

# SHILO STAG

Lest we forget

Your source for Army News in Manitoba

Volume 47 Issue 22

Serving Shilo, Sprucewoods & Douglas since 1947

November 13, 2008



*We will remember them*



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# Shilo Remembers



Photo by Karen Griffin

Several hundred people gathered at the Canoe River Memorial on Royal Avenue to remember the fallen. The community of Brandon also came together, filling the Westman Communications Group Centre. This year, tributes to the troops included the traditional ceremonial face-off with the Wheat Kings and an appreciation dinner held at Montana's Cookhouse and supported by local businesses. See pages 7-10 for details.

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# Remembrance Day Messages



**Right Honourable  
Michaëlle Jean**  
Governor General  
of Canada

Ninety years ago, on the 11th hour of the 11th day of the 11th month, the hostilities of World War I came to an end.

The Armistice had been signed six hours earlier, at Rethondes, in the Forest of Compiègne, aboard the

train of Marshal Ferdinand Foch, supreme commander of the Allied troops.

Remembrance Day came about as a way to commemorate the suffering and end of the Great War—six million dead, including more than 66 000 Canadians, 20 million wounded, others disabled, mutilated, widowed, orphaned—and has come to include the other wars fought since then.

For some of us, November 11 reminds us of parents or grandparents who shared their memories of that armistice in 1918.

For others, this historic day reminds us that the sacrifices made by our soldiers paved the way for greater autonomy for Canada.

Everyone agrees: our valiant troops won the Great War, and those that would follow, through their coura-

geous selflessness, extraordinary bravery, and at the cost of their very lives.

On this Remembrance Day, let us honour the memory of every woman and man who has fought against tyranny and dictatorship. May this day serve to express our gratitude, respect and constancy.

Lest we forget!

## Shilo Base Commander



**LCol Schneiderbanger**  
Base Commander

freedom, peace, and in aid of humanity. They were all honourable soldiers, who we are very proud of. They will be missed and never forgotten.

Remembrance Day is also a time that reminds me of what it means to be a soldier and I reflect on those simple but very powerful words - Duty, Honour, Loyalty and Courage. We should all take the time to reflect and remind ourselves of why we serve.

This Remembrance Day, we honour and remember those soldiers from 1 RCHA and 2 PPCLI who have paid the ultimate price while serving our country and upholding our Canadian values. Let us also remember the families of these soldiers, extending our compassion and support as they grieve and attempt to rebuild their lives. They will be in our thoughts and prayers as we remember the loss of their love ones...our fallen comrades.

What is Remembrance Day?

It is a time to reflect and remember those soldiers who have made the ultimate sacrifice in the service of our country. The Shilo Community has sacrificed much as many of our friends, comrades and family members did not returned to us after our most recent operational tour, Task Force 1-08. We must remember them and reflect on the reasons why they sacrificed their lives - for

## Chief of Defence Staff

**Gen Walter Natynczyk**  
Chief of Defence Staff

Etched in our memories are the sacrifices and selfless deeds of those who have nobly served Canada before us. I am truly honoured to mark this Remembrance Day as your Chief of the Defence Staff.

This year's commemoration is especially significant as we observe the 90th anniversary of the end of the First World War.

On November 11, 1918, the guns finally fell silent on the battlefields of Europe. It was on those battlefields that our forebearers set a standard of military excellence that has been upheld by generations of Canadians that served after them.

From the trenches of Ypres to the beaches of Normandy to the Kapyong River, hundreds of thousands of our predecessors fought gallantly in the name of freedom.

Many made the ultimate sacrifice.

It is our privilege that we inherit their distinguished

legacy and commit to our duty to perpetuate this heritage so dearly gained.

It is a legacy of service and heritage that our brave men and women in uniform are so steadfastly preserving right now, here in Canada and around the world.

And so today, while veterans are paying homage to their fallen comrades at ceremonies both at home and overseas, we gratefully acknowledge their dedication and valour in serving Canadians and protecting Canada.

They are fondly remembered - and even venerated - throughout the world as liberators, as guardians of peace and justice, and as defenders of democracy.

As we face the daunting challenges of an uncertain world, their loyalty inspires us, their courage steadies us, and their dignity emboldens us.



Nor should we ever forget the large debt we owe, both in the past and present, to our military families. Without their faithful and tireless support none of our successes would have been possible.

On this solemn occasion, as we reflect silently on the liberty we enjoy, let us honour the memory of those

whose sacrifices guaranteed those very freedoms. And let us firmly resolve to carry on the tradition of unconditional commitment to country that they so sincerely embraced.

We have been passed the torch.

And, as we remember them, we will continue to hold that torch high.

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# Canadian-Afghan National Army Operation a Success



Photo by Combat Camera

A K9 team assists to ensure compounds are clean of threats in Zahari district on a two-day operation known as Operation Artash. Several compounds suspected of being used by insurgents as a staging area for their activities were seized.

## Captain Adam Thomson Combat Camera

A joint Canadian-Afghan operation aimed at disrupting an insurgent cell responsible for planting improvised explosive devices (IEDs) and staging ambushes against ISAF and Afghan forces was successfully completed on October 27, 2008. The two-day operation, known as Operation ARTASH ('Juggernaut' in Pashto). Elements of the 3rd Battalion, The Royal Canadian Regiment (3 RCR) Battle Group and the Afghan National Army (ANA) worked hand in hand, with the support of other coalition assets, to seize several compounds that were suspected of being used by insurgents as a staging ground for their activities. Armoured vehicles from Mike Company, 3 RCR be-

