Year!*

*From the Council and staff of RM of Cornwallis*



Wishing you and your family all the best of the Holiday Season

PREMIER GARY DOER & THE NDP CAUCUS



# Healthy happy holiday habits



**Jo-Anne Douglas**  
Health Promotion

If you owned a performance car, would you use high test gas or oil as a fuel? If you want a top-performing body, you need to give it top-performing fuel as well.

Before intense exercise, carbohydrate is the preferred fuel. Don't pick spicy items unless you know your digestive system can handle it. High fat and high fibre items digest more slowly so they may cause stomach discomfort during exercise. Good carb choices would be from the vegetable and fruit, grains product, or low-fat milk and milk products food groups.

During exercise remember to replace fluid loss. If you feel thirsty, you are al-

ready dehydrated! It's wise to consume about ¾ to 1.5 cups of fluid every 15 -20 minutes during exercise. If you're exercising longer than an hour, you should consider a sports drink, such as Gatorade.

What about after exercise?

The small amount of glycogen (carbohydrate) stored in muscle is used as energy when you exercise. Normally, it takes about 48 hours to replace muscle glycogen following an intense workout. Many scientific studies have tried to find a way to speed up recovery.

#### Here are the keys:

- Replace lost fluid
- Consume carbohydrate-rich drinks and foods as soon as possible after exercise - within 15 minutes if possible. That's when there's a "window of opportunity" for optimal storage of carbohydrate -- which you'll need for your next workout.

- Consume a little protein after exercise to repair tissue damage.

- The perfect after-exercise snack, recommended by the International Olympic Committee is a bagel and a glass of chocolate milk. This snack gives you a perfect combo of carbohydrates and protein.

What about protein supplements?

Too much protein slows digestion and glycogen recovery. Don't waste money on protein powders --it's cheaper and easier to get your protein from food sources. Food from all food groups contains some protein -- there's protein in meat, eggs, seeds, nuts, beans, milk products, bread, veggies and fruit.

**If any unit is interested in a Top Fuel for Top Performance course (or module) call Health Promotion at ext 3867/3868.**



#### Jo-Anne Douglas Health Promotion

How about giving your family the gift of a smoke-free you for Christmas?

Quitting smoking will not only make you feel and look better, your family will appreciate the healthier tobacco-free you. And you'll save money, which you can spend on yourself and your family. If you have kids, you'll also be a great non-smoking role model, since we know that children of smokers are more at risk of taking up the habit themselves.

You'll also get rid of that annoying cough, reduce your risk of future illness, breathe easier during PT and everyday activities, food will taste better ... the list of benefits goes on and on.

**So what's available to help you quit?**

**Butt Out**, the CF's quit smoking program, is available in a self-help format. You can pick up the booklet

from Health Promotion or from the addictions counsellor at Mental Health Services.

In **Butt Out**, we start with the simple fact that smoking (or chewing) does good things for you. Maybe it reduces stress. Maybe it gives you a break, or helps you concentrate.

**Butt Out** helps you identify **your** personal reasons for smoking, then helps you develop and practice substitutes for smoking that do the same good things for you, without the negative long-term effects that smoking gives you.

Military members can access quit smoking aids -- Champix, Zyban, the patch, or nicotine gum -- if they are enrolled in the Butt Out program. These medications can make the quitting process easier and increase the chances of success.

Drop by Health Promotion in the CANEX or Mental Health Services if you want more informa-

tion about quitting smoking and we'll get you on the way to "butting out".



## Seasonal Tax Preparer

"Are you interested in seasonal work during those cold winter months? Do you have a knack with numbers? Do you like working in an office environment and with computers? If you would like to join one our Tax Preparer teams at MNP, please continue to read!"

### The Position

MNP's Westman offices in Brandon, Deloraine, Killarney, and Neepawa are looking for Seasonal T1 Tax Preparers to join our team. The successful candidate's will be responsible for preparing and filing T1 tax returns for individual, corporate and partnership accounts. This is a term position beginning with training in January and ending April 30, and there is a high potential for repeat terms annually.

### The Candidate

As the successful candidate, you are efficient, well-organized and enjoy working in a fast-paced, deadline driven environment. You are a solid communicator with strong attention to detail and time management skills.