gan blazing a trail into the location while ANA and Canadian soldiers from November Company, 3 RCR and the Operational Mentor and Liaison Team (OMLT) discretely approached from a different direction. At first light, the Canadian and Afghan soldiers on foot seized the compounds without resistance, and called for a K9 team — a dog handler with a German shepherd — and engineers to ensure the compounds were clear of potential threats. As well as small arms ammunition, medical supplies, a few uniforms and cash, many items commonly used to make IEDs were discovered. Major Rob McBride, the officer commanding November Company, explained, "The success of this operation is two-fold. Not only have we disrupted a specific group of insurgents respon-

sible for making IEDs, we have also proven once again that we are able to work effectively side by side with the ANA to assert our presence in this area and deny the insurgents the freedom to carry out their activities." Later that morning, Afghan and Canadian soldiers came under fire from several insurgents who had moved into the area. The exchange of gunfire lasted only a few minutes. "I think the insurgents were surprised to see such a powerful response from our presence on the ground," said Maj McBride. "That also goes a long way to reminding them that we will continue to conduct deliberate operations alongside the Afghan national security forces against any insurgents who are a threat to ISAF, the Afghan security forces, and the people of Afghanistan."

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Manitoba 

# Canex reduces hours



Rick Kehler, Manager of the Canex Mall, invites anyone looking for a little extra cash to try the Canex.

**Karen Griffin**  
**Shilo Stag**

The recent recruitment and retention difficulties in the service industry are now plaguing the Canex.

The new, shorter hours will be 9am-6pm from Monday to Friday, Saturday 10-6pm and Sunday from 12-5pm.

"We are saddened by this," says the National Manager of Canex retail operations, Rene Parent, "because it means reduced customer service and reduced sales and the sales are how we pay to keep running."

Parent says Canex is looking at innovative ways to solve a problem that has affected locations in Alberta and is now affecting Manitoba.

"It's a common sight even in Brandon," says Shilo Canex Manager, Rick Kehler. "You can drive

down any street and there are help wanted signs in a lot of the restaurants and retail stores.

"There are fewer and fewer young people and shortages will only get worse in the next few years as young people are attracted to jobs in the trades," he says.

In the meantime, Parent says Canex is working to find innovative ways to meet customer needs.

"We are changing our expectations. Before we've asked for full availability and now we have to look at that."

Parent and Kehler say they're looking to return to normal hours as soon as possible and would like to spread the word to anyone who might be looking for extra money to give Canex a try. Call Rick Kehler at 765-3000 ext. 3323.

## Welcome Home Our Troops

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## United Way mid-campaign update

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

A meeting was held on the November 6 at the United Way office in Brandon to provide a mid campaign update on the Brandon Area United Way Campaign. Last year's target was \$533K and this year the goal was increased to \$560K.

This amount was targeted to meet the needs of the community. The unfortunate down turn in our economy has increased the demand for services and conversely has reduced charitable contributions.

At this time, the 2008 campaign is off pace having raised approximately 25% of our goal. The campaign will strive to reach this year's goal in order to continue providing needed services to the community.

The Shilo portion of the 2008 Campaign just completed our first event on November 4 consisting of a "Bootz Blitz" organized by ShiloMFRC, Linda Beauchemin. Drivers found traffic control points

where volunteers were standing on the road holding boots for drivers to donate change from their vehicle. I am happy to report, this event raised more this year than any other year it has run. Special thanks to volunteers that participated and unit support from the MP's, 2PPCLI and 1RCHA. The Shilo community's level of support has set the bar high and we intend on keeping up the momentum. Thanks to those who gave, you make a difference.

Shilo's 2008 United Way Campaign runs from October 23 to November 25. Our goal is to provide all Shilo personnel the opportunity to donate. Many people donate by setting up a payroll deduction that provides a tax benefit through your T4. That's right, no searching for receipts come Tax time! Contact your unit United Way Rep for a gift form or for information contact myself, WO Crowder at local 3244.

Weekly fund raising is taking place in each unit/section in various forms. Most sections are participating in dress down Fridays where military mem-

bers can spend the day in civilian attire versus their uniform for a donation of \$2. Some sections are even donating their "swear jar" proceeds, thanks to Base Maintenance the Campaign has seen a \$%# boost.

Upcoming events are a Car Wash organized by Pte Pearson, supported by the G4 Branch. The car wash will take place November 13 at the POL point on base from 9am to 2pm. A donation of \$10 per vehicle gets your vehicle sparkling clean inside and out!

No Canadian charity is complete until someone is playing hockey. A 3 on 3 Street Hockey Tourney is taking place November 21 from 8am to 4pm at bldg M101. This event has been organized by PSP, Brenda Cavanaugh. To sign up your 10 member championship team, contact Dan Hamilton @ loc. 3894. Entry per team is \$50, bragging rights for the year...priceless.

Thank you for your continued support. Westman has stood behind Shilo and I am confident Shilo will return the favour.

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**Manitoba** 

# Operation Holiday Harvest enters third year

MBdr K. Stocker  
B Bty, 1RCHA

This holiday season marks the third year that CFB Shilo has opened its heart and its cupboards to support the greater Brandon community through Operation Holiday Harvest.

Operation Holiday Harvest is a base-wide food and toy drive, which collects goods for the underprivileged of the Shilo region.

Members of 1RCHA organize and turn over all collected items to the designated charities.

This year, donation boxes will be in place by Monday, November 10<sup>th</sup>, and picked up on Friday, December 5<sup>th</sup>. Drop boxes will be located in the Canex, Community Centre, Faith Centre, 1 RCHA, 2 PPCLI (canteen), Base Maintenance

(canteen), CE, and the Shilo Emergency Services Centre.

All donated foodstuffs are distributed through the CFB Shilo Emergency Food Bank at the Shilo Faith Centre. Toys are distributed through the Brandon Friendship Centre's Christmas Cheer Program.

Please donate non-perishable food items, and new or gently used toys. Money, clothing and household items will not be collected, rather, donations of the type may be made to the Shilo Thrift Store, located in the Shilo Faith Centre.

A huge thank-you to everyone who donated over the last two years. Special thanks to the Shilo Emergency Services Crew (we could barely lift the box) and Kyle Williston. Thank-you and Happy Holidays!



Operation Holiday Harvest in a base-wide food and toy drive collected for members of the surrounding area. Donation boxes are currently in place. Please make a contribution from now until December 5th.

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# Christmas Hamper Mission ready to launch

Capt Dwayne Bos  
Padre

November is already here! The Base Chaplains' Christmas Hamper Mission is about to be launched in full swing until block leave, official letters will be released very soon.

As for the last few years, the Hamper Mission project is linked with the efforts of the PSI worker at the MFRC, Roddy Batson, who coordinates and receives gifts for each recipient and their children; as well as with Operation Holiday

Harvest (the local food and toy drive).

Last year, 27 hampers were given out to needy military and civilian families in our area, with CANEX certificates ranging from \$100-\$250 depending on the size of the family.

Funds generated from your donations to the Base Chaplain's CANEX fund go mainly to hamper efforts at Christmas as well as throughout the whole year. This year, 38 families have continued to receive hampers with the average family size being 4.21 (ser-

ving 160 people). Your donations to the CANEX fund allows the Chaplains to keep stocked the CFB Shilo Emergency Food Bank.

The CANEX points are also used to support other community projects, to facilitate community events at the Faith Centre, provide for educational opportunities and other services which benefit the Shilo Community.

With the help of CANEX, gift cards have been restricted against misuse in buying alcohol and tobacco

products at the CANEX.

This year a new service was developed to meet people's needs with the creation of Gas Cards to assist families with local compassionate travel (to hospital, funerals etc...).

The Christmas Hamper Mission primarily raises cash, which is used to replenish the Chaplain's Emergency Fund which is used for a variety of purposes to assist those in need. This past year, \$2388.53 has been used from this fund to meet the needs of family emergencies (a lot of this fund is used to assist people with compassionate travel).

This year, as with every year, there are many needs that come up from time to time in people's lives and your generosity has made it possible for the Chaplains to respond to those needs.

We also service the outlying communities with our Emergency Food Bank, so your good will extends beyond the base.

We look forward to another blessed year as we launch the Base Chaplains' Christmas Hamper Mission 2008 and appreciate all of your support.



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# *Shilo Remembers*





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# Just A Common Soldier

He was getting old and paunchy and his hair was falling fast  
And he sat around the Legion telling stories of the past, Of a war that he fought in and the deeds that he had done  
In this exploits with his buddies; they were heroes, everyone  
And tho' sometimes to his neighbours, his tales become a joke,  
All his Legion buddies listened, for they know whereof he spoke.  
But we'll hear his tale no longer, for old Bill has passed away  
And the world's a little poorer, for a soldier died today.  
He will not be mourned by many, just his children and his wife,  
For he lived an ordinary quiet and uneventful life,  
Held a job and raised a family, quietly going his own way;  
And the world won't note his passing tho' a soldier died today.  
When politicians leave this earth, their bodies lie in the state,  
While thousands note their passing and proclaim that they were great,  
Papers tell their life stories, from the time they were young,  
But the passing of a soldier goes unnoticed and unsung.  
Is the greatest contribution to the welfare of our land  
A guy who breaks his promises and cons his fellow man?  
Or the ordinary fellow who in the time of war and strife,  
Goes off to serve his country and offers up his life?  
A politician's stipend and style in which he lives  
Are sometimes disproportionate to the service that

he gives,  
While the ordinary soldier, who offers up his all,  
Is paid off with a medal, and perhaps a pension small.  
It's so easy to forget them, for it was so long ago  
That the Old Bills of our country went to battle, but we know,  
It was not the politicians with their compromise and ploys,  
Who won for us the freedom that our country now enjoys!  
Should you find yourself in danger with your enemies at hand,  
Would you want a politician with his shifting stand?  
Or would you prefer a soldier who has sworn to defend  
His home, his kin and country and would fight until the end?

He was but a common soldier and his ranks are growing thin  
But his presence should remind us we may need his kind again.  
For when countries are in conflict then we find the soldier's part  
Is to clean up all the troubles that the politicians start!

If we cannot do him honour while he's here to hear the praise  
Then at least let's give homage at the ending of his days.  
Perhaps just a simple headline in a paper that would say  
'Our country is in mourning for a soldier died today'  
-Author Unknown



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## Tour's End

We wait at the airfield today, this is our tour's end,  
We get to go back home, to our families and friends.  
Our plane will land in Trenton, our families will meet us there,  
To take us back to our hometown, in this nation somewhere.

Regina, Lethbridge, Nanaimo, Valcartier, St. Johns, or Waterloo,  
We are Soldiers who went to fight for you.

No-matter what our hometown we were glad to keep you free,  
Fighting terror overseas, so homeward it won't follow me.

The plane arrives, some friends of our far-away home,  
Line up together to wish us well, we are not alone.  
They thank us for our service, as we board the plane,  
Then they get back to the duties of fighting everyday.

We may be engineers or gunners, police or medics too,  
Doesn't matter where we're sent, we do what we're trained to do.  
Bringing peace to our nation, comes sometimes at a cost,  
For there is a ramp ceremony each time a soldiers lost.

We're now home in Canada, my friends and I  
As we get off the plane, our families begin to cry.  
They couldn't wait to see us, then in a car we go,  
Escorted down a road, that all of us soldiers know.

You see, we gave our life for you, this was our tours end,  
Now you line the highway, so we know you don't forget.  
You cry, cheer and salute us, as past you we go,  
Hero's in your mind, because we died fighting the foe.

We waited at the airfield, in foreign lands so far away,  
We're from Anytown, Canada and we gave our life today.  
So those who wait for us to return, our nation, family and friends,  
Please understand it's okay, this is our Tour's End.