Bookkeeping knowledge and/or an agricultural background would be an asset. Experience working with computers is required. The successful candidate will have experience preparing T1 tax returns or have completed a Tax Preparation course.

We're committed to investing in you and your future. If you'll invest your time, energy and commitment with us, we'll invest in training you to become a qualified tax preparer. Our firm has been built on our core values of open communication, a balanced lifestyle and the notion that we expect to have fun at work.

If you are interested in this position, please forward your resume, references and location of your choice to:

**Tanis McEwen, T1 Coordinator**  
1401 Princess Ave  
Brandon, MB  
R7A 7L7  
E-mail: [Tanis.McEwen@mnp.ca](mailto:Tanis.McEwen@mnp.ca)

Application deadline is Friday, December 12, 2008.

\*We thank all candidates who apply. Only those selected for an interview will be contacted.



MEYERS NORRIS PENNY LLP

# Winter safety for children

Submitted by  
Base Transportation

A winter scene with children all bundled up against the cold, playing in the snow, sliding on snow banks and along slippery, icy streets, building snow forts or playing street hockey, never fails to touch our hearts. We remember the excitement of playing in the snow when we were children. However, as adults we realize that fun in the snow can turn to tragedy in an instant. It is up to us to make the safety of children our number one priority.

Parents, please discourage children from playing on or near roads. Children, playing and sliding with friends, are often totally unaware of vehicles, or equipment working near them. They do not understand that the slippery roads where they have fun and play hockey, or slide down snow banks may actually

be very dangerous play areas. Children do not realize that the car that stopped for them last summer when they ran out onto the road may not be able to stop in time to avoid them in the winter when that same road has become slick with ice and snow.

Warn children to stay away from heavy equipment. Explain to them that "the man in the big machine" may not see them due to the size of the equipment, blowing snow and poor visibility. Persuade children to be careful and give themselves lots of room when it is necessary to pass SNIC equipment.

Parents, be a good example. Whenever out walking with your children encourage them to make it a habit to always follow good, basic safety rules: use the sidewalk whenever possible, if there is not a sidewalk to walk facing the traffic; and stop and look both

ways to make sure it is safe before they cross the street. Children usually copy their parents, so ensure that you demonstrate safe habits.

Do not allow children to build tunnels or snow forts near driveways or roads. Children playing in snow forts or tunnels near the road or along driveways could be in grave danger, as their tunnel or snow fort might accidentally be collapsed, or filled in while they are playing. The bobcat operator clearing sidewalks, someone snow blowing your driveway, or SNIC operators pushing snow banks back and loading snow, may not see or hear children playing due to the noise and swirling snow created by their equipment. Due to this extreme danger to children, the Military Police and SNIC crews will be on the lookout for snow forts and tunnels built close to roads and will destroy any that are found.



Sometimes children get lost in the fun of playing in the snow. Remind your children to stay away from icy roadways, snow removal equipment and have a safe & happy holiday season.

All drivers, please take extra care while driving and watch for children walking, sliding on snow banks, and playing on or near the road.

Clear all snow off your vehicle and ensure the windows are frost-free before driving. If you cannot see

out of your windows, how would you be able to see a child in time to stop your vehicle?

Remain well back of all SNIC equipment - pass with caution only when it is safe. Blowing snow may reduce both your visibility and the

operator's, so that you are unable to see a child playing or walking in that area.

The safety of children is everyone's responsibility. Please do your part to help keep our children safe all year round, not only during the winter months.


## A 'command' performance



Left and below, students from O'Kelly and Ecole de la Source packed the theatre at General Strange Hall for some warm holiday fun on December 4.

The Air Command Band of 17 Wing Winnipeg performed English and French favourites.