In Remembrance of those killed in battle of our Country  
-Author Unknown

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# Canada's Hundred Days

## DNEWS

August 8 to November 11, 1918 has come to be known as "The Hundred Days", and in effect for the Canadian Corps it was Canada's Hundred Days, for in this period it was in the vanguard of the successful march to Mons.

When the Allied advance began the Canadian Corps was assigned the task of spearheading an attack on an important salient near Amiens on August 8. Utter secrecy was vital since the Germans had come to regard any movement of Canadian troops as a sign of imminent attack. To deceive the enemy, part of the Corps was sent north to the Ypres section. After making their presence known to the Germans they hurried back to Amiens. Preparations for battle were carried out at night, and there was no preliminary bombardment to warn the enemy of impending action. Surprise was complete. Flanked by Australians and French, and spearheaded by British tanks, the Canadians advanced twelve miles in

three days. The morale of the German High Command was badly shaken. In Ludendorff's words, August 8 was the "black day of the German army". The three days of heavy fighting came at a cost - the Corps suffered 9,074 casualties.

The Allied plan was to advance on a broad front with a series of connected attacks in sensitive areas. Only now, in mid-1918, did the British have sufficient rolling stock and guns to be able to carry out offensives on a number of Army fronts without having to stop and regroup. Therefore, after the breakthrough at Amiens, the Canadians were shifted back to Arras and given the task of cracking the Hindenburg Line - Germany's main line of defence - in the Arras area.

Between August 26 and September 2, in hard continuous fighting, the Canadian Corps launched a succession of attacks that broke through the German defences, including breaching the infamous Drocourt-Queant Line, in front of the Canal du Nord, part of the main Hindenburg Line. The

rapid movement from the Somme caught the Germans by surprise, but nevertheless the fighting was most intense and the Canadians suffered 11,400 casualties. Currie regarded the breaching of the line as 'one of the finest feats in our history'.

The Corps was now in front of the main part of the Hindenburg Line, defended by the Canal du Nord, an only partially completed canal. There was a pause while the Corps regrouped and the British armies to the south came up to the Hindenburg Line themselves. The combined offensive to smash the line came on September 27. Currie came up with a breathtaking and audacious plan, so daring that it took Haig to overrule the Army commander and to give it his blessing. The whole Canadian Corps (with an attached British division) was to be channelled through a 2,600 yard dry section of the Canal du Nord. The attack along the whole front was accompanied by the most massive single day bombardment of the war. The Canadians not only crossed the canal

and breached three lines of German defences, they also captured Bourlon Wood, a staggering achievement. Coupled with great successes elsewhere on the British front, the Hindenburg Line was well and truly breached.

Further heavy fighting led to the capture of Cambrai. By October 11 the Corps had reached the Canal de la Sensée. It was the last of the actions of the whole Corps, though individual divisions continued to perform effectively as the Canadian Corps continued to overcome opposition in Valenciennes and Mont Houy before reaching Mons at the time of the armistice.

The Canadian troops remained in Europe to share in the allied occupation. They crossed the Rhine into Germany at Bonn where Sir Arthur Currie was accorded the distinction of taking the salute in honour of Canadian achievements.

Finally, in 1919, the Canadian troops came home where they were greeted by grateful and enthusiastic crowds in cities and villages across the country.

# Game on



Photo by Karen Griffin

**LCol John Schneiderbanger, third from left and his daughter Maya help drop the puck at the ceremonial opening face-off for the Brandon Wheat Kings game on Tuesday, November 11 at Westman Communications Grop Place. Joining them on the ice were Wheat Kings Captain, General Manager, Atom players Jill Crowe of Deloraine and Team Captain for the Everett Silvertips.**

## Courage Under Fire

by Susan Lucas

He saw the soldier fall before him, there was gun fire all around, He knew he had to reach him, and pull him off the ground.

He buried his face between his hands, and said a silent prayer, And wondered if they knew back home, what he was doing over there.

Then he heard the voice of God, his hand upon his shoulder, Be Brave my Son, for you are a true Canadian Soldier.

He did not hear the mortar fire, as he raced across the sand, With all the strength he could muster, he grabbed his Brothers hand.

When a soldier is faced with terror, he's not like you or I He will fight against all odds before him, because he needs to try.

His heart is filled with purpose, his calling is much higher He is the brave Canadian Soldier, showing Courage under Fire.

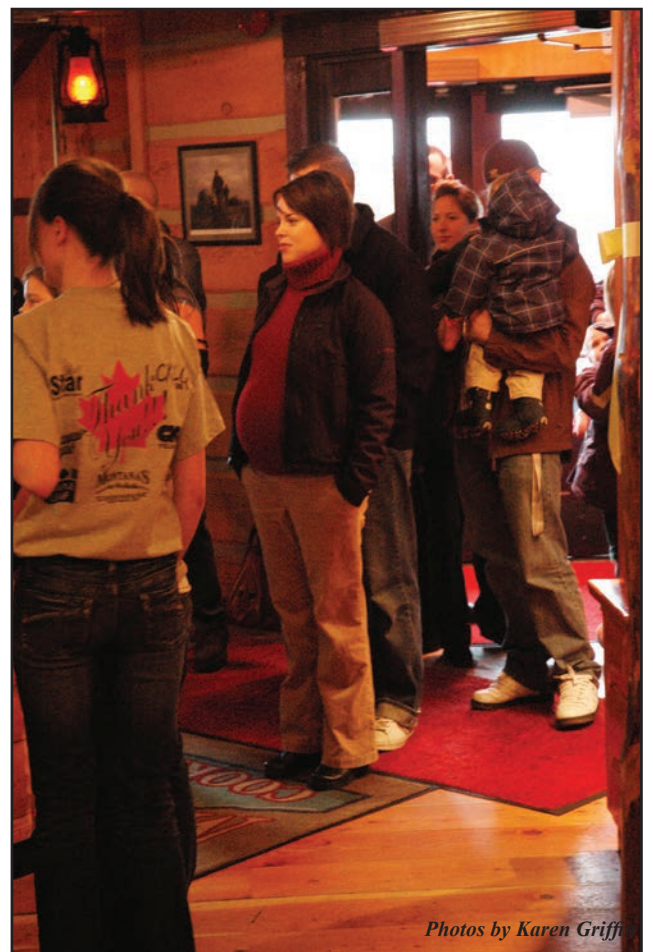


Photo by Quinn Roberts

**Above, troops march at the Remembrance Day Ceremony at the Keystone Centre, Brandon.**

**At left, Marty Minshull, Jen Williamson, Tessa Price and Lisa Gradidge, Montana's wait staff proudly wear their yellow ribbon t-shirts.**

**At right, Shilo troops and their families begin arriving for the appreciation dinner. "We're going to go do more business tonight than we'd do on our busiest day," says Montana's Manager Chad Wallin. Final attendance for the appreciation dinner was over 800 people.**



Photos by Karen Griffin

# RCA Museum wins national award

**Karen Griffin**  
Shilo Stag

After getting word of their nomination back in October, the Royal Canadian Artillery Museum has won the award for Innovator of the year.

The award was announced on November 5 and will garner the museum attention from members of the Travel Industry Association.

Museum Director, Marc George was on hand for the award and was delighted to share the news.

"We were very pleased to receive the TIAC Deloitte Innovator of the Year award for 2008. It is great recognition for our staff, members and volunteers, as well as all the people at CFB Shilo and in South-western Manitoba who do



Photo by Quinn Roberts

so much to support The RCA Museum."

The museum and its staff are currently playing host to an art exhibition and assisted in technical direction for the film, Passchendaele.

"We also have to thank Manitoba Travel for their support and for nominating us," adds George.

"We are the first military museum ever honoured with a national tourism award and one of only 3

Manitoba attractions to win since the awards began in 2003."

The award caps off a great year for us which also included attaining Star Attraction status and winning the Tourism Westman Best Product Development award.

We are all very happy about this and we hope it will encourage more people to come out and enjoy the museum.

# In their own words

**Karen Griffin**  
Shilo Stag

"Wattie is one of the rare breed in this country who actually know a thing or two about the CF, and are willing to put that knowledge to productive use in educating the Canadian public."

-The Torch

Thousands of stories of heroism and courage will come from Afghanistan that most of the country will never know about.

For the journalists who are embedded with soldiers in Afghanistan, their mission is to get those stories.

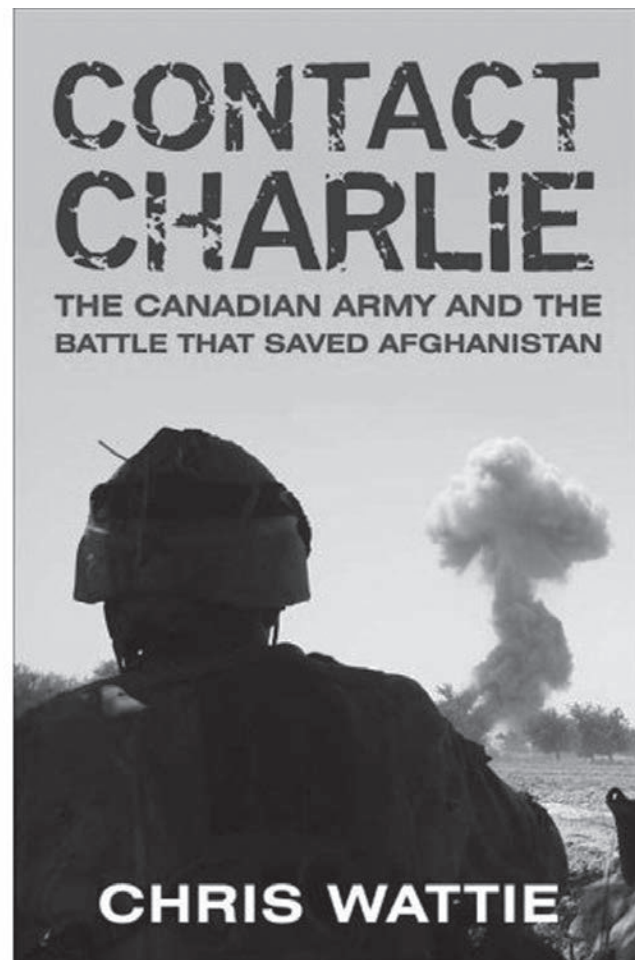
Chris Wattie was working as an embedded journalist for the National Post during the summer of 2006 with Charlie Company of 1PPCLI.

"I jumped onboard of the embedding program because I thought this would be a great opportunity to cover the Canadian Forces in a way that's never been done before."

In his new book, 'Contact Charlie', Wattie tells some of the stories of the summer of 2006 through the words of some of the soldiers who were there.

As a self-described army brat, Wattie had covered a lot of stories about the Canadian Forces for the National Post prior to being embedded with Charlie Company in 2006.

C Company 1PPCLI was part of the BG that identified to coalition forces that there were far more Taliban in the Panjawi than the Americans could fathom.



From the friendships Wattie formed with people like Maj William Fletcher and WO Pat Tower, Wattie uncovers some of the untold stories of what's happening on the ground and interpreting for a civilian audience.

"We kept in touch and I was possessive of them. To me, they were my Charlie Company," says Wattie about the guys he lived and travelled with for a time during his six month stay.

Through emails about events that happened after he left, Wattie wondered why he wasn't hearing about these fire fights, about these heroes that were emerging in the mainstream media.

"I thought that these sto-

ries needed to be told. They need to be told in a book."