**BRING IT ON!**

*Catch the Action at the next Home Game...*

Dec 13 @ 7:30 vs. Prince Albert Raiders  
Dec 17 @ 7:00 vs. Lethbridge Hurricanes  
Dec 27 @ 7:30 vs. Regina Pats

For Tickets Call 726-3555 or visit [Ticketmaster.ca](http://Ticketmaster.ca)  
[www.wheatkings.com](http://www.wheatkings.com)



You are cordially invited to our

# Christmas Open House

Friday, December 19th  
2:00 - 4:00 p.m.  
at our Brandon Office: 223-18th Street North


*We look forward to seeing you.*

*Seasons Greetings*



**Merv Tweed**  
Member of Parliament  
Brandon-Souris

Phone 1-866-558-0555  
or 1-204-726-7600  
[tweedm1@parl.gc.ca](mailto:tweedm1@parl.gc.ca)  
[www.mervtweed.com](http://www.mervtweed.com)



The Canadian Forces Personnel and Family Support Services (CFPFSS) delivers Personnel Support Programs that contribute to the operational effectiveness of the Canadian Forces and improves the quality of life of the military family community.

**Electronic Salesperson (part-time)**

Under the supervision of the SuperMart Supervisor, the Electronic Salesperson provides a lead role in sales, technical advice and installation of home computers and electronic equipment. He/She assists customers in a courteous, efficient and prompt manner and provides expert advice and assistance in the sale and service of electronics to customers.

Salary: \$11.10-\$13.35/hr

For more information or to apply please visit our website or send your confidential resume by **December 12, 2008** to: CFPFSS, Human Resources, P.O. Box 5000, Stn Forces, Bldg. L-102, Shilo, MB R0K 2A0, Fax (204) 765-3815.



# Shilo Military Family Resource Centre



## Season's Greetings from the MFRC



The Staff and Board of the Shilo MFRC wishes you a very Merry Christmas and a Happy New Year. Have a Safe Holiday Season.

**Shilo MFRC Office & OCC Christmas Hours**

Wednesday, December 24  
 Closed at Noon  
 Christmas and Boxing Day  
 Closed  
 Monday-Wednesday, December 29-31  
 10:00 am to 2:00 pm  
 New Years Day  
 Closed  
 Regular hours resume  
 Friday, January 2

**Deployment Support Centre Christmas Hours**

The Shilo Deployment Support Centre office will be closed from Monday, December 15 to January 6.

Regular hours will resume on Wednesday, January 7.

However, at any time over the holidays the Deployment Support Centre can be reached by calling 1-888-711-5533.

## Annual Christmas event a success



Photos submitted by Linda Beauchemin



Far left, 'dashing through the snow' families enjoy a hay ride through the snow.

Left, Andrew, Matthew and Ryan are on Santa's nice list and spend some time with the jolly old elf.

Below, Grace takes advantage of the all-popular cookie decorating station.

**Linda Beauchemin**  
**Outreach Coordinator**

On December 7 over 200 people came out to take part in the Shilo MFRC Christmas Jing-A-Ling.

The day began with a brunch, consisting of pancakes and sausages, and all the trimmings. At the Kid's Only Shopping Cen-

tre, children had an opportunity to go and purchase a recycled present for Mom and Dad for a nominal fee of \$1. There will be a few surprised parents on Christmas Day.

The all-popular, Cookie Decorating, happened with some of the kids enjoying the whole cookie while others were strictly after

the "decorations" that came with the cookie. Either way, the icing made it on their faces as well as in their bellies.

The weather could not have been more perfect for a sleigh ride. There is nothing better than sitting on a bale of hay while being pulled by big, beautiful Clydesdale horses, as snow

is gently falling on your nose.

The day would not have been complete without the visit of the Jolly Old Saint Nick, you know, Santa Claus.

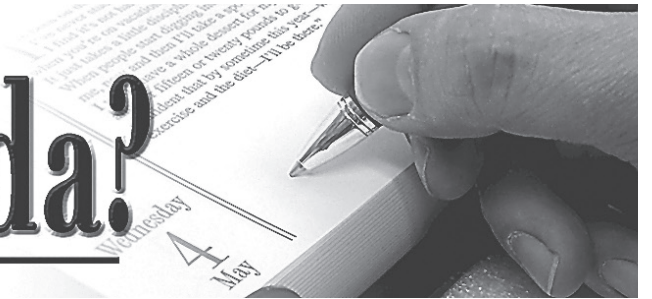
Thank you to all who attended and made this day

such a great success.