"[Charlie Company] were a close knit group and we're proud of what our guys did and we wanted to tell those stories," says WO Tower.

In October of 2006, Tower was recognized for valiant actions taken on August 3, 2006, in the Pashmul region of Afghanistan.

The events for which Tower was awarded the medal are recorded in gripping detail in Chapter 14, titled The White School House.

In that harrowing fire fight, several soldiers lost their lives, including Platoon Commander, Vaughan Ingrahm.

Wattie spent thousands of hours interviewing, transcribing and re-writing the story from every angle of the event in the soldiers' own words.

"Every single one of [the soldier of Charlie Company] knew what was said word for word over the radio. In opposite parts of country, a year later, they remembered where everyone was."

He says he doesn't know of a single journalist who walked away from the embedding experience without thinking the Canadian Forces deserve respect are the best-trained army in the world.

When asked if he would go back, Wattie says "I'd go back tomorrow."

## Post-Deployment & Reintegration Presentation

**\*For couples with or without children**

**Topics Include:**

**Communication, stress, tension and frustration. Intimacy, household chores, roles and expectations, children and discipline.**

**Signs to look for that indicate PTSD, OSIs and alcoholism; including where and how to get help**

**Tuesday, December 2, 2008**

**Shilo Theatre, General Strange Hall**

**7:00-9:00pm**

**Call 765-3000 ext. 4503 or 4553 for information**

**\*Free childcare is available at OCC call 765-3000 ext. 3352 to register.**

**Deadline to register is November 28**

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725-8841

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725-8862

**COME SEE US AT THE CANEX MALL**

# Binge drinking

## It's more dangerous than you think



**Jo-Anne Douglas**  
Health Promotion

How many of you enjoy going out on a Friday night for a few drinks with your friends, to wind down after a stressful week?

The practice of having one or two drinks to unwind or to celebrate an event, such as being home from Afghanistan, is not a bad thing. However, what if one or two becomes a lot more and you drink way too much, either intentionally or not? This is called binge drinking and it's more dangerous than you think.

What is binge drinking? There is much debate in the scientific community but it is generally accepted

that a binge is five or more standard drinks in one sitting for males and four or more standard drinks in one sitting for females. Binge drinking has to do with how much you consume in one sitting/time period. So, if you go to the bar after work, leave at midnight and have 6 drinks over six hours, that's considered a binge. (If you do the drinking at several locations during the course of the evening, that's still considered binging!)

Binge drinking poses significant health and safety risks. Binge drinkers achieve higher levels of intoxication and are more prone to accidents, injuries and other possible negative consequences of drinking such as work and legal problems. Binge drinkers repeatedly subject themselves to withdrawal from alcohol during their periods of abstinence following a binge. They also show more depressed moods and

decreased performance on short-term memory tasks than their regular drinking counterparts. Binge drinking is associated with raised blood pressure and increased risk of heart attack and stroke. The effects of alcohol are even more pronounced in females, as estrogen increases the brain's sensitivity to alcohol.

If you choose to drink, be sure to stay within the Low Risk Drinking Guidelines. Limit your alcohol consumption to 1-2 drinks a day, 9 drinks a week for women and 14 drinks a week for men. You can pick up more information about low risk drinking guidelines at the Health Promotion office in the CANEX.

### What is binge drinking?

5 or more drinks in one sitting for males  
4 or more drinks in one setting for females

### Family Violence Seminar

Thursday, November 27  
7pm  
Faith Centre - Shilo

All members of CF community are welcome to attend.

This is a general awareness presentation that would be of interest to anyone.

Learn about family violence, different forms of abuse and how to help someone who is an abuser or being abused.

Information will also be available about resources in our community.

Child care is available at low cost from the MFRC's Occasional Child Care service - please book a space as soon as possible by calling 765-3000 ext 3352.

Further information: Health Promotion ext 3867/3868

# Drug Use in the Military – How Safe is it?

**Jo-Anne Douglas**  
Health Promotion

We are all aware that the Canadian Forces is committed to an impairment free workforce, and as a result, prohibits the use of drugs which can impair normal psychological or physical functioning. There are many reasons for this, but one reason many people don't necessarily think of is the safety factor. We all know that drugs such as cocaine and heroin are very harmful – this is, after all, why they were made illegal in the first place – but how many of us know what kind of dangers these substances pose for CF members? The following article will outline the operational dangers posed by cocaine, marijuana, and LSD (acid).

**Marijuana:** Marijuana can lead to exercise-induced angina, which means that you could get significant chest pain (that could easily be confused with a heart attack) when your heart rate goes up. Given that, in a combat situation, you have to be able to withstand extreme physical exertion at any time, feeling

like you're having a heart attack whenever you have to run is a serious problem. Furthermore, with regular use, marijuana, like tobacco, can reduce lung capacity and cause breathing difficulties. Again, this is probably something you want to avoid in a combat situation!

**LSD:** LSD, aka acid, is classified as a hallucinogenic drug, so it's no surprise that one of the major features of LSD usage is visual illusions/hallucinations. If this weren't bad enough, it can also cause tremors. Now, imagine yourself in a combat situation and someone in your group has taken LSD. You now have a person who can't accurately control their body movements (e.g., their trigger finger) and who is seeing things that aren't there! How safe do you feel? Also, unlike most other drugs, the effects of the drug outlast its time in your system – the half-life of LSD (the time it takes for half of what you've ingested to be metabolized) is 3 hours, but the effects can

last for 16-18 hours.

**Cocaine:** The most significant danger that cocaine poses, from an operational standpoint, is that it raises the user's body temperature. Now, if you're in Winnipeg in January and it's -40°C, this may not seem like such a bad thing. However, even when the outside temperature is very low, it is still very dangerous for your body temperature to rise as higher internal temperatures cause your organs to start shutting down. If it rises more than a few degrees, your brain can stop functioning and be unable to regulate such things as breathing and heart beat. This can be fatal. Now, those are dangers when it isn't even that hot outside. Imagine how much more dangerous it is when it's really hot outside, like, say, in Afghanistan in the summer. In this case, your internal temperature is probably already slightly above normal and there is already a significant risk of overheating. Using cocaine on top of this could prove to be fatal.

As you can see, the use of



Photo submitted by Health Promotion

*Marijuana can lead to exercise-induced angina, which means you could get significant chest pains when your heart rate increases. This is a serious problem in combat situations*

drugs in an operational context is **extremely** dangerous not only for the user, but their fellow CF members as well. Always think, WHO'S GOT YOUR BACK?

For further information on the effects of drug use on the body, please refer to any textbook on internal medicine, such as Harri-

son's (1998) *Principles of Internal Medicine*, 14Ed.

For more information on Addictions Awareness Week and the Health Promotion program, please contact your local Health Promotion office or visit our website at [http://www.forces.gc.ca/health/services/engraph/health\\_promotion\\_home\\_e](http://www.forces.gc.ca/health/services/engraph/health_promotion_home_e).

**\*Addictions week runs from November 17-24**  
For information on events contact Health Promotions



# Shilo Military Family Resource Centre



## 4th Annual Employment & Education Fair



Photos submitted by the MFRC

A community member is seen here asking Deb Hoddinott, Administrative Assistant, SISP a few questions at this year's fair.

Christine Helgason

The 4th annual Employment & Education Fair went off without a hitch this year. With more exhibitors than previous years, totaling up to 31, the fair had more to offer. Open for only 4 hours, the fair still drew more than a 100 community members, up over last year's numbers, making this year's fair a success. The fair took place at the Community Centre on October 22.

Discovering the Key to Their Future



A community member checks out a booth at the Employment & Education Fair on October 22

## Christmas Jing-A-Ling For Everyone



Making cookies is hard work, but somebody has to do it! A community child enjoys making her own cookie last year

Collen Talbot  
Deployment & Special Events Coordinator

Come out and enjoy a free pancake brunch, Kid's Christmas Shopping, cookie decorating, sleigh rides and more. At the Kid's Christmas Shopping, children can purchase a recycled gift for mom and dad for only \$1.

You need not have children to take part in the Pancake Breakfast and Sleigh Ride.

Date: Sunday, December 7  
Time: 11:00-1:00 pm  
Place: Community Centre  
Contact MFRC @ 3352



Three local children pick out gift for their parents at last year's Kid's Christmas Shopping



Santa Claus takes a few community members out for a sleigh ride

## Spreading festive spirit

Roddy Batson  
Prevention, Support and Intervention Coordinator

With another Christmas season soon upon us, it is a time to rejoice with our family and friends. In order

to spread this festive spirit to all, we are asking for your kindness by providing a gift for a child and/or by donating food items for the less fortunate. A "Children's Christmas Tree", with tags of children's ages,

is set up at the Community Centre. If you would like to donate an item to the food hamper or take a tag off the "Children's Christmas Tree", please come by the Community Centre. Unwrapped gifts must be

returned to the MFRC by Friday, December 5.

I wish everyone a Joyous Holiday Season and Happy New Year.

## Shop 'Til You Drop

Shop Til You Drop for the Holidays – Adult Shoppers Bus to Winnipeg

Join us for a full day of Christmas shopping at Winnipeg Polo Park as well

as Costco.

The bus leaves the MFRC at 8 am SHARP and returns at approx 8 pm.

Saturday, November 22  
Bus fare is \$15.00

\$10.00 refundable holding fee for deployed families.

Register by Noon, Wednesday, November 19

## Pre-Kindergarten Raffle

Val White  
Pre-Kindergarten Director

Gingerbread Centrepiece (includes \$100 cash & gift certificates)

1 ticket for \$1.00  
3 tickets for \$2.00

All proceeds go towards the Pre-Kindergarten program.

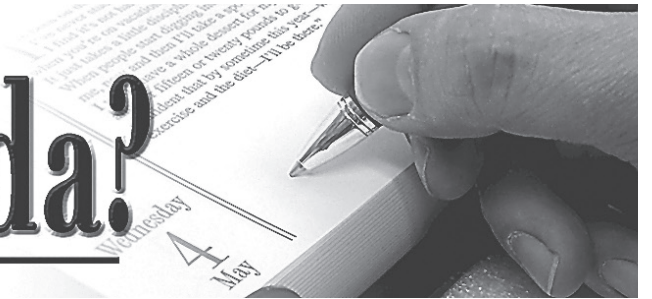
The winning ticket will

be drawn at Noon on Sunday, December 7 at the MFRC Jing-A-Ling. Tickets are available at the front desk of the MFRC.

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

Note: Deployment programs will not be cancelled.

# 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

## Health Care Aide Information Sessions

November 18- 10 am Brandon Regional Health Centre  
150 McTavish Ave.  
(West Lounge)

November 19- 1 pm Fairview Home 1351 13th St.  
(Boardroom)

November 20- 2 pm Regional Office 150 7th St. (Home Care Conference Room)

November 20- 5 pm 7th St Access (Meeting Room)  
Meet representatives from the Brandon RHA, Dinsdale & Hillcrest Personal Care Homes, as well as ACC & Robertson College!

For more information contact Eileen Trott Manager Human Resources  
578-4774

## 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

## 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

## Welcome Home Our Troops

Manitoba Room  
Keystone Centre  
Saturday, November 15  
1-5pm  
Everyone Welcome!  
for more information call 726-3500

## Beef and Cards

You're invited to the Faith Centre on the 26th of November 5:00-5:30 pm for Beef and Cards night!

Nice warm meal and Progressive Euchre Tournament Prizes to be won!