*Merry Christmas and Happy New Year.*



# What's on Your Agenda?



## Need temporary use of a Wheel Chair Ramp or a Medi-Chair?

### If so the Shilo Men's Club can help!

The Club is pleased to offer free temporary use of a Ramp and Medi-Chair. It is offered to all members of the greater Shilo and Sprucewoods communities and surrounding area for up to 90 days at a time or until more permanent arrangements can be made. For more information contact Mike McEwan at 763-4990.

## The Shilo & Region Men's Club

Serving the Community Since 1968

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

Instructor :Mr. Dwayne Bos  
Location: Faith Centre T-119  
Notre Dame Road  
Fees: \$40 per month + equipment  
Enrollment and New Session begins 2 December  
Practice Times: 6:00-7:30 pm  
White Belts and 6:30-8 pm  
Colour Belts  
For more information and to register contact ext. 3088 or 724-4227

## Shilo Community Library

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

## Widow/Widowers Support Committee

Meet on Weds, times vary  
contact Lorna-729-5367 or  
Janice-726-0972 for more  
information

### Volunteers Needed

The Canadian Cancer Society has volunteer positions available for every interest and time constraint, including data entry, phoning, poster delivery and organizing events. Call Kristen at 571-2804.

### Every one welcome! T.O.P.S.

(Take Off Pounds Sensibly)  
Held at Spruce Woods Community Hall,  
Tuesdays at 6:00 pm  
Contact: Barb Forbes at 763-4768 or  
Marg Woods at 763-4447

## St. Barbara's Chapel Christmas Mass

Dec 21 - 10:30am  
Dec 24 - 7:00pm  
Dec 28 - 10:30am  
Jan. 4 - 10:30am

## (Men's) & (Women's) Base Volleyball Practice

ELIGIBLE- Reg Force, Class B & C military pers  
PRACTICE DAYS- Tuesday's & Thursday's  
TIMINGS- 1630 Hrs - 1800 HRS  
WOMENS COACH- Sgt. Quinn 2 PPCLI, Ext. 6109  
MENS COACH- MCpl Olsen 2 PPCLI, Ext 6813  
MISSION- To represent CFB Shilo at Regional's in 4 Wg Cold Lake 5-9 March 2009

December 18- Last Legion No. 3 bingo for 2008, there will be 20 turkeys given out as door prizes as well as regular pay-outs. All welcome, doors open at 5:30 pm

## Our Lady of Shilo's (RC) Chapel Christmas Mass Time

December 21 at 10:30 am  
4th Sunday of Advent  
December 24 at 7:00 pm  
Christmas Evening Mass  
December 25 at 10:30 am  
Christmas Day Mass  
December 28 at 10:30 am  
Holy Family  
January 1 at 10:30 am  
Mary the Mother of God

December 19 and 20- Weekly meat draws at Legion No. 3 in the Lounge will consist of turkeys and hams as meat prizes. All welcome (just sign in if not a member)

## Royal Canadian Legion Branch #3 2008 New Year's Eve Cold Plate Dinner & Dance

8:00 pm - 1:00 am  
Wednesday December 31  
Banquet Hall  
560 13th Street East  
Dance to the music of: Tiger Hills Band  
Tickets: \$30.00 each (non refundable)  
Hats & Noise Makers provided \*\* Ballon Drop at midnight  
For tickets or more information please call: 727-1866 or 727-3054 or 728-2881

### Did you know?

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

## BINGO

### Sprucewoods Community Hall Thursdays

- Share The Wealth from 6:20pm
- Early Birds at 7:00pm
- Regular Games at 7:30pm

Intermission Games - Progressive Games - And More!