Movies and childcare will be provided on site for children  
Ticket Price: 5 and under, free

Up to 12 years, \$2  
Adults. \$5

Tickets available at the Faith Centre or Chapels or by calling ext. 3091

## Dance held at Legion No.3

Lounge from 8:30 pm to 11:30 pm with music by Reflections, lunch included, admission \$7.00

## The Brandon Garden Club

November 19- Wednesday  
Time: 7:00 pm  
Where: Seniors for Seniors  
311 Park Ave. East- Please use the North entrance, Brandon  
Program: going to be a fun evening for all

Decorating for the holidays  
Using plants and natural materials

Hands on Holiday Creation  
Slide and Print  
Competition Results

Election of Officers for 2008-10-28

For club or program information please call: John at 726-5351

## Holiday hours for Clinics Tuesday November 11

Brandon Clinic- Closed  
Brandon Clinic West- 12:00-4:00pm

Newmount- Closed  
Western Medical- Closed

Richmond Clinic- Closed  
Wheat City Clinic- 12:00-5:00 pm Walkin only

Normal business hours for Monday

## (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

FIRST PRACTICE- Tuesday Nov. 18th

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

## 2008 Public Flu Clinics

November 13- Public Health Unit A5-800 Rosser Ave.  
4:00 pm -8:00 pm

November 18- Public Health Unit A5-800 Rosser Ave.  
5:00pm-8:00pm

November 20- Public Health Unit A5-800 Rosser Ave.  
5:00 pm-8:00 pm

November 25- Public Health Unit A5-800 Rosser Ave.  
5:00 pm-8:00 pm

## 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!

# CLASSIFIED ADS

Email: [stag@mts.net](mailto: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:  
NOVEMBER 20, 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

### 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

### Green Acres House

Brandon's East end. 1565 sq. feet, 3+1 bdrm, 3 baths, 2 garages, main floor family room & laundry, Jacuzzi tub, finished basement with wet bar and large yard. Pictures available. Please call 726-4373

**1997 GMC 1 Ton crew cab** 4x4 with leather interior, goose-neck hitch installed, well maintained. \$6000.00 Call 728-1521 after 8pm

## For Sale

### Scub 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

"Baking by Crystal" Home-made cakes, cookies, squares, etc. Made to order. Dozens of recipes to choose from. I can also do dessert trays, sandwich trays, and many different theme cakes. Call Crystal 765-2484

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

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

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

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



### 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 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

# A MESSAGE FROM THE "SNIC" CREW

Submitted by  
**BASE  
 TRANSPORTATION**

Let it Snow, Let it Snow! Your Special Purpose Vehicle Operators, SPV, better known as the SNIC crew, will keep clearing those piles of fluffy white snow away.

Our Special Purpose Vehicle Group divides into two SNIC (Snow and Ice Control) crews, day shift and night shift, during the winter months. Thus, we have the inside track as to when winter is over; it has to be April because that is when the SNIC crews break up! Our military and civilian SNIC personnel are responsible for ensuring that no one at CFB/ASU Shilo gets a day off work due to poor or impassable road conditions on the Base.

Signs were installed near the north and south ends of Royal Avenue to advise everyone about the winter parking regulation. In effect from 1 November through to 30 April, drivers are advised that there would be no parking on streets between the hours of 10:00 PM and 6:00 AM. The regulation allows SNIC crews to clear snow during quiet hours when there would be minimal vehicle and pedestrian traffic. Vehicles parked on the street and hindering snow removal will be reported to the Military Police, and may be ticketed.

The SNIC crew asks that you support their efforts and help provide a safe and uneventful winter season by keeping in mind the following points:



istockphotos.com

*With winter comes slippery roads and large snow piles. See what your "SNIC" Crew has to say and the tips they offer to make this winter a safe and fun season.*

Do not allow your children to build tunnels or snow forts in snow banks at the end of driveways or along roadways; there is a grave danger of the play area accidentally being collapsed, or filled in by snow removal equipment. If your children want a fort, have them build it in the backyard. Forts built too close to the road will be removed by the Military Police or SNIC Crews;

Discourage children from

playing on or near roads, due to the risk of them sliding out or falling in front of a vehicle;

Put away shovels, toboggans, garbage cans, etc, or they may become dessert for a snow plow;

Keep your garbage and recycle containers away from the road until collection day. On garbage collection day please leave containers on the end of your driveway (not on the road) clear of the sidewalks

to avoid being struck by the bobcat cleaning sidewalks, or SNIC eqpt;

Drivers and pedestrians - be aware of the hazards associated with walking or driving near SNIC equipment while it is operating. SNIC equipment is very large and the operator's visibility is greatly reduced, especially when blowing snow causes near white out conditions.

Drivers - remain well back of SNIC equipment

(approx 16 metres/50 feet), pass only when it is safe to do so or when the operator has waved to you to pass.

We aim to provide service second to none. If you have any concerns, do not hesitate to call the SNIC people: NCO I/C SPVG Ops, MCpl Powell, at local 3287, SNIC Supervisor, Cpl Nichols, at 3276, or B Tn O, MWO Parisien at 3275, MSE Con, Sgt VandenBrul at 3277.

Enjoy our winter won-

derland and all the great outdoor activities available - safely.

**BRING IT ON!**

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

Dec 6 @ 7:30 vs. Medicine Hat Tigers  
 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  
[www.wheatkings.com](http://www.wheatkings.com)

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20<sup>th</sup> ANNUAL CANADIAN FORCES SPORTS AWARDS CEREMONY  
 20<sup>e</sup> CÉRÉMONIE ANNUELLE DU MÉRITE SPORTIF DES FORCES CANADIENNES

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**Wed, November 19**  
**6-9pm**  
**Shilo Faith Centre**

**Prizes**

**All Your  
Favorites  
Just in Time  
for**

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- *Partylite*
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- *International*
- *Epicure*
- *Selections*
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