## THE BRANDON GUN & COLLECTIBLES SHOW

Manitoba's largest  
December 13 & 14 at the Keystone Centre  
BUY, SELL, TRADE, Saturday 10:00 to 5:00  
Sunday 10:00 to 4:00  
For more info or table rentals call 204-725-4363

# CLASSIFIED ADS

**\$10 for first 20 words,  
10¢ for each additional word\***  
**Deadline for next issue:  
January 15, 12:00 PM**

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

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

## For Sale

### Beautiful River Front Property

7.25 Acres only 10 minutes from Shilo Asking \$75,000  
Call 204-724-6719

### Sprucewoods House

Professionally renovated 1276 sq. ft. - 5 bdrms, 2 baths- smoke free, many upgrades including custom kitchen, top of the line laminate flooring, bathroom, exterior, central air, new attached garage and deck, large yard  
Contact Dave or Jennifer Montgomery at 465-4296 or 725-9572

### Hobby Farm

R M of Oakland 80 acre hobby farm with modern 4 bedroom raised bungalow, 1 1/2 baths, attached-insulated-heated double garage with family room above (new in 2002). Cattle shed, hay shed. 15 miles to Maple Leaf 10.5 miles to Shilo. Price \$175,000. Enquire now, it won't last for long!  
Countryland Realty,  
Dave Mooney 824-2094

## For Sale

### Scuba Equipment For Sale As Is

Mobile Air Compressor  
Motor Manufacturer: Honda  
Model: GX270, H.P. 9  
Motor Speed: 3200RPM  
Compressor Model: K14-GH  
Compressor Speed: 1200 PRM  
Minimum Bid \$2000.00  
Viewing of compressor can be arranged through Brenda Cavanagh at 765-3000 ext. 3317 or Jim MacKenzie at 765-3000 ext. 3316  
All sealed bids are to be forwarded to: Jim MacKenzie, FS&R Dir, BOX 190, Shilo MB, R0K 2A0  
Postmarked NLT 05 December 08

### Computer Monitors

17in. Samsung SyncMaster 753DF CRT monitor, with 1280x1024 max. res, 0.20mm dpi and dyna-flat screen \$50.  
19in. Samsung Sync Master 950P CRT monitor 1920x1440 max. res., res. 0.26 dpi \$100.  
All monitors are in perfect condition and come with cables. Reason for selling: I have too many monitors. Call 865-4495 or 226-8181

## Homes to Move

1974 Mobile home to be moved. Asking \$12,900  
Call 728-7749

1998 Moduline 16x76 Mobile Home. 3 bedrooms, 2 full baths. Skylight. Good condition. Price \$62,500.00 Phone: 763-4250

## Child care

Are you looking for a babysitter or child minder? Then look no further - I am first aid and CPR trained and am available Mon, Tues, Wed, Fri and Sat evenings only. Please call 765-4556

I can provide safe and fun care for your kids. I have a Care aide Certificate, First Aid, Food Safe and WHIMIS. I am flexible on hours needed. Call Noelle @ 765-2554

Childcare available for before and after school and in-service days for either O'Kelly or the Pre-Kindergarten program at the MFRC. Snacks and lunch provided. Please call Katie - 765-4874. Prices negotiable.

## Wanted

St. Barbara's Chapel is looking for Nursery School Attendants to work on Sunday mornings 10:15-11:45 am. Rate of pay is \$7.5 per session. Baby sitting course is preferred but not mandatory. For more information or to apply please contact Padre Bos at ext. 3088. Looking for 2-3 attendants to share the responsibility on contract

Female personal attendant required. No experience needed. Location Shilo. Permanent/Part time. Phone 765-2542

## Services

Hi my name is Katie and I am a Tupperware Consultant in the Shilo area! Orders go in EVERY Friday! First person to place an order over \$100 gets a FREE Quick Shake Container!!! To get a catalogue or for more information, please call Katie at 765-4874 or email katie.wiseman@mts.net

Want some photos of you and your soldier? Family, Child and Wedding photos! Great deal. Soldier and Family special - \$20.00. Including photo CD. Call 765-5049

## Services

Canadian Firearms Safety Course Instructor/Examiner, Restricted & Non-restricted, Manitoba Hunter Safety Course Instructor Greg Steele  
Call for next course dates, challenges by appointment.  
725-1608 or  
[ggs57@wgcwave.ca](mailto:ggs57@wgcwave.ca)

Arbonne International is proud to be part of the Shilo community. ALL natural, no animal testing, vegan approved skin care products for babies to adults. SAMPLES available. Please call Audrey Brazeau at 765-5180 for more information

Stress-free holiday shopping! Get gifts for everyone on your list or just enjoy a FREE pampering session. Call for an appointment today or shop online. Brice Dodds 765-2868, [www.marykay.ca/bdodds](http://www.marykay.ca/bdodds)

Sew Crazy Services - Reliable Service, Great Rates! Providing a full range of tailoring, repair work and custom sewing! Zippers replaced, Pants hemmed, Garment repair, Mess Kits, Custom Kit modifications. Home 763-4202, cell 573-9278

## 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

Noelle's baby blankets & more...

Custom made Quilts, swaddle blankets, head supports and breast feeding pillow covers. I also take requests for other things as well. All can be made in any colour fabric or print. For pictures or samples call Noelle @ 765-2554 or email [noellesymons@hotmail.com](mailto:noellesymons@hotmail.com)

# Best gift ever



Above, just in time for the holidays. Rick Kehler, manager of the Canex, presents Padre Bos with \$4419 from donated Canex points.

**Karen Griffin**  
The Stag

On December 1, Canex presented the Padre's fund with the largest cheque in four years.

In the quarter from September to December, customers donated a total of \$4419 in points.

"The points will go toward the Christmas hamper program," says Padre Dwayne Bos who received the presentation.

If there is money left over, it could be used to purchase toys from the MFRC Christmas tree drive.

"It will certainly help with the hampers this year," he says.

The fund regularly uses Canex points to assist the community year round.

# Three soldiers killed in Afghanistan

CEFCOM

Three Canadian soldiers were killed as a result of an improvised explosive device attack on their armoured vehicle during a joint patrol with Afghan National Army soldiers in the Arghandab District. The incident occurred approximately 15 kilometers west of Kandahar City at about 9:00 a.m., Kandahar time on 5 December 2008.

The Canadian soldiers were participating in a vehicle patrol with their Afghan colleagues when their vehicle was struck by an improvised explosive device. The three soldiers

were killed instantly by the explosion.

Killed in action were Warrant Officer Robert John Wilson, Corporal Mark Robert McLaren and Private Demetrios Diplaros. The primary next of kin for all three soldiers have been notified.

In an unrelated incident, earlier on the same day, two Canadian soldiers were seriously injured when an improvised explosive device detonated in the vicinity of a joint Canadian - Afghan foot patrol in Zharey District. The incident occurred at approximately 8:00 a.m., Kandahar time, approximately 30 kilometers west

of Kandahar City.

A cordon was quickly established and the soldiers were evacuated by helicopter to the Multi-national Medical Facility at Kandahar Airfield where one soldier is reported to be in serious condition and the other is reported to be in fair condition. The names of the injured soldiers will not be released.

Today Canada lost three fine soldiers. It is our hope that the focus remains on the lives and sacrifices of our soldiers as they served Canada in an effort to bring peace and security to the people of Afghanistan.



## Fashion cares

Left, Jacquie Corbould was one of the volunteer models for the Base Hair fashion show, November 29. Proceeds went to the Christmas Hamper drive for the local community.

Clothing contributors included  
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Contact The Shilo Stag - 204-765-3000 plus ext.  
General Manager Mike McEwan ext. 3073  
Editor-in-Chief Karen Griffin ext. 3013  
Production Asst/ Quinn Roberts ext. 3013  
Editorial Advisor Lori Truscott ext. 3813  
Advertising Rep. Gayle Raynor 761-5305

Fax: 204-765-3814 Email: stag@mts.net  
Mailing Address:  
Box 5000, Stn Main  
CFB Shilo, Manitoba, R0K 2A0

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

### We welcome your suggestions!

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

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

**Submitting articles and photos for print:**

- Please submit articles as a MS Word Document.
- Include the author's full name, rank, unit and contact information.
- Include photos with your articles whenever possible, however, do not embed photos in word documents.
- Please submit photos as high resolution jpegs (if scanned - 300 dpi), digital images or in hard copy format.
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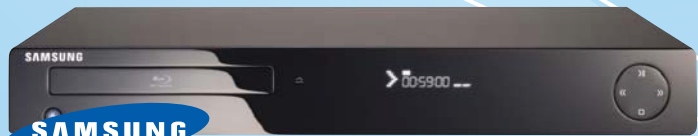
